

NUTRITIONAL GUIDE

WINTER MENU 2024



atis

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ATIS NUTRITIONAL GUIDE – WINTER 2024

BOWL INFORMATION INCLUDES DRESSINGS AND SAUCES AS STANDARD	BEST OF ATIS BOWL (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
	Crunchy Raw Thai + Miso Tofu	Gluten Ingredient Free - Vegan	425	464	1933	19	26	4	25	16	8	2
	<i>Green Goddess** + Harissa Honey Chicken*</i>	Gluten Ingredient Free - Dairy Free	415	575	2382	33	42	7	12	9	7	2
	BEST OF ATIS 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)
	Seiz'a Caesar + Blackened Chicken		405	759	3147	38	58	15	19	8	4	4
	Crunchy Raw Thai + Miso Tofu	Gluten Ingredient Free - Vegan	475	563	2336	21	33	5	31	18	9	2
	<i>Green Goddess** + Harissa Honey Chicken*</i>	Gluten Ingredient Free - Dairy Free	465	638	2632	34	48	7	12	9	7	2
	BEST OF ATIS 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)
	Greens. Grains. Wedges. + Charred Steak	Dairy Free	470	885	3694	28	53	7	68	26	11	10
	Slaw. Grains. Chickpeas. + Sweet Chilli Salmon		405	684	2849	37	36	8	47	12	9	3
	Broccoli. Rice. Mushrooms. + Blackened Chicken**	Gluten Ingredient Free - Dairy Free	480	865	3201	30	62	9	43	7	5	3
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	277	1159	10	16	2	21	12	7	1	
<i>Shroomi*</i>	Vegetarian	425	710	2954	17	44	8	58	11	6	4	
<i>The Energiser*</i>	Gluten Ingredient Free - Vegetarian	330	403	1663	15	29	7	17	14	8	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	376	1562	12	23	3	27	15	8	1	
<i>Shroomi*</i>	Vegetarian	465	870	3622	17	60	8	60	13	6	5	
<i>The Energiser*</i>	Gluten Ingredient Free - Vegetarian	380	471	1953	16	35	7	19	16	8	4	
*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!												

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BOWL INFORMATION INCLUDES DRESSINGS AND SAUCES AS STANDARD	HOUSE 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	295	289	1195	9	24	2	6	5	7	1
	HOUSE 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	345	352	1446	9	30	2	7	5	7	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)
	Greens. Grains. Wedges	Vegan	340	694	2897	9	44	4	61	19	10	3
Slaw. Grains. Chickpeas.	Vegetarian	280	434	1803	12	22	4	41	7	9	2	
Broccoli. Rice. Mushrooms.**	Gluten Ingredient Free - Vegetarian	360	580	2412	11	39	4	42	6	5	2	
HOT BOWLS	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>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
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan	40	17	70	1	0	0	1	1	1	0
Rice**	Gluten Ingredient Free - Vegan	120	160	678	4	1	0	34	0	1	0
<i>atis Spiced Grains*</i>	Vegan	120	282	1176	5	15	2	28	1	4	1
<i>Tricolour Quinoa*</i>	Gluten Ingredient Free - Vegan	120	168	707	7	3	0	28	3	4	0
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 + Peas	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
Broccoli	Gluten Ingredient Free - Vegan	50	60	246	2	5	0	1	1	2	1
Zero-Waste Greens	Gluten Ingredient Free - Vegan	50	35	144	2	2	0	2	1	2	0
Carrot	Gluten Ingredient Free - Vegan	50	19	78	0	0	0	3	3	2	0
Spring Onion + Coriander	Gluten Ingredient Free - Vegan	10	3	12	0	0	0	0	0	0	0
<i>Pink Slaw*</i>	Gluten Ingredient Free - Vegan	50	15	60	1	0	0	2	2	1	0
Shredded Beets	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 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
ACV Dressing	Gluten Ingredient Free - Vegan	50	244	1003	0	25	4	4	3	0	1
Tahini Dressing	Gluten Ingredient Free - Vegan	50	154	633	2	16	1	1	1	1	1
Green Goddess Dressing**	Gluten Ingredient Free - Vegan	50	96	394	0	10	1	1	0	0	0
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
<i>Turmeric Gold Dressing*</i>	Gluten Ingredient Free - Vegan	50	108	447	1	10	1	4	4	0	1
<i>Vegan Jalapeño Caesar*</i>	Gluten Ingredient Free - Vegan	50	218	896	1	23	2	1	1	1	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 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
ACV Dressing	Gluten Ingredient Free - Vegan	80	390	1605	1	40	6	6	5	0	2
Tahini Dressing	Gluten Ingredient Free - Vegan	80	246	1013	3	25	2	1	1	1	1
Green Goddess Dressing**	Gluten Ingredient Free - Vegan	80	153	630	0	16	1	1	1	0	1
<i>Turmeric Gold Dressing*</i>	Gluten Ingredient Free - Vegan	80	173	715	2	15	1	7	6	0	2
<i>Vegan Jalapeño Caesar*</i>	Gluten Ingredient Free - Vegan	80	348	1433	2	36	3	2	1	1	0

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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
<i>atis Spicy Mayo*</i>	Gluten Ingredient Free - Vegan	50	241	990	1	24	2	4	4	0	0
Dill Yoghurt	Gluten Ingredient Free - Vegetarian	50	59	241	2	4	3	3	3	0	0
Chimichurri Dressing	Gluten Ingredient Free - Vegan	50	210	862	1	22	2	1	1	1	0
<i>Chipotle Lime Mayo</i>	Gluten Ingredient Free - Vegetarian	50	335	1370	1	36	3	1	0	0	2
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
<i>Nooch Kale Crisp*</i>	Gluten Ingredient Free - Vegan	15	36	149	2	3	0	1	1	1	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	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
Avo Smash	Gluten Ingredient Free - Vegan	70	113	468	4	8	1	4	2	3	1
<i>Chilli + Feta Broccoli*</i>	Gluten Ingredient Free - Vegetarian	70	107	443	3	9	2	2	1	2	1
<i>Pomegranate Charred Cauli</i>	Gluten Ingredient Free - Vegan	90	50	213	2	2	0	6	4	2	1
<i>Avo Kale Slaw</i>	Gluten Ingredient Free - Vegan	60	63	261	1	6	1	1	1	1	0
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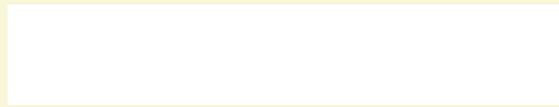
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BUILD YOUR OWN - HOT PREMIUMS	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Blackened Chicken	Dairy Free - Gluten Ingredient Free	120	286	1189	18	23	5	1	1	1	1
<i>Harissa Honey Chicken*</i>	Dairy Free - Gluten Ingredient Free	120	286	1187	25	18	5	6	4	0	1
Portobello + Chestnut Shrooms	Gluten Ingredient Free - Vegan	110	61	255	3	4	0	2	1	1	1
Miso Tofu	Gluten Ingredient Free - Vegan	110	187	773	9	10	2	4	3	1	1
Rosemary Sweet Potato	Gluten Ingredient Free - Vegan	120	169	714	2	4	0	30	16	3	1
Sweet Chilli Salmon	Dairy Free - Gluten Ingredient Free	125	250	1046	25	14	3	6	5	0	1
Charred Steak	Dairy Free - Gluten Ingredient Free	130	191	770	18	9	3	7	7	1	7
SIDE POTS	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
<i>Chicken Pot (Harissa Honey Chicken Only)*</i>	Dairy Free - Gluten Ingredient Free	200	476	1978	41	30	8	9	7	0	1
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 Pot**</i>	Gluten Ingredient Free - Vegan	230	334	1403	3	12	1	51	28	6	2
Tahini Pink Slaw	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
<i>After School Cookie Club - Pumpkin Spice*</i>	Gluten Ingredient Free - Vegan	75	303	1276	2	15	8	38	23	2	1
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OLD STREET - ECCLESTON YARDS - NOTTING HILL - CANARY WHARF - BOROUGH YARDS