

SEASONAL BOWLS

KALAMATA QUEEN **R 7.20**
L 7.90

Ⓥ R-555 CAL L-765 CAL

GREEN LEAF MIX, CHERRY TOMATOES, KALAMATA OLIVES, CUCUMBER, CRUMBLLED FETA, TOASTED SOURDOUGH CRUMBS + LEMON OREGANO DRESSING
TRY WITH: **BLACKENED CHICKEN THIGH** +3.10

THE EARTH BOWL **R 6.60**
L 7.30

Ⓥ Ⓞ R-409 CAL L-567 CAL

CHOPPED ROMAINE, GARDEN HERB QUINOA, RED RAW SLAW, CHERRY TOMATOES, ZERO WASTE SPRING GREENS, PICKLED RED ONION, DUKKAH + TAHINI YOGHURT DRESSING

TRY WITH: **ANY OF OUR HOT TOPPINGS** - ALL GO WELL!

HEY PESTO **R 7.20**
L 7.90

Ⓥ Ⓞ Ⓞ R-349 CAL L-424 CAL

GREEN LEAF MIX, CRISPY ZA'ATAR CAULIFLOWER, PEA + EDAMAME MEDLEY, ARTICHOKE HEARTS, GREEN RAW SLAW, SMOKED ALMONDS + PUMPKIN PESTO DRESSING

TRY WITH: **ROASTED SQUASH** + **SWEET POTATO** +2.30

SALADS

SEIZ'A CAESAR **R 7.20**
L 7.90

R-403 CAL L-494 CAL

SHREDDED KALE, CHOPPED ROMAINE, GREEN RAW SLAW, CHERRY TOMATOES, PARMESAN SHAVINGS, TOASTED SOURDOUGH CRUMBS + CLASSIC CAESAR DRESSING

TRY WITH: **BLACKENED CHICKEN THIGH** +3.10

AZTECA **R 7.90**
L 8.80

Ⓥ R-533 CAL L-695 CAL

CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, BLACK EYED PEAS, PICKLED RED ONION, CRUMBLLED FETA, AVOCADO, TORTILLA SHARDS + LIME CORIANDER DRESSING

TRY WITH: **BLACKENED CHICKEN THIGH** +3.10

KEEP IT LEAN **R 7.20**
L 7.90

Ⓥ Ⓞ Ⓞ R-383 CAL L-548 CAL

GREEN LEAF MIX, CUCUMBER, PEA + EDAMAME MEDLEY, STEAMED BROCCOLI, AVOCADO, TAMARI SEEDS + APPLE CIDER VINAIGRETTE

TRY WITH: **ANY OF OUR HOT TOPPINGS** - ALL GO WELL!

WARM BOWLS

MISO HUNGRY **R 7.90**
L 8.80

Ⓥ Ⓞ Ⓞ R-566 CAL L-627 CAL

SHREDDED KALE, SHORT-GRAIN BROWN RICE, RED RAW SLAW, STEAMED BROCCOLI, PEA + EDAMAME MEDLEY, PICKLED GINGER, CRISPY SHALLOTS, MISO LIME GINGER DRESSING + MISO RED CABBAGE
TRY WITH: **GOCHUJANG ORGANIC TEMPEH** +2.70

SHROOMI **R 7.90**
L 8.80

Ⓥ Ⓞ R-529 CAL L-741 CAL

BABY SPINACH, SHORT-GRAIN BROWN RICE, RED RAW SLAW, CRUMBLLED FETA, CRISPY SHALLOTS, BALSAMIC VINAIGRETTE + GRILLED PORTOBELLO + CHESTNUT MUSHROOMS

TRY WITH: **BLACKENED CHICKEN THIGH** +3.10

THE HEALER **R 7.20**
L 7.90

Ⓥ R-573 CAL L-705 CAL

SHREDDED KALE, HOUSE GRAINS, TAHINI CHICKPEAS, PICKLED RED ONION, GREEN RAW SLAW, TAMARI SEEDS, TAHINI YOGHURT DRESSING, LIME SQUEEZE + ROASTED SQUASH + SWEET POTATO

TRY WITH: **GRILLED PORTOBELLO** + **CHESTNUT MUSHROOMS** +2.30

Ⓥ VEGAN Ⓥ VEGETARIAN Ⓞ DAIRY FREE Ⓞ GLUTEN INGREDIENT FREE **HOUSE FAVOURITES** IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.

CALORIES INCLUDE THE RESPECTIVE DRESSINGS. FOR MORE DETAILED NUTRITIONAL INFORMATION, PLEASE VISIT WWW.ATISFOOD.COM

ADD HOT PREMIUMS TO ANY OF OUR BOWLS

MISO RED CABBAGE* 2.30 ROASTED SQUASH + SWEET POTATO* 2.30
GRILLED PORTOBELLO + CHESTNUT MUSHROOMS* 2.30
GOCHUJANG ORGANIC TEMPEH 2.70 BLACKENED CHICKEN THIGH 3.10
GOLDEN CHICKEN THIGH* 3.10

ADD COLD PREMIUMS TO ANY OF OUR BOWLS

HOUSE HUMMUS 1.50 SOFT BOILED EGG 1.50
CRUMBLLED FETA 1.50 AVOCADO 1.90
PARMESAN SHAVINGS 1.90

SPOTLIGHT ON ZERO WASTE SPRING GREENS

CHECK OUT THE BEST OF BRITISH VEG WITH OUR ZERO WASTE SPRING GREENS. MADE FROM OUR UNUSED CAULI LEAVES, CABBAGE AND KALE, EATING SEASONALLY HAS NEVER TASTED SO GOOD.

