

SEPTEMBER MENU 2021

SHOREDITCH & BELGRAVIA

atis

THE LADY ♥ GARDEN ISSUE

THE SARAH ANN
MACKLIN X
atis BOWL SPECIAL
FOR THE LADY
GARDEN FOUNDATION
// FALL 2021

For every bowl sold, £1 will be
donated to The Lady Garden Charity
#SilentNoMore

WWW.ATISFOOD.COM | [@ATISFOODLDN](https://www.instagram.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, CRUMBLD WALNUTS + CHAMPAGNE VINAIGRETTE
TRY WITH: ROASTED SALMON +4.90

SALADS

SEIZ'A CAESAR R 6.70 L 7.60

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 7.60

CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, BLACK BEANS, PICKLED RED ONION, CRUMBLD FETA, AVOCADO, TORTILLA SHARDS + LIME CORIANDER DRESSING
TRY WITH: BLACKENED CHICKEN +3.10

KEEP IT LEAN R 6.90 L 7.60

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

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

BABY SPINACH, WILD RICE MIX, SHREDDED CARROT, GLAZED BEETROOT, CRUMBLD FETA, GRILLED SHROOMS, CRISPY SHALLOTS, BALSAMIC VINAIGRETTE + TAHINI DRESSING
TRY WITH: BLACKENED CHICKEN +3.10

THE HEALER R 6.60 L 7.30

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

VEGAN VEGETARIAN DAIRY FREE 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

atis SPECIAL

SARAH ANN MACKLIN X ATIS FOR LADY GARDEN FALL 2021 R 7.80 L 8.50

FOR EVERY BOWL SOLD IN SEPTEMBER, £1 WILL GO TO THE LADY GARDEN FOUNDATION

VEGAN VEGETARIAN DAIRY FREE

KALE, FREEKEH, TURMERIC ROASTED CAULIFLOWER, CHERRY TOMATOES, ROASTED BEET, POPPY SEEDS, HUMMUS, HARISSA VINAIGRETTE

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
CRUMBLD 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
CRUMBLD 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

STAY ON THE PULSE NEWS ALERT!

NEW LOYALTY PROGRAM LANDING THIS SEPTEMBER 2021. ASK IN-STORE FOR MORE DETAILS ABOUT HOW TO SIGN UP.

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

atis

f @ in ATISFOODLDN WWW.ATISFOOD.COM

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