

SEASONAL + HOT BOWLS

THE WINTER BOWL

R-522 CAL L-670 CAL

R 7.70

L 8.60

SHREDDED KALE + CABBAGE, BABY SPINACH, ORANGE SLAW, SMOKEY BEETROOT, CRUMBLIED GOAT'S CHEESE, POILÂNE GRANOLA + WILLY'S ACV VINAIGRETTE

TRY WITH: ZA'ATAR CHICKEN +3.40

PLANT THERAPY

R-490 CAL L-699 CAL

R 6.50

L 7.50

SHREDDED KALE + CABBAGE, CHOPPED ROMAINE, TAHINI CHICKPEAS, PICKLED RED ONION, CUCUMBER, TURMERIC CAULIFLOWER, SMOKED ALMONDS + TAHINI DRESSING V+

TRY WITH: RED PEPPER HUMMUS +1.20

TOMATO BUTTERBEAN BRAISE

274 CAL

7.00

TOMATO BUTTERBEAN BRAISE, KALE, POILÂNE SOURDOUGH BREADCRUMBS, DILL YOGHURT

ADD PARMESAN CRUMBLE +1.20

TRY WITH: ZA'ATAR CHICKEN +3.40

SALADS

SEIZ'A CAESAR

R-441 CAL L-515 CAL

R 6.50

L 7.50

SHREDDED KALE + CABBAGE, CHOPPED ROMAINE, CHERRY TOMATOES, PARMESAN CRUMBLE, POILÂNE SOURDOUGH BREADCRUMBS + CLASSIC CAESAR DRESSING

TRY WITH: BLACKENED CHICKEN +3.40

AZTECA

R-832 CAL L-965 CAL

R 9.60

L 10.70

CHOPPED ROMAINE, BABY SPINACH, CHARRIED CORN, BLACK EYED BEANS, PICKLED RED ONIONS, CRUMBLIED FETA, SUSTAIN YO'SELF AVO SMASH, BLANCO NINO TORTILLA SHARDS + LIME CORIANDER DRESSING

TRY WITH: BLACKENED CHICKEN +3.40

KEEP IT LEAN

R-594 CAL L-748 CAL

R 6.90

L 7.70

GREEN LEAF MIX, CUCUMBER, EDAMAME + PEA MEDLEY, ROASTED BROCCOLI, SUSTAIN YO'SELF AVO SMASH, TOASTED TAMARI SEEDS + WILLY'S ACV VINAIGRETTE

TRY WITH: RED PEPPER HUMMUS +1.20; ZA'ATAR ROAST SALMON +6.20; ROSEMARY SQUASH + SWEET POTATO +2.00

WARM BOWLS

MISO DISCO

R-592 CAL L-688 CAL

R 8.80

L 9.80

SHREDDED KALE + CABBAGE, SHORT-GRAIN BROWN RICE, RED RAW SLAW, EDAMAME + PEA MEDLEY, PICKLED GINGER, CRISPY SHALLOTS, MISO RED CABBAGE + MISO LIME GINGER DRESSING

TRY WITH: MISO LIME LEAF TEMPEH +2.60

SHROOMI 2.0

R-519 CAL L-752 CAL

R 9.60

L 10.70

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

TRY WITH: CRUMBLIED FETA +1.50 AND/OR BLACKENED CHICKEN +3.40

THE NOURISHER

R-643 CAL L-902 CAL

R 8.30

L 9.30

SHREDDED KALE + CABBAGE, SUNDRIED TOMATO QUINOA, PICKLED RED ONION, ZERO WASTE WINTER GREENS, SMOKED ALMONDS, ROSEMARY SQUASH + SWEET POTATO, LIME SQUEEZE + TAHINI DRESSING V+

TRY WITH: GRILLED PORTOBELLO + CHESTNUT MUSHROOMS +2.60



IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.

ADD COLD PREMIUMS TO ANY OF OUR BOWLS

- DILL YOGHURT * 1.20
- RED PEPPER HUMMUS 1.20
- GOAT'S CHEESE* 1.20
- PARMESAN CRUMBLE 1.20
- CRUMBLIED FETA 1.50
- SUSTAIN YO'SELF AVO SMASH 1.50
- AVOCADO HALF 2.00

ADD HOT PREMIUMS TO ANY OF OUR BOWLS

- ROSEMARY SQUASH + SWEET POTATO 2.00
- MISO RED CABBAGE 2.00
- GRILLED PORTOBELLO + CHESTNUT MUSHROOMS 2.60
- MISO LIME LEAF TEMPEH 2.60
- BLACKENED CHICKEN 3.40
- ZA'ATAR CHICKEN* 3.40
- ZA'ATAR ROAST SALMON* 6.20

SIDE POTS + SWEETS

CHOOSE ONE OF OUR SIDES FOR AN EXTRA POWER KICK OR GO FOR THE SWEET TOUCH, AND PAIR UP WITH A TREAT. SEE OUR 'POWER POT' AND 'SWEET TREAT' CHOICES BELOW.

