

ATIS ALLERGEN GUIDE - WINTER 2022

	NAME	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
SEASONAL BOWLS	<i>Nutworthy Massaman Curry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X			X	X
	<i>The Winter Bowl</i>	Dairy Free - Vegan - Vegetarian		X							X	X			X	
	<i>The Restorer</i>	Gluten Ingredient Free - Vegan - Vegetarian									X	X		X	X	
	<i>Smoky Butterbean Stew</i>	Vegetarian		X		X			X		X			X		X
SALADS	<i>Seiz'a Caesar</i>			X		X	X		X							
	<i>Azteca</i>	Vegetarian		X					X							X
	<i>Keep It Lean</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	X
WARM BOWLS	<i>Shroomi</i>	Gluten Ingredient Free - Vegetarian				X			X		X			X		X
	<i>Miso Hungry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	<i>The Healer</i>	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.

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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>Butterbean Stew</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	X														X
	<i>ManiLife Massaman Curry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	X										X			X	
	<i>Sesame Rice Noodles</i>	Dairy Free - Vegan - Vegetarian													X	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															
	<i>Fresh Coriander</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	<i>Kimchi</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X					X	X
	<i>Roasted Winter Greens</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	<i>Roasted Brussels Sprouts + Chestnuts</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian											X			X	X
	<i>Seasonal Raw Slaw</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	<i>Shaved Beetrot</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
<i>Tahini Chickpeas</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian													X			

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PREMIUMS + HOT TOPPINGS	Soft Boiled Egg	Dairy Free - Gluten Ingredient Free - Vegetarian				X										
	Feta / 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 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									
Roasted Roots	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>Deep Roast Peanut</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian											X	X	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	
	Tortilla Shards	Dairy Free - Vegan - Vegetarian		X												
	<i>Dried Cranberries</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Maple Glazed Pecans</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X				
	<i>Toasted Coconut Flakes</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														

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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>The Winter Pot</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									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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