

GREENS WITH ATTITUDE
BROCCOLI THAT GETS YOU LIT
SHREDDED RAW KALE
THAT MAKES YOU FLY HIGH.
WITH RESPONSIBLY SOURCED
DELICIOUSLY SAUCED
ROASTED CASHEW DRESSING
+ CRISPY SHALLOTS FOR THE
CRUNCH CRUNCH.
POWERFUL FOOD WITH
FEEL GOOD VIBES.
**THIS IS WHAT
I'M HAVING.
YOU?**



FOR THE HUNGRY
+ CURIOUS



STAY ON THE PULSE
JOIN OUR LOYALTY
PROGRAMME
SCAN ME TO JOIN OUR LOYALTY
PROGRAMME AND GET EVERY
10TH BOWL ON US!

ATIS CATERING IS HERE!
MAKE EVERY GATHERING GREEN WITH ATIS.
HEAD TO OUR WEBSITE TO PLACE
YOUR FIRST ORDER



atis ECCLESTON YARDS



atis NOTTING HILL



atis BOROUGH YARDS



atis OLD STREET



atis CANARY WHARF

atis

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POWERING URBAN COMMUNITIES WITH REAL FOOD

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

atis

SUMMER MENU
2023



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

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SALADS

SEIZ'A CAESAR

R 6.90

R 326 kcal | L 473 kcal

L 7.90

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

TRY WITH: BLACKENED CHICKEN +3.90

GREEN GODDESS

R 8.90

R 342 kcal | L 405 kcal

L 9.90

BABY SPINACH, CHOPPED ROMAINE, ROASTED BROCCOLI, PICKLED FENNEL, EDAMAME + PEA MEDLEY, CUCUMBER, SMOKED ALMONDS + GREEN GODDESS DRESSING

TRY WITH: PRESERVED LEMON + OLIVE CHICKEN +3.90

AZTECA

R 9.90

R 668 kcal | L 828 kcal

L 10.90

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

TRY WITH: BLACKENED CHICKEN +3.90

GRAIN + NOODLE BOWLS

SUPER SOBA

R 7.50

R 540 kcal | L 619 kcal

L 8.50

SOBA NOODLES, SPINACH, EDAMAME + PEA MEDLEY, PICKLED GINGER, ROASTED BROCCOLI, ROASTED TAMARI SEEDS + MISO LIME GINGER DRESSING

TRY WITH: SWEET CHILLI SALMON +5.90

MISO DREAMS

R 9.50

R 642 kcal | L 725 kcal

L 10.50

SHREDDED KALE + CABBAGE, LIME CORIANDER RICE, RED SLAW, EDAMAME + PEA MEDLEY, PICKLED GINGER, CRISPY SHALLOTS, MISO LIME GINGER DRESSING + MISO TOFU

TRY WITH: BLACKENED CHICKEN +3.90

GREEN GODDESS

POWER POTS

ADD ONE OF OUR SIDES FOR AN EXTRA POWER KICK TO YOUR ORDER!

SEASONAL BOWLS

CRUNCHY RAW THAI

R 6.90

R 261 kcal | L 391 kcal

L 7.90

BABY SPINACH, SHREDDED KALE + CABBAGE, EDAMAME + PEA MEDLEY, SHREDDED CARROT, CUCUMBER, SLICED SPRING ONION + CORIANDER, CRISPY SHALLOTS, CASHEW SATAY DRESSING + LIME SQUEEZE

TRY WITH: MISO TOFU +2.90

OR BLACKENED CHICKEN +3.90

KALAMATA QUEEN

R 8.90

R 610 kcal | L 810 kcal

L 9.90

CHOPPED ROMAINE, BABY SPINACH, CUCUMBER, CHERRY TOMATOES, OLIVE MEZZE, CRUMBLD FETA, ROSEMARY BREADCRUMBS + LEMON OREGANO DRESSING