SPOTLIGHT ON ATIS X TASCC

WE'VE TEAMED UP WITH OUR FRIENDS THE AFTER SCHOOL COOKIE CLUB TO BRING YOU A DELICIOUS AFTER-BOWL TREAT. TASCC IS LONDON'S FIRST PLANT-BASED COOKIE BAKERY. CRAFTING FRESHLY BAKED, GOOEY, HAND-TOPPED COOKIES. TRY THEIR CHOCOLATE CHIP OR DOUBLE CHOCOTATE. 1.90 / V+

BUILD YOUR OWN

1. CHOOSE A BASE R 6.90 L 7.70

CHOOSE ANY 2 OF OUR BASES

GREENS
SHREDDED KALE + CABBAGE
BABY SPINACH
CHOPPED ROMAINE

PULSES + GRAINS
SHORT-GRAIN BROWN RICE
SUNDRIED TOMATO QUINOA



SCAN FOR ALLERGEN INFO

2. ADD INGREDIENTS

CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

BLACK EYED BEANS
CHARRED CORN
CHERRY TOMATOES
CUCUMBER
ROASTED BROCCOLI
PICKLED GINGER
PICKLED RED ONION
TAHINI CHICKPEAS
TURMERIC CAULIFLOWER*
SMOKEY BEETROOT*
ORANGE SLAW*
ZERO WASTE WINTER GREENS*
SEASONAL RED RAW SLAW*
EDAMAME + PEA MEDLEY

ADDITIONAL INGREDIENTS +0.50

*SEASONAL SPECIALS
FOR ALLERGENS + DIETARIES, PLEASE ASK

3. DRESS IT UP

SELECT A DRESSING

WILLY'S ACV VINAIGRETTE
CASHEW SATAY DRESSING
LIME CORIANDER DRESSING
BALSAMIC VINAIGRETTE
CLASSIC CAESAR DRESSING
TAHINI DRESSING*
MISO LIME GINGER DRESSING
OLIVE OIL
BALSAMIC VINEGAR
LIME SQUEEZE

4. SAUCE IT UP

BRING SOME EXTRA FLAVOUR AND BANG TO YOUR BOWL WITH THESE ADDITIONAL SAUCES. PLEASE NOTE: THESE ARE NOT DRESSINGS.

CHIPOTLE MAYO +0.50

SRIRACHA SAUCE +0.50

BUFFALO HOT SAUCE +0.50

ATIS AIOLI +0.50

5. ADD A CRUNCH

SELECT A CRUNCH

ROASTED TAMARI SEEDS
CRISPY SHALLOTS
POILÂNE SOURDOUGH BREADCRUMBS
SMOKED ALMONDS
BLANCO NIÑO TORTILLA SHARDS
POILÂNE GRANOLA*

6. SEASON ME

FIND ME ON THE SIDE

RED SPICE MIX
GREEN SALT

ADDITIONALS

FOCACCIA +1.50

PREMIUMS

COLD PREMIUMS	
DILL YOGHURT*	1.20
RED PEPPER HUMMUS	1.20
GOAT'S CHEESE*	1.20
PARMESAN CRUMBLE	1.20
CRUMBLIED FETA	1.50
SUSTAIN YO'SELF AVO SMASH	1.50
AVOCADO HALF	2.00

HOT PREMIUMS	
ROSEMARY SQUASH + SWEET POTATO	2.00
MISO RED CABBAGE	2.00
GRILLED PORTOBELLO + CHESTNUT MUSHROOMS	2.60
MISO LIME LEAF TEMPEH	2.60
BLACKENED CHICKEN	3.40
ZA'ATAR CHICKEN*	3.40
ZA'ATAR ROAST SALMON*	6.20

SIDE POTS

HOT SIDE

BEST SPUDDIES

273 CAL

3.50

ROASTED NEW POTATOES, ATIS AIOLI + CRISPY ONIONS

PLANT-POWERED POTS

ROSEMARY SQUASH + SWEET POTATO

288 CAL

4.50

ROSEMARY SQUASH + SWEET POTATO, CHIPOTLE MAYO

DON'T WANT MAYO? OPT OUT!

BROC 'N' ROLL*

310 CAL

4.50

DOUBLE BROCCOLI, CASHEW SATAY DRESSING, SRIRACHA

PROTEIN POWER POTS

ATIS OG BLACKENED CHICKEN POT

536 CAL

7.90

BLACKENED CHICKEN

BUFFALO CHICKEN POT

506 CAL

7.50

BLACKENED CHICKEN, CRISPY SHALLOTS, CAESAR DRESSING + BUFFALO HOT SAUCE

ZA'ATAR CHICKEN POT*

426 CAL

7.90

ZA'ATAR CHICKEN, ZERO WASTE WINTER GREENS + TAHINI DRESSING V+

TEMPEH-TATION

519 CAL

7.50

MISO LIME LEAF TEMPEH, PICKLED GINGER, CRISPY SHALLOTS + CASHEW SATAY DRESSING

SWEETS DRINKS

COLD PRESSED JUICES	5.00
GOLDEN RATIO / EVERGREEN	
BOOSTERS	4.00
KOMBUCHA	3.20
DASH WATER	2.50

OTHER HEALTH DRINKS
CHOOSE FROM A RANGE OF OTHER DRINKS - CHECK OUT OUR FRIDGE TO SEE THE LINE UP!

WALNUT & BANANA BREAD	2.40
THE AFTER SCHOOL COOKIE	1.90
CHOCOLATE CHIP	
THE AFTER SCHOOL COOKIE	1.90
DOUBLE CHOCOLATE	

STAY ON THE PULSE
JOIN OUR LOYALTY PROGRAMME
SCAN ME TO JOIN OUR LOYALTY PROGRAMME AND GET YOUR 10TH BOWL ON US!



atis



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atis OLD STREET, atis ECCLESTON YARDS, atis NOTTING HILL, atis CANARY WHARF