

ALLERGENS

ALLERGEN GUIDE BY MENU ITEMS

SUMMER MENU 2024



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ATIS ALLERGEN GUIDE BY MENU ITEM – SUMMER 2024

PLATE & BOWL INFORMATION INCLUDES DRESSINGS & SAUCES AS STANDARD	BEST OF ATIS BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	Seiz'a Caesar + Blackened Chicken	Gluten (Wheat), Eggs, Fish, Milk, Sulphites, Alliums			X		X	X			X							X
	Ponzu Schemin' + Black Pepper Tofu*	Gluten (Wheat), Eggs, Sesame Seeds, Soybean, Alliums	Dairy Free - Vegetarian		X		X								X	X		
	Green Goddess + Preserved Lemon + Olive Chicken*	Mustard, Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Dairy Free									X	X				X	X
	BEST OF ATIS PLATES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	Bavette Chimichurri Wedges**	Gluten (Wheat), Mustard, Sesame Seeds, Sulphites, Alliums	Dairy Free		X							X			X			X
	SEASONAL BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	Jalapeño Taco*	Mustard, Sulphites, Alliums	Gluten Ingredient Free - Vegan									X						X
	Ponzu Schemin''	Gluten (Wheat), Eggs, Sesame Seeds, Soybean, Alliums	Dairy Free - Vegetarian		X		X								X	X		
	Kalamata Queen*	Gluten (Wheat), Milk, Mustard, Sulphites, Alliums	Vegetarian		X						X	X						X
Bring The Heat Buffalo Caesar* (Canary Wharf Only)	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X			X						X	X	
Bicep Bowl by Sepps* (Regent Street Only)	Mustard, Sesame Seeds, Soybean, Alliums	Gluten Ingredient Free - Vegan									X			X	X			
Hot on Greens by Sav* (Regent Street Only)	Gluten (Wheat), Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Vegetarian		X		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.																		
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	Seiz'a Caesar	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X								
	Azteca	Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X						X	X	
	Green Goddess	Mustard, Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan									X	X			X	X	
	PLATES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	<i>Bavette Chimichurri Wedges**</i>	Gluten (Wheat), Mustard, Sesame Seeds, Sulphites, Alliums	Dairy Free		X							X			X			X
	<i>You Feta Believe It Plate**</i>	Milk, Nuts, Alliums	Gluten Ingredient Free - Vegetarian							X			X					
	<i>Chicken Pesto Parm*</i>	Eggs, Milk, Mustard, Sulphites, Alliums	Gluten Ingredient Free				X			X		X						X
	<i>Gone Fishin**</i>	Gluten (Wheat), Fish, Nuts, Sesame Seeds, Soybean, Alliums	Dairy Free		X			X					X		X	X		
	<i>Black Pepper Tofu*</i>	Gluten (Wheat), Sesame Seeds, Soybean, Alliums	Dairy Free - Vegan		X										X	X		
<i>Bold & Beautiful*</i>	Gluten (Wheat), Milk, Mustard, Nuts, Sulphites, Alliums			X					X		X	X					X	

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BUILD YOUR OWN - BASES	ALLERGENS & OTHER	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														
<i>Soba Noodles*</i>	Gluten (Wheat), Sesame Seeds, Soybean	Dairy Free - Vegan		X										X	X	
Wild Rice Mix		Gluten Ingredient Free - Vegan														
atis Spiced Grains	Gluten (Wheat), Sesame Seeds, Alliums	Vegan		X										X		
Tricolour Quinoa		Gluten Ingredient Free - Vegan														
<i>Rocket*</i>		Gluten Ingredient Free - Vegan														
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Black Eyed Beans		Gluten Ingredient Free - Vegan														
Charred Corn		Gluten Ingredient Free - Vegan														
Isle of Wight Tomatoes**		Gluten Ingredient Free - Vegan														
Cucumber		Gluten Ingredient Free - Vegan														
Edamame + Peas	Soybean	Gluten Ingredient Free - Vegan													X	
<i>Brindisa Tahini Chickpeas*</i>	Sesame Seeds, Soybeans	Gluten Ingredient Free - Vegan												X	X	
Pickled Red Onion	Sulphites, Alliums	Gluten Ingredient Free - Vegan														X
Broccoli		Gluten Ingredient Free - Vegan														
Zero-Waste Greens	Alliums	Gluten Ingredient Free - Vegan														
Pink Slaw		Gluten Ingredient Free - Vegan														
<i>Olive Mezze*</i>	Alliums	Gluten Ingredient Free - Vegan														
<i>Slow Roast Courgette*</i>		Gluten Ingredient Free - Vegan														
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BUILD YOUR OWN - DRESSINGS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Balsamic Vinaigrette	Mustard, Sulphites	Gluten Ingredient Free - Vegan									X					X
Balsamic Vinegar	Sulphites	Gluten Ingredient Free - Vegan														X
Classic Caesar Dressing**	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X							
Lime Coriander Dressing	Sulphites	Gluten Ingredient Free - Vegan														X
ACV Dressing	Mustard, Sulphites	Gluten Ingredient Free - Vegan									X					X
Lime Squeeze		Gluten Ingredient Free - Vegan														
Green Goddess Dressing	Mustard, Sulphites, Alliums	Gluten Ingredient Free - Vegan									X					X
Olive Oil		Gluten Ingredient Free - Vegan														
Roasted Cashew Dressing	Nuts, Sesame Seeds, Soybean, Alliums	Gluten Ingredient Free - Vegan										X		X	X	
Tahini Dressing**	Sesame Seeds, Soybean	Gluten Ingredient Free - Vegan												X	X	
Vegan Jalapeño Caesar	Mustard, Sulphites	Gluten Ingredient Free - Vegan									X					X
Miso Ponzu Dressing*	Gluten (Wheat), Sesame Seeds, Soybean	Dairy Free - Vegan		X										X	X	
Basil Pesto Vinaigrette*	Eggs, Milk, Mustard, Sulphites	Gluten Ingredient Free - Vegetarian				X			X		X					X
Buffalo Caesar Dressing* (Canary Wharf Only)	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X		X						X	X

