

ATIS ALLERGEN GUIDE – SPRING 2022



	NAME	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
SEASONAL BOWLS	<i>Kalamata Queen*</i>	Vegetarian		X					X		X					X
	<i>The Earth Bowl*</i>	Gluten Ingredient Free - Vegetarian				X			X		X	X		X		X
	<i>Hey Pesto*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X				
SALADS	Seiz'a Caesar			X		X	X		X							
	Azteca	Vegetarian		X					X							X
	Keep It Lean	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X			X	X	
WARM BOWLS	Shroomi	Gluten Ingredient Free - Vegetarian							X		X				X	X
	Miso Hungry	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	The Healer	Vegetarian		X		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 AN 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.

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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														
	Short-Grain Brown Rice	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Garden Herb Quinoa*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>House Grains*</i>	Dairy Free - Vegan - Vegetarian		X								X				
INGREDIENTS	Black Eyed 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														
	Pickled Ginger	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Pickled Red Onion	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	Steamed Broccoli	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Tahini Chickpeas	Gluten Ingredient Free - Vegetarian				X			X		X			X		
	<i>Artichoke Hearts*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Crispy Za'atar Cauliflower*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	Edamame + Pea Medley*	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														X
	<i>Green Raw Slaw*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Kalamata Olives*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Red Raw Slaw*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
<i>Zero-Waste Spring Greens*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															

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COLD PREMIUMS	Feta / Parmesan	Gluten Ingredient Free - Vegetarian							X							
	Avocado	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	House Hummus	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X		
	Soft Boiled Egg	Dairy Free - Gluten Ingredient Free - Vegetarian				X										
HOT PREMIUMS	Blackened Chicken Thigh	Dairy Free - Gluten Ingredient Free														X
	Gochujang Organic Tempeh	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	Golden Chicken Thigh*	Dairy Free - Gluten Ingredient Free													X	
	Grilled Mushrooms*	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X				X	X
	Miso Red Cabbage*	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian												X	X	
	Roasted Squash + Sweet Potato*	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														

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DRESSINGS	<i>Apple Cider Vinaigrette</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X						
	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 - Gluten Ingredient Free - Vegan - Vegetarian											X		X	X	
	Tahini Yoghurt	Gluten Ingredient Free - Vegetarian				X			X		X				X		
	<i>Lemon Oregano*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian									X						X
	<i>Pumpkin Pesto*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian											X				
CRUNCHES	Crispy Shallots	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	Dukkah	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X		X			
	Red Chilli Flakes	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian															
	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>Smoked Almonds*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian										X					

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ADDONS	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
	<i>Pesto*</i>	Gluten Ingredient Free - Vegetarian							X			X				X
	<i>Rainbow Slaw*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian														
	<i>Tahini Cauli*</i>	Dairy Free - Gluten Ingredient Free - Vegan - Vegetarian				X			X		X			X		X
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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