

ALLERGENS

ALLERGEN GUIDE BY MENU ITEMS

AUTUMN MENU 2024



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ATIS ALLERGEN GUIDE BY MENU ITEM –AUTUMN 2024

ATIS CULT FAVOURITES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Seiz'a Caesar + Blackened Chicken</i>	Gluten (Wheat), Eggs, Fish, Milk, Sulphites, Alliums			X		X	X		X							X
<i>Bring The Heat Buffalo Caesar*</i>	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X		X						X	X
AUTUMN 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
<i>Caulipower Crunch*</i>	Gluten (Wheat), Milk, Sesame Seeds, Soybean, Sulphites, Alliums	Vegetarian		X					X					X	X	X

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PLATE & BOWL INFORMATION INCLUDES DRESSINGS & SAUCES AS STANDARD	HOUSE SALADS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	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	
	Bavette Chimichurri Wedges	Gluten (Wheat), Mustard, Sesame Seeds, Sulphites, Alliums	Dairy Free		X							X			X			X
	You Feta Believe It Plate	Milk, Nuts, Alliums	Gluten Ingredient Free - Vegetarian							X			X					
	Black Pepper Tofu	Gluten (Wheat), Sesame Seeds, Soybean, Alliums	Dairy Free - Vegan		X										X	X		
	Thai Salmon Satay*	Gluten (Wheat), Fish, Nuts, Sesame Seeds, Soybean, Alliums	Dairy Free		X			X					X		X	X		
	The Le Bab*	Gluten (Wheat), Milk, Mustard, Sesame Seeds, Sulphites, Alliums	Vegetarian		X					X		X			X			X
HOT BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES		
Butterbean Braise*	Gluten (Wheat), Soybean, Milk, Sulphites; Alliums	Vegetarian		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														
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														
Cherry Tomatoes		Gluten Ingredient Free - Vegan														
Cucumber		Gluten Ingredient Free - Vegan														
Edamame + Peas	Soybean	Gluten Ingredient Free - Vegan													X	
<i>Bold Bean Tahini Chickpeas*</i>	Sesame Seeds, Soybeans, Sulphites	Gluten Ingredient Free - Vegan												X	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>Tumeric Cauliflower*</i>		Gluten Ingredient Free - Vegan														
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Balsamic Vinaigrette	<u>Mustard</u> , Sulphites	Gluten Ingredient Free - Vegan									X					X
Balsamic Vinegar	Sulphites	Gluten Ingredient Free - Vegan														X
Classic Caesar Dressing	Eggs, Fish, Milk, Alliums	Gluten Ingredient Free				X	X		X							
Lime Coriander Dressing	Sulphites	Gluten Ingredient Free - Vegan														X
ACV Dressing	<u>Mustard</u> , Sulphites	Gluten Ingredient Free - Vegan									X					X
Lime Wedge		Gluten Ingredient Free - Vegan														
Green Goddess Dressing	<u>Mustard</u> , Sulphites, Alliums	Gluten Ingredient Free - Vegan									X					X
Olive Oil		Gluten Ingredient Free - Vegan														
Cashew Satay 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	<u>Mustard</u> , Sulphites	Gluten Ingredient Free - Vegan									X					X
Miso Ponzu Dressing	Gluten (Wheat), Sesame Seeds, Soybean	Dairy Free - Vegan		X										X	X	
Buffalo Caesar Dressing*	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, <u>Mustard</u> , Alliums	Gluten Ingredient Free - Vegetarian				X					X					
<i>Le Bab Chilli Sauce*</i>	Sulphites; May contain alliums	Gluten Ingredient Free - Vegan														X
<i>Le Bab Herb Yoghurt*</i>	Milk; May contain alliums	Gluten Ingredient Free - Vegetarian							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	
Blanco Nino Tortilla Shards		Gluten Ingredient Free - Vegan														
Poiane Breadcrumbs	Gluten (Wheat)	Vegan		X												
<i>Za'atar Pita Chips*</i>	Gluten (Wheat), Sesame	Vegan		X										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	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										
Hummus	Sesame; Alliums	Gluten Ingredient Free - Vegan												X		
BUILD YOUR OWN - DELI SALADS	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							
<i>Sesame Ponzu Greens*</i>	Gluten (Wheat), Sesame Seeds, Soybean	Dairy Free - Vegan		X										X	X	
<i>Sumac Chopped Salad*</i>	<u>Mustard</u> , Sulphites, Alliums	Gluten Ingredient Free - Vegan									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>Herb Grilled Chicken*</i>	Milk, Sesame Seeds, Alliums	Gluten Ingredient Free							X					X		
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 Bavette Steak	Gluten (Wheat), Fish, <u>Mustard</u> , Soybean, Sulphites, Alliums	Dairy Free		X			X				X				X	X

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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 (Herb Grilled Chicken Only)	Milk, Sesame Seeds, Alliums	Gluten Ingredient Free							X					X		
Buffalo Chicken Pot	Eggs, Fish, Milk, 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>Fattoush*</i>	Gluten (Wheat), Mustard, Sesame Seeds, Soybeans, Sulphites, Alliums	Vegan		X							X			X	X	X
<i>Dilly Roast Potatoes*</i>	Milk, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X							X
SWEET TREATS	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	
ASCC Peanut Butter Cookie	Nuts, Soybean	Gluten Ingredient Free - Vegan										X			X	
ASCC Chocolate Brownie	Eggs, Milk, Nuts, Soybean	Gluten Ingredient Free - Vegetarian				X			X			X			X	
M Prempy's Hazelnut Chocolate Dessert Pot	Nuts	Gluten Ingredient Free - Vegan										X				
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