

# ALLERGENS

ALLERGEN GUIDE BY MENU ITEMS

SPRING MENU 2024



**atis**

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#POWEREDBYATIS

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING 2024

PLATE & BOWL INFORMATION INCLUDES 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	
	<i>Jalapeño Taco + Blackened Chicken*</i>	Gluten Ingredient Free - Dairy Free									X						X
	Green Goddess + Harissa Honey Chicken	Gluten Ingredient Free - Dairy Free									X	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	
	Chimichurri Wedges Plate + Charred Steak	Dairy Free		X			X				X			X	X	X	
	SEASONAL BOWLS/PLATES	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	<i>Jalapeño Taco*</i>	Gluten Ingredient Free - Vegan									X						X
	<i>The Healer*</i>	Gluten Ingredient Free - Vegan									X	X		X			X
	<i>Cashew Crunch Plate*</i>	Gluten Ingredient Free - Vegan									X	X			X	X	
<i>Kimmy Kimchi Bowl*</i> <i>Kimchi + Radish x atis</i>	Gluten Ingredient Free - Vegetarian					X					X			X	X		
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE.</i></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 CUSTOMERSUPPORT@ATISFOOD.COM</b></p>																	

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PLATE & BOWL INFORMATION INCLUDES DRESSINGS & SAUCES AS STANDARD	HOUSE SALADS	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	Seiz'a Caesar			X		X	X		X							
	Azteca	Gluten Ingredient Free - Vegetarian							X						X	X
	Green Goddess	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
	Chimichurri Wedges Plate	Vegan		X										X		X
	<i>You Feta Believe It Plate*</i>	Gluten Ingredient Free - Vegetarian							X			X				
	<i>Harissa Cauli Plate*</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														
Wild Rice Mix	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														
<i>Zero-Waste Greens**</i>	Gluten Ingredient Free - Vegan														
<i>Kimchi Radish Slaw*</i>	Gluten Ingredient Free - Vegan														
<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>Kimmy's K.O. Dressing*</i>	Gluten Ingredient Free - Vegan									X					X
Vegan Jalapeño Caesar	Gluten Ingredient Free - Vegan									X					X
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE.</i></p> <p><small>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</small></p>															

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DIPS + HOT SAUCES	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>Apricot Harissa Yoghurt*</i>	Gluten Ingredient Free - Vegetarian							X							X
Chipotle Lime Mayo	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				
Tamar Seeds	Gluten Ingredient Free - Vegan												X	X	
Tortilla Shards	Gluten Ingredient Free - Vegan														
Rosemary Breadcrumbs	Vegan		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	X
Soft Boiled Egg*	Dairy Free - Vegetarian				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		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
Rosemary Sweet Potato**	Gluten Ingredient Free - Vegetarian				X					X					
<i>Creamy Feta Wedges*</i>	Gluten Ingredient Free - Vegetarian							X		X					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	
<i>ASCC White Chocolate Cranberry Cookie*</i>	Gluten Ingredient Free - Vegan														
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**POWERING  
URBAN  
COMMUNITIES  
WITH REAL  
FOOD**

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