

NUTRITIONAL GUIDE

AUTUMN MENU 2024



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

ATIS NUTRITIONAL GUIDE – AUTUMN 2024

ATIS CULT FAVOURITES (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		435	608	2521	44	41	11	12	7	5	4
<i>Bring The Heat Buffalo Caesar*</i>	Gluten Ingredient Free	475	713	2955	46	53	15	10	7	7	2
ATIS CULT FAVOURITES (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		505	707	2936	46	50	13	14	9	6	7
<i>Bring The Heat Buffalo Caesar*</i>	Gluten Ingredient Free	545	796	3303	47	60	16	11	8	8	3
AUTUMN 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)
Jalapeño Taco**	Gluten Ingredient Free - Vegan	345	462	1915	9	30	3	35	11	8	1
<i>Caulipower Crunch*</i>	Vegetarian	465	744	3092	22	54	9	36	9	10	5
AUTUMN BOWLS (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)
Jalapeño Taco**	Gluten Ingredient Free - Vegan	455	664	3766	13	45	4	47	13	40	1
<i>Caulipower Crunch*</i>	Vegetarian	515	886	3682	25	67	10	39	12	10	5
*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**		315	359	1487	16	27	8	11	6	4	3
	Azteca	Gluten Ingredient Free - Vegetarian	430	684	2842	18	49	9	34	11	13	3
	Green Goddess	Gluten Ingredient Free - Vegan	380	388	1596	15	29	2	11	7	11	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**		385	458	1902	18	36	10	13	8	5	6
	Azteca	Gluten Ingredient Free - Vegetarian	500	845	3490	20	66	10	35	12	14	3
	Green Goddess	Gluten Ingredient Free - Vegan	450	450	1859	16	35	3	11	8	12	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		540	967	4039	30	58	7	75	28	13	11
	You Feta Believe It	Gluten Ingredient Free - Vegetarian	480	797	3317	30	45	14	62	25	13	5
	Black Pepper Tofu	Dairy Free - Vegan	490	755	3131	2205	39	6	60	21	11	5
	<i>Thai Salmon Satay*</i>	Dairy Free	445	765	3186	34	46	8	50	14	8	3
<i>The Le Bab* (base plate only)</i>	Vegetarian	390	546	2289	12	30	5	56	8	8	10	
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	435	483	2005	16	22	5	41	20	3	8	
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BUILD YOUR OWN - BASES (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)
Baby Spinach	Gluten Ingredient Free - Vegan	50	10	39	1	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan	60	10	41	1	0	0	1	1	1	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan	50	17	70	1	0	0	1	1	1	0
<i>Rocket*</i>	Gluten Ingredient Free - Vegan	30	6	27	1	0	0	0	0	1	0
<u>Wild Rice Mix</u>	Gluten Ingredient Free - Vegan	50	67	283	2	0	0	14	0	1	0
<u>atis Spiced Grains</u>	Vegan	70	165	686	3	9	1	16	1	2	1
<u>Tricolour Quinoa</u>	Gluten Ingredient Free - Vegan	50	70	295	3	1	0	12	1	2	0
BUILD YOUR OWN - BASES (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)
Baby Spinach	Gluten Ingredient Free - Vegan	60	11	47	2	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan	90	15	62	1	0	0	1	1	2	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan	60	20	84	1	1	0	2	2	2	0
<i>Rocket*</i>	Gluten Ingredient Free - Vegan	40	8	36	1	0	0	0	0	1	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
<i>Bold Bean 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
Cherry Tomatoes**	Gluten Ingredient Free - Vegan	60	16	65	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>Turmeric Cauliflower*</i>	Gluten Ingredient Free - Vegan	50	35	147	1	2	0	2	1	1	0
<small>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. UNDERLINED ITEMS HAVE A DOUBLE PORTION IN ALL PLATES. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS!</small>											

