

## ATIS NUTRITIONAL GUIDE – APRIL 2021

SEASONAL BOWLS (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Gochu Tempted</i>	Dairy Free - Vegan - Vegetarian	560	1002	4194	41	35	6	123	9	13	3
<i>Greek Goddess</i>	Vegetarian	405	660	2726	10	63	9	11	5	4	5
<i>Caul Me Baby</i>	Dairy-Free - Gluten Ingredient Free - Vegan - Vegetarian	505	662	2737	9	61	4	15	10	8	2
<i>Spring Time</i>	Gluten Ingredient Free - Vegetarian	500	595	2475	16	50	4	17	10	9	3
SALADS (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Seiz'a Caesar		265	212	879	7	14	3	14	7	5	1
Axteca	Vegetarian	365	594	2460	16	48	9	28	8	5	2
Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	315	267	1108	12	19	5	9	13	7	2
WARM BOWLS (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Shroomi	Gluten Ingredient Free - Vegetarian	450	758	3152	18	59	12	41	11	5	4
Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	470	761	3205	19	21	2	119	9	9	4
The Healer	Gluten Ingredient Free - Vegetarian	380	876	3642	24	60	6	52	16	14	2

\*BOWLS INCLUDE DRESSING AS STANDARD

SEASONAL BOWLS (REGULAR)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Gochu Tempted</i>	Dairy Free - Vegan - Vegetarian	470	738	3088	34	25	4	86	8	11	2
<i>Greek Goddess</i>	Vegetarian	345	490	2022	9	45	8	10	5	3	4
<i>Caul Me Baby</i>	Gluten Ingredient Free - Vegan - Vegetarian	395	442	1829	7	39	3	12	8	6	1
<i>Spring Time</i>	Gluten Ingredient Free - Vegetarian	440	484	2006	14	38	3	16	9	8	3
SALADS (REGULAR)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Seiz'a Caesar		285	222	929	7	15	3	15	7	5	1
Axteca	Vegetarian	355	593	2456	15	47	9	28	8	5	2
Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	305	526	2178	12	48	6	9	12	6	3
WARM BOWLS (REGULAR)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Shroomi	Gluten Ingredient Free - Vegetarian	460	750	3130	17	59	12	39	11	7	4
Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	380	517	2185	14	13	2	81	7	8	2
The Healer	Gluten Ingredient Free - Vegetarian	530	731	3037	21	48	4	46	15	13	2

\*BOWLS INCLUDE DRESSING AS STANDARD

SIDE POTS	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Blackened Chicken Thigh	Dairy Free - Gluten Ingredient Free	225	400	1670	51	22	5	0	0	0	1
Rotisserie Style Chicken Breast	Dairy Free - Gluten Ingredient Free	225	460	1870	69	6	2	6	2	1	3
Gochujang Organic Tempeh	Dairy Free - Vegan - Vegetarian	290	400	1674	30	18	2	18	0	0	2
Buffalo Chicken	Gluten Ingredient Free	200	474	1926	71	6	2	6	2	1	3
<i>Roasted Cashew + Squash</i>	Dairy Free - Vegan - Vegetarian	245	316	1318	8	22	3	19	9	2	1
<i>Roasted Red Pepper Dip</i>	Dairy Free - Vegan - Vegetarian	200	466	1932	10	36	7	23	6	4	2
<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	9	37	0	0	0	2	2	1	0

SEASONAL INGREDIENTS	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Green Leaf Mix</i>	50	3	13	0	0	0	0	0	0	0
<i>Cauliflower Couscous</i>	100	51	217	3	2	0	4	3	2	0
<i>Spring Roasted Greens</i>	55	35	147	2	2	0	2	0	0	0
<i>Chopped Herb Mix</i>	5	2	9	0	0	0	0	0	0	0
<i>Seasonal Raw Slaw</i>	55	26	107	0	1	0	2	2	2	0
<i>Herb Lemon Radishes</i>	45	6	27	0	0	0	1	1	0	0
<i>Garden Peas</i>	50	39	164	3	0	0	5	3	3	0
<i>Kalamata Olives</i>	40	43	178	0	4	1	0	0	1	1
<i>Smoky Almonds</i>	25	162	671	6	14	1	2	1	3	0
<i>Red Pepper Dip</i>	70	183	408	1	8	0	3	1	1	0
<i>Roasted Squash</i>	140	97	403	2	4	0	11	6	1	0
<i>Pesto Salmon</i>	125	269	1118	25	19	3	0	0	0	0

<b>CRUNCH/FINISHERS</b>	<b>Serving Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Of which saturates (g)</b>	<b>Carbohydrate (g)</b>	<b>Of which sugars (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Toasted Sourdough Crumbs	15	48	201	2	2	1	5	0	0	0
Tamari Seeds	10	78	323	3	7	1	2	1	0	0
Tortilla Shards	15	50	208	1	2	0	7	0	1	0
Dukkah	5	15	63	1	2	0	0	0	1	0
Crispy Shallots	5	25	106	0	1	1	3	1	0	0
<b>PREMIUMS + HOT TOPPINGS</b>	<b>Serving Size (g)</b>	<b>Energy (kcal)</b>	<b>Energy (kj)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Of which saturates (g)</b>	<b>Carbohydrate (g)</b>	<b>Of which sugars (g)</b>	<b>Fibre (g)</b>	<b>Salt (g)</b>
Avocado	40	73	302	1	8	2	1	0	1	0
Crumbled Feta	35	88	363	6	7	5	1	1	0	1
Parmesan Shavings	30	36	150	3	3	2	0	0	0	0
House Hummus	40	86	358	3	6	1	6	0	0	1
Soft Boiled Egg	1	16	66	4	0	0	0	0	0	0
Grilled Shrooms	100	46	191	2	4	1	1	1	1	0
Umami Aubergine	130	81	336	2	6	1	7	6	0	1
Rotisserie Style Chicken Breast	90	175	736	18	8	2	0	0	0	1
Blackened Chicken Thighs	90	200	835	25	11	2	0	0	0	1

DRESSINGS	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Balsamic Vinaigrette	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	255	1049	1	27	4	2	2	0	1
Balsamic Vinegar	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	24	100	0	0	0	5	5	0	0
Caesar Dressing	Gluten Ingredient Free	50	114	470	2	10	2	3	2	0	0
Lime Squeeze	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	35	3	13	0	0	0	1	1	0	0
Lime Coriander Dressing	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	268	1102	1	29	2	1	0	0	0
<i>Lemon Oregano Dressing</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	283	1162	1	31	2	1	1	1	1
Miso Lime Ginger Dressing	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	105	432	2	10	1	5	4	1	2
Olive Oil	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	206	845	0	23	4	0	0	0	0
<i>Pesto Dressing</i>	Gluten Ingredient Free - Vegetarian	50	185	763	3	19	1	1	0	1	1
Tahini Dressing	Gluten Ingredient Free - Vegetarian	50	160	661	3	16	2	2	2	0	0
Roasted Cashew Dressing	Dairy Free - Vegan - Vegetarian	50	115	474	1	10	1	6	3	1	2

MENU ITEMS THAT ARE ITALICISED MAY BE SUBJECT TO SEASONALITY. PLEASE DO GET IN CONTACT WITH US IF YOU HAVE ANY QUESTIONS! DRESSINGS ARE INCLUDED IN BOWLS AS STANDARD.