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DIPS + HOT SAUCES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Sauce Shop - Sriracha	Alliums	Gluten Ingredient Free - Vegan														
Sauce Shop - Buffalo Hot Sauce	Soybean, Alliums	Gluten Ingredient Free - Vegan													X	
Dill Yoghurt	Milk	Gluten Ingredient Free - Vegetarian							X							
Chimichurri Dressing**	Sulphites, Alliums	Gluten Ingredient Free - Vegan														X
Chipotle Lime Mayo	Eggs, Mustard, Alliums	Gluten Ingredient Free - Vegetarian				X					X					
<i>Brindisa Romesco Sauce*</i>	Wheat, Milk, Nuts, Alliums	Dairy Free - Vegan		X					X			X				
BUILD YOUR OWN - CRUNCHES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Crispy Shallots	Alliums	Gluten Ingredient Free - Vegan														
Smoky Almonds	Nuts, Alliums	Gluten Ingredient Free - Vegan										X				
Tamari Seeds	Sesame Seeds, Soybean	Gluten Ingredient Free - Vegan												X	X	
Tortilla Shards**		Gluten Ingredient Free - Vegan														
Rosemary Breadcrumbs**	Gluten (Wheat)	Vegan		X												

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BUILD YOUR OWN - COLD PREMIUMS	ALLERGENS & OTHER	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	Milk	Gluten Ingredient Free - Vegetarian							X							
Parmesan Shavings**	Eggs, Milk	Gluten Ingredient Free				X			X							
Sustain Yo'self Avo Smash	Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan													X	X
Soft Boiled Egg	Eggs	Dairy Free - Vegetarian				X										
BUILD YOUR OWN - SUPER PREMIUMS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chilli + Feta Broccoli	Milk, Alliums	Gluten Ingredient Free - Vegetarian							X							
Sesame Ponzu Greens*	Gluten (Wheat), Sesame Seeds, Soybean	Dairy Free - Vegan		X										X	X	
<i>Bold Bean's Queen Butterbean + Artichoke*</i>	Sulphites, Mustard, Alliums	Gluten Ingredient Free - Vegetarian									X					X
BUILD YOUR OWN - HOT PREMIUMS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Blackened Chicken	Sulphites	Dairy Free - Gluten Ingredient Free														X
<i>Preserved Lemon + Olive Chicken*</i>	Alliums	Dairy Free - Gluten Ingredient Free														
Rosemary Sweet Potato		Gluten Ingredient Free - Vegan														
<i>Sticky Miso Aubergine*</i>	Sesame Seeds, Soybean, Alliums	Gluten Ingredient Free - Vegan												X	X	
<i>Lime Leaf Salmon*</i>	Fish, Sesame Seeds, Soybean, Alliums	Gluten Ingredient Free - Dairy Free					X							X	X	
<i>Black Pepper Tofu*</i>	Soybean, Alliums	Gluten Ingredient Free - Vegan													X	
Charred Steak	Gluten (Wheat), Fish, Mustard, Soybean, Sulphites, Alliums	Dairy Free		X			X				X				X	X

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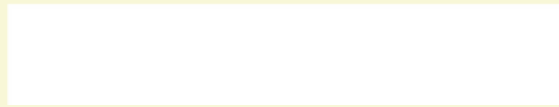
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SIDE POTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chicken Pot (Blackened Chicken Only)	Sulphites	Dairy Free - Gluten Ingredient Free														X
Chicken Pot (Lemon & Olive Chicken Only)	Alliums	Dairy Free														
Buffalo Chicken Pot	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X		X						X	X
Green Booster	Mustard, Sesame Seeds, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan									X			X	X	X
Rosemary Sweet Potato	Eggs, Mustard, Alliums	Gluten Ingredient Free - Vegetarian				X					X					
<i>Brindisa's Patatas Bravas*</i>	Milk, Mustard Alliums	Vegetarian				X					X					
SWEET TREATS + BREADS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
ASCC Chocolate Chip Cookie	Soybean	Gluten Ingredient Free - Vegan													X	
ASCC Double Chocolate Cookie	Soybean	Gluten Ingredient Free - Vegan													X	
<i>ASCC White Chocolate Cranberry Cookie*</i>		Gluten Ingredient Free - Vegan														
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WITH REAL
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OLD STREET - ECCLESTON YARDS - NOTTING HILL - CANARY WHARF - BOROUGH YARDS