

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>Kalamata Queen</i>	Vegetarian	405	765	3155	9	75	15	11	6	4	4
	<i>The Earth Bowl</i>	Gluten Ingredient Free - Vegetarian	525	567	2357	15	38	4	36	12	7	2
	<i>Hey Pesto</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	420	424	1747	13	35	4	9	6	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	548	2262	7	53	4	9	6	3	0
	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	485	741	3086	23	46	11	55	9	5	5
	<i>Miso Hungry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	605	627	2632	19	26	3	74	17	13	5
	The Healer	Vegetarian	530	705	2920	19	46	5	47	14	11	2

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. IF YOUR ALLERGY IS SEVERE WE DO NOT ADVISE CONSUMPTION

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>Kalamata Queen*</i>	Vegetarian	345	555	2287	9	52	11	10	5	3	4
	<i>The Earth Bowl*</i>	Vegetarian - Gluten Ingredient Free	435	409	1705	11	26	3	30	11	7	2
	<i>Hey Pesto*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	360	349	1444	11	28	3	8	6	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	1583	7	36	3	7	5	3	0
	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	395	529	2204	16	33	8	39	6	4	4
	<i>Miso Hungry</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	605	566	2373	17	23	3	66	16	12	4
	The Healer	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)
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 - Gluten Ingredient Free - Vegan - Vegetarian	290	400	1674	30	18	2	18	0	0	2
<i>Pesto Pot*</i>	Vegetarian - Gluten Ingredient Free	200	300	1252	8	19	6	24	13	2	2
<i>Rainbow Slaw Pot*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	200	56	236	2	0	0	9	8	4	1
<i>Tahini Cauli Pot*</i>	Vegetarian - Gluten Ingredient Free	210	374	1548	10	26	3	20	5	8	2

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ATIS NUTRITION GUIDE - SPRING 2022

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>Artichoke Hearts*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	62	255	1	6	1	1	0	1	0
<i>Crispy Za'atar Cauliflower*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	40	166	1	2	0	2	2	1	0
<i>Garden Herb Quinoa*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	103	432	5	2	0	16	2	2	0
<i>Green Raw Slaw*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	26	107	0	1	0	2	2	2	0
<i>Grilled Portobello + Chestnut Mushrooms*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	46	191	2	4	1	1	1	1	0
<i>House Grains*</i>	Dairy Free - Vegan - Vegetarian	100	181	760	6	4	0	28	1	4	0
<i>Kalamata Olives*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	134	549	1	14	2	1	0	2	2
<i>Lemon Orregano Dressing*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	348	1429	1	38	5	1	1	0	1
<i>Miso Red Cabbage*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	97	403	3	5	1	8	5	3	2
<i>Pea + Edamame Medley*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	71	294	7	3	1	2	2	4	0
<i>Pumpkin Seed Pesto Dressing*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	119	490	2	12	2	2	1	0	0
<i>Red Raw Slaw*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	15	66	0	0	0	3	3	1	0
<i>Roasted Squash + Sweet Potato*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	112	472	1	4	0	16	8	1	0
<i>Smoked Almonds*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	25	195	807	7	16	2	4	1	0	1
<i>Zero-Waste Spring Greens*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	18	77	2	1	0	1	1	0	0

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ATIS NUTRITION GUIDE - SPRING 2022

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
Shredded Kale	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	60	20	84	2	1	0	1	1	0	0
Short-Grain Brown Rice	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	100	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 Eyed 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
Cherry Tomatoes	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	11	47	1	0	0	2	2	1	0
Cucumber	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	45	6	27	0	0	0	1	1	0	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
Steamed Broccoli	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	55	24	99	2	0	0	2	1	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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ATIS NUTRITION GUIDE - SPRING 2022

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 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)
Blackened Chicken Thigh	Dairy Free - Gluten Ingredient Free	90	200	835	25	11	2	0	0	0	1
Gochujang Organic Tempeh	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	120	210	880	21	8	2	10	4	4	1
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
Red Chilli Flakes	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	5	14	63	1	2	0	0	0	1	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)
Apple Cider Vinaigrette	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian	50	272	1120	1	28	2	4	3	0	1
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
Classic 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 - Gluten Ingredient 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 Yoghurt Dressing	Gluten Ingredient Free - Vegetarian	50	194	799	3	19	2	2	1	1	0

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