

SEASONAL BOWLS

CRUNCHY RAW THAI R 7.00
L 8.00

BABY SPINACH, SHREDDED KALE + CABBAGE, EDAMAME + PEA MEDLEY, SHREDDED CARROT, CUCUMBER, SLICED SPRING ONIONS + CORIANDER, CRISPY SHALLOTS, ROASTED CASHEW DRESSING + LIME SQUEEZE
TRY WITH: MISO TOFU +3.90

MISO DREAMS R 8.50
L 9.50

SHREDDED KALE + CABBAGE, BROWN RICE, PINK + WHITE SLAW, EDAMAME + PEA MEDLEY, CRISPY SHALLOTS, MISO TOFU + MISO LIME GINGER DRESSING
TRY WITH: GRILLED PORTOBELLO + CHESTNUT MUSHROOMS +2.90

THE HARVEST BOWL R 8.50
L 9.50

SHREDDED KALE + CABBAGE, BROWN RICE, ZERO-WASTE AUTUMN GREENS, BALSAMIC SHREDDED BEETROOT, GOAT'S CHEESE, CANDIED WALNUTS + ACV DRESSING
TRY WITH: ROSEMARY SWEET POTATO WEDGES +1.90

HOT BOWLS

DAAL X ROOTED SPICES 6.50

DAAL X ROOTED SPICES, SLICED SPRING ONIONS + CORIANDER, PICKLED RED ONIONS + DILL YOGHURT
TRY WITH: BLACKENED CHICKEN +3.90

BUTTERBEAN BRAISE 7.50

SHREDDED KALE + CABBAGE, BABY SPINACH, BUTTERBEAN BRAISE, ROSEMARY BREADCRUMBS + DILL YOGHURT
TRY WITH: CRUMBLLED FETA +1.90

PLATES

1. GREENS. GRAINS. WEDGES. 6.00

ATIS SPICED GRAINS, ZERO-WASTE AUTUMN GREENS, ROSEMARY SWEET POTATO WEDGES + CHIMICHURRI DRESSING
TRY WITH: CHARRED FLANK STEAK +5.50

2. SLAW. GRAINS. CHICKPEAS. 6.00

ATIS SPICED GRAINS, TAHINI CHICKPEAS, PINK + WHITE SLAW, SLICED SPRING ONIONS + CORIANDER + DILL YOGHURT
TRY WITH: BLACKENED CHICKEN +3.90

3. BROCCOLI. RICE. MUSHROOMS. 7.50

BROWN RICE, CHILLI + FETA CHARRED BROCCOLI, GRILLED PORTOBELLO + CHESTNUT MUSHROOMS + SRIRACHA SAUCE
TRY WITH: PRESERVED LEMON + OLIVE CHICKEN +3.90

SPOTLIGHT ON PLATES

TRY OUR NEW PLATES.
THE PERFECT OPTION FOR LUNCH OR DINNER IF YOU'RE
LOOKING FOR SOMETHING HOTTER + FILLING WITH
MAXIMUM FLAVOUR

SALADS

GREEN GODDESS R 7.00
L 8.00

BABY SPINACH, CHOPPED ROMAINE, ROASTED BROCCOLI, PINK + WHITE SLAW, EDAMAME + PEA MEDLEY, CUCUMBER, SMOKED ALMONDS + GREEN GODDESS DRESSING
TRY WITH: PRESERVED LEMON + OLIVE CHICKEN +3.90

SEIZ'A CAESAR R 7.50
L 8.50

SHREDDED KALE + CABBAGE, CHOPPED ROMAINE, CHERRY TOMATOES, ROSEMARY BREADCRUMBS, PARMESAN CRUMBLE + CLASSIC CAESAR DRESSING
TRY WITH: BLACKENED CHICKEN +3.90

AZTECA R 10.00
L 11.00

CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, BLACK EYED BEANS, PICKLED RED ONIONS, TORTILLA SHARDS, CRUMBLLED FETA, SUSTAIN YO'SELF AVO SMASH + LIME CORIANDER DRESSING
TRY WITH: SWEET CHILLI SALMON +5.90

