

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>Nutworthy Massaman Curry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	425	1029	4276	15	68	18	86	9	6	2
	<i>The Winter Bowl</i>	Dairy Free - Vegan - Vegetarian	360	716	2959	8	66	5	18	11	8	1
	<i>The Restorer</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	420	424	1764	13	25	8	33	6	5	2
	<i>Smoky Butterbean Stew</i>	Vegetarian	460	598	2479	19	45	9	25	10	11	3
	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
	Axteca	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)
Shroomi	Gluten Ingredient Free - Vegetarian	530	965	3720	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	
The Healer	Gluten Ingredient Free - Vegetarian	530	705	2920	19	46	5	47	14	11	2	

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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>Nutworthy Massaman Curry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	375	855	3570	14	53	15	79	8	6	1
	<i>The Winter Bowl</i>	Dairy Free - Vegan - Vegetarian	310	552	2279	7	49	4	16	9	8	1
	<i>The Restorer</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	350	305	1264	9	17	6	26	5	4	2
	<i>Smoky Butterbean Stew</i>	Vegetarian	375	458	1894	16	32	8	21	8	8	3
	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
	Azteca	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)
	Shroomi	Gluten Ingredient Free - Vegetarian	470	864	3140	21	58	9	80	10	7	3
	Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	380	528	2227	14	14	2	82	8	8	3
	The Healer	Gluten Ingredient Free - Vegetarian	470	573	2388	16	35	4	42	13	10	2
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# ATIS NUTRITION GUIDE - WINTER 2022

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>The Winter Pot</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	160	358	1480	4	33	2	9	6	4	1
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>Butterbean Stew</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	180	240	1002	9	4	0	21	0	7	2
<i>Dried Cranberries</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	20	70	298	0	0	0	17	15	1	0
<i>Deep Roast Peanut Dressing</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	127	521	1	11	1	6	3	1	2
<i>Fresh Coriander</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	2	9	0	0	0	0	0	0	0
<i>Maple Glazed Pecans</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	179	737	3	18	1	1	1	2	0
<i>ManiLife Massaman Curry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	180	477	2027	15	8	1	93	1	7	2
<i>Roasted Brussels Sprouts + Chestnuts</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	43	182	2	3	0	2	2	2	0
<i>Roasted Roots</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	140	97	403	2	4	0	11	6	1	0
<i>Roasted Winter Greens</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	18	77	2	1	0	1	1	0	0
<i>Shaved Beetroot</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	40	27	114	1	1	0	4	3	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>Sesame Rice Noodles</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	159	676	5	3	0	31	0	2	1
<i>Toasted Coconut Flakes</i>	Dairy Free - Vegan - Vegetarian	15	38	161	1	2	0	4	0	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	50	58	247	4	0	0	10	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	55	40	166	2	3	0	2	2	1	2
Cherry Tomatoes	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	11	47	1	0	0	2	2	1	0
Chopped Cucumber	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	45	6	27	0	0	0	1	1	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	50	17	73	0	0	0	4	4	2	0
Tahini 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	80	146	604	1	15	4	1	0	3	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	40	48	200	4	4	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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