

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING 2023

BOWL INFORMATION INCLUDES DRESSINGS AS STANDARD	BEST OF ATIS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME 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>Spicy Raw Thai + Blackened Chicken*</i>	Dairy Free - Gluten Ingredient Free										X		X	X	X	
	SEASONAL BOWLS	vegan	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	<i>Spicy Raw Thai*</i>	Gluten-Ingredient Free - Vegan										X		X	X		
	<i>Green Goddess*</i>	Gluten-Ingredient Free - Vegetarian							X		X	X					X
	HOT BOWL	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	<i>Butterbean Braise [Served Hot]*</i>	Vegetarian		X					X								X
<p><b>A NOTE ON SEASONALITY: ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY.</b></p> <p><b>A NOTE ON ALLERGIES: 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 A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH <a href="mailto:INFO@ATISFOOD.COM">INFO@ATISFOOD.COM</a></b></p>																	

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	Seiz'a Caesar			X		X	X		X							
	Azteca	Gluten Ingredient Free - Vegetarian							X						X	X
	Keep It Lean	Gluten Ingredient Free - Vegan									X			X	X	
	GRAIN BOWLS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	Miso Disco	Gluten Ingredient Free - Vegan												X	X	X
	Shroomi 2.0	Gluten Ingredient Free - Vegan									X				X	X
	The Nourisher	Gluten Ingredient Free - Vegan				X					X	X		X		X
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BUILD YOUR OWN - BASES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME 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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BUILD YOUR OWN - INGREDIENTS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME 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>Shredded Carrot*</i>	Gluten Ingredient Free - Vegan														
<i>Pickled Fennel*</i>	Gluten Ingredient Free - Vegan														
<i>Sliced Spring Onion + Coriander*</i>	Gluten Ingredient Free - Vegan														
<i>Zero-Waste Spring Greens*</i>	Gluten Ingredient Free - Vegan														

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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	
The Mother of All Dressings	Gluten Ingredient Free - Vegan									X					
Tahini Dressing (Vegan)*	Gluten Ingredient Free - Vegetarian									X			X		
Green Goddess Dressing*	Gluten Ingredient Free - Vegan									X					X

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HOT SAUCES + MAYOS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME 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					
BUILD YOUR OWN - CRUNCHES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME 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	Gluten Ingredient Free - Vegan														
Poilâne Sourdough Breadcrumbs	Vegan		X												
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BUILD YOUR OWN - COLD PREMIUMS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Avocado	Gluten Ingredient Free - Vegan														
Crumbled Feta	Gluten Ingredient Free - Vegetarian							X							
White Bean + Za'atar Hummus	Gluten Ingredient Free - Vegan												X		
Parmesan Crumble	Gluten Ingredient Free - Vegetarian							X							
Sustain Yo'self Avo Smash	Gluten Ingredient Free - Vegan													X	
<i>Shichimi Togarashi Salmon*</i>	Dairy Free - Gluten Ingredient Free					X							X		
<i>Dill Yoghurt*</i>	Gluten Ingredient Free - Vegetarian							X							
BUILD YOUR OWN - HOT PREMIUMS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Blackened Chicken	Dairy Free - Gluten Ingredient Free														X
Grilled Chestnut + Portobello Mushrooms	Gluten Ingredient Free - Vegan									X				X	X
Lime Leaf Tempeh	Gluten Ingredient Free - Vegan												X	X	
<i>Miso Aubergine + Tofu*</i>	Gluten Ingredient Free - Vegan												X	X	
Roasted Squash + Sweet Potato	Gluten Ingredient Free - Vegan														
<i>Lemon + Olive Chicken*</i>	Dairy Free - Gluten Ingredient Free														

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POWER POTS + HOT SIDES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>atis OG Blackened Chicken</i>	Dairy Free - Gluten Ingredient Free														X
<i>Buffalo Chicken</i>	Gluten Ingredient Free				X	X		X						X	X
<i>Rosemary Squash + Sweet Potato*</i>	Gluten Ingredient Free - Vegan									X	X				X
<i>Tempeh-tation</i>	Gluten Ingredient Free - Vegan										X		X	X	
<i>Broc 'n' Roll 2.0*</i>	Gluten Ingredient Free - Vegetarian							X			X				
<i>Miso Aubergine + Tofu Pot*</i>	Gluten Ingredient Free - Vegan										X		X	X	
<i>Shredded Carrot Lime Cashew Slaw*</i>	Gluten Ingredient Free - Vegan										X		X	X	X
<i>Best Spuddies*</i>	Gluten Ingredient Free - Vegan									X			X		
SWEET TREATS + BREADS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Chocolate Chip Cookie</i>	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												

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