

NUTRITIONAL GUIDE – AUTUMN 2022

BOWL INFORMATION CONTAIN DRESSINGS AS STANDARD	BEST OF ATIS (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 + Blackened Chicken		370	673	2798	40	52	15	13	7	4	3	
	Keep It Lean + Lime Leaf Tempeh	Gluten Ingredient Free - Vegan	470	881	3653	33	67	9	30	17	15	4	
	<i>Autumn Kickstarter + G's Roast Garlic Chicken*</i>	Dairy Free	390	810	3361	31	67	10	22	12	6	5	
	BEST OF ATIS (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 + Blackened Chicken		440	777	3219	42	61	16	15	9	5	3	
	Keep It Lean + Lime Leaf Tempeh	Gluten Ingredient Free - Vegan	530	1035	4286	34	82	11	32	19	15	5	
	<i>Autumn Kickstarter + G's Roast Garlic Chicken*</i>	Dairy Free	440	964	3986	31	83	12	25	14	6	6	
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BOWL INFORMATION CONTAIN DRESSINGS AS STANDARD	SEASONAL BOWL (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>Autumn Kickstarter*</i>	Vegan	280	546	2262	9	45	6	22	12	6	4
	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		260	411	1708	20	31	10	12	6	3	2
	Azteca	Vegetarian	410	832	2386	18	45	8	31	9	14	2
	Keep It Lean	Gluten Ingredient Free - Vegan	360	594	2459	17	49	7	17	10	11	3
	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)
	Miso Hungry	Gluten Ingredient Free - Vegan	460	529	2222	17	21	2	62	20	11	4
	Shroomi 2.0	Vegan	390	546	2274	12	37	3	38	9	7	3
	The Nourisher	Gluten Ingredient Free - Vegetarian	420	643	2671	17	39	4	50	21	11	2

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BOWL INFORMATION CONTAIN DRESSINGS AS STANDARD	SEASONAL BOWL (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>Autumn Kickstarter*</i>	Vegan	330	700	2888	10	61	8	24	14	6	4
	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		330	515	2129	22	40	11	14	8	4	3
	Azteca	Vegetarian	480	965	2928	19	59	9	32	9	14	2
	Keep It Lean	Gluten Ingredient Free - Vegan	420	748	3091	18	64	9	19	12	11	4
	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)
	Miso Hungry	Gluten Ingredient Free - Vegan	550	688	2877	20	28	3	81	21	13	5
	Shroomi 2.0	Vegan	470	794	3304	15	55	4	55	11	9	4
	The Nourisher	Gluten Ingredient Free - Vegetarian	540	902	3769	21	55	6	74	21	15	2

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BUILD YOUR OWN - 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	Gluten Ingredient Free - Vegan	40	8	31	1	0	0	0	0	0	0
Chopped Romaine	Gluten Ingredient Free - Vegan	40	7	28	0	0	0	0	0	1	0
Shredded Kale + Cabbage Mix	Gluten Ingredient Free - Vegan	40	17	70	1	0	0	1	1	1	0
Green Leaf Mix	Gluten Ingredient Free - Vegan	40	10	40	1	0	0	0	0	1	0
Short Grain Brown Rice	Gluten Ingredient Free - Vegan	100	151	640	4	1	0	32	0	1	0
House Grains	Vegan	100	181	761	6	4	0	28	1	4	0
<i>Sundried Tomato Quinoa*</i>	Gluten Ingredient Free - Vegan	100	158	665	7	3	0	24	5	4	0

