

ATIS NUTRITIONAL GUIDE – SUMMER 2021

NUTRITIONAL INFORMATION INCLUDES DRESSINGS. SEE 'DRESSINGS' FOR MORE INFORMATION!	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>Lady Garden x Sarah Ann Macklin</i>	Dairy Free - Vegan - Vegetarian	505	783	3237	13	65	6	30	11	11	1
	<i>Supernova Booster</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	405	713	2932	7	70	6	9	8	5	1
	<i>Panzanella Amore</i>	Vegetarian	440	708	2917	19	62	11	14	8	6	4
	<i>Raw Thai Crunch</i>	Dairy Free - Vegan - Vegetarian	445	343	1420	9	29	4	8	4	3	2
	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		380	494	2048	20	40	10	13	7	3	2
	<i>Azteca</i>	Vegetarian	500	695	2885	15	59	9	24	7	7	3
	Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	435	544	2245	7	54	4	4	1	4	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)
<i>Shroomi</i>	Gluten Ingredient Free - Vegetarian	530	1113	4653	25	59	10	116	10	8	3	
Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	470	623	2626	16	17	2	97	8	8	3	
<i>The Healer</i>	Gluten Ingredient Free - Vegetarian	530	33030	139167	826	906	101	5136	403	403	157	
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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>Lady Garden x Sarah Ann Macklin</i>	Dairy Free - Vegan - Vegetarian	435	579	2393	12	45	4	27	10	10	1
<i>Supernova Booster</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	345	538	2225	6	52	4	8	7	4	1
<i>Panzanella Amore</i>	Vegetarian	380	562	2333	19	47	11	13	8	5	4
<i>Raw Thai Crunch</i>	Dairy Free - Vegan - Vegetarian	375	248	1028	7	21	3	6	3	3	1
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)
<i>Seiz'a Caesar</i>		310	403	1671	19	31	10	11	6	3	2
<i>Azteca</i>	Vegetarian	430	533	2215	14	41	7	23	6	7	2
<i>Keep It Lean</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	375	383	1579	7	37	3	4	2	4	1
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)
<i>Shroomi</i>	Gluten Ingredient Free - Vegetarian	470	945	3943	21	58	9	80	10	7	3
<i>Miso Hungry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	380	528	2227	14	14	2	82	8	8	3
<i>The Healer</i>	Gluten Ingredient Free - Vegetarian	470	573	2388	16	35	4	42	13	10	2

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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
Mini Mezze	Gluten Ingredient Free - Vegetarian	180	250	1040	8	17	2	12	3	5	1
Roasted Squash + Cashew	Dairy Free - Vegan - Vegetarian	200	258	1076	7	17	2	16	8	1	0
Seasonal Raw Slaw	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	47	195	1	3	0	4	3	2	0

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SEASONAL INGREDIENTS	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>Green Leaf Mix</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	3	13	0	0	0	0	0	0	0
<i>Freekeh</i>	Dairy Free - Vegan - Vegetarian	90	32	133	1	1	0	5	0	1	0
<i>Balsamic Beetroot</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	27	114	1	1	0	4	3	1	0
<i>Basil</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	1	6	0	0	0	0	0	0	0
<i>Kalamata Olives</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	43	178	0	4	1	0	0	1	1
<i>Lemon Fennel</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	52	215	0	5	1	1	1	2	0
<i>Mint</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	3	12	0	0	0	0	0	0	0
<i>Orange</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	20	84	0	0	0	4	4	1	0
<i>Roasted Red Peppers</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	70	43	179	1	3	0	3	3	2	0
<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	26	107	0	1	0	2	2	2	0
<i>Goat's Cheese</i>	Gluten Ingredient Free - Vegetarian	35	101	415	6	8	5	1	1	0	1
<i>Caper Vinaigrette</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	234	964	1	25	2	1	1	1	1
<i>Champagne Vinaigrette</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	283	1165	0	30	2	2	2	0	1
<i>Harissa Vinaigrette</i>	Dairy Free - Vegan - Vegetarian	50	581	2391	3	61	5	4	3	1	0
<i>Poppy Seeds</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	29	120	1	2	0	0	0	1	0
<i>Crumbled Walnuts</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	15	107	440	3	10	1	0	0	1	0
<i>Roasted Peanuts</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	15	93	385	4	7	1	1	1	1	0
<i>Roasted Squash</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	140	97	403	2	4	0	11	6	1	0
<i>Roasted Salmon</i>	Dairy Free - Gluten Ingredient Free	140	97	403	2	4	0	11	6	1	0

