

ATIS NUTRITIONAL GUIDE – AUTUMN 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>Rooting for Satay</i> | Dairy Free - Vegan - Vegetarian | 520 | 931 | 3900 | 22 | 31 | 4 | 134 | 17 | 10 | 2 |
| | <i>Feel Upbeat</i> | Gluten Ingredient Free - Vegetarian | 340 | 775 | 3199 | 15 | 71 | 11 | 15 | 14 | 5 | 2 |
| | <i>Rainbow Remedy</i> | Dairy Free - Vegan - Vegetarian | 530 | 716 | 2952 | 11 | 65 | 5 | 18 | 7 | 8 | 1 |
| | 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>Axteca</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 |
| <i>Miso Hungry</i> | 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 | 705 | 2920 | 19 | 46 | 5 | 47 | 14 | 11 | 2 | |

ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE DO GET IN CONTACT WITH US AT INFO@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!

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|---|--|--|-------------------------|----------------------|--------------------|--------------------|----------------|-------------------------------|-------------------------|----------------------------|------------------|-----------------|--|
| NUTRITIONAL INFORMATION INCLUDES DRESSINGS. SEE 'DRESSINGS' FOR MORE INFORMATION! | 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>Rooting For Satay</i> | Dairy Free - Vegan - Vegetarian | 430 | 667 | 2795 | 15 | 22 | 3 | 97 | 16 | 8 | 2 | |
| | <i>Feel Upbeat</i> | Gluten Ingredient Free - Vegetarian | 290 | 609 | 2517 | 14 | 54 | 10 | 13 | 12 | 5 | 1 | |
| | <i>Rainbow Remedy</i> | Dairy Free - Vegan - Vegetarian | 440 | 519 | 2156 | 10 | 44 | 4 | 17 | 7 | 8 | 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) | |
| | Seiz'a Caesar | | 310 | 403 | 1671 | 19 | 31 | 10 | 11 | 6 | 3 | 2 | |
| | <i>Azteca</i> | Vegetarian | 430 | 533 | 2215 | 14 | 41 | 7 | 23 | 6 | 7 | 2 | |
| | Keep It Lean | 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) |
|-------------------------------|--|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| <i>Aubergine Dengaku</i> | Dairy Free - Vegan - Vegetarian | 250 | 245 | 1020 | 6 | 16 | 3 | 17 | 13 | 5 | 2 |
| Blackened Chicken Thigh | Dairy Free - Gluten Ingredient Free | 225 | 400 | 1670 | 51 | 22 | 5 | 0 | 0 | 0 | 1 |
| Buffalo Chicken | Gluten Ingredient Free | 200 | 412 | 1720 | 46 | 26 | 6 | 0 | 0 | 0 | 1 |
| Gochujang Organic Tempeh | Dairy Free - Vegan - Vegetarian | 290 | 400 | 1674 | 30 | 18 | 2 | 18 | 0 | 0 | 2 |
| Mini Mezze | Gluten Ingredient Free - Vegetarian | 180 | 250 | 1040 | 8 | 17 | 2 | 12 | 3 | 5 | 1 |
| <i>Roasted Roots + Cashew</i> | Dairy Free - Vegan - Vegetarian | 200 | 258 | 1076 | 7 | 17 | 2 | 16 | 8 | 1 | 0 |
| Rotisserie Chicken Breast | Dairy Free - Gluten Ingredient Free | 225 | 460 | 1870 | 69 | 6 | 2 | 6 | 2 | 1 | 3 |
| <i>Seasonal Raw Slaw</i> | 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>Apple Cider Vinaigrette</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 50 | 272 | 1120 | 1 | 28 | 2 | 4 | 3 | 0 | 1 |
| <i>Freekeh</i> | Dairy Free - Vegan - Vegetarian | 90 | 32 | 133 | 1 | 1 | 0 | 5 | 0 | 1 | 0 |
| <i>Fresh Parsley</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 5 | 2 | 9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| <i>Glazed Beetroot</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 40 | 27 | 114 | 1 | 1 | 0 | 4 | 3 | 1 | 0 |
| <i>Goat's Cheese</i> | Gluten Ingredient Free - Vegetarian | 35 | 101 | 415 | 6 | 8 | 5 | 1 | 1 | 0 | 1 |
| <i>Green Leaf Mix</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 50 | 3 | 13 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| <i>Harissa Vinaigrette</i> | Dairy Free - Vegan - Vegetarian | 50 | 323 | 1329 | 1 | 34 | 3 | 2 | 2 | 1 | 0 |
| <i>Hot Honey Walnuts</i> | Dairy Free - Gluten Ingredient Free - Vegetarian | 25 | 168 | 693 | 4 | 15 | 2 | 3 | 2 | 2 | 0 |
| <i>Miso Aubergine</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 120 | 89 | 371 | 2 | 4 | 1 | 9 | 7 | 3 | 1 |
| <i>Roasted Roots</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 140 | 97 | 403 | 2 | 4 | 0 | 11 | 6 | 1 | 0 |
| <i>Seasonal Raw Slaw</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 55 | 26 | 107 | 0 | 1 | 0 | 2 | 2 | 2 | 0 |
| <i>Shredded Red Cabbage</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 40 | 11 | 46 | 0 | 0 | 0 | 1 | 1 | 1 | 0 |
| <i>Spring Onion</i> | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 15 | 6 | 26 | 0 | 0 | 0 | 1 | 1 | 0 | 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 |
| Quinoa | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 90 | 108 | 451 | 4 | 2 | 0 | 19 | 0 | 3 | 1 |
| 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 |
| 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) |
| Black Beans | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 45 | 52 | 222 | 4 | 0 | 0 | 9 | 1 | 0 | 0 |
| Charred Corn | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 50 | 39 | 165 | 1 | 1 | 0 | 7 | 4 | 2 | 0 |
| Charred Lemon Broccoli | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 40 | 29 | 121 | 1 | 2 | 0 | 1 | 1 | 1 | 2 |
| Cherry Tomatoes | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 45 | 10 | 42 | 1 | 0 | 0 | 2 | 2 | 1 | 0 |
| Cucumber | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 30 | 4 | 18 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Edamame | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 50 | 84 | 348 | 5 | 3 | 3 | 5 | 17 | 2 | 0 |
| Pickled Ginger | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 5 | 4 | 18 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| Pickled Red Onion | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 20 | 7 | 28 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| Shredded Carrot | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 30 | 10 | 44 | 0 | 0 | 0 | 2 | 2 | 1 | 0 |
| Turmeric Roasted Cauliflower | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 40 | 36 | 149 | 1 | 3 | 0 | 2 | 2 | 1 | 0 |
| Za'atar Chickpeas | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 50 | 96 | 398 | 4 | 5 | 1 | 8 | 0 | 3 | 1 |

