

ATIS ALLERGEN GUIDE BY MENU ITEM – SUMMER 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         |   |
|   | Green Goddess + Preserved Lemon & Olive Chicken | Gluten Ingredient Free - Dairy Free |        |                           |              |      |      |       |      |         | X       | X    |         |              |         | X         | X |
|   | Crunchy Raw Thai + Blackened Chicken            | Gluten Ingredient Free - Dairy Free |        |                           |              |      |      |       |      |         |         | X    |         |              |         | X         | X |
|   | SEASONAL BOWLS                                  | TAGS                                | CELERY | CEREALS CONTAINING GLUTEN | CRUST-ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYBEAN | SULPHITES |   |
|   | <i>Crunchy Raw Thai*</i>                        | Gluten Ingredient Free - Vegan      |        |                           |              |      |      |       |      |         |         | X    |         | X            | X       |           |   |
| <i>Kalamata Queen*</i>  | Vegetarian                                      |                                     | X      |                           |              |      |      | X     |      | X       |         |      |         |              |         | X         |   |
| <p style="text-align: center;"><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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| BOWL INFORMATION INCLUDES DRESSINGS AS STANDARD   | SALADS               | TAGS                                | CELERY | CEREALS CONTAINING GLUTEN | CRUST-ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYBEAN | SULPHITES |
|---|----------------------|-------------------------------------|--------|---------------------------|--------------|------|------|-------|------|---------|---------|------|---------|--------------|---------|-----------|
|   | Seiz'a Caesar        |                                     |        | X                         |              | X    | X    |       | X    |         |         |      |         |              |         |           |
|   | Azteca               | Gluten Ingredient Free - Vegetarian |        |                           |              |      |      |       | X    |         |         |      |         |              | X       | X         |
|   | Green Goddess        | Gluten Ingredient Free - Vegan      |        |                           |              |      |      |       |      |         | X       | X    |         |              | X       | X         |
|   | GRAIN + NOODLE BOWLS | TAGS                                | CELERY | CEREALS CONTAINING GLUTEN | CRUST-ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYBEAN | SULPHITES |
|   | Miso Dreams          | Gluten Ingredient Free - Vegan      |        |                           |              |      |      |       |      |         |         |      |         | X            | X       | X         |
|   | <i>Super Soba*</i>   | Vegan                               |        | 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 |        |                           |              |      |      |       |      |         |         |      |         |              |         |           |
| <i>Lime Coriander Rice*</i>   | Gluten Ingredient Free - Vegan |        |                           |              |      |      |       |      |         |         |      |         |              |         | X         |
| <i>Soba Noodles*</i>  | Vegan                          |        | X                         |              |      |      |       |      |         |         |      |         | X            | X       |           |
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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 |        |                           |              |      |      |       |      |         |         |      |         |              |         |           |
| Edamame + Pea 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>Olive Mezze*</i>   | Gluten Ingredient Free - Vegan |        |                           |              |      |      |       |      |         |         |      |         |              |         |           |
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| BUILD YOUR OWN - DRESSINGS  | TAGS                                | CELERY | CEREALS CONTAINING GLUTEN | CRUST-ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYBEAN | SULPHITES |
|---|-------------------------------------|--------|---------------------------|--------------|------|------|-------|------|---------|---------|------|---------|--------------|---------|-----------|
| 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      |        |                           |              |      |      |       |      |         |         |      |         |              |         | X         |
| 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       |           |
| <i>Lemon Oregano Dressing*</i>  | Gluten Ingredient Free - Vegan      |        |                           |              |      |      |       |      |         | X       |      |         |              |         | X         |
| Tahini Dressing (Vegan)   | Gluten Ingredient Free - Vegetarian |        |                           |              |      |      |       |      |         | 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 Lime 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      |        |                           |              |      |      |       |      |         |         |      |         |              |         |           |
| Rosemary 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    |         |         |      |         |              |         |           |
| Parmesan Crumble                        | Gluten Ingredient Free - Vegetarian |        |                           |              |      |      |       | X    |         |         |      |         |              |         |           |
| Sustain Yo'self Avo Smash               | Gluten Ingredient Free - Vegan      |        |                           |              |      |      |       |      |         |         |      |         |              | 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         |
| Preserved Lemon + Olive Chicken         | Dairy Free - Gluten Ingredient Free |        |                           |              |      |      |       |      |         |         |      |         |              |         |           |
| Grilled Chestnut + Portobello Mushrooms | Gluten Ingredient Free - Vegan      |        |                           |              |      |      |       |      |         | X       |      |         |              | X       | X         |
| Roasted Squash + Sweet Potato           | Gluten Ingredient Free - Vegan      |        |                           |              |      |      |       |      |         |         |      |         |              |         |           |
| <i>Sweet Chili Salmon*</i>              | Gluten Ingredient Free - Dairy Free |        |                           |              |      | X    |       |      |         |         |      |         | X            |         |           |
| <i>Miso Tofu*</i>                       | Gluten Ingredient Free - Vegan      |        |                           |              |      |      |       |      |         |         |      |         | X            | X       |           |
| <i>Courgette + Feta Turkey Kofte*</i>   |                                     |        | X                         |              | X    |      |       | X    |         |         |      |         |              |         |           |
| <i>Charred Flank Steak*</i>             | Dairy Free - Gluten Ingredient Free |        |                           |              |      |      |       |      |         | X       |      |         |              | X       | X         |

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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 |
|---|-------------------------------------|--------|---------------------------|--------------|------|------|-------|------|---------|---------|------|---------|--------------|---------|-----------|
| atis OG Blackened Chicken   | Dairy Free - Gluten Ingredient Free |        |                           |              |      |      |       |      |         |         |      |         |              |         | X         |
| <i>The Kernel*</i>  | Gluten Ingredient Free - Vegetarian |        |                           |              |      |      |       | X    |         |         |      |         |              |         | X         |
| <i>Summer Potato Salad*</i>   | Gluten Ingredient Free - Vegetarian |        |                           |              | X    |      |       | X    |         | X       |      |         |              |         | X         |
| <i>Turkey Kofte Mezze*</i>  |                                     |        | X                         |              | X    |      |       | X    |         |         |      |         |              |         |           |
| SWEET TREATS + BREADS   | TAGS                                | CELERY | CEREALS CONTAINING GLUTEN | CRUST-ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYBEAN | SULPHITES |
| Chocolate Chip Cookie   | 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    |         |              |         |           |
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