

# atis

SUMMER MENU  
2023



**POWERING URBAN COMMUNITIES WITH REAL FOOD**

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

@ATISFOOD  
WWW.ATISFOOD.COM

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**  
V V 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**  
V V 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 5.40**  
V 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 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!

SEASONAL BOWLS

**CRUNCHY RAW THAI** **R 6.90**  
V 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 SQUEEZE  
*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, CRUMBLD FETA, ROSEMARY BREADCRUMBS + LEMON OREGANO DRESSING  
*TRY WITH: COURGETTE + FETA TURKEY KOFTES +2.90*



POWER POTS

**PLANT-POWERED POTS**  
**SUMMER POTATO SALAD** **3.90**  
V V 295 kcal  
NEW POTATOES WITH HERBY MAYO  
**THE KERNEL** **5.90**  
V V 413 kcal  
CHARRED CORN, CRUMBLD FETA, PICKLED RED ONION, SPRING ONION, CORIANDER + LIME CORIANDER DRESSING

**PROTEIN POWER POTS**  
**BLACKENED CHICKEN** **8.90**  
V V DF 536 kcal  
ADD DRESSING/SAUCE  
ADD CRUNCH  
**TURKEY KOFTE MEZZE** **7.90**  
360 kcal  
SPINACH, TURKEY KOFTES, DILL YOGHURT

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**  
CHOOSE ANY 2 OF OUR BASES **L 7.90**  
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 \*

**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 V  
CHIPOTLE LIME MAYO  
SRIRACHA SAUCE V V

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** V **2.50**  
**THE AFTER SCHOOL COOKIE CLUB** **1.90**  
CHOCOLATE CHIP V V  
**THE AFTER SCHOOL COOKIE CLUB** **1.90**  
DOUBLE CHOCOLATE V V

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!

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  
 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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