

SPRING

'23

SEASONAL SALADS | HOT BOWL

SPICY RAW THAI R 6.90
L 7.90
R-261 CAL L-350 CAL
BABY SPINACH, SHREDDED KALE + CABBAGE, EDAMAME + PEA MEDLEY, SHREDDED CARROT, CUCUMBER, SLICED SPRING ONION + CORIANDER, CRISPY SHALLOTS, CASHEW SATAY DRESSING + LIME SQUEEZE
TRY WITH: BLACKENED CHICKEN +3.60

GREEN GODDESS R 8.30
L 9.30
R-419 CAL L-490 CAL
BABY SPINACH, CHOPPED ROMAINE, ROASTED BROCCOLI, PICKLED FENNEL, ZERO WASTE SPRING GREENS, SMOKED ALMONDS, CRUMBLED FETA + GREEN GODDESS DRESSING
TRY WITH: PRESERVED LEMON & OLIVE CHICKEN +3.60 OR ROOTED SPICES SHICHIMI TOGARASHI SALMON +6.50

BUTTERBEAN BRAISE 7.50
R-292 CAL
BUTTERBEAN BRAISE, SHREDDED KALE + BABY SPINACH, POILÂNE BREADCRUMBS + DILL YOGHURT
ADD PARMESAN CRUMBLE + £1.90

V VEGAN V VEGETARIAN DF DAIRY FREE 🌿 NO GLUTEN CONTAINING INGREDIENTS 🔥 HOT 👤 WARM

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

SALADS

SEIZ'A CAESAR R 6.90
L 7.90
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 +3.60

AZTECA R 9.70
L 10.70
R-832 CAL L-965 CAL
CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, BLACK EYED BEANS, PICKLED RED ONIONS, CRUMBLED FETA, SUSTAIN YO'SELF AVO SMASH, BLANCO NINO TORTILLA SHARDS + LIME CORIANDER DRESSING
TRY WITH: BLACKENED CHICKEN +3.60

KEEP IT LEAN R 6.90
L 7.90
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: WHITE BEAN ZA'ATAR HUMMUS +1.50; ROOTED SPICES SHICHIMI TOGARASHI SALMON +6.50; ROSEMARY SQUASH + SWEET POTATO +2.00

GRAIN BOWLS

MISO DISCO R 8.90
L 9.90
R-603 CAL L-759 CAL
SHREDDED KALE + CABBAGE, SHORT-GRAIN BROWN RICE, RED RAW SLAW, EDAMAME + PEA MEDLEY, PICKLED GINGER, CRISPY SHALLOTS, MISO AUBERGINE + TOFU + MISO LIME GINGER DRESSING
TRY WITH: BLACKENED CHICKEN +3.60

SHROOMI 2.0 R 8.30
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: CRUMBLED FETA +1.50 AND/OR BLACKENED CHICKEN +3.60

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 SPRING GREENS, SMOKED ALMONDS, ROSEMARY SQUASH + SWEET POTATO, LIME SQUEEZE + TAHINI DRESSING
TRY WITH: GRILLED PORTOBELLO + CHESTNUT MUSHROOMS +2.80

🔥 HOT SPECIALS 🏠 HOUSE FAVOURITES

ADD COLD PREMIUMS TO ANY OF OUR BOWLS

DILL YOGHURT 1.20 WHITE BEAN ZA'ATAR HUMMUS* 1.50
ROOTED SPICES SHICHIMI TOGARASHI SALMON* 6.50
PARMESAN CRUMBLE 1.90 CRUMBLED FETA 1.50
SUSTAIN YO'SELF AVO SMASH 1.50 AVOCADO HALF 1.90

ADD HOT PREMIUMS TO ANY OF OUR BOWLS

ROSEMARY SQUASH + SWEET POTATO 2.00 MISO AUBERGINE + TOFU* 3.20
GRILLED PORTOBELLO + CHESTNUT MUSHROOMS 2.80
MISO LIME LEAF TEMPEH 3.20 PRESERVED LEMON CHICKEN* 3.60
BLACKENED CHICKEN 3.60

POWER 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.

atis x -ROOTED-spices

WE'VE TEAMED UP WITH OUR FRIENDS AT ROOTED SPICES FOR OUR SPRING MENU, BRINGING YOU THE FRAGRANT AND DELICIOUS SHICHIMI TOGARASHI SALMON. ROOTED SPICES HAVE ONE SOLE MISSION: TO FIND THE BEST TASTING SPICES OUT THERE, SO THAT EVEN THE SMALLEST PINCH PACKS A PUNCH. ALL SPICES ARE SINGLE ORIGIN.