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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)
Cashew Satay 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	Gluten Ingredient Free	50	154	633	2	15	2	2	1	0	1
ACV Dressing	Gluten Ingredient Free - Vegan	50	251	1032	1	24	2	3	3	0	1
Tahini Dressing	Gluten Ingredient Free - Vegan	50	233	955	3	22	2	5	4	0	1
Green Goddess Dressing	Gluten Ingredient Free - Vegan	50	91	375	0	10	1	1	0	0	1
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 Wedge	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*</i>	Gluten Ingredient Free	50	131	539	2	13	2	2	1	0	0
<i>Miso Ponzu Dressing*</i>	Dairy Free - Vegan	50	140	578	2	11	2	9	6	0	2
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)
Cashew Satay Dressing	Gluten Ingredient Free - Vegan	80	129	537	5	6	2	13	5	2	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	246	1013	4	24	4	3	2	0	0
ACV Dressing	Gluten Ingredient Free - Vegan	80	401	1651	1	38	3	5	5	0	2
Tahini Dressing	Gluten Ingredient Free - Vegan	80	370	1528	5	35	3	7	7	0	2
Green Goddess Dressing	Gluten Ingredient Free - Vegan	80	146	599	1	15	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*</i>	Gluten Ingredient Free	80	209	862	3	20	4	4	2	0	1
<i>Miso Ponzu Dressing*</i>	Dairy Free - Vegan	80	223	925	3	17	3	14	9	0	3

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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	203	833	1	23	1	1	1	0	0
Chipotle Lime Mayo	Gluten Ingredient Free - Vegetarian	50	335	1370	1	36	3	1	0	0	2
<i>Le Bab Chilli Sauce*</i>	Gluten Ingredient Free - Vegan	50	17	71	1	2	0	4	0	1	0
<i>Le Bab Herb Yoghurt*</i>	Gluten Ingredient Free - Vegetarian	50	63	264	3	5	3	3	2	0	0
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	20	130	537	5	11	1	1	1	2	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	15	36	148	1	2	0	4	0	0	4
<i>Za'atar Pita Chips*</i>	Vegan	30	88	371	2	4	0	12	0	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	Gluten Ingredient Free	30	119	496	10	9	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
Hummus	Gluten Ingredient Free - Vegan	70	206	853	6	16	1	8	0	4	1
Soft Boiled Egg	Dairy Free - Vegetarian	55	79	327	8	5	1	0	0	0	0
BUILD YOUR OWN - DELI SALADS	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	60	52	215	3	3	1	2	1	2	0
<i>Sesame Ponzu Greens*</i>	Gluten Ingredient Free - Vegan	50	72	296	2	6	1	3	2	1	0
<i>Sumac Chopped Salad*</i>	Gluten Ingredient Free - Vegan	60	26	107	1	1	0	2	2	1	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	248	1034	28	14	3	1	1	1	1
<i>Herb Grilled Chicken*</i>	Gluten Ingredient Free	120	216	899	24	12	3	2	2	0	2
<i>Sticky Miso Aubergine*</i>	Gluten Ingredient Free - Vegan	130	194	800	4	15	1	9	8	5	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 Bavette 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	414	1724	47	24	5	2	1	1	2
Chicken Pot (Herb Grilled Chicken Only)	Gluten Ingredient Free	200	360	1498	41	20	6	3	3	1	3
Buffalo Chicken Pot	Gluten Ingredient Free	200	394	1638	32	26	6	6	3	1	2
Green Booster Pot	Gluten Ingredient Free - Vegan	395	486	2011	18	37	4	4	8	11	3
Rosemary Sweet Potato Pot	Gluten Ingredient Free - Vegetarian	220	455	1899	3	29	2	42	24	5	2
<i>Fattoush*</i>	Vegan	295	472	1956	7	39	4	19	12	3	3
<i>Dilly Roasted Potatoes*</i>	Vegetarian	265	246	1028	6	12	3	32	6	3	1
SWEET TREATS	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
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