# 

SUMMER MENU



#### POWERING URBAN COMMUNITIES WITH REAL FOOD

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

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SEIZ'A CAESAR

**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** 342 kcal | **L** 405 kcal

R 8.90 L 9.90

R 6.90

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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

(V)(\*) R 668 kcal | L 828 kcal

L 10.90

CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, BLACK EYED BEANS, PICKLED RED ONIONS, CRUMBLED FETA, SUSTAIN YO'SELF AVO SMASH, TORTILLA SHARDS + LIME CORIANDER DRESSING TRY WITH: BLACKENED CHICKEN +3.90

#### **SUPER SOBA**

R 5.40

(**∀**) **R** 540 kcal | **L** 619 kcal

L 6.19

SOBA NOODLES, SPINACH, EDAMAME + PEA MEDLEY, PICKLED GINGER, ROASTED BROCCOLI, ROASTED TAMARI SEEDS + MISO LIME GINGER DRESSING TRY WITH: SWEET CHILLI SALMON +5.90

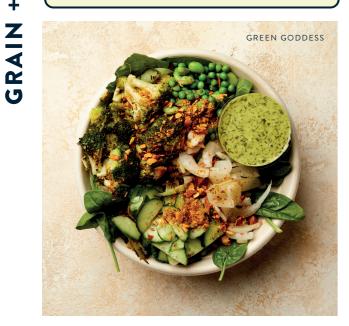
#### MISO DREAMS

R 9.50

(**V**⋅)(**§**) **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



#### **POWER POTS**

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

#### **CRUNCHY RAW THAI** R 6.90 (**V**⋅)(**§**) **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 SOUEEZE

TRY WITH: MISO TOFU +2.90 OR BLACKENED CHICKEN +3.90

#### KALAMATA QUEEN

R 8.90

(V) R 610 kcal | L 810 kcal

L 9.90

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

TRY WITH: COURGETTE + FETA TURKEY KOFTES +2.90



#### **PLANT-POWERED POTS**

SUMMER POTATO SALAD **(¥**) **(V**) 295 kcal

NEW POTATOES WITH HERBY MAYO

THE KERNEL

5.90

3.90

(¥) (V) 413 kcal

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

#### PROTEIN POWER POTS

**BLACKENED CHICKEN** 8.90 (**≸**) (**DF**) 536 kcal

ADD DRESSING/SAUCE ADD CRUNCH

7.90 TURKEY KOFTE MEZZE

SPINACH, TURKEY KOFTES, DILL YOGHURT

#### NO GLUTEN CONTAINING INGREDIENTS J SPICY

HOUSE FAVOURITES

#### **ADD COLD PREMIUMS** TO ANY OF OUR BOWLS

**DILL YOGHURT 1.50 CRUMBLED 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** 

#### 1. CHOOSE A BASE R 6.90

CHOOSE ANY 2 OF OUR BASES

BARY SPINACH

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CHOPPED ROMAINE

LIME CORIANDER RICE\*

SHREDDED KALE + CABBAGE

#### **SOBA NOODLES\***

#### 2. ADD INGREDIENTS

CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

RI ACK EYED REANS 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 \*** 

**WALNUT & BANANA** 

THE AFTER SCHOOL

THE AFTER SCHOOL

DOUBLE CHOCOLATE (\*)

**COOKIE CLUB** 

COOKIE CLUB

CHOCOLATE CHIP (V)(\$)

BREAD

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#### 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.

#### 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(V) BUFFALO HOT SAUCE (V) CHIPOTLE LIME MAYO SRIRACHA SAUCE (V)

SCAN FOR ALLERGEN INFO



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

#### **COLD PREMIUMS**

DILL YOGHURT 1.50 CRUMBLED FETA 1.50 SUSTAIN YO'SELF AVO SMASH 1.50 PARMESAN CRUMBLE 1.90 AVOCADO HALF 1.90

#### **PREMIUMS**

ROSEMARY SQUASH + SWEET POTATO\*\* 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

5.90

5.00

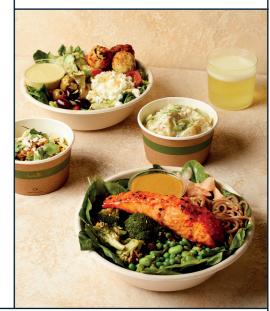
4.00

2.50

1.90

\*\* SUBJECT TO SITE AVAILABILITY

SWEET CHILLI SALMON\*



### 2.50 1.90

1.90

**BOOSTERS** Z

**KOMBUCHA DASH WATER** 

**COLD PRESSED JUICES** 

#### OTHER HEALTH DRINKS

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





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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

CAN ME TO JOIN OUR LOYALTY PROGRAMME AND GET EVERY 10<sup>TH</sup> 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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