atis

EITHER CHOOSE ONE OF OUR CHEF CURATED BOWLS OR BUILD YOUR OWN

AUTUMN SALADS

JALAPEÑO TACO — R 7.00 / L 8.00
(V+) (GF) (SPICY)

CHERRY TOMATOES, CHARRED CORN, PINK SLAW, SPRING ONION + CORIANDER, TRICOLOUR QUINOA, CHOPPED ROMAINE, BLANCO NIÑO TORTILLA SHARDS + VEGAN JALAPEÑO CAESAR

TRY WITH: BLACKENED CHICKEN + 3.95
OR SWEET POTATO + 2.95

CAULIPOWER CRUNCH — R 11.00 / L 12.00
(V) NEW!

CRUMBLED FETA, HUMMUS, BOLD BEAN TAHINI CHICKPEAS, TURMERIC CAULIFLOWER, CUCUMBER, PICKLED RED ONION, BABY SPINACH, ROCKET, ZA'ATAR PITTA CHIPS + TAHINI DRESSING

TRY WITH: BLACKENED OR HERB GRILLED CHICKEN + 3.95

BRING THE HEAT BUFFALO CAESAR — R 12.00 / L 13.00
(GF) (SPICY)

BLACKENED CHICKEN, AVOCADO HALF, PARMESAN, CHERRY TOMATOES, SPINACH,CHOPPED ROMAINE, CRISPY SHALLOTS + BUFFALO CAESAR DRESSING

*WANT TO MAKE A CHANGE TO OUR CORE BOWLS? YOU CAN SWAP OUT ONE MAIN INGREDIENT ON US

THE OG SALADS

GREEN GODDESS — R 7.00 / L 8.00
(V+) (GF)

BROCCOLI, PINK SLAW, EDAMAME + PEAS, CUCUMBER, CHOPPED ROMAINE, BABY SPINACH, SMOKED ALMONDS + GREEN GODDESS DRESSING

TRY WITH: HERB GRILLED CHICKEN +3.95
OR SWEET POTATO + 2.95

SEIZ'A CAESAR — R 7.00 / L 8.00
RECIPE CHANGE!

PARMESAN, CHERRY TOMATOES, CUCUMBER, CHOPPED ROMAINE, KALE + CABBAGE, POILÂNE BREADCRUMBS + CLASSIC CAESAR DRESSING

TRY WITH: BLACKENED CHICKEN +3.95
OR BAVETTE STEAK + 4.95

AZTECA — R 10.00 / L 11.00
(V) (GF)

AVO SMASH, BLACK EYED BEANS, CRUMBLED FETA, PICKLED RED ONION, CHARRED CORN, CHOPPED ROMAINE, BABY SPINACH, BLANCO NIÑO TORTILLA SHARDS+ LIME CORIANDER DRESSING

TRY WITH: BLACKENED CHICKEN +3.95

SIDE POTS

GREEN BOOSTER — 5.00
(V+) (GF)

EDAMAME + PEAS, BROCCOLI, CUCUMBER, GREEN GODDESS DRESSING + TAMARI SEEDS

ROSEMARY SWEET POTATO — 5.00
(V+) (GF) (SPICY)

ROSEMARY SWEET POTATO, SPRING ONION & CORIANDER, LIME WEDGE + CHIPOTLE LIME MAYO

FATTOUSH — 5.00
(V+) NEW!

SUMAC CHOPPED SALAD, CUCUMBER, ZA'ATAR PITTA CHIPS + TAHINI DRESSING

DILLY ROAST POTATOES — 5.00
(V) (GF) NEW!

