

NUTRITIONAL GUIDE – WINTER 2023

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 + Rosemary Squash + Sweet Potato	Gluten Ingredient Free - Vegan	470	717	2978	18	53	7	34	19	12	3
	Shroomi 2.0 + Blackened Chicken	Dairy Free - Gluten Ingredient Free	500	781	3364	32	58	8	39	10	8	4
	<i>The Winter Bowl + Za'atar Roast Chicken*</i>		395	786	3245	34	65	16	18	13	4	4
	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	3299	42	61	16	15	9	5	3
	Keep It Lean + Rosemary Squash + Sweet Potato	Gluten Ingredient Free - Vegan	530	871	3610	19	69	10	37	21	13	4
	Shroomi 2.0 + Blackened Chicken	Dairy Free - Gluten Ingredient Free	580	1014	4394	34	76	9	56	12	10	5
	<i>The Winter Bowl + Za'atar Roast Chicken*</i>		445	934	3621	36	72	18	22	15	5	4
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BOWL INFORMATION CONTAINS 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>The Winter Bowl*</i>	Vegetarian	285	522	2146	12	43	11	18	13	4	2
	<i>Plant Therapy*</i>	Gluten Ingredient Free - Vegan	335	490	1729	14	31	3	16	7	10	1
	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)
	<i>Seiz'a Caesar</i>		260	441	1708	20	31	10	12	6	3	2
	<i>Asteca</i>	Vegetarian	410	832	2386	18	45	8	31	9	14	2
	<i>Keep It Lean</i>	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)
	<i>Miso Diaco</i>	Gluten Ingredient Free - Vegan	460	592	2222	17	21	2	62	20	11	4
	<i>Shroomi 2.0</i>	Gluten Ingredient Free - Vegan	390	519	2274	12	37	3	38	9	7	3
	<i>The Nourisher</i>	Gluten Ingredient Free - Vegetarian	420	643	2671	17	39	4	50	21	11	2

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BOWL INFORMATION CONTAINS 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>The Winter Bowl*</i>	Vegetarian	335	670	2522	14	51	13	21	15	5	3
	<i>Plant Therapy*</i>	Gluten Ingredient Free - Vegan	395	699	2038	16	36	3	19	8	12	1
	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)
	<i>Seiz'a Caesar</i>		330	515	2129	22	40	11	14	8	4	3
	<i>Asteca</i>	Vegetarian	480	965	2928	19	59	9	32	9	14	2
	<i>Keep It Lean</i>	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)
	<i>Miso Diaco</i>	Gluten Ingredient Free - Vegan	550	688	2877	20	28	3	81	21	13	5
	<i>Shroomi 2.0</i>	Gluten Ingredient Free - Vegan	470	752	3304	15	55	4	55	11	9	4
	<i>The Nourisher</i>	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
Sundried Tomato Quinoa	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 - Vegan	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
Orange Raw Slaw*	Gluten Ingredient Free - Vegan	50	2	9	0	0	0	0	0	0	0
Smoky Beetroot*	Gluten Ingredient Free - Vegan	50	43	178	1	2	0	4	3	1	0
Turmeric Cauliflower*	Gluten Ingredient Free - Vegan	50	49	204	1	4	0	2	1	1	0
Zero-Waste Winter Greens*	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
The Mother of All Dressings	Gluten Ingredient Free - Vegan	50	244	1003	0	25	4	4	3	0	1
Vegan Tahini Dressing*	Gluten Ingredient Free - Vegan	50	154	633	2	16	1	1	1	1	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
The Mother of All Dressings	Gluten Ingredient Free - Vegan	80	390	1605	1	40	6	6	5	0	2
Vegan Tahini Dressing*	Gluten Ingredient Free - Vegan	80	246	1013	3	25	2	1	1	1	1
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 Shreds	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
Tamarind 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>Poilâne Granole*</i>	Vegetarian (Honey)	20	73	307	1	3	0	10	0	0	0

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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)
<i>Avocado</i>	Gluten Free - Vegan	90	159	655	2	16	4	2	0	3	0
Parmesan Crumble	Gluten Free - Vegetarian	20	83	343	7	6	4	0	0	0	0
Crumbled Feta	Gluten Free - Vegetarian	35	87	361	5	7	5	0	0	0	1
Red Piquillo Pepper Hummus	Gluten Free - Vegan	75	122	509	6	6	1	9	1	5	1
Sustain Yo'self Avo Smash	Gluten Free - Vegan	90	141	587	6	10	2	5	3	4	1
Goat's Cheese*	Gluten Free - Vegetarian	35	112	463	7	9	6	0	0	0	1
<i>Zelatar Salmon*</i>	Dairy Free - Gluten 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)
Backened 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>Zéitar 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)
<i>atis OG Blackened Chicken</i>	Dairy Free - Gluten Ingredient Free	225	536	2230	34	43	10	2	2	1	2
<i>Buffalo Chicken</i>	Gluten Ingredient Free	225	506	2102	30	40	9	5	3	2	2
<i>Rosemary Salt Wedges + Chipotle Mayo</i>	Gluten Ingredient Free - Vegetarian	230	288	1210	3	14	1	35	19	3	1
<i>Tempeh-tation</i>	Gluten Ingredient Free - Vegan	210	519	2155	28	32	4	25	14	7	3
<i>Broc 'n' Roll*</i>	Gluten Ingredient Free - Vegan	200	310	1044	8	19	2	8	5	7	3
<i>Zelator Roast Chicken*</i>	Dairy Free - Gluten Ingredient Free	210	426	1741	24	34	7	3	2	1	2

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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
Sauce Shop - Chipotle Mayo*	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)
<i>After School Cookie Club - Chocolate Chip Cookie</i>	Gluten Ingredient Free - Vegan	75	338	1418	2	18	11	40	24	3	0
<i>After School Cookie Club - Double Chocolate Cookie*</i>	Gluten Ingredient Free - Vegan	75	338	1418	2	18	11	40	24	3	0

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