TRY WITH: COURGETTE + FETA TURKEY KOFTES +2.90

KALAMATA QUEEN + TURKEY KOFTES

POWER POTS

PLANT-POWERED POTS

SUMMER POTATO SALAD

3.90

R 295 kcal

NEW POTATOES WITH HERBY MAYO

THE KERNEL

5.90

R 413 kcal

CHARRED CORN, CRUMBLD FETA, PICKLED RED ONION, SPRING ONION, CORIANDER + LIME CORIANDER DRESSING

PROTEIN POWER POTS

BLACKENED CHICKEN

8.90

R 536 kcal

ADD DRESSING/SAUCE

ADD CRUNCH

TURKEY KOFTE MEZZE

7.90

360 kcal

SPINACH, TURKEY KOFTES, DILL YOGHURT

VEGAN

VEGETARIAN

DAIRY FREE

NO GLUTEN CONTAINING INGREDIENTS

SPICY

HOUSE FAVOURITES

ADD COLD PREMIUMS TO ANY OF OUR BOWLS

DILL YOGHURT 1.50

CRUMBLD FETA 1.50

SUSTAIN YO'SELF AVO SMASH 1.50

PARMESAN CRUMBLE 1.90

AVOCADO HALF 1.90

ADD PREMIUMS TO ANY OF OUR BOWLS

ROSEMARY SQUASH + SWEET POTATO** 1.90

MISO TOFU* 2.90

COURGETTE + FETA TURKEY KOFTES* 2.90

GRILLED PORTOBELLO + CHESTNUT MUSHROOMS 2.90

BLACKENED CHICKEN 3.90

PRESERVED LEMON + OLIVE CHICKEN 3.90

SWEET CHILLI SALMON* 5.90

BUILD YOUR OWN

1. CHOOSE A BASE

R 6.90

L 7.90

CHOOSE ANY 2 OF OUR BASES

BABY SPINACH

CHOPPED ROMAINE

LIME CORIANDER RICE*

SHREDDED KALE + CABBAGE

SOBA NOODLES*

2. ADD INGREDIENTS

CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

BLACK EYED BEANS

CHARRED CORN

CHERRY TOMATOES

CUCUMBER

EDAMAME + PEA MEDLEY

OLIVE MEZZE*

RED SLAW

ROASTED BROCCOLI

PICKLED FENNEL

PICKLED GINGER

PICKLED RED ONION

SHREDDED CARROT

SLICED SPRING ONION & CORIANDER

TAHINI CHICKPEAS

ADDITIONAL INGREDIENTS +0.50

SEASONAL SPECIALS *

3. ADD A CRUNCH

SELECT A CRUNCH

CRISPY SHALLOTS

ROSEMARY BREADCRUMBS

SMOKED ALMONDS

ROASTED TAMARI SEEDS

TORTILLA CHIPS

4. DRESS IT UP

SELECT A DRESSING

BALSAMIC VINAIGRETTE

BALSAMIC VINEGAR

CASHEW SATAY DRESSING

CLASSIC CAESAR DRESSING

GREEN GODDESS DRESSING

LEMON OREGANO DRESSING*

LIME CORIANDER DRESSING

LIME SQUEEZE

OLIVE OIL

TAHINI DRESSING

WILLYS ACV VINAIGRETTE

MISO LIME DRESSING

5. SAUCE IT UP

BRING SOME EXTRA FLAVOUR AND BANG TO YOUR BOWL WITH THESE ADDITIONAL SAUCE POTS +0.50

ATIS AIOLI

BUFFALO HOT SAUCE

CHIPOTLE LIME MAYO

SRIRACHA SAUCE

atis X ROOTED SPICES

WE'VE TEAMED UP WITH OUR FRIENDS AT ROOTED SPICES FOR OUR SUMMER MENU TO BRING YOU OUR FRAGRANT AND DELICIOUS SWEET CHILLI 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.

SCAN FOR ALLERGEN INFO

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

COLD PREMIUMS

DILL YOGHURT

1.50

CRUMBLD FETA

1.50

SUSTAIN YO'SELF AVO SMASH

1.50

PARMESAN CRUMBLE

1.90

AVOCADO HALF

1.90

PREMIUMS

ROSEMARY SQUASH + SWEET POTATO**

1.90

MISO TOFU*

2.90

COURGETTE + FETA TURKEY KOFTES*

2.90

GRILLED PORTOBELLO + CHESTNUT MUSHROOMS

2.90

BLACKENED CHICKEN

3.90

PRESERVED LEMON + OLIVE CHICKEN

3.90

SWEET CHILLI SALMON*

5.90

** SUBJECT TO SITE AVAILABILITY

SWEET TREATS

WALNUT & BANANA BREAD

2.50

THE AFTER SCHOOL COOKIE CLUB

1.90

CHOCOLATE CHIP

1.90

THE AFTER SCHOOL COOKIE CLUB

1.90

DOUBLE CHOCOLATE

DRINKS

COLD PRESSED JUICES

5.00

BOOSTERS

4.00

KOMBUCHA

2.50

DASH WATER

1.90

OTHER HEALTH DRINKS

CHOOSE FROM A RANGE OF OTHER DRINKS - CHECK OUT OUR FRIDGE TO SEE THE LINE UP!

GREEN GODDESS

KALAMATA QUEEN + TURKEY KOFTES

POWER POTS

ADD ONE OF OUR SIDES FOR AN EXTRA POWER KICK TO YOUR ORDER!