

ALLERGEN GUIDE – WINTER 2023



BOWL INFORMATION CONTAIN DRESSINGS AS STANDARD	BEST OF ATIS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
	Seiz'a Caesar + Blackened Chicken			X		X	X		X							X
	Keep It Lean + Roasted Squash + Sweet Potato	Gluten Ingredient Free - Vegan									X			X	X	
	Shroomi 2.0 + Blackened Chicken	Dairy Free - Gluten Ingredient Free									X				X	X
	<i>The Winter Bowl + Za'atar Roast Chicken*</i>			X					X		X	X		X		X

***ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH. ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. ANY FURTHER QUESTIONS GET IN CONTACT WITH INFO@ATISFOOD.COM**

ALLERGEN GUIDE – WINTER 2023

BOWL INFORMATION CONTAIN DRESSINGS AS STANDARD	SEASONAL BOWL	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
	<i>The Winter Bowl*</i>	Vegetarian		X					X		X	X		X		X
	<i>Plant Therapy*</i>	Gluten Ingredient Free - Vegan									X	X		X		X
	SALADS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
	Seiz's Caesar			X		X	X		X							
	Arteca	Vegetarian		X					X						X	X
	Keep It Lean	Gluten Ingredient Free - Vegan									X			X	X	
	WARM BOWLS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
	Miso Disco	Gluten Ingredient Free - Vegan												X	X	
	Shroomi 2.0	Gluten Ingredient Free - Vegan									X				X	X
The Nourisher	Gluten Ingredient Free - Vegetarian				X				X		X	X		X		X

PLEASE SEE THE BUILD YOUR OWN SECTIONS FOR ALLERGEN INFORMATION OF INDIVIDUAL INGREDIENTS

ALLERGEN GUIDE – WINTER 2023



BUILD YOUR OWN - BASES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
Baby Spinach	Gluten Ingredient Free - Vegan														
Chopped Romaine	Gluten Ingredient Free - Vegan														
Shredded Kale + Cabbage Mix	Gluten Ingredient Free - Vegan														
Green Leaf Mix	Gluten Ingredient Free - Vegan														
Short Grain Brown Rice	Gluten Ingredient Free - Vegan														
Sundried Tomato Quinoa	Gluten Ingredient Free - Vegan														

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ALLERGEN GUIDE – WINTER 2023

BUILD YOUR OWN - INGREDIENTS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
Black Eyed Beans	Gluten Ingredient Free - Vegan														
Charred Corn	Gluten Ingredient Free - Vegan														
Cherry Tomatoes	Gluten Ingredient Free - Vegan														
Cucumber	Gluten Ingredient Free - Vegan														
Pea + Edamame Medley	Gluten Ingredient Free - Vegan													X	
Pickled Ginger	Gluten Ingredient Free - Vegan														
Pickled Red Onion	Gluten Ingredient Free - Vegan														X
Red Raw Slaw	Gluten Ingredient Free - Vegan														
Roasted Broccoli	Gluten Ingredient Free - Vegan														
Tahini Chickpeas	Gluten Ingredient Free - Vegan									X			X		
<i>Orange Raw Slaw*</i>	Gluten Ingredient Free - Vegan														
<i>Smoky Beetroot*</i>	Gluten Ingredient Free - Vegan														X
<i>Turmeric Cauliflower*</i>	Gluten Ingredient Free - Vegan														
<i>Zero-Waste Winter Greens*</i>	Gluten Ingredient Free - Vegan														

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ALLERGEN GUIDE – WINTER 2023

BUILD YOUR OWN - DRESSINGS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
Balsamic Vinaigrette	Gluten Ingredient Free - Vegan									X					X
Balsamic Vinegar	Gluten Ingredient Free - Vegan														X
Classic Caesar Dressing	Gluten Ingredient Free				X	X		X							
Lime Coriander Dressing	Gluten Ingredient Free - Vegan														
Lime Squeeze	Gluten Ingredient Free - Vegan														
Miso Lime Ginger Dressing	Gluten Ingredient Free - Vegan												X	X	
Olive Oil	Gluten Ingredient Free - Vegan														
Roasted Cashew + Ginger Dressing	Gluten Ingredient Free - Vegan										X		X	X	
Tahini Yoghurt Dressing	Gluten Ingredient Free - Vegetarian				X			X		X			X		
The Mother of All Dressings	Gluten Ingredient Free - Vegan									X					
Tahini Dressing (Vegan)*	Gluten Ingredient Free - Vegetarian									X			X		

