

SEASONAL BOWLS

THE WINTER BOWL

R 7.70
L 8.60

🌱 R-522 CAL L-670 CAL

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

TRY WITH: ZA'ATAR CHICKEN +3.40

PLANT THERAPY

R 6.50
L 7.50

🌱🌾 R-490 CAL L-699 CAL

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

ATIS X WILLY'S

OUR WILLY'S ACV VINAIGRETTE IS MADE WITH WILLY'S ORGANIC, RAW, PROBIOTIC APPLE CIDER VINEGAR CONTAINING LIVE MOTHER USING A BLEND OF 48 WILD APPLE VARIETIES.

SALADS

SEIZ'A CAESAR

R 6.50
L 7.50

R-441 CAL L-515 CAL

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

TRY WITH: BLACKENED CHICKEN +3.40

AZTECA

R 9.60
L 10.70

🌱 R-832 CAL L-965 CAL

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

TRY WITH: BLACKENED CHICKEN +3.40

KEEP IT LEAN

R 6.90
L 7.70

🌱🌾 R-594 CAL L-748 CAL

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 8.80
L 9.80

🌱🌾 R-592 CAL L-688 CAL

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 9.60
L 10.70

🌱🌾 R-519 CAL L-752 CAL

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

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

THE NOURISHER

R 8.30
L 9.30

🌱🌾 R-643 CAL L-902 CAL

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

🌱 VEGAN 🌾 VEGETARIAN 🥛 DAIRY FREE 🌾 NO GLUTEN CONTAINING INGREDIENTS 🔥 HOT

HOUSE FAVOURITES

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

ADD COLD PREMIUMS TO ANY OF OUR BOWLS

RED PEPPER HUMMUS 1.20 GOAT'S CHEESE* 1.20 PARMESAN CRUMBLE 1.20
CRUMBLLED 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+

SIDE POTS 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

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*

4. SAUCE IT UP

BRING THE SPICE WITH OUR SAUCE SHOP DRESSINGS

OLIVE OIL
BALSAMIC VINEGAR
LIME SQUEEZE
CHIPOTLE MAYO +0.50 🌶️
SRIRACHA SAUCE +0.50 🌶️
BUFFALO HOT SAUCE +0.50 🌶️

5. ADD A CRUNCH

SELECT A CRUNCH

ROASTED TAMARI SEEDS
CRISPY SHALLOTS
POILÂNE SOURDOUGH BREADCRUMBS
SMOKED ALMONDS
TORTILLA CHIPS
POILÂNE GRANOLA*

6. SEASON ME

FIND ME ON THE SIDE

RED SPICE MIX
GREEN SALT

PREMIUMS

COLD PREMIUMS	
RED PEPPER HUMMUS	1.20
GOAT'S CHEESE*	1.20
PARMESAN CRUMBLE	1.20
CRUMBLLED 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

PLANT-POWERED POTS

ROSEMARY SQUASH + SWEET POTATO 4.50

🌱🌾🌶️ 288 CAL
ROSEMARY SQUASH + SWEET POTATO, CHIPOTLE MAYO
DON'T WANT MAYO? OPT OUT!

BROC 'N' ROLL* 4.50

🌱🌾🌶️ 310 CAL
DOUBLE BROCCOLI, CASHEW SATAY DRESSING, SRIRACHA

PROTEIN POWER POTS

ATIS OG CHICKEN 7.90

🥛 536 CAL
BLACKENED CHICKEN

BUFFALO CHICKEN POT 7.50

🌶️ 506 CAL
BLACKENED CHICKEN, CRISPY SHALLOTS, CAESAR DRESSING + BUFFALO HOT SAUCE

ZA'ATAR CHICKEN POT* 7.90

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

TEMPEH-TATION 7.50

🌱🌾 519 CAL
MISO LIME LEAF TEMPEH, PICKLED GINGER, CRISPY SHALLOTS + CASHEW SATAY DRESSING

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

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!

SWEETS

WALNUT & BANANA BREAD 🌱 2.40

THE AFTER SCHOOL COOKIE 🌱🌾 1.90
CHOCOLATE CHIP

THE AFTER SCHOOL COOKIE 🌱🌾 1.90
DOUBLE CHOCOLATE