

AUTUMN SALADS

JALAPEÑO TACO R 7.00
L 8.00

🌱🌾🌶️

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

THE JINGLE BOWL R 9.00
L 10.00

🌱🌾 **NEW!**

BRUSSELS SPROUTS + CHESTNUTS, SHREDDED CARROTS, KALE + CABBAGE, BABY SPINACH, SPICED MAPLE WALNUTS, DRIED CRANBERRIES + ACV VINAIGRETTE
TRY WITH: **BLACKENED CHICKEN** + 3.95

BRING THE HEAT BUFFALO CAESAR R 12.00
L 13.00

🌶️🌾

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

THE OG SALADS

GREEN GODDESS R 7.00
L 8.00

🌱🌾

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

🌱🌾

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

🌱🌾

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

SPICED SWEET POTATO 5.00

🌱🌾 **RECIPE CHANGE!**

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

FATTOUSH 5.00

🌱 **NEW!**

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

PARMESAN ROAST POTATOES 5.00

🌾 **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

🌶️🌾

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

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

ADD A PREMIUM TO BOOST YOUR BOWL OR PLATE
SEE BELOW FOR OUR VARIOUS OPTIONS

HOUSE PLATES

BAVETTE CHIMICHURRI WEDGES 12.00

🌱🌾

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

YOU FETA BELIEVE IT 10.00

🌱🌾

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

BLACK PEPPER TOFU 11.00

🌱🌾

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

STEWES

BUTTERBEAN STEW 9.00

🌱

BUTTERBEAN STEW, BABY SPINACH, POILÂNE BREADCRUMBS + DILL YOGHURT
TRY WITH: **HERB GRILLED CHICKEN** + 3.95

AUTUMN PLATES

THAI SALMON SATAY 13.00

🌱 **NEW!**

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

THE LE BAB 7.00

🌱 **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



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!

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
- PARMESAN 1.95
- SOFT BOILED EGG 1.95

ADD HOT PREMIUMS TO YOