

SEASONAL BOWLS

CRUNCHY RAW THAI R 7.50 L 8.50

Ⓥ Ⓢ

KALE + CABBAGE, BABY SPINACH, CARROT, CUCUMBER, EDAMAME + PEAS, SPRING ONION + CORIANDER, CRISPY SHALLOTS + ROASTED CASHEW DRESSING + LIME SQUEEZE

TRY WITH: MISO TOFU +3.90

SHROOMI R 11.00 L 12.00

Ⓥ

RICE, KALE + CABBAGE, SHREDDED BEETS, CRUMBLLED FETA, PORTOBELLO + CHESTNUT SHROOMS, ROSEMARY BREADCRUMBS + BALSAMIC VINAIGRETTE

TRY WITH: BLACKENED CHICKEN +3.90

THE ENERGISER R 9.00 L 10.00

Ⓥ Ⓢ

KALE + CABBAGE, BABY SPINACH, ZERO-WASTE-GREENS, SHREDDED BEETS, CARROT, CRUMBLLED FETA, SMOKED ALMONDS + TURMERIC GOLD DRESSING

TRY WITH: ROSEMARY SWEET POTATO +1.90

HOT BOWLS

BUTTERBEAN BRAISE 8.00

Ⓥ

BUTTERBEAN BRAISE, KALE + CABBAGE, BABY SPINACH, ROSEMARY SWEET POTATO, ROSEMARY BREADCRUMBS + DILL YOGHURT

TRY WITH: CRUMBLLED FETA +1.90

PLATES

1. GREENS. GRAINS. WEDGES. 6.00

Ⓥ

ATIS SPICED GRAINS, ZERO-WASTE-GREENS, ROSEMARY SWEET POTATO + CHIMICHURRI DRESSING POT

TRY WITH: CHARRED STEAK +5.50

2. SLAW. GRAINS. CHICKPEAS. 6.00

Ⓥ

ATIS SPICED GRAINS, PINK SLAW, TAHINI CHICKPEAS, SPRING ONION + CORIANDER + DILL YOGHURT POT

TRY WITH: HARISSA HONEY CHICKEN +4.50

3. BROCCOLI. RICE. MUSHROOMS. 7.50

Ⓥ Ⓢ 🌶

RICE, CHILLI + FETA BROCCOLI, PORTOBELLO + CHESTNUT SHROOMS, SPRING ONION + CORIANDER + ATIS SPICY MAYO POT

TRY WITH: CRUMBLLED FETA +1.90

SPECIALS

BOSH! VEGAN CAESAR R 6.50 L 7.50

Ⓥ Ⓢ

KALE + CABBAGE, CHOPPED ROMAINE, CHERRY TOMATOES, CUCUMBER, TAHINI CHICKPEAS, NOOCH KALE CRISP + VEGAN JALAPEÑO CAESAR DRESSING

TRY WITH: AVOCADO HALF +1.90

BOSH! POT 5.00

Ⓥ Ⓢ 🌶

ROSEMARY SWEET POTATO, NOOCH KALE CRISP + VEGAN JALAPEÑO CAESAR DRESSING

HOUSE SALADS

GREEN GODDESS R 7.00 L 8.00

Ⓥ Ⓢ

CHOPPED ROMAINE, BABY SPINACH, BROCCOLI, PINK SLAW, EDAMAME + PEAS, CUCUMBER, SMOKED ALMONDS + GREEN GODDESS DRESSING

TRY WITH: HARISSA HONEY CHICKEN +4.50 OR SWEET CHILLI SALMON +5.90

SEIZ'A CAESAR R 7.50 L 8.50

KALE + CABBAGE, CHOPPED ROMAINE, CHERRY TOMATOES, CRUMBLLED PARMESAN, ROSEMARY BREADCRUMBS + CLASSIC CAESAR DRESSING

TRY WITH: BLACKENED CHICKEN +3.90

AZTECA

Ⓥ Ⓢ

CHOPPED ROMAINE, BABY SPINACH, PICKLED RED ONIONS, CHARRED CORN, BLACK EYED BEANS, CRUMBLLED FETA, AVO SMASH, LIME CORIANDER DRESSING + TORTILLA SHARDS

TRY WITH: BLACKENED CHICKEN +3.90

Ⓥ VEGAN Ⓥ VEGETARIAN Ⓞ DF DAIRY FREE Ⓢ NO GLUTEN CONTAINING INGREDIENTS 🌶 SPICY

HOUSE FAVOURITES VEGANUARY SPECIAL

IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.

