SEASONAL BOWLS

SATAY POWER BOWL — R 7.50 / L 8.20
(V+) (GF)
CHOPPED ROMAINE, BABY SPINACH, CUCUMBER, PICKLED GINGER, SUSTAIN YO'SELF AVO SMASH, TOASTED COCONUT CRUNCH, ROASTED CASHEW + GINGER DRESSING
TRY WITH: MISO LIME LEAF TEMPEH +3.40

THE CHIMICHURRI GARDEN BOWL — R 7.20 / L 7.90
(V)
GREEN LEAF MIX, ATIS GRAINS, BLACK EYED BEANS, CUCUMBER, ZERO WASTE SUMMER GREENS, PICKLED RED ONION, CRISPY SHALLOTS + KICK IT CHIMICHURRI DRESSING
TRY WITH: BLACKENED CHICKEN +3.40

MEDITERRANEAN SUMMER — R 6.90 / L 7.60
(V) (GF)
CHOPPED ROMAINE, BABY SPINACH, GREEN RAW SLAW, SLOW ROAST COURGETTE, SMOKED ALMONDS + BASIL PESTO DRESSING
TRY WITH: BOCCONCINI +2.60

SALADS

AZTECA — R 7.90 / L 8.80
(V)
CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, BLACK EYED BEANS, PICKLED RED ONION, CRUMBLED FETA, SUSTAIN YO'SELF AVO SMASH, TORTILLA SHARDS + LIME CORIANDER DRESSING
TRY WITH: BLACKENED CHICKEN +3.40

SEIZ'A CAESAR — R 7.50 / L 8.20
SHREDDED KALE, CHOPPED ROMAINE, GREEN RAW SLAW, CHERRY TOMATOES, PARMESAN SHAVINGS, TOASTED SOURDOUGH CRUMBS + CLASSIC CAESAR DRESSING
TRY WITH: BLACKENED CHICKEN +3.40

KEEP IT LEAN — R 6.90 / L 7.60
(V) (GF) (DF)
GREEN LEAF MIX, CUCUMBER, PEA + EDAMAME MEDLEY, STEAMED BROCCOLI, SUSTAIN YO'SELF AVO SMASH, 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
(V+) (GF) (DF)
SHREDDED KALE, SHORT-GRAIN BROWN RICE, RED RAW SLAW, STEAMED BROCCOLI, PEA + EDAMAME MEDLEY, PICKLED GINGER, CRISPY SHALLOTS, MISO RED CABBAGE + MISO LIME GINGER DRESSING
TRY WITH: MISO LIME TEMPEH +3.40

SHROOMI — R 7.90 / L 8.80
(V) (GF)
BABY SPINACH, SHORT-GRAIN BROWN RICE, RED RAW SLAW, CRUMBLED FETA, CRISPY SHALLOTS, GRILLED PORTOBELLO + CHESTNUT MUSHROOMS + BALSAMIC VINAIGRETTE
TRY WITH: BLACKENED CHICKEN +3.40

THE HEALER — R 7.90 / L 8.80
(V)
SHREDDED KALE, HOUSE GRAINS, TAHINI CHICKPEAS, PICKLED RED ONION, GREEN RAW SLAW, TAMARI SEEDS, ROASTED SQUASH + SWEET POTATO + TAHINI YOGHURT DRESSING + LIME SQUEEZE
TRY WITH: GRILLED PORTOBELLO + CHESTNUT MUSHROOMS +2.60

(V+) VEGAN (V) VEGETARIAN (DF) DAIRY FREE (GF) NO GLUTEN CONTAINING INGREDIENTS HOT **HOUSE FAVOURITES** IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.

ADD HOT PREMIUMS TO ANY OF OUR BOWLS

ROASTED SQUASH + SWEET POTATO 2.60 — MISO RED CABBAGE 2.60
GRILLED PORTOBELLO + CHESTNUT MUSHOOMS 2.60
MISO LIME LEAF TEMPEH* 3.40 — BLACKENED CHICKEN 3.40
GOLDEN CHICKEN 3.40 — LEMON + HERB SALMON* 6.90

ADD COLD PREMIUMS TO ANY OF OUR BOWLS

HOUSE HUMMUS 1.90 — SOFT BOILED EGG 1.90
ZA'ATAR ROASTED CAULIFLOWER* 1.90 — CRUMBLED FETA 1.90
SUSTAIN YO'SELF AVO SMASH 1.90 — PARMESAN SHAVINGS 1.90
BOCCONCINI* 2.60 — AVOCADO 2.60

SPOTLIGHT ON COLD ROAST LEMON AND HERB SALMON

SALMON IS BACK BY POPULAR DEMAND. TRY ADDING THIS DELICIOUS PROTEIN TO YOUR SUMMER BOWL FOR AN EXTRA PROTEIN BOOST!

