

## ATIS ALLERGEN GUIDE - AUTUMN 2021

	NAME	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
SEASONAL BOWLS	<i>Rooting For Satay</i>	Dairy Free - Vegan - Vegetarian		X								X		X	X	X
	<i>Feel Upbeet</i>	Gluten Ingredient Free - Vegetarian							X		X	X				X
	<i>Rainbow Remedy</i>	Dairy Free - Vegan - Vegetarian										X		X		
SALADS	Seiz' a Caesar			X		X	X		X							
	Azteca	Vegetarian		X					X							X
	Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	X
WARM BOWLS	Shroomi	Gluten Ingredient Free - Vegetarian				X			X		X			X		X
	Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	The Healer	Gluten Ingredient Free - Vegetarian				X			X		X	X		X		X

ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY.

\*ALL BOWLS INCLUDE DRESSING AS STANDARD

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BASES	Baby Spinach	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Chopped Romaine	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Shredded Kale	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Wild Rice Mix	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Tri-Colour Quinoa	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Freekeh</i>	Dairy Free - Vegan - Vegetarian		X												
INGREDIENTS	Black Beans	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Charred Corn	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Cherry Tomatoes	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Cucumber	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Edamame	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X	
	Charred Lemon Broccoli	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Pickled Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Pickled Red Onion	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Shredded Carrot	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Turmeric Roasted Cauliflower	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Glazed Beetrot</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	<i>Shredded Red Cabbage</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Spring Onion</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
<i>Za'atar Chickpeas</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X			
<i>Fresh Parsley</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															

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PREMIUMS + HOT TOPPINGS	Soft Boiled Egg	Dairy Free - Gluten Ingredient Free - Vegetarian				X										
	Feta / Goat's Cheese / Parmesan	Gluten Ingredient Free - Vegetarian							X							
	House Hummus	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X		
	Avocado	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Grilled Shrooms	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Gochujang Organic Tempeh	Dairy Free - Vegan - Vegetarian		X										X	X	
	Rotisserie Chicken Breast	Dairy Free - Gluten Ingredient Free	X													
	Blackened Chicken Thigh	Dairy Free - Gluten Ingredient Free														X
	Roasted Salmon	Dairy Free - Gluten Ingredient Free					X									
	<i>Miso Aubergine</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X	X
<i>Roasted Roots</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															X
DRESSINGS	Balsamic Vinaigrette	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Balsamic Vinegar	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Classic Caesar	Gluten Ingredient Free				X	X		X							
	Lime Coriander	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Lime Squeeze	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Miso Lime Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	Olive Oil	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Roasted Cashew	Dairy Free - Vegan - Vegetarian		X								X		X	X	
	Tahini	Gluten Ingredient Free - Vegetarian				X			X		X			X		
	<i>Apple Cider Vinaigrette</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X					
<i>Harissa Vinaigrette</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X			
CRUNCHES	Crispy Shallots	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Dukkah	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X		X		
	Toasted Sourdough Crumbs	Dairy Free - Vegan - Vegetarian		X												
	Tamari Seeds	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	Hot Honey Walnuts	Dairy Free - Gluten Ingredient Free - Vegetarian										X				

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ADD ONS	Buffalo	Gluten Ingredient Free - Vegetarian							X						X	X
	Sriracha	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Sourdough	Dairy Free - Vegan - Vegetarian		X												
SIDE POTS	Buffalo Chicken	Gluten Ingredient Free	X			X	X		X						X	X
	Mini Mezze	Gluten Ingredient Free - Vegetarian				X			X		X	X		X		X
	<i>Aubergine Dengaku</i>	Dairy Free - Vegan - Vegetarian		X								X		X	X	
	<i>Roasted Roots + Cashew</i>	Dairy Free - Vegan - Vegetarian		X								X		X	X	
	<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
SWEET TREATS	Vegan Banana Bread	Dairy Free - Vegan - Vegetarian		X											X	
	Vegan Brownie	Dairy Free - Vegan - Vegetarian		X											X	
	Vegan Cookie	Dairy Free - Vegan - Vegetarian		X											X	

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