ADD COLD PREMIUMS YOUR ORDER

AVO SMASH 1.50

CHILLI + FETA BROCCOLI 1.90 PARMESAN CRUMBLE 1.90

CRUMBLLED FETA 1.90

AVOCADO HALF 1.90

ADD PREMIUMS TO YOUR ORDER

ROSEMARY SWEET POTATO 1.90

PORTOBELLO + CHESTNUT SHROOMS 2.90 MISO TOFU 3.90

BLACKENED CHICKEN 3.90 HARISSA HONEY CHICKEN* 4.50

CHARRED STEAK 5.50 SWEET CHILLI SALMON 5.90

BUILD YOUR OWN

1. CHOOSE A BASE R 7.00 L 8.00

CHOOSE ANY 2 OF OUR BASES

GREENS

KALE + CABBAGE

BABY SPINACH

CHOPPED ROMAINE

GRAINS

RICE

ATIS SPICED GRAINS

TRICOLOUR QUINOA*

2. ADD INGREDIENTS

CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

BLACK EYED BEANS

CHARRED CORN

CHERRY TOMATOES

CUCUMBER

BROCCOLI

PICKLED RED ONIONS

SPRING ONIONS + CORIANDER

EDAMAME + PEAS

TAHINI CHICKPEAS

SHREDDED CARROT

PINK SLAW

ZERO-WASTE-GREENS

SHREDDED BEETS

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

VEGAN JALAPEÑO CAESAR*

TURMERIC GOLD DRESSING*

4. DIPS + HOT SAUCES

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

ATIS SPICY MAYO* Ⓥ 🌶

SRIRACHA SAUCE Ⓥ 🌶

BUFFALO HOT SAUCE Ⓥ Ⓢ 🌶

CHIMICHURRI DRESSING Ⓥ

DILL YOGHURT Ⓥ

5. ADD A CRUNCH

SELECT A CRUNCH

TAMARI SEEDS

CRISPY SHALLOTS

ROSEMARY BREADCRUMBS

SMOKED ALMONDS

TORTILLA SHARDS

NOOCH KALE CRISP*

SIDE POTS

TAHINI PINK SLAW 4.00

Ⓥ Ⓢ

SHREDDED BEETS, PINK SLAW + TAHINI DRESSING

GREEN BOOSTER 4.00

Ⓥ Ⓢ

EDAMAME + PEAS, BROCCOLI, CUCUMBER, GREEN GODDESS DRESSING + TAMARI SEEDS

ROSEMARY SWEET POTATO 5.00

Ⓥ Ⓢ 🌶

ROSEMARY SWEET POTATO, SPRING ONION + CORIANDER, ATIS SPICY MAYO + LIME SQUEEZE

BLACKENED CHICKEN POT 8.00

Ⓞ Ⓢ

ADD DRESSING/SAUCE AND/OR CRUNCH +0.50

HARISSA CHICKEN POT 8.50

Ⓞ Ⓢ

ADD DRESSING/SAUCE AND/OR CRUNCH +0.50

BUFFALO CHICKEN POT 8.00

Ⓢ 🌶

BUFFALO CHICKEN POT, BLACKENED CHICKEN, BUFFALO SAUCE, CLASSIC CAESAR DRESSING + CRISPY SHALLOTS

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

atis

📍 📱 📺 📷 📧 ATISFOODLDN WWW.ATISFOOD.COM

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



SCAN FOR ALLERGEN INFO



JOIN OUR LOYALTY PROGRAMME

SCAN TO JOIN ATIS LOYALTY! EARN POINTS AND CLAIM REWARDS