ADD COLD PREMIUMS YOUR ORDER

CHILLI + FETA CHARRED BROCCOLI* 1.50
SUSTAIN YO'SELF AVO SMASH 1.90 PARMESAN CRUMBLE 1.90
CRUMBLLED FETA 1.90
GOAT'S CHEESE* 1.90 AVOCADO HALF 2.50

ADD PREMIUMS TO YOUR ORDER

ROSEMARY SWEET POTATO WEDGES* 1.90
GRILLED PORTOBELLO + CHESTNUT MUSHOOMS 2.90
MISO TOFU 3.90 PRESERVED LEMON + OLIVE CHICKEN 3.90
BLACKENED CHICKEN 3.90 CHARRED FLANK STEAK* 5.50 SWEET CHILLI SALMON 5.90

BUILD YOUR OWN

1. CHOOSE A BASE R 7.00
L 8.00

GREENS
SHREDDED KALE + CABBAGE
BABY SPINACH
CHOPPED ROMAINE

GRAINS
BROWN RICE*
ATIS SPICED GRAINS*

2. ADD INGREDIENTS
CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

BLACK EYED BEANS
CHARRED CORN
CHERRY TOMATOES
CUCUMBER
ROASTED BROCCOLI
PICKLED RED ONIONS
SLICED SPRING ONIONS + CORIANDER
EDAMAME + PEA MEDLEY
TAHINI CHICKPEAS
SHREDDED CARROT
PINK + WHITE SLAW*
ZERO-WASTE AUTUMN GREENS*
BALSAMIC SHREDDED BEETROOT*

ADDITIONAL INGREDIENTS +0.50

*SEASONAL SPECIALS

3. DRESS IT UP
SELECT A DRESSING

CLASSIC CAESAR DRESSING
LIME CORIANDER DRESSING
BALSAMIC VINAIGRETTE
ROASTED CASHEW DRESSING
TAHINI DRESSING
GREEN GODDESS DRESSING
ACV DRESSING
MISO LIME GINGER DRESSING
OLIVE OIL
BALSAMIC VINEGAR
LIME SQUEEZE

4. DIPS + HOT SAUCES

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

CHIPOTLE LIME MAYO
SRIRACHA SAUCE
BUFFALO HOT SAUCE
CHIMICHURRI DRESSING*
DILL YOGHURT*

5. ADD A CRUNCH

SELECT A CRUNCH
ROASTED TAMARI SEEDS
CRISPY SHALLOTS
ROSEMARY BREADCRUMBS
SMOKED ALMONDS
TORTILLA SHARDS
CANDIED WALNUTS*

SIDE POTS

TAHINI PINK SLAW 3.50
PINK + WHITE SLAW, BALSAMIC SHREDDED BEETROOT + TAHINI DRESSING

GREEN BOOSTER 3.50
EDAMAME + PEA MEDLEY, ROASTED BROCCOLI, CUCUMBER, ROASTED TAMARI SEEDS + GREEN GODDESS DRESSING

ROSEMARY SWEET POTATO WEDGES 4.50
ROSEMARY SWEET POTATO WEDGES, SLICED SPRING ONIONS + CORIANDER, CHIPOTLE LIME MAYO + LIME SQUEEZE

BLACKENED CHICKEN POT 8.00
ADD DRESSING/SAUCE AND/OR CRUNCH +0.50

PRESERVED LEMON + OLIVE CHICKEN POT 8.00
ADD DRESSING/SAUCE AND/OR CRUNCH +0.50

BUFFALO CHICKEN POT 8.00
BLACKENED CHICKEN, CRISPY SHALLOTS, BUFFALO HOT SAUCE + CAESAR DRESSING

SWEETS DRINKS

DASH WATER 1.90
PROTEIN SHAKES 4.90
COLD PRESS JUICES 4.90
OTHER HEALTH DRINKS
CHOOSE FROM A RANGE OF OTHER DRINKS - CHECK OUT OUR FRIDGE TO SEE THE LINE UP!

THE AFTER SCHOOL COOKIE CLUB 1.90
CHOCOLATE CHIP / DOUBLE CHOCOLATE / ATIS PUMPKIN SPICE*



SCAN FOR ALLERGEN INFO



STAY ON THE PULSE
JOIN OUR LOYALTY PROGRAMME

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

atis

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