ROAST POTATOES, CRISPY SHALLOTS, DILL YOGHURT + LE BAB CHILLI SAUCE

CHICKEN POT — 8.00

BLACKENED CHICKEN
OR HERB GRILLED CHICKEN

ADD DRESSING/SAUCE AND/OR CRUNCH +0.50

BUFFALO CHICKEN POT — 9.00
(GF) (SPICY)

BLACKENED CHICKEN, BUFFALO SAUCE, CLASSIC CAESAR DRESSING + CRISPY SHALLOTS

HOUSE PLATES

BAVETTE CHIMICHURRI WEDGES — 12.00
(DF)

CHARRED BAVETTE STEAK, ROSEMARY SWEET POTATO, ATIS GRAINS, ZERO-WASTE-GREENS + CHIMICHURRI DRESSING

YOU FETA BELIEVE IT — 10.00
(V) (GF)

ROSEMARY SWEET POTATO, CRUMBLED FETA, BROCCOLI, TRICOLOUR QUINOA, SPRING ONIONS + CORIANDER, SMOKED ALMONDS + DILL YOGHURT

BLACK PEPPER TOFU — 11.00
(DF) (V+)

BLACK PEPPER TOFU, STICKY MISO AUBERGINE, SESAME PONZU GREENS, RICE + MISO PONZU DRESSING

AUTUMN PLATES

THAI SALMON SATAY — 13.00
(DF) NEW!

LIME LEAF SALMON, SESAME PONZU GREENS, BROCCOLI, RICE, SPRING ONION + CORIANDER, CRISPY SHALLOTS, LIME WEDGE + CASHEW SATAY

THE LE BAB — 7.00
(V) NEW!

SUMAC CHOPPED SALAD, CUCUMBER, ATIS GRAINS, ZA'ATAR PITTA CHIPS,LE BAB HERB YOGHURT + LE BAB CHILLI SAUCE

CHOOSE YOUR MAIN: SWEET POTATO + 2.95, HERB GRILLED CHICKEN + 3.95, BAVETTE STEAK + 4.95

collab plate!

SPOTLIGHT ON LE BAB

INTRODUCING THE ATIS TWIST ON LE BAB'S CLASSIC DISHES!

TRY OUR LIMITED TIME COLLAB PLATE IN PARTNERSHIP WITH LE BAB.

CHOOSE FROM CHARRED BAVETTE STEAK, HERB GRILLED CHICKEN OR SWEET POTATO TO BOOST YOUR PLATE!

STEWS

BUTTERBEAN STEW — 9.00
(V)

BUTTERBEAN STEW, BABY SPINACH, POILÂNE BREADCRUMBS + DILL YOGHURT

TRY WITH: HERB GRILLED CHICKEN +3.95

BUILD YOUR OWN

HEAD IN-STORE, WALK THE LINE AND CREATE YOUR OWN BOWL OR PLATE. OR USE THE QR CODE TO ORDER ONLINE!

BOOST YOUR BOWL OR PLATE:

ADD COLD PREMIUMS TO YOUR ORDER

AVOCADO HALF 1.95
AVO SMASH 1.95
CRUMBLED FETA 1.95
HUMMUS* 1.95
PARMESAN 1.95
SOFT BOILED EGG 1.95

ADD HOT PREMIUMS TO YOUR ORDER

ROSEMARY SWEET POTATO 2.95
STICKY MISO AUBERGINE 2.95
BLACK PEPPER TOFU 3.95
BLACKENED CHICKEN 3.95
HERB GRILLED CHICKEN* 3.95
CHARRED BAVETTE STEAK 4.95
LIME LEAF SALMON 5.95

ADD DELI SALADS TO YOUR ORDER

SESAME PONZU GREENS 1.95
SUMAC CHOPPED SALAD* 1.95
CHILLI FETA BROCCOLI 1.95

(V+) VEGAN (V) VEGETARIAN (DF) DAIRY FREE (GF) NO GLUTEN CONTAINING INGREDIENTS (SPICY) SPICY SEASONAL SPECIALS* HOUSE FAVOURITES

IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.

JOIN OUR LOYALTY PROGRAMME
SCAN TO JOIN ATIS LOYALTY! EARN POINTS AND CLAIM REWARDS

SCAN FOR ALLERGEN INFO

ATISFOODLDN WWW.ATISFOOD.COM

OLD STREET ECCLESTON YARDS NOTTING HILL CANARY WHARF BOROUGH YARDS REGENT STREET EASTCHEAP