MEET AVOCADO'S PLANET-FRIENDLY YOUNGER SISTER

OUR NEW SUSTAINABLE SMASH IS MADE UP OF A SUPER FRESH BLEND OF AVO, PEAS AND EDAMAME. ADD TO ANY BOWL FOR 1.90!

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
GREEN LEAF MIX

PULSES + GRAINS
SHORT-GRAIN BROWN RICE
GARDEN HERB QUINOA
HOUSE GRAINS
BULGAR WHEAT, CHICKPEAS AND ATIS SPICES

***SEASONAL SPECIALS**
FOR ALLERGENS + DIETARIES, PLEASE ASK

SCAN FOR ALLERGEN INFO

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

PEA + EDAMAME MEDLEY
TAHINI CHICKPEAS
GREEN RAW SLAW
RED RAW SLAW
BLACK EYED BEANS
CHARRED CORN
CHERRY TOMATOES
CUCUMBER
ZERO WASTE SUMMER GREENS*
STEAMED BROCOLI
PICKLED GINGER
SLOW ROAST COURGETTE*
PICKLED RED ONION

ADDITIONAL INGREDIENTS +0.50

3. DRESS IT UP
SELECT A DRESSING

KICK IT CHIMICHURRI DRESSING*
MISO LIME GINGER DRESSING
APPLE CIDER VINAIGRETTE
ROASTED CASHEW + GINGER DRESSING*
LIME CORIANDER DRESSING
BALSAMIC VINAIGRETTE
TAHINI YOGHURT DRESSING
CLASSIC CAESAR DRESSING
BASIL PESTO DRESSING*
BALSAMIC VINEGAR + OLIVE OIL
LIME SQUEEZE

ADDITIONAL DRESSING +0.50

HEAT IT UP
BUFFALO SAUCE +0.50
SRIRACHA +0.50

4. ADD A CRUNCH
SELECT A CRUNCH

TORTILLA SHARDS
DUKKAH
TAMARI SEEDS
TOASTED COCONUT CRUNCH*
CRISPY SHALLOTS
TOASTED SOURDOUGH CRUMBS
RED CHILLI FLAKES

PREMIUMS

COLD PREMIUMS

HOUSE HUMMUS	1.90
SOFT BOILED EGG	1.90
ZA'ATAR ROASTED CAULIFLOWER*	1.90
CRUMBLED FETA	1.90
SUSTAIN YO'SELF AVO SMASH	1.90
PARMESAN SHAVINGS	1.90
BOCCONCINI*	2.60
AVOCADO	2.60

HOT PREMIUMS

ROASTED SQUASH + SWEET POTATO	2.60
GRILLED PORTOBELLO + CHESTNUT MUSHROOMS	2.60
MISO RED CABBAGE	2.60
MISO LIME LEAF TEMPEH*	3.40
BLACKENED CHICKEN	3.40
GOLDEN CHICKEN	3.40
LEMON + HERB SALMON*	6.90

POWER POTS

MISO RAW SLAW — 4.00
(V+) (GF)
RED RAW SLAW + GREEN RAW SLAW + MISO LIME DRESSING

PESTO POT* — 5.00
(V) (GF)
ROASTED SQUASH + SWEET POTATO, CRUMBLED FETA + BASIL PESTO DRESSING

ATIS CAPRESE POT* — 6.00
(V) (GF)
BABY SPINACH, CHERRY TOMATOES, BOCCONCINI, SUSTAIN YO'SELF AVO SMASH + BASIL PESTO DRESSING

WHEN COURGETTE MET FETA* — 6.00
(V) (GF)
SLOW ROAST COURGETTE, CRUMBLED FETA + PICKLED RED ONION

MISO LIME LEAF TEMPEH* — 7.00
(V) (GF)

COCONUT GOLDEN CHICKEN* — 8.30
(GF) (DF)
GOLDEN CHICKEN, RAW GREEN SLAW + TOASTED COCONUT CRUNCH

GOLDEN CHICKEN POT — 8.30
(GF) (DF)

BLACKENED CHICKEN POT — 8.30
(DF)

BUFFALO CHICKEN POT — 8.30
(GF)
BLACKENED CHICKEN , CRISPY SHALLOTS, CAESAR DRESSING + BUFFALO HOT SAUCE

***SEASONAL SPECIALS**
FOR ALLERGENS + DIETARIES, PLEASE ASK

DRINKS

COLD PRESSED JUICES — 5.00
GOLDEN RATIO / EVERGREEN

BOOSTERS — 4.00
TURMERIC GOLD / GINGER

KOMBUCHA — 3.50

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

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

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atis NOTTING HILL, 37-39 PEMBRIDGE ROAD, NOTTING HILL, W11 3HG