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| COLD 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 |
| HOT PROTEINS + TOPPINGS | 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 | 90 | 200 | 835 | 25 | 11 | 2 | 0 | 0 | 0 | 1 |
| Gochujang Organic Tempeh | Dairy Free - Vegan - Vegetarian | 120 | 210 | 880 | 21 | 8 | 2 | 10 | 4 | 4 | 1 |
| Grilled Shrooms | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 100 | 46 | 191 | 2 | 4 | 1 | 1 | 1 | 1 | 0 |
| Roasted Salmon | Dairy Free - Gluten Ingredient Free | 125 | 269 | 1118 | 25 | 19 | 3 | 0 | 0 | 0 | 0 |
| Rotisserie Chicken Breast | Dairy Free - Gluten Ingredient Free | 90 | 175 | 736 | 18 | 8 | 2 | 0 | 0 | 0 | 1 |

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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) |
|----------------------------|--|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| Crispy Shallots | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 5 | 25 | 106 | 0 | 1 | 1 | 3 | 1 | 0 | 0 |
| Dukkah | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 5 | 15 | 63 | 1 | 2 | 0 | 0 | 0 | 1 | 0 |
| Tamari Seeds | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 10 | 78 | 323 | 3 | 7 | 1 | 2 | 1 | 0 | 0 |
| Toasted Sourdough Crumbs | Dairy Free - Vegan - Vegetarian | 15 | 48 | 201 | 2 | 2 | 1 | 5 | 0 | 0 | 0 |
| Tortilla Shards | Dairy Free - Vegan - Vegetarian | 15 | 50 | 208 | 1 | 2 | 0 | 7 | 0 | 1 | 0 |
| 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 Coriander Dressing | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 50 | 267 | 1099 | 1 | 29 | 2 | 1 | 0 | 0 | 1 |
| Lime Squeeze | Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian | 10 | 3 | 13 | 0 | 0 | 0 | 1 | 1 | 0 | 0 |
| 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 |
| 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 |
| Tahini Dressing | Gluten Ingredient Free - Vegetarian | 50 | 194 | 799 | 3 | 19 | 2 | 2 | 1 | 1 | 0 |

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