

SEASONAL BOWLS

ROOTING FOR SATAY

R 6.60
L 7.50

R-667 CAL L-931 CAL

BABY SPINACH, WILD RICE MIX, SEASONAL RAW SLAW, PICKLED RED ONION, CRISPY SHALLOTS, ROASTED ROOTS, LIME SQUEEZE + ROASTED CASHEW DRESSING

TRY WITH: GOCHUJANG ORGANIC TEMPEH +2.70

FEEL UPBEET

R 6.20
L 6.90

R-609 CAL L-775 CAL

SHREDDED KALE, BABY SPINACH, RED CABBAGE, GLAZED BEETROOT, FRESH PARSLEY, GOAT'S CHEESE, HOT HONEY WALNUTS + APPLE CIDER VINAIGRETTE

TRY WITH: ROTISSERIE CHICKEN +3.10 / ROASTED ROOTS +2.00

RAINBOW REMEDY

R 6.70
L 7.60

R-519 CAL L-716 CAL

SHREDDED KALE, FREEKEH, RED CABBAGE, CHERRY TOMATOES, TURMERIC ROASTED CAULIFLOWER, SHREDDED CARROT, HOUSE HUMMUS, DUKKAH + HARISSA DRESSING

TRY WITH: TRY ANY OF OUR HOT TOPPINGS - ALL GO WELL!

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, CRUMBLD 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: TRY ANY OF OUR HOT TOPPINGS - ALL GO WELL!

WARM BOWLS

MISO HUNGRY

R 6.90
L 7.80

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: ROASTED ROOTS +2.00 / GOCHUJANG ORGANIC TEMPEH +2.70

SHROOMI

R 7.70
L 8.40

R-945 CAL L-1113 CAL

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

R-573 CAL L-705 CAL

SHREDDED KALE, TRICOLOUR QUINOA, ZA'ATAR CHICKPEAS, SEASONAL RAW SLAW, PICKLED RED ONION, FRESH PARSLEY, TAMARI SEEDS, ROASTED ROOTS + 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

ADD HOT PREMIUMS TO ANY OF OUR BOWLS

- GRILLED SHROOMS 2.00
- ROASTED ROOTS* 2.00
- GOCHUJANG ORGANIC TEMPEH 2.70
- BLACKENED CHICKEN THIGH 3.10
- ROTISSERIE CHICKEN BREAST 3.10
- ROASTED SALMON 4.90

ADD COLD PREMIUMS TO ANY OF OUR BOWLS

- 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

SPOTLIGHT FEATURE

EVERY SO OFTEN, WE'LL BE SHOWCASING A HERO INGREDIENT, SO KEEP AN EYE OUT FOR A SURPRISE SPOTLIGHT.

SIDE POTS

1. CHOOSE A BASE R 7.00
L 7.50

- GREENS
- BABY SPINACH
- CHOPPED ROMAINE
- SHREDDED KALE
- GREEN LEAF MIX
- PULSES + GRAINS
- WILD RICE MIX
- TRICOLOUR QUINOA
- FREEKEH*

*SEASONAL SPECIALS

2. ADD INGREDIENTS

CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

- GLAZED BEETROOT*
- TURMERIC ROASTED CAULIFLOWER
- ZA'ATAR CHICKPEAS
- BLACK BEANS
- CHARRED CORN
- CHERRY TOMATOES
- CUCUMBER
- SHREDDED RED CABBAGE*
- EDAMAME
- SHAVED LEMON FENNEL
- PICKLED GINGER
- SPRING ONION*
- PICKLED RED ONION
- SEASONAL RAW SLAW*
- CHARRED LEMON BROCCOLI
- SHREDDED CARROT
- FRESH PARSLEY*

3. ADD A CRUNCH

CHOOSE UP TO 2

- TORTILLA SHARDS
- DUKKAH
- TAMARI SEEDS
- CRISPY SHALLOTS
- TOASTED SOURDOUGH CRUMBS
- HOT HONEY WALNUTS*
- RED CHILLI FLAKES

4. DRESS IT UP

CHOOSE UP TO 2

- HARISSA DRESSING*
- MISO LIME GINGER DRESSING
- ROASTED CASHEW DRESSING
- LIME CORIANDER DRESSING
- BALSAMIC VINAIGRETTE
- TAHINI DRESSING
- CLASSIC CAESAR DRESSING
- APPLE CIDER VINAIGRETTE*
- BALSAMIC VINEGAR
- OLIVE OIL
- BUFFALO HOT
- SRIRACHA
- LIME SQUEEZE

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 ROOTS* 2.00
- GOCHUJANG ORGANIC TEMPEH 2.70
- BLACKENED CHICKEN THIGH 3.10
- ROTISSERIE CHICKEN BREAST 3.10
- ROASTED SALMON 4.90

SEASONAL RAW SLAW* 47 CAL

2.50

MINI MEZZE POT 250 CAL

3.00

CUCUMBER, PICKLED RED ONION, HOUSE HUMMUS, DUKKAH + TAHINI

ADD SOURDOUGH +50P

ROASTED ROOTS + CASHEW POT* 258 CAL

3.00

ROASTED ROOTS, TAMARI SEEDS + ROASTED CASHEW DRESSING

BUFFALO CHICKEN POT 412 CAL

7.90

BLACKENED CHICKEN THIGHS OR ROTISSERIE STYLE CHICKEN BREAST, CRISPY SHALLOTS, CAESAR DRESSING + BUFFALO HOT SAUCE

GOCHUJANG ORGANIC TEMPEH 400 CAL

7.00

BLACKENED CHICKEN THIGH 400 CAL

8.20

ROTISSERIE CHICKEN BREAST 460 CAL

8.20

*SEASONAL SPECIALS
FOR ALLERGENS + DIETARIES, PLEASE ASK

STAY ON THE PULSE NEWS ALERT!

NEW LOYALTY PROGRAM HAS LANDED. ASK IN STORE FOR MORE DETAILS & GET SET UP IN 5. WANT TO BE THE FIRST IN THE KNOW? SIGN UP FOR THE ATIS NEWSLETTER.

DRINKS

COLD PRESSED JUICES

4.50

GOLDEN RATIO / EVERGREEN

BOOSTERS

3.50

TURMERIC GOLD / GINGER

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

3.00

VEGAN COOKIE

3.50

VEGAN BANANA BREAD

3.50

VEGAN BROWNIE

3.50

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