

ATIS NUTRITIONAL GUIDE - SPRING 2023

BOWL INFORMATION INCLUDES 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>Spicy Raw Thai + Blackened Chicken*</i>	Dairy Free - Gluten Ingredient Free	425	523	2180	31	37	7	15	10	8	2
	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	3219	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>Spicy Raw Thai + Blackened Chicken*</i>	Dairy Free - Gluten Ingredient Free	475	612	2543	34	44	8	18	11	8	2
SEASONAL 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>Spicy Raw Thai*</i>	Gluten Ingredient Free - Vegan	315	261	1090	11	16	2	14	9	7	1	
<i>Green Goddess*</i>	Gluten Ingredient Free - Vegetarian	335	419	1732	15	35	7	7	5	8	3	
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>Spicy Raw Thai*</i>	Gluten Ingredient Free - Vegan	365	350	1453	14	23	3	16	10	8	1	
<i>Green Goddess*</i>	Gluten Ingredient Free - Vegetarian	395	490	2030	17	41	8	8	6	9	3	
HOT BOWL	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>Butterbean Braise [Served Hot]*</i>	Vegetarian	370	292	1217	14	9	3	34	11	13	1	
<i>*ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!</i>												

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE - SPRING 2023

BOWL INFORMATION INCLUDES DRESSINGS AS STANDARD	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)
	Seiz'a Caesar		260	441	1708	20	31	10	12	6	3	2
	Azteca	Gluten Ingredient Free - Vegetarian	410	832	2386	18	45	8	31	9	14	2
	Keep It Lean	Gluten Ingredient Free - Vegan	360	594	2459	17	49	7	17	10	11	3
	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)
	Seiz'a Caesar		330	515	2129	22	40	11	14	8	4	3
	Azteca	Gluten Ingredient Free - Vegetarian	480	965	2928	19	59	9	32	9	14	2
	Keep It Lean	Gluten Ingredient Free - Vegan	420	748	3091	18	64	9	19	12	11	4
	GRAIN 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)
	Miso Disco	Gluten Ingredient Free - Vegan	460	603	2516	18	28	3	58	19	9	2
	Shroomi 2.0	Gluten Ingredient Free - Vegan	390	519	2274	12	37	3	38	9	7	3
	The Nourisher	Gluten Ingredient Free - Vegan	420	643	2671	17	39	4	50	21	11	2
	GRAIN 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)
	Miso Disco	Gluten Ingredient Free - Vegan	550	759	3168	22	35	4	77	21	70	4
Shroomi 2.0	Gluten Ingredient Free - Vegan	470	752	3304	15	55	4	55	11	9	4	
The Nourisher	Gluten Ingredient Free - Vegan	540	902	3769	21	55	6	74	21	15	2	
<i>*ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!</i>												

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE - SPRING 2023

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
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
<i>Pickled Fennel*</i>	Gluten Ingredient Free - Vegan	50	11	46	1	0	0	1	1	1	0
<i>Shredded Carrot*</i>	Gluten Ingredient Free - Vegan	50	19	78	0	0	0	3	3	2	0
<i>Sliced Spring Onion + Coriander*</i>	Gluten Ingredient Free - Vegan	10	3	12	0	0	0	0	0	0	0
<i>Zero-Waste Spring Greens*</i>	Gluten Ingredient Free - Vegan	50	24	100	1	1	0	2	1	1	0
<i>*ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!</i>											

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE - SPRING 2023

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
<i>Vegan Tahini Dressing*</i>	Gluten Ingredient Free - Vegan	50	154	633	2	16	1	1	1	1	1
<i>Green Goddess Dressing*</i>	Gluten Ingredient Free - Vegan	50	94	385	0	10	1	1	0	0	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
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
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
<i>Vegan Tahini Dressing*</i>	Gluten Ingredient Free - Vegan	80	246	1013	3	25	2	1	1	1	1
<i>Green Goddess Dressing*</i>	Gluten Ingredient Free - Vegan	80	150	616	0	16	1	1	1	0	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
HOT SAUCES + MAYOS	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
<i>Sauce Shop - Chipotle Mayo*</i>	Gluten Ingredient Free - Vegetarian	50	345	1442	0	38	4	0	0	1	1
<i>atis Aioli*</i>	Gluten Ingredient Free - Vegan	50	346	1442	0	38	3	2	1	0	0
<i>*ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!</i>											

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE - SPRING 2023

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 Shards	Gluten Ingredient Free - 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
Tamari 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
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)
Avocado	Gluten Ingredient Free - Vegan	90	159	655	2	16	4	2	0	3	0
Parmesan Crumble	Gluten Ingredient Free - Vegetarian	20	83	343	7	6	4	0	0	0	0
Crumbled Feta	Gluten Ingredient Free - Vegetarian	35	87	361	5	7	5	0	0	0	1
<i>White Bean + Za'atar Hummus*</i>	Gluten Ingredient Free - Vegan	70	125	517	4	9	1	7	0	2	1
Sustain Yo'self Avo Smash	Gluten Ingredient Free - Vegan	90	141	587	6	10	2	5	3	4	1
<i>Shichimi Togarashi Salmon*</i>	Dairy Free - Gluten Ingredient Free	114	220	920	22	14	2	1	0	1	2
<i>Dill Yoghurt*</i>	Gluten Ingredient Free - Vegetarian	35	47	193	2	4	3	2	2	0	0
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)
Blackened 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
<i>Miso Aubergine + Tofu*</i>	Gluten Ingredient Free - Vegan	120	192	794	6	13	2	6	5	2	1
Roasted Squash + Sweet Potato	Gluten Ingredient Free - Vegan	110	123	519	1	5	0	17	9	2	0
<i>Lemon + Olive Chicken*</i>	Dairy Free - Gluten Ingredient Free	100	178	739	15	13	2	1	1	1	1
<i>*ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!</i>											

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE - SPRING 2023

POWER POTS + HOT SIDES	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)
atis OG Blackened Chicken	Dairy Free - Gluten Ingredient Free	225	536	2230	34	43	10	2	2	1	2
Buffalo Chicken	Gluten Ingredient Free	225	506	2102	30	40	9	5	3	2	2
Tempeh-tation	Gluten Ingredient Free - Vegan	210	519	2155	28	32	4	25	14	7	3
<i>Rosemary Squash + Sweet Potato*</i>	Gluten Ingredient Free - Vegan	260	317	1329	5	17	1	32	18	4	1
<i>Broc 'n' Roll* 2.0</i>	Gluten Ingredient Free - Vegetarian	210	349	1443	12	28	4	7	5	8	3
<i>Shredded Carrot Lime Cashew Slaw*</i>	Gluten Ingredient Free - Vegan	205	144	592	2	8	1	11	10	6	0
<i>Miso Aubergine + Tofu Pot*</i>	Gluten Ingredient Free - Vegan	210	336	1394	10	22	3	14	11	3	2
<i>Best Spuddies*</i>	Gluten Ingredient Free - Vegan	210	273	1167	3	15	1	26	2	4	1
SWEET TREATS + BREAD	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)
After School Cookie Club - Chocolate Chip Cookie	Gluten Ingredient Free - Vegan	75	306	1288	2	15	8	39	23	2	1
<i>After School Cookie Club - Double Chocolate Cookie*</i>	Gluten Ingredient Free - Vegan	75	307	1291	2	16	9	37	22	3	0
<i>Celtic Bakery - Banana Bread*</i>	Vegetarian	120	95	395	4	3	1	11	4	4	0
<i>Celtic Bakery - Focaccia*</i>	Vegan	70	230	956	4	11	2	31	1	1	0
<i>*ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!</i>											