BUILD YOUR OWN

1. CHOOSE A BASE **R 7.20**
L 7.90

CHOOSE ANY 2 OF OUR BASES

GREENS

BABY SPINACH
CHOPPED ROMAINE
SHREDDED KALE

PULSES + GRAINS

SHORT-GRAIN BROWN RICE
GARDEN HERB QUINOA*

HOUSE GRAINS*

BULGAR WHEAT, CHICKPEAS AND ATIS SPICES

*SEASONAL SPECIALS

FOR ALLERGENS + DIETARIES, PLEASE ASK

2. ADD INGREDIENTS
CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

PEA + EDAMAME MEDLEY*

TAHINI CHICKPEAS

GREEN RAW SLAW*

RED RAW SLAW*

BLACK BEANS

CHARRED CORN

CHERRY TOMATOES

CUCUMBER

KALAMATA OLIVES*

STEAMED BROCOLI

PICKLED GINGER

ARTICHOKE HEARTS*

PICKLED RED ONION

CRISPY ZA'ATAR CAULIFLOWER*

ZERO WASTE SPRING GREENS*

ADDITIONAL INGREDIENTS +0.50

3. ADD A CRUNCH
SELECT A CRUNCH

TORTILLA SHARDS

DUKKAH

TAMARI SEEDS

SMOKED ALMONDS*

CRISPY SHALLOTS

TOASTED SOURDOUGH

CRUMBS

RED CHILLI FLAKES

4. DRESS IT UP
SELECT A DRESSING

LEMON OREGANO DRESSING*

MISO LIME GINGER DRESSING

APPLE CIDER VINAIGRETTE

ROASTED CASHEW DRESSING

LIME CORIANDER DRESSING

BALSAMIC VINAIGRETTE

TAHINI YOGHURT DRESSING

CLASSIC CAESAR DRESSING

PUMPKIN SEED PESTO DRESSING*

BALSAMIC VINEGAR + OLIVE OIL

LIME SQUEEZE

ADDITIONAL DRESSING +0.50

HEAT IT UP

BUFFALO SAUCE +0.50

SRIRACHA +0.50

PREMIUMS

COLD PREMIUMS

HOUSE HUMMUS

SOFT BOILED EGG

CRUMBLLED FETA

AVOCADO

PARMESAN SHAVINGS

HOT PREMIUMS

MISO RED CABBAGE*

ROASTED SQUASH + SWEET

POTATO*

GRILLED PORTOBELLO +

CHESTNUT MUSHROOMS*

GOCHUJANG ORGANIC

TEMPEH

BLACKENED CHICKEN THIGH

GOLDEN CHICKEN THIGH*

RAINBOW SLAW* 250 CAL **4.00**
RED RAW SLAW + GREEN RAW SLAW

PESTO POT* 258 CAL **4.00**
ROASTED SQUASH + SWEET POTATO, CRUMBLLED FETA + PUMPKIN SEED PESTO DRESSING

TAHINI CAULI POT* 166 CAL **4.00**
CRISPY ZA'ATAR CAULIFLOWER, TAHINI CHICKPEAS, PICKLED RED ONION + TAHINI YOGHURT DRESSING

BUFFALO CHICKEN POT 412 CAL **8.20**
BLACKENED CHICKEN THIGH OR ROTISSERIE STYLE CHICKEN BREAST, CRISPY SHALLOTS, CAESAR DRESSING + BUFFALO HOT SAUCE

*SEASONAL SPECIALS

FOR ALLERGENS + DIETARIES, PLEASE ASK

GOCHUJANG ORGANIC TEMPEH POT 400 CAL **7.00**

BLACKENED CHICKEN THIGH POT 400 CAL **8.20**

STAY ON THE PULSE

JOIN OUR LOYALTY CARD PROGRAMME TODAY AND GET YOUR 10TH BOWL ON US! SCAN THE QR CODE OR SIMPLY TAP AWAY IN-STORE TO GET SET UP IN 5. WANT TO BE THE FIRST TO KNOW ABOUT UPDATES? SIGN UP FOR THE ATIS NEWSLETTER.



SCAN ME

DRINKS

COLD PRESSED JUICES **4.50**
GOLDEN RATIO / EVERGREEN

BOOSTERS **3.50**
TURMERIC GOLD / GINGER

KOMBUCHA **3.10**

OTHER HEALTH DRINKS

CHECK OUT OUR FRIDGE TO SEE THE REST OF OUR LINE UP! CBD SODA, PUNCHY, AF BEER + MORE!

SWEET TREATS

VEGAN COOKIE **3.00**
VEGAN BANANA BREAD **3.50**
VEGAN BROWNIE **3.50**

atis

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atis OLD ST, 145 CITY ROAD, SHOREDITCH, EC1V 1AZ | atis ECCLESTON YARDS, 1-2 ECCLESTON YARDS, BELGRAVIA, SW1W 9AZ