

ATIS NUTRITIONAL GUIDE – AUTMUN 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
	<i>Crunchy Raw Thai + Blackened Chicken*</i>	Dairy Free - Gluten Ingredient Free	435	547	2279	29	39	7	15	10	8	2
	<i>The Harvest Bowl + Sweet Potato Wedges*</i>	Gluten Ingredient Free - Vegetarian	470	939	3917	20	60	12	74	27	10	4
	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
	<i>Crunchy Raw Thai + Blackened Chicken*</i>	Dairy Free - Gluten Ingredient Free	485	677	2806	32	47	8	26	16	9	2
	<i>The Harvest Bowl + Sweet Potato Wedges*</i>	Gluten Ingredient Free - Vegetarian	510	1090	4532	21	75	15	77	29	11	5
	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>Miso Dreams*</i>	Gluten Ingredient Free - Vegan	415	569	2370	21	24	3	49	12	9	3
	<i>The Harvest Bowl*</i>	Gluten Ingredient Free - Vegetarian	350	770	3203	18	56	12	44	12	7	3
	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>Miso Dreams*</i>	Gluten Ingredient Free - Vegan	455	646	2703	23	31	4	52	14	10	4	
<i>The Harvest Bowl*</i>	Gluten Ingredient Free - Vegetarian	390	920	3818	19	71	14	47	14	7	3	
<i>*ITEMS THAT ARE ITALICISED ARE SUBJECT TO SEASONALITY. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!</i>												

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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	680	2820	18	50	9	33	11	14	3
	Green Goddess	Gluten Ingredient Free - Vegan	345	345	1432	13	26	2	10	7	10	1
	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	837	3464	19	66	10	33	12	14	4
	Green Goddess	Gluten Ingredient Free - Vegan	405	409	1649	14	32	2	11	7	11	2
	PLATES	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)
	The Greens, Wedges + Chimichurri One	Vegan	295	543	2269	8	30	3	55	19	9	3
The Grains, Slaw + Tahimi One	Vegetarian	245	368	1536	11	18	3	36	6	9	1	
The Rice, Feta Broccoli + Sriracha One	Gluten Ingredient Free - Vegan	305	342	1434	10	14	2	41	8	5	2	
STEWES	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>Daal x Rooted Spices*</i>	Gluten Ingredient Free - Vegetarian	295	313	1307	12	15	3	27	9	9	2	
<i>Butterbean Braise*</i>	Vegetarian	275	303	1265	11	13	3	34	12	3	3	
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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
Brown Rice	Gluten Ingredient Free - Vegan	100	151	640	4	1	0	32	0	1	0
<i>Atis Spiced Grains*</i>	Vegan	100	235	980	4	13	1	23	1	4	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
Pickled Red Onion	Gluten Ingredient Free - Vegan	50	24	102	0	0	0	4	4	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
<i>Zero Waste Autumn Greens*</i>	Gluten Ingredient Free - Vegan	50	35	144	2	2	0	2	1	2	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>Pink + White Slaw*</i>	Gluten Ingredient Free - Vegan	50	15	60	1	0	0	2	2	1	0
<i>Balsamic Shredded Beetroot*</i>	Gluten Ingredient Free - Vegan	50	48	200	1	3	0	4	3	1	0
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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
Balsamic Vinegar	Gluten Ingredient Free - Vegan	25	28	120	0	0	0	6	5	0	0
Olive Oil	Gluten Ingredient Free - Vegan	25	225	924	0	25	4	0	0	0	0
Lime Squeeze	Gluten Ingredient Free - Vegan	25	2	10	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
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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	1	0	0	1
Dill Yoghurt*	Gluten Ingredient Free - Vegetarian	35	41	138	2	3	2	2	2	0	0
Chimichurri Dressing*	Gluten Ingredient Free - Vegan	25	105	431	0	11	1	0	0	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
Candied Walnuts*	Gluten Ingredient Free - Vegan	25	169	697	4	16	2	2	2	2	0
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
Goal's Cheese*	Gluten Ingredient Free - Vegetarian	35	112	463	7	9	6	0	0	0	1
Chilli + Feta Charred Broccoli*	Gluten Ingredient Free - Vegetarian	70	107	443	3	9	2	2	1	2	1
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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
Preserved Lemon + 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
<i>Rosemary Sweet Potato Wedges*</i>	Gluten Ingredient Free - Vegan	120	169	714	2	4	0	30	16	3	1
<i>Sweet Chilli Salmon*</i>	Dairy Free - Gluten Ingredient Free	110	221	925	22	13	3	5	4	0	1
<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	200	476	1982	31	38	9	2	1	1	2
Chicken Pot (Lemon Chicken Only)	Dairy Free - Gluten Ingredient Free	200	368	1532	30	26	4	3	1	1	2
Buffalo Chicken Pot*	Gluten Ingredient Free	220	517	2147	31	42	9	4	2	1	2
<i>Green Booster Pot*</i>	Gluten Ingredient Free - Vegan	180	236	979	9	18	2	7	4	6	1
<i>Rosemary Sweet Potato Wedges Pot*</i>	Gluten Ingredient Free - Vegetarian	230	354	1479	3	14	1	50	27	6	2
<i>Pink Tahini Pot*</i>	Gluten Ingredient Free - Vegan	190	93	390	2	5	0	9	8	4	0
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
After School Cookie Club - Pumpkin Spice Cookie*	Gluten Ingredient Free - Vegan	75	303	1276	2	15	8	38	23	2	1
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