

ALLERGENS

ALLERGEN GUIDE BY MENU ITEMS
WINTER MENU 2024



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#POWEREDBYATIS

OLD STREET - ECCLESTON YARDS - NOTTING HILL - CANARY WHARF - BOROUGH YARDS

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER 2024

PLATE & BOWL INFORMATION INCLUDE DRESSINGS & SAUCES AS STANDARD	BEST OF ATIS BOWLS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	Seiz'a Caesar + Blackened Chicken			X		X	X		X							X
	Crunchy Raw Thai + Miso Tofu	Gluten Ingredient Free - Vegan										X		X	X	
	Green Goddess + Harissa Honey Chicken*	Gluten Ingredient Free - Dairy Free									X	X				X
	BEST OF ATIS PLATES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	Greens. Grains. Wedges. + Charred Steak	Dairy Free		X			X				X			X	X	X
	Slaw. Grains. Chickpeas. + Sweet Chilli Salmon			X			X		X		X			X	X	
	Broccoli. Rice. Mushrooms.** + Blackened Chicken	Gluten Ingredient Free							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
	Crunchy Raw Thai**	Gluten Ingredient Free - Vegan										X			X	
	Shroomi*	Vegetarian		X					X		X				X	X
	The Energiser*	Gluten Ingredient Free - Vegetarian							X		X	X			X	X
ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE.																
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 CUSTOMERSUPPORT@ATISFOOD.COM																

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	Seiz'a Caesar			X		X	X		X							
	Azteca	Gluten Ingredient Free - Vegetarian							X						X	X
	Green Goddess**	Gluten Ingredient Free - Vegan									X	X				X
	PLATES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	Greens. Grains. Wedges.	Vegan		X							X			X		X
	Slaw. Grains. Chickpeas.	Vegetarian		X					X		X			X		
	Broccoli. Rice. Mushrooms.**	Gluten Ingredient Free - Vegetarian							X		X				X	X
	HOT BOWLS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	<i>Butterbean Braise*</i>	Vegetarian		X					X						X	X
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BUILD YOUR OWN - BASES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Baby Spinach	Gluten Ingredient Free - Vegan														
Chopped Romaine	Gluten Ingredient Free - Vegan														
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan														
Rice**	Gluten Ingredient Free - Vegan														
<i>atis Spiced Grains*</i>	Vegan		X										X		
<i>Tricolour Quinoa*</i>	Gluten Ingredient Free - Vegan														
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BUILD YOUR OWN - INGREDIENTS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Black Eyed Beans	Gluten Ingredient Free - Vegan														
Charred Corn	Gluten Ingredient Free - Vegan														
Cherry Tomatoes	Gluten Ingredient Free - Vegan														
Cucumber	Gluten Ingredient Free - Vegan														
Edamame + Peas	Gluten Ingredient Free - Vegan													X	
Tahini Chickpeas	Gluten Ingredient Free - Vegan									X			X		
Pickled Red Onion	Gluten Ingredient Free - Vegan														X
Broccoli	Gluten Ingredient Free - Vegan														
Zero-Waste Greens	Gluten Ingredient Free - Vegan														
Shredded Beets	Gluten Ingredient Free - Vegan									X					X
<i>Pink Slaw*</i>	Gluten Ingredient Free - Vegan														
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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
ACV Dressing	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 Dressing**	Gluten Ingredient Free - Vegan										X			X	
Tahini Dressing	Gluten Ingredient Free - Vegan									X			X		
<i>Turmeric Gold Dressing*</i>	Gluten Ingredient Free - Vegan									X				X	
<i>Vegan Jalapeño Caesar*</i>	Gluten Ingredient Free - Vegan									X					X
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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	
Dill Yoghurt	Gluten Ingredient Free - Vegetarian							X							
Chimichurri Dressing	Gluten Ingredient Free - Vegan														X
<i>atis Spicy Mayo*</i>	Gluten Ingredient Free - Vegan									X					
<i>Chipotle Lime Mayo</i>	Gluten Ingredient Free - Vegetarian				X					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												
<i>Nooch Kale Crisp*</i>	Gluten Ingredient Free - Vegan												X	X	X
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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				X			X							
Sustain Yo'self Avo Smash	Gluten Ingredient Free - Vegan													X	
Chilli + Feta Broccoli	Gluten Ingredient Free - Vegetarian							X							
Pomegranate Charred Cauli	Gluten Ingredient Free - Vegan														
Avo Kale Slaw	Gluten Ingredient Free - Vegan									X					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
Harissa Honey Chicken*	Dairy Free - Gluten Ingredient Free														X
Portobello + Chestnut Shrooms	Gluten Ingredient Free - Vegan									X				X	X
Rosemary Sweet Potato	Gluten Ingredient Free - Vegan														
Sweet Chilli Salmon	Gluten Ingredient Free - Dairy Free					X							X	X	
Miso Tofu	Gluten Ingredient Free - Vegan												X	X	
Charred Steak	Dairy Free - Gluten Ingredient Free		X			X				X				X	X
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SIDE POTS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chicken Pot (Blackened Chicken Only)	Dairy Free - Gluten Ingredient Free														X
Chicken Pot (Harissa Honey Chicken Only)	Dairy Free - Gluten Ingredient Free														X
Buffalo Chicken Pot	Gluten Ingredient Free				X	X		X						X	X
Green Booster*	Gluten Ingredient Free - Vegan									X			X	X	X
Tahini Pink Slaw	Gluten Ingredient Free - Vegan									X			X		X
Rosemary Sweet Potato**	Gluten Ingredient Free - Vegan									X					
SWEET TREATS + BREADS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
ASCC Chocolate Chip Cookie	Gluten Ingredient Free - Vegan													X	
ASCC Double Chocolate Cookie	Gluten Ingredient Free - Vegan													X	
ASCC Pumpkin Spice Cookie*	Gluten Ingredient Free - Vegan													X	
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**POWERING
URBAN
COMMUNITIES
WITH REAL
FOOD**



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