

NUTRITIONAL GUIDE

SUMMER MENU 2024



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

ATIS NUTRITIONAL GUIDE – SUMMER 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		355	584	2425	29	45	10	13	7	4	8
	<i>Ponzu Schemin' + Black Pepper Tofu*</i>	Dairy Free - Vegetarian	570	629	2618	27	27	6	22	26	9	4
	<i>Green Goddess + Preserved Lemon & Olive Chicken</i>	Gluten Ingredient Free - Dairy Free	465	569	2358	31	41	4	12	8	10	3
	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		450	787	3268	10	62	16	15	9	5	9
	<i>Ponzu Schemin' + Black Pepper Tofu*</i>	Dairy Free - Vegetarian	620	722	3014	32	34	7	56	25	8	6
	<i>Green Goddess + Preserved Lemon & Olive Chicken</i>	Gluten Ingredient Free - Dairy Free	515	632	2610	32	48	5	12	8	10	3
	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)
	Bavette Chimichurri Wedges**	Dairy Free	470	888	3699	28	53	7	68	26	11	10
	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>Jalapeño Taco*</i>	Gluten Ingredient Free - Vegan	380	551	2295	12	32	3	50	12	9	1
	<i>Ponzu Schemin**</i>	Dairy Free - Vegetarian	460	501	2093	18	24	5	48	23	8	3
	<i>Kalamata Queen*</i>	Vegetarian	335	513	2117	11	45	8	15	7	4	10
	<i>Bring The Heat Buffalo Caesar* (Canary Wharf Only)</i>	Gluten Ingredient Free	440	766	3168	37	63	18	10	7	6	2
	<i>Bicep Bowl by Sepps* (Regent Street Only)</i>	Gluten Ingredient Free - Vegan	575	788	3283	32	43	6	51	18	16	3
	<i>Hot on Greens by Sav* (Regent Street Only)</i>	Vegetarian	395	521	2161	21	39	6	18	8	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>Jalapeño Taco*</i>	Gluten Ingredient Free - Vegan	420	685	2839	13	45	4	51	12	10	1
	<i>Ponzu Schemin**</i>	Dairy Free - Vegetarian	510	597	2489	23	31	6	53	22	6	5
<i>Kalamata Queen*</i>	Vegetarian	405	680	2807	12	61	9	17	9	4	10	
<i>Bring The Heat Buffalo Caesar* (Canary Wharf Only)</i>	Gluten Ingredient Free	490	848	3508	38	71	19	11	8	6	3	
<i>Bicep Bowl by Sepps* (Regent Street Only)</i>	Gluten Ingredient Free - Vegan	625	875	3650	33	51	6	53	19	17	4	
<i>Hot on Greens by Sav* (Regent Street Only)</i>	Vegetarian	445	605	2510	23	47	7	20	9	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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ATIS NUTRITIONAL GUIDE – SUMMER 2024

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**		235	298	1236	11	22	5	12	6	4	7
	Azteca	Gluten Ingredient Free - Vegetarian	400	680	2820	18	50	9	34	11	12	3
	Green Goddess	Gluten Ingredient Free - Vegan	345	348	1439	13	26	2	10	7	10	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**		330	502	2179	22	39	11	14	8	5	8
	Azteca	Gluten Ingredient Free - Vegetarian	460	837	3464	19	66	10	35	11	13	3
	Green Goddess	Gluten Ingredient Free - Vegan	395	411	1691	13	32	3	11	7	10	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)
	Bavette Chimichurri Wedges**		470	888	3699	28	53	7	68	26	11	10
You Feta Believe It**	Gluten Ingredient Free - Vegetarian	400	644	2684	23	31	9	64	24	11	3	
<i>Chicken Pesto Parm*</i>	Gluten Ingredient Free	465	725	3018	42	46	11	33	7	7	3	
<i>Gone Fishin**</i>	Dairy Free	410	722	3009	34	44	8	46	16	5	4	
<i>Black Pepper Tofu*</i>	Dairy Free - Vegan	450	693	2898	21	33	5	62	18	9	4	
<i>Bold & Beautiful*</i>		380	597	2478	32	44	11	15	5	6	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
<i>Rocket*</i>	Gluten Ingredient Free - Vegan	40	8	36	1	0	0	0	0	1	0
Wild Rice Mix	Gluten Ingredient Free - Vegan	120	160	678	4	1	0	34	0	1	0
atis Spiced Grains	Vegan	120	282	1176	5	15	2	28	1	4	1
Tricolour Quinoa	Gluten Ingredient Free - Vegan	120	168	707	7	3	0	28	3	4	0
<i>Soba Noodles*</i>	Dairy Free - Vegan	140	182	760	5	5	2	29	6	0	2
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
<i>Brindisa Tahini Chickpeas*</i>	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
<i>Isle of Wight Tomatoes*</i>	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	42	175	2	3	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
Pink Slaw	Gluten Ingredient Free - Vegan	50	15	60	1	0	0	2	2	1	0
<i>Olive Mezze*</i>	Gluten Ingredient Free - Vegan	50	75	314	0	7	1	2	0	1	1
<i>Slow Roast Courgette*</i>	Gluten Ingredient Free - Vegan	60	34	141	1	2	0	2	2	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)
Roasted Cashew Dressing**	Gluten Ingredient Free - Vegan	50	161	668	4	12	2	9	5	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**		50	153	631	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	130	535	2	13	1	1	1	1	2
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
Vegan Jalapeño Caesar	Gluten Ingredient Free - Vegan	50	218	896	1	23	2	1	1	1	0
<i>Buffalo Caesar Dressing* (Canary Wharf Only)</i>	Gluten Ingredient Free - Vegan	50	132	545	2	13	2	2	2	0	1
<i>Miso Ponzu Dressing*</i>	Dairy Free - Vegan	50	139	578	2	11	2	9	6	0	2
<i>Basil Pesto Vinaigrette*</i>	Gluten Ingredient Free - Vegetarian	50	147	604	2	15	2	0	0	1	1
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)
Roasted Cashew Dressing**	Gluten Ingredient Free - Vegan	80	257	1069	6	19	3	15	8	0	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	245	1009	4	24	3	4	3	0	2
ACV Dressing	Gluten Ingredient Free - Vegan	80	390	1605	1	40	6	6	5	0	2
Tahini Dressing**	Gluten Ingredient Free - Vegan	80	208	856	4	21	2	1	1	1	3
Green Goddess Dressing	Gluten Ingredient Free - Vegan	80	153	630	0	16	1	1	1	0	1
Vegan Jalapeño Caesar	Gluten Ingredient Free - Vegan	80	348	1433	2	36	3	2	1	1	0
<i>Buffalo Caesar Dressing* (Canary Wharf Only)</i>	Gluten Ingredient Free - Vegan	80	211	872	3	20	3	4	3	0	1
<i>Miso Ponzu Dressing*</i>	Dairy Free - Vegan	80	222	925	3	17	3	14	9	0	3
<i>Basil Pesto Vinaigrette*</i>	Gluten Ingredient Free - Vegetarian	80	234	966	3	24	3	1	0	1	1