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BUILD YOUR OWN - 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)
Pea + Edamame Medley	Gluten Ingredient Free - Vegan	50	59	246	5	2	0	4	2	3	0
Tahini Chickpeas	Gluten Ingredient Free - Vegetarian	50	79	328	4	3	0	8	1	3	0
Red Raw Slaw	Gluten Ingredient Free - Vegan	55	12	51	0	0	0	2	2	1	0
Black Eyed Beans	Gluten Ingredient Free - Vegan	50	59	247	4	0	0	8	0	6	0
Charred Corn	Gluten Ingredient Free - Vegan	50	58	243	1	3	0	6	3	2	0
Cherry Tomatoes	Gluten Ingredient Free - Vegan	50	13	55	1	0	0	2	2	1	0
Cucumber	Gluten Ingredient Free - Vegan	50	8	33	1	0	0	1	1	0	0
Roasted Broccoli	Gluten Ingredient Free - Vegan	50	60	246	2	5	0	1	1	2	1
Pickled Ginger	Gluten Ingredient Free - Vegan	30	31	133	0	0	0	7	5	0	0
Pickled Red Onion	Gluten Ingredient Free - Vegan	40	11	44	0	0	0	2	2	0	0
<i>Scorched Brussels Sprouts*</i>	Gluten Ingredient Free - Vegan	50	64	265	2	5	0	3	2	2	1
<i>Zero-Waste Autumnal Greens*</i>	Gluten Ingredient Free - Vegan	50	35	144	2	2	0	2	1	2	0

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BUILD YOUR OWN - DRESSINGS (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)
Miso Lime Ginger Dressing	Gluten Ingredient Free - Vegan	50	128	531	2	11	1	5	2	1	2
Roasted Cashew + Ginger Dressing	Gluten Ingredient Free - Vegan	50	137	568	4	12	2	3	1	0	1
Lime Coriander Dressing	Gluten Ingredient Free - Vegan	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	Gluten Ingredient Free - Vegan	50	265	1093	1	27	2	4	3	0	1
Tahini Yoghurt Dressing	Gluten Ingredient Free - Vegetarian	50	195	803	3	20	2	2	1	1	0
Classic Caesar Dressing	Gluten Ingredient Free	50	156	641	2	15	2	2	2	0	1
<i>The Mother of All Dressings*</i>	Gluten Ingredient Free - Vegan	50	244	1003	0	25	4	4	3	0	1
Balsamic Vinegar	Gluten Ingredient Free - Vegan	50	50	213	1	0	0	12	12	0	0
Olive Oil	Gluten Ingredient Free - Vegan	50	411	1689	0	46	8	0	0	0	0
Lime Squeeze	Gluten Ingredient Free - Vegan	50	11	46	0	0	0	0	0	0	0

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BUILD YOUR OWN - DRESSINGS (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)
Miso Lime Ginger Dressing	Gluten Ingredient Free - Vegan	80	205	850	4	17	2	8	4	1	3
Roasted Cashew + Ginger Dressing	Gluten Ingredient Free - Vegan	80	219	909	6	19	3	5	2	1	1
Lime Coriander Dressing	Gluten Ingredient Free - Vegan	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	Gluten Ingredient Free - Vegan	80	424	1748	1	44	3	6	5	0	2
Tahini Yoghurt Dressing	Gluten Ingredient Free - Vegetarian	80	311	1284	4	31	3	2	2	2	1
Classic Caesar Dressing	Gluten Ingredient Free	80	249	1026	4	24	3	3	3	0	1
<i>The Mother of All Dressings*</i>	Gluten Ingredient Free - Vegan	80	390	1605	1	40	6	6	5	0	2
Balsamic Vinegar	Gluten Ingredient Free - Vegan	80	80	341	2	0	0	19	19	0	0
Olive Oil	Gluten Ingredient Free - Vegan	80	658	2702	0	73	13	0	0	0	0
Lime Squeeze	Gluten Ingredient Free - Vegan	80	18	74	0	0	0	0	0	0	0

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BUILD YOUR OWN - 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)
Tortilla Shards	Vegan	15	75	315	1	4	0	9	0	1	0
Smoky Almonds	Gluten Ingredient Free - Vegan	15	86	353	3	8	1	1	0	1	0
Tamari Seeds	Gluten Ingredient Free - Vegan	15	84	346	3	7	1	1	0	1	0
Crispy Shallots	Gluten Ingredient Free - Vegan	15	15	64	0	1	0	2	1	0	0
Poilâne Sourdough Breadcrumbs	Vegan	25	78	327	2	4	0	9	1	1	0
<i>Salted Caramelised Walnuts*</i>	Gluten Ingredient Free - Vegan	25	149	617	3	13	1	4	4	1	1