ALLERGEN GUIDE – WINTER 2023



BUILD YOUR OWN - CRUNCHES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
Crispy Shallots	Gluten Ingredient Free - Vegan														
Smoky Almonds	Gluten Ingredient Free - Vegan										X				
Tamari Seeds	Gluten Ingredient Free - Vegan												X	X	
Tortilla Shards	Vegan		X												
Poilâne Sourdough Breadcrumbs	Vegan		X												
<i>Poilâne Granola*</i>	Vegetarian (Honey)		X								X		X		

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ALLERGEN GUIDE – WINTER 2023

BUILD YOUR OWN - COLD PREMIUMS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
Avocado	Gluten Ingredient Free - Vegan														
Crumbled Feta	Gluten Ingredient Free - Vegetarian							X							
Red Piquillo Pepper Hummus	Gluten Ingredient Free - Vegan												X		
Parmesan Crumble	Gluten Ingredient Free - Vegetarian							X							
Sustain Yo'self Avo Smash	Gluten Ingredient Free - Vegan													X	
Goat's Cheese	Gluten Ingredient Free - Vegetarian							X							
Za'atar Salmon*	Dairy Free - Gluten Ingredient Free					X							X		
Dill Yoghurt*	Gluten Ingredient Free - Vegetarian							X							

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ALLERGEN GUIDE – WINTER 2023



BUILD YOUR OWN - HOT PREMIUMS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
Blackened Chicken	Deiry Free - Gluten Ingredient Free														X
Grilled Chestnut + Portobello Mushrooms	Gluten Ingredient Free - Vegen									X				X	X
Lime Leaf Tempeh	Gluten Ingredient Free - Vegen												X	X	
Miso Red Cabbage	Gluten Ingredient Free - Vegen												X	X	
Roasted Squash + Sweet Potato	Gluten Ingredient Free - Vegen														
Za'atar Roast Chicken*	Deiry Free - Gluten Ingredient Free												X		

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ALLERGEN GUIDE – WINTER 2023

POWER POTS + HOT SIDES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
atis OG Blackened Chicken	Dairy Free - Gluten Ingredient Free														X
Buffelo Chicken	Gluten Ingredient Free				X	X		X						X	X
Rosemary Salt Wedges + Chipotle Mayo	Gluten Ingredient Free - Vegetarian				X					X					
Tempoh - tation	Gluten Ingredient Free - Vegan										X		X	X	
Broc 'n' Roll*	Gluten Ingredient Free - Vegan										X		X	X	
Za'atar Chicken Pot + Vegan Tahini Dressing*	Dairy Free - Gluten Ingredient Free									X			X		
Best Spuddies*	Gluten Ingredient Free - Vegan									X			X		
Butterbean Braise*	Vegetarian		X					X							X

ALLERGEN GUIDE – WINTER 2023



SAUCE IT UP!	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
Sauce Shop - Sriracha	Gluten Ingredient Free - Vegan														
Sauce Shop - Buffalo Hot Sauce	Gluten Ingredient Free - Vegan													X	
Sauce Shop - Chipotle Mayo	Gluten Ingredient Free - Vegetarian				X					X					
<i>atis Aioli*</i>	Gluten Ingredient Free - Vegan									X					

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ALLERGEN GUIDE – WINTER 2023

SWEET TREATS + BREAD	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYBEAN	SULPHITES
Chocolate Chip Cookie	Gluten Ingredient Free - Vegan													X	
<i>Double Chocolate Cookie*</i>	Gluten Ingredient Free - Vegan													X	
<i>Celtic Bakery - Banana Bread*</i>	Vegetarian		X		X			X			X				
<i>Celtic Bakery - Focaccia*</i>	Vegan		X												