BUILD YOUR OWN POWER POTS

1. CHOOSE A BASE R 6.90
L 7.90
CHOOSE ANY 2 OF OUR BASES

GREENS
GREEN LEAF MIX
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
SHREDDED CARROT*
SLICED SPRING ONION + CORIANDER*
PICKLED FENNEL*
ZERO WASTE SPRING GREENS*
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
GREEN GODDESS 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
TORTILLA CHIPS

6. SEASON ME
FIND ME ON THE SIDE

RED SPICE MIX
ROSEMARY GREEN SALT

ADD BREAD
FOCACCIA +1.00

PREMIUMS

COLD PREMIUMS

AVOCADO HALF 1.90
CRUMBLED FETA 1.50
SUSTAIN YO'SELF AVO SMASH 1.50
PARMESAN CRUMBLE 1.90
WHITE BEAN ZA'ATAR HUMMUS* 1.50
ROOTED SPICES SHICHIMI TOGARASHI SALMON* 6.50
DILL YOGHURT 1.20

HOT PREMIUMS

GRILLED PORTOBELLO + CHESTNUT MUSHROOMS 2.80
MISO LIME LEAF TEMPEH 3.20
BLACKENED CHICKEN 3.60
ROSEMARY SQUASH + SWEET POTATO 2.00
PRESERVED LEMON + OLIVE CHICKEN* 3.60
MISO AUBERGINE + TOFU* 3.20

HOT SIDE 🌶️

BEST SPUDIIDS 3.90
R-273 CAL
ROASTED POTATOES, ATIS AIOLI + CRISPY SHALLOTS

PLANT-POWERED POTS

ROSEMARY SQUASH + SWEET POTATO 6.50
R-317 CAL
ROSEMARY SQUASH + SWEET POTATO, PICKLED RED ONION, SMOKED ALMONDS + GREEN GODDESS DRESSING

BROC 'N' ROLL 2.0* 4.50
R-349 CAL
DOUBLE ROASTED BROCCOLI, DILL YOGHURT + SMOKED ALMONDS

SHREDDED CARROT LIME CASHEW SLAW* 3.50
R-144 CAL
SHREDDED CARROT, SLICED SPRING ONION + CORIANDER, CASHEW SATAY DRESSING + LIME CORIANDER DRESSING

PROTEIN POWER POTS

ATIS OG CHICKEN POT 7.90
R-536 CAL
BLACKENED CHICKEN

BUFFALO CHICKEN POT 7.90
R-506 CAL
BLACKENED CHICKEN, CRISPY SHALLOTS, CAESAR DRESSING + BUFFALO HOT SAUCE

MISO AUBERGINE + TOFU POT* 6.90
R-336 CAL
MISO AUBERGINE + TOFU, PICKLED GINGER + CASHEW SATAY DRESSING

TEMPEH-TATION 7.60
R-519 CAL
MISO LIME LEAF TEMPEH, PICKLED GINGER, CRISPY SHALLOTS + CASHEW SATAY DRESSING

SWEETS DRINKS

COLD PRESSED JUICES 5.00
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 🌿 95 CAL 2.40
THE AFTER SCHOOL COOKIE CLUB 1.90
CHOCOLATE CHIP 306 CAL 🌿
THE AFTER SCHOOL COOKIE CLUB 1.90
DOUBLE CHOCOLATE 307 CAL 🌿



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STAY ON THE PULSE JOIN OUR LOYALTY PROGRAMME

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



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