

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN 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	
	<i>Seiz'a Caesar + Blackened Chicken</i>			X		X	X			X							X
	<i>Crunchy Raw Thai + Blackened Chicken</i>	Gluten Ingredient Free - Dairy Free										X				X	X
	<i>The Harvest Bowl + Sweet Potato Wedges</i>	Gluten Ingredient Free - Vegetarian							X		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>Miso Dreams</i>	Gluten Ingredient Free - Vegan												X	X		
	<i>The Harvest Bowl</i>	Gluten Ingredient Free - Vegetarian							X			X		X	X		
<p><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>																	

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN 2023

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
	<i>Seiz'a Caesar</i>			X		X	X		X							
	<i>Azteca</i>	Gluten Ingredient Free - Vegetarian							X						X	X
	<i>Green Goddess</i>	Gluten Ingredient Free - Vegan									X	X			X	X
	PLATES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	<i>The Greens, Wedges + Chimichurri One</i>	Vegan		X										X		X
	<i>The Grains, Slaw + Tahini One</i>	Vegetarian		X					X		X			X		
	<i>The Rice, Feta Broccoli + Sriracha One</i>	Gluten Ingredient Free - Vegetarian							X		X				X	X
	STEWES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	<i>Daal x Rooted Spices</i>	Gluten Ingredient Free - Vegetarian							X							
<i>Butterbean Braise</i>	Vegetarian		X					X						X	X	

**A NOTE ON SEASONALITY: ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY.**

**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 [INFO@ATISFOOD.COM](mailto:info@atisfood.com)**

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN 2023

BUILD YOUR OWN - BASES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Baby Spinach</i>	Gluten Ingredient Free - Vegan														
<i>Chopped Romaine</i>	Gluten Ingredient Free - Vegan														
<i>Shredded Kale + Cabbage Mix</i>	Gluten Ingredient Free - Vegan														
<i>Brown Rice</i>	Gluten Ingredient Free - Vegan														
<i>atis Spiced Grains</i>	Vegan		X										X		
<p><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>															

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN 2023

BUILD YOUR OWN - INGREDIENTS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Black Eyed Beans</i>	Gluten Ingredient Free - Vegan														
<i>Charred Corn</i>	Gluten Ingredient Free - Vegan														
<i>Cherry Tomatoes</i>	Gluten Ingredient Free - Vegan														
<i>Cucumber</i>	Gluten Ingredient Free - Vegan														
<i>Edamame + Pea Medley</i>	Gluten Ingredient Free - Vegan													X	
<i>Tahini Chickpeas</i>	Gluten Ingredient Free - Vegan									X			X		
<i>Pickled Red Onion</i>	Gluten Ingredient Free - Vegan														X
<i>Roasted Broccoli</i>	Gluten Ingredient Free - Vegan														
<i>Zero Waste Autumn Greens</i>	Gluten Ingredient Free - Vegan														
<i>Balsamic Shredded Beetroot</i>	Gluten Ingredient Free - Vegan									X					X
<i>Pink + White Slaw</i>	Gluten Ingredient Free - Vegan														
<p><i>A NOTE ON SEASONALITY: ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY.</i></p> <p><i>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></i></p>															

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN 2023

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
The Mother of All Dressings	Gluten Ingredient Free - Vegan									X					X
Lime Squeeze	Gluten Ingredient Free - Vegan														
Green Goddess Dressing	Gluten Ingredient Free - Vegan									X					X
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	
Tahini Dressing (Vegan)	Gluten Ingredient Free - Vegetarian									X			X		
<p><i>A NOTE ON SEASONALITY: ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY.</i></p> <p><i>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></i></p>															

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN 2023

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					
Dill Yoghurt	Gluten Ingredient Free - Vegetarian							X							
Chimichurri Dressing	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												
Candied Walnuts	Gluten Ingredient Free - Vegan										X				

A NOTE ON SEASONALITY: ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY.

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 [INFO@ATISFOOD.COM](mailto:info@atisfood.com)

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN 2023

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	
Goat's Cheese	Gluten Ingredient Free - Vegetarian							X							
<i>Chilli + Feta Charred Broccoli</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
<i>Rosemary Sweet Potato Wedges*</i>	Gluten Ingredient Free - Vegan														
<i>Sweet Chilli Salmon*</i>	Gluten Ingredient Free - Dairy Free					X							X		
<i>Miso Tofu*</i>	Gluten Ingredient Free - Vegan												X	X	
<i>Charred Flank Steak*</i>	Dairy Free - Gluten Ingredient Free									X				X	X

A NOTE ON SEASONALITY: ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY.

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 [INFO@ATISFOOD.COM](mailto:INFO@ATISFOOD.COM)

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN 2023

POWER POTS + HOT SIDES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Chicken Pot (Blackened Chicken Only)</i>	Dairy Free - Gluten Ingredient Free														X
<i>Chicken Pot (Lemon + Olive Chicken Only)</i>	Dairy Free - Gluten Ingredient Free														
<i>Buffalo Chicken Pot</i>	Gluten Ingredient Free				X	X		X						X	X
<i>Green Booster Pot</i>	Gluten Ingredient Free - Vegan									X			X	X	X
<i>Pink Tahini Pot</i>	Gluten Ingredient Free - Vegan									X			X		X
<i>Rosemary Sweet Potato Wedges Pot</i>	Gluten Ingredient Free - Vegetarian				X					X					
SWEET TREATS + BREADS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>ASCC Chocolate Chip Cookie</i>	Gluten Ingredient Free - Vegan													X	
<i>ASCC Double Chocolate Cookie</i>	Gluten Ingredient Free - Vegan													X	
<i>ASCC Pumpkin Spice Cookie*</i>	Gluten Ingredient Free - Vegan													X	
<i>A NOTE ON SEASONALITY: ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY.</i>															
<i>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></i>															