

SUMMER MENU 2021

OLD ST &
ECCLESTON YARDS

atis

POWERFUL FOOD



WWW.ATISFOOD.COM | [@ATISFOODLDN](https://twitter.com/ATISFOODLDN)

SEASONAL BOWLS

RAW THAI CRUNCH **R 6.90**
L 7.60
CHOPPED ROMAINE, SHREDDED KALE, SEASONAL RAW SLAW, EDAMAME, CUCUMBER, SHREDDED CARROT, LIME SQUEEZE, CRISPY SHALLOTS, ROASTED PEANUTS + ROASTED CASHEW DRESSING
TRY WITH: BLACKENED CHICKEN +3.10

PANZANELLA AMORE **R 7.80**
L 8.50
GREEN LEAF MIX, TOMATO MEDLEY, ROASTED RED PEPPERS, PICKLED RED ONION, BASIL, KALAMATA OLIVES, TOASTED SOURDOUGH CRUMBS, PARMESAN SHAVINGS + CAPER VINAIGRETTE
TRY WITH: ROTISSERIE CHICKEN +3.10

SUPERNOVA BOOSTER **R 7.30**
L 7.80
GREEN LEAF MIX, ORANGE, SHAVED LEMON FENNEL, MINT, AVOCADO, CRUMBLed WALNUTS + CHAMPAGNE VINAIGRETTE
TRY WITH: ROASTED SALMON +4.90

SALADS

SEIZ'A CAESAR **R 6.70**
L 7.60
R-403 CAL L-494 CAL
SHREDDED KALE, CHOPPED ROMAINE, SEASONAL RAW SLAW, TOMATO MEDLEY, PARMESAN SHAVINGS, TOASTED SOURDOUGH CRUMBS + CLASSIC CAESAR DRESSING
TRY WITH: BLACKENED CHICKEN +3.10

AZTECA **R 7.80**
L 8.70
R-533 CAL L-695 CAL
CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, BLACK BEANS, PICKLED RED ONION, CRUMBLed FETA, AVOCADO, TORTILLA SHARDS + LIME CORIANDER DRESSING
TRY WITH: BLACKENED CHICKEN +3.10

KEEP IT LEAN **R 6.90**
L 7.60
R-383 CAL L-544 CAL
GREEN LEAF MIX, CUCUMBER, EDAMAME, CHARRED LEMON BROCCOLI, AVOCADO, TAMARI SEEDS + LIME CORIANDER DRESSING
TRY WITH: WHATEVER TAKES YOUR FANCY - ALL GO WELL!

WARM BOWLS

MISO HUNGRY **R 6.10**
L 6.80
R-528 CAL L-623 CAL
SHREDDED KALE, WILD RICE MIX, GLAZED BEETROOT, EDAMAME, CHARRED LEMON BROCCOLI, PICKLED GINGER, CRISPY SHALLOTS + MISO LIME GINGER DRESSING
TRY WITH: GOCHUJANG CLUB CULTURED TEMPEH +2.70

SHROOMI **R 7.00**
L 7.70
R-945 CAL L-1113 CAL
BABY SPINACH, WILD RICE MIX, SHREDDED CARROT, GLAZED BEETROOT, CRUMBLed FETA, GRILLED SHROOMS, CRISPY SHALLOTS, BALSAMIC VINAIGRETTE + TAHINI DRESSING
TRY WITH: BLACKENED CHICKEN +3.10

THE HEALER **R 6.60**
L 7.30
R-731 CAL L-876 CAL
SHREDDED KALE, TRICOLOUR QUINOA, ZA'ATAR CHICKPEAS, SEASONAL RAW SLAW, PICKLED RED ONION, MINT, ROASTED SQUASH, TAMARI SEEDS, LIME SQUEEZE + TAHINI DRESSING
TRY WITH: GRILLED SHROOMS +2.00

V VEGAN **V** VEGETARIAN **DF** DAIRY FREE **GF** GLUTEN FREE **HOUSE FAVOURITES** IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.
CALORIES INCLUDE THE RESPECTIVE DRESSINGS. FOR MORE DETAILED NUTRITIONAL INFORMATION, PLEASE VISIT WWW.ATISFOOD.COM

otis SPECIAL

YOU'VE BEEN SERVED **R 7.80**
L 8.30
R-621 CAL L-784 CAL
SHREDDED KALE, BABY SPINACH, GLAZED BEETROOT, STRAWBERRIES, MINT, GOAT'S CHEESE, WALNUTS + BALSAMIC VINAIGRETTE
STRAWBERRY LOVE POT **3.75**
R-66 CAL
STRAWBERRIES, MINT + LIME

