

ATIS NUTRITIONAL GUIDE - SUMMER 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		345	612	2549	29	46	10	18	7	4	3
	Green Goddess + Preserved Lemon & Olive Chicken	Dairy Free - Gluten Ingredient Free	465	562	2337	31	41	4	11	7	10	3
	Crunchy Raw Thai + Blackened Chicken	Dairy Free - Gluten Ingredient Free	435	547	2279	29	39	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		405	759	3147	38	58	15	19	8	4	4
	Green Goddess + Preserved Lemon & Olive Chicken	Dairy Free - Gluten Ingredient Free	525	626	2588	32	48	4	12	7	11	3
	Crunchy Raw Thai + Blackened Chicken	Dairy Free - Gluten Ingredient Free	485	677	2806	32	47	8	26	16	9	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>Crunchy Raw Thai*</i>	Gluten Ingredient Free - Vegan	315	261	1090	11	16	2	14	9	7	1
	<i>Kalamata Queen*</i>	Vegetarian	335	610	2523	11	54	11	19	5	4	4
	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>Crunchy Raw Thai*</i>	Gluten Ingredient Free - Vegan	365	391	1617	14	24	3	25	15	8	1
<i>Kalamata Queen*</i>	Vegetarian	395	810	3346	12	75	13	20	5	5	4	
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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		225	326	1359	11	23	5	17	6	3	2
	Azteca	Gluten Ingredient Free - Vegetarian	400	668	2772	18	50	9	31	9	14	3
	Green Goddess	Gluten Ingredient Free - Vegan	345	342	1418	13	26	2	9	6	10	2
	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		285	473	1958	20	35	9	17	7	4	3
	Azteca	Gluten Ingredient Free - Vegetarian	460	828	3418	19	66	10	31	10	14	4
	Green Goddess	Gluten Ingredient Free - Vegan	405	405	1669	14	32	2	10	6	11	2
	GRAIN + NOODLE 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 Dreams	Gluten Ingredient Free - Vegan	440	642	2684	21	33	4	48	18	9	3
<i>Super Soba*</i>	Vegan	370	540	2253	19	29	4	46	16	7	5	
GRAIN + NOODLE 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 Dreams	Gluten Ingredient Free - Vegan	480	725	3019	23	40	4	51	19	10	4	
<i>Super Soba*</i>	Vegan	410	619	2583	20	36	4	49	17	7	6	

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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
<i>Lime Coriander Rice*</i>	Gluten Ingredient Free - Vegan	100	196	821	3	10	1	24	0	1	0
<i>Soba Noodles*</i>	Vegan	140	144	601	5	1	0	29	4	0	1
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)
Edamame + Pea 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	50	20	84	1	0	0	3	3	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	25	26	111	0	0	0	6	5	0	4
Pickled Red Onion	Gluten Ingredient Free - Vegan	50	14	55	0	0	0	3	2	1	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>Olive Mezze*</i>	Gluten Ingredient Free - Vegan	50	75	314	0	7	1	2	0	1	1

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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
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
Vegan Tahini Dressing	Gluten Ingredient Free - Vegan	50	154	633	2	16	1	1	1	1	1
Green Goddess Dressing	Gluten Ingredient Free - Vegan	50	94	385	0	10	1	1	0	0	1
<i>Lemon Oregano Dressing*</i>	Gluten Ingredient Free - Vegan	50	324	1334	1	35	5	1	1	0	0
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
Vegan Tahini Dressing	Gluten Ingredient Free - Vegan	80	246	1013	3	25	2	1	1	1	1
Green Goddess Dressing	Gluten Ingredient Free - Vegan	80	150	616	0	16	1	1	1	0	1
<i>Lemon Oregano Dressing*</i>	Gluten Ingredient Free - Vegan	80	518	2134	1	56	7	1	1	1	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
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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
Sauce Shop - Chipotle Lime Mayo*	Gluten Ingredient Free - Vegetarian	50	335	1370	1	36	3	0	0	0	1
<i>atis Aioli*</i>	Gluten Ingredient Free - Vegan	50	346	1442	0	38	3	2	1	0	0
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	72	303	5	3	0	9	0	1	1
Smoked 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
Rosemary Breadcrumbs	Vegan	20	88	368	2	3	0	12	0	1	1
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	1	16	4	2	0	3	0
Parmesan Crumble	Gluten Ingredient Free - Vegetarian	25	103	429	9	7	5	0	0	0	0
Crumbled Feta	Gluten Ingredient Free - Vegetarian	35	87	361	5	7	5	0	0	0	1
Sustain Yo'self Avo Smash	Gluten Ingredient Free - Vegan	70	113	468	4	8	1	4	2	3	1
<i>Dill Yoghurt*</i>	Gluten Ingredient Free - Vegetarian	35	41	138	2	3	2	2	2	0	0
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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	120	286	1189	18	23	5	1	1	1	1
Lemon Preserve + Olive Chicken	Dairy Free - Gluten Ingredient Free	120	221	919	18	16	2	2	1	0	1
Grilled Chestnut + Portobello Mushrooms	Gluten Ingredient Free - Vegan	110	61	255	3	4	0	2	1	1	1
<i>Miso Tofu*</i>	Gluten Ingredient Free - Vegan	110	187	773	9	10	2	4	3	1	1
Roasted Squash + Sweet Potato	Gluten Ingredient Free - Vegan	110	91	383	1	3	0	15	5	2	1
<i>Sweet Chilli Salmon*</i>	Dairy Free - Gluten Ingredient Free	110	221	925	22	13	3	5	4	0	1
<i>Courgette + Feta Turkey Kofte*</i>		35	45	188	6	1	1	3	0	0	0
<i>Charred Flank Steak*</i>	Dairy Free - Gluten Ingredient Free	130	189	784	18	9	3	7	5	1	7
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)
Chicken Pot (Blackened Chicken Only)	Dairy Free - Gluten Ingredient Free	225	536	2230	34	43	10	2	2	1	2
<i>Turkey Kofte Mezze*</i>		305	360	1507	43	11	6	20	4	2	3
<i>The Kernel*</i>	Gluten Ingredient Free - Vegetarian	295	413	1717	11	28	6	26	15	6	2
<i>Summer Potato Salad*</i>	Gluten Ingredient Free - Vegetarian	250	295	1230	5	17	2	29	3	4	3
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
After School Cookie Club - Double Chocolate Cookie*	Gluten Ingredient Free - Vegan	75	307	1291	2	16	9	37	22	3	0
<i>Celtic Bakery - Banana Bread*</i>	Vegetarian	120	541	2249	7	37	3	46	26	1	1
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