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DIPS + HOT SAUCES	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
Dill Yoghurt	Gluten Ingredient Free - Vegetarian	50	59	241	2	4	3	3	3	0	0
Chimichurri Dressing**	Gluten Ingredient Free - Vegan	50	210	863	1	22	2	1	1	1	0
Chipotle Lime Mayo	Gluten Ingredient Free - Vegetarian	50	335	1370	1	36	3	1	0	0	2
<i>Brindisa Romesco Sauce*</i>	Vegan	50	113	465	3	10	1	3	1	0	1
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)
Blanco Niño Tortilla Shards**	Gluten Ingredient Free - Vegan	15	72	300	1	3	0	10	0	0	0
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
Poilâne Breadcrumbs**	Vegan	20	47	197	1	2	0	5	0	1	6
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 Shavings**	Gluten Ingredient Free	35	139	579	12	10	6	0	0	0	1
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
Soft Boiled Egg	Dairy Free - Vegetarian	55	79	327	8	5	1	0	0	0	0
BUILD YOUR OWN - SUPER 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)
Chilli + Feta Broccoli	Gluten Ingredient Free - Vegetarian	70	61	251	3	4	1	3	2	2	1
<i>Sesame Ponzu Greens*</i>	Gluten Ingredient Free - Vegan	70	100	414	3	8	1	4	3	2	1
<i>Bold Bean's Queen Butterbean + Artichoke*</i>	Gluten Ingredient Free - Vegan	70	65	273	3	2	0	8	0	3	0

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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>Preserved Lemon + Olive Chicken*</i>	Dairy Free - Gluten Ingredient Free	120	221	919	18	16	2	2	1	0	1
<i>Sticky Miso Aubergine*</i>	Gluten Ingredient Free - Vegan	100	149	615	3	11	1	7	6	4	1
<i>Black Pepper Tofu*</i>	Gluten Ingredient Free - Vegan	110	125	525	9	2	1	4	3	2	1
Rosemary Sweet Potato	Gluten Ingredient Free - Vegan	120	169	714	2	4	0	30	16	3	1
<i>Lime Leaf Salmon*</i>	Dairy Free - Gluten Ingredient Free	90	219	911	20	14	3	2	1	0	0
Charred Steak	Dairy 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
Chicken Pot (Preserved Lemon + Olive Chicken Only)	Dairy Free - Gluten Ingredient Free	200	368	1532	30	26	4	3	1	1	2
Buffalo Chicken Pot	Gluten Ingredient Free	220	517	2147	31	42	9	4	2	1	2
Green Booster Pot	Gluten Ingredient Free - Vegan	180	236	979	9	18	2	7	4	6	1
Rosemary Sweet Potato Pot	Gluten Ingredient Free - Vegetarian	230	354	1479	3	14	1	51	27	6	2
<i>Brindisa's Patatas Bravas*</i>	Vegetarian	230	437	1810	4	36	4	23	3	3	2
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 - White Chocolate Cranberry Cookie*</i>	Gluten Ingredient Free - Vegan	75	278	1168	2	14	7	37	20	0	1
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OLD STREET - ECCLESTON YARDS - NOTTING HILL - CANARY WHARF - BOROUGH YARDS