ADD HOT INGREDIENTS TO ANY OF OUR BOWLS

GRILLED SHROOMS 2.00 ROASTED SQUASH 2.00
GOCHUJANG CLUB CULTURED TEMPEH 2.70 BLACKENED CHICKEN THIGH 3.10
ROTISSERIE CHICKEN BREAST 3.10 ROASTED SALMON 4.90

BUILD YOUR OWN

1. CHOOSE A BASE **R 7.00**
L 7.50
CHOOSE ANY 2 OF OUR BASES

GREENS
BABY SPINACH
CHOPPED ROMAINE
SHREDDED KALE
GREEN LEAF MIX

PULSES + GRAINS
WILD RICE MIX
TRICOLOUR QUINOA

*SEASONAL SPECIALS

2. ADD INGREDIENTS
CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

ROASTED RED PEPPER*
TURMERIC ROASTED CAULIFLOWER
ZA'ATAR CHICKPEAS
BLACK BEANS
CHARRED CORN
TOMATO MEDLEY*
CUCUMBER
MINT*
EDAMAME
SHAVED LEMON FENNEL*
PICKLED GINGER
BASIL*
PICKLED RED ONION
SEASONAL RAW SLAW*
CHARRED LEMON BROCCOLI
GLAZED BEETROOT*
STRAWBERRIES*
SHREDDED CARROT
ORANGE*
KALAMATA OLIVES*

3. ADD A CRUNCH
CHOOSE UP TO 2

TORTILLA SHARDS
DUKKAH
TAMARI SEEDS
CRISPY SHALLOTS
TOASTED SOURDOUGH CRUMBS
RAW PEANUTS*
RED CHILLI FLAKES
CRUMBLed WALNUTS*

4. DRESS IT UP
CHOOSE UP TO 2

CHAMPAGNE VINAIGRETTE*
MISO LIME GINGER DRESSING
ROASTED CASHEW DRESSING
LIME CORIANDER DRESSING
BALSAMIC VINAIGRETTE
TAHINI DRESSING
CLASSIC CAESAR DRESSING
CAPER VINAIGRETTE*
BALSAMIC VINEGAR
OLIVE OIL
BUFFALO HOT SAUCE +70P
SRIRACHA +70P

PREMIUMS

COLD PREMIUMS
HOUSE HUMMUS 1.00
SOFT BOILED EGG 1.00
GOAT'S CHEESE* 1.20
CRUMBLed FETA 1.20
AVOCADO 1.90
PARMESAN SHAVINGS 1.90

HOT PREMIUMS
GRILLED SHROOMS 2.00
ROASTED SQUASH 2.00
GOCHUJANG CLUB CULTURED TEMPEH 2.70
BLACKENED CHICKEN THIGH 3.10
ROTISSERIE CHICKEN BREAST 3.10
ROASTED SALMON 4.90

SIDE POTS

SEASONAL RAW SLAW* 18 CAL 2.50
MINI MEZZE POT 250 CAL 3.00
CUCUMBER, PICKLED RED ONION, HOUSE HUMMUS, DUKKAH, TAHINI
ADD SOURDOUGH +50P
ROASTED SQUASH + CASHEW POT 316 CAL 3.00
ROASTED SQUASH, TAMARI SEEDS + CASHEW DRESSING
BUFFALO CHICKEN POT 474 CAL 7.90
BLACKENED CHICKEN THIGHS OR ROTISSERIE STYLED CHICKEN BREAST, CRISPY SHALLOTS, CAESAR DRESSING + BUFFALO HOT SAUCE

GOCHUJANG CLUB CULTURED TEMPEH 400 CAL 7.00
BLACKENED CHICKEN THIGH 400 CAL 8.20
ROTISSERIE CHICKEN BREAST 460 CAL 8.20

*SEASONAL SPECIALS

DRINKS

COLD PRESSED JUICES 4.50
GOLDEN RATIO / EVERGREEN
BOOSTERS 3.50
TURMERIC GOLD / GINGER
CPRESS DETOX WATER 3.50
SMART LEMONADE 4.00
KOMBUCHA 3.10
COLD BREW COFFEE 2.80
OTHER HEALTH DRINKS
CHECK OUT OUR FRIDGE TO SEE THE REST OF OUR LINE UP! CBD SODA, PUNCHY, AF BEER + MORE!

SWEET TREATS 3.50
VEGAN COOKIE / VEGAN BANANA BREAD / VEGAN BROWNIE

otis

f @ in ATISFOODLDN WWW.ATISFOOD.COM

otis OLD ST 145 CITY ROAD, SHOREDITCH, EC1V 1AZ | otis ECCLESTON YARDS 1-2 ECCLESTON YARDS, BELGRAVIA, SW1W 9AZ