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BUILD YOUR OWN - 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	Gluten Ingredient Free - Vegan	90	159	655	2	16	4	2	0	3	0
Parmesan Crumble	Gluten Ingredient Free - Vegetarian	35	145	601	12	10	7	0	0	0	1
Crumbled Feta	Gluten Ingredient Free - Vegetarian	35	87	361	5	7	5	0	0	0	1
Soft Boiled Egg	Gluten Ingredient Free - Vegetarian	50	72	298	7	5	1	0	0	0	0
Sustain Yo'self Avo Smash	Gluten Ingredient Free - Vegan	90	141	587	6	10	2	5	3	4	1
<i>Red Piquillo Pepper Hummus*</i>	Gluten Ingredient Free - Vegan	75	122	509	6	6	1	9	1	5	1
<i>Lemon Herb Salmon*</i>	Dairy Free - Gluten Ingredient Free	130	231	970	26	14	3	1	1	1	2

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BUILD YOUR OWN - 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	Dairy Free - Gluten Ingredient Free	110	262	1090	20	21	5	1	1	1	1
Lime Leaf Tempeh	Gluten Ingredient Free - Vegan	110	287	1195	16	18	2	13	7	4	1
Grilled Chestnut + Portobello Mushrooms	Gluten Ingredient Free - Vegan	120	66	277	4	5	0	2	1	1	1
Miso Red Cabbage	Gluten Ingredient Free - Vegan	110	111	460	4	6	1	9	5	3	2
Roasted Squash + Sweet Potato	Gluten Ingredient Free - Vegan	110	123	519	1	5	0	17	9	2	0
<i>Roast Chicken*</i>	Dairy Free - Gluten Ingredient Free	110	264	1099	22	22	5	0	0	0	1

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POWER 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)
atis OG Blackened Chicken	Dairy Free - Gluten Ingredient Free	225	536	2230	34	43	10	2	2	1	2
Buffalo Chicken	Gluten Ingredient Free	225	506	2102	30	40	9	5	3	2	2
<i>Fetamorphosis*</i>	Vegetarian	180	232	965	11	15	5	11	2	2	2
<i>Some Like It Scorched*</i>	Gluten Ingredient Free - Vegan	190	247	1022	7	19	2	10	7	6	3
<i>Sweet Spuds n' Sprouts*</i>	Gluten Ingredient Free - Vegan	200	372	1542	6	26	3	25	16	5	3
<i>Rosemary Salt Seasonal Wedges + Chipotle Mayo*</i>	Gluten Ingredient Free - Vegetarian	230	288	1210	3	14	1	35	19	3	1
<i>G's Breadcrumb Garlic Chicken*</i>	Dairy Free	250	600	2498	31	48	9	11	2	2	4
<i>Tempeh-tation*</i>	Gluten Ingredient Free - Vegan	210	519	2155	28	32	4	25	14	7	3

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SAUCE IT UP	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)
Sauce Shop - Sriracha	Gluten Ingredient Free - Vegan	50	54	226	2	0	0	11	10	2	1
Sauce Shop - Buffalo Hot Sauce	Gluten Ingredient Free - Vegan	50	50	208	1	4	2	2	2	2	2
<i>Sauce Shop - Chipotle Mayo*</i>	Gluten Ingredient Free - Vegetarian	50	345	1442	0	38	4	0	0	1	1

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COOKIES	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)
After School Cookie Club - Chocolate Chip Cookie	Gluten Ingredient Free - Vegan	75	338	1418	2	18	11	40	24	3	0
After School Cookie Club - Orange Chocolate Cookie	Gluten Ingredient Free - Vegan	75	338	1418	2	18	11	40	24	3	0

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