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BASES	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)
Baby Spinach	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	60	10	41	2	0	0	0	0	1	0
Chopped Romaine	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	7	29	1	0	0	1	1	1	0
Shredded Kale	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	60	20	84	2	1	0	1	1	0	0
Wild Rice	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	90	143	608	5	2	0	28	0	2	1
Quinoa	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	90	108	451	4	2	0	19	0	3	1
INGREDIENTS	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)
Cucumber	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	30	4	18	0	0	0	0	0	0	0
Charred Lemon Broccoli	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	29	121	1	2	0	1	1	1	2
Tomato Medley	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	45	10	42	1	0	0	2	2	1	0
Shaved Beetroot	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	30	11	46	1	0	0	2	2	1	1
Edamame	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	84	348	5	3	3	5	17	2	0
Turmeric Roasted Cauliflower	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	36	149	1	3	0	2	2	1	0
Shredded Carrot	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	30	10	44	0	0	0	2	2	1	0
Charred Corn	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	39	165	1	1	0	7	4	2	0
Black Beans	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	45	52	222	4	0	0	9	1	0	0
Pickled Red Onion	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	20	7	28	0	0	0	1	1	0	0
Pickled Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	4	18	0	0	0	1	1	0	0
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CRUNCHES	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)
Toasted Sourdough Crumbs	Dairy Free - Vegan - Vegetarian	15	48	201	2	2	1	5	0	0	0
Tamari Seeds	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	10	78	323	3	7	1	2	1	0	0
Tortilla Shards	Dairy Free - Vegan - Vegetarian	15	50	208	1	2	0	7	0	1	0
Dukkah	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	15	63	1	2	0	0	0	1	0
Crispy Shallots	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	25	106	0	1	1	3	1	0	0
PREMIUMS	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)
Avocado	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	73	302	1	8	2	1	0	1	0
Crumbled Feta	Gluten Ingredient Free - Vegetarian	35	88	363	6	7	5	1	1	0	1
House Hummus	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	86	358	3	6	1	6	0	0	1
Parmesan Shavings	Gluten Ingredient Free - Vegetarian	30	36	150	3	3	2	0	0	0	0
Soft Boiled Egg	Dairy Free - Gluten Ingredient Free - Vegetarian	50	66	274	6	5	1	0	0	0	0
Blackened Chicken Thighs	Dairy Free - Gluten Ingredient Free	90	200	835	25	11	2	0	0	0	1
Grilled Shrooms	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	46	191	2	4	1	1	1	1	0
Gochujang Organic Tempeh	Dairy Free - Vegan - Vegetarian	120	210	880	21	8	2	10	4	4	1
Rotisserie Chicken Breast	Dairy Free - Gluten Ingredient Free	90	175	736	18	8	2	0	0	0	1

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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	265	1093	1	27	2	4	4	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	151	624	2	15	1	2	2	0	1
Lime Squeeze	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	10	3	13	0	0	0	1	1	0	0
Lime Coriander Dressing	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	267	1099	1	29	2	1	0	0	1
Miso Lime Ginger Dressing	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	128	531	2	11	1	5	2	1	2
Olive Oil	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	206	845	0	23	4	0	0	0	0
Tahini Dressing	Gluten Ingredient Free - Vegetarian	50	194	799	3	19	2	2	1	1	0
Roasted Cashew Dressing	Dairy Free - Vegan - Vegetarian	50	115	474	1	10	1	6	3	1	2
Sauce Shop - Buffalo Sauce	Gluten Ingredient Free - Vegan - Vegetarian	25	19	80	1	1	1	2	1	0	1
Sauce Shop - Sriracha	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	22	93	1	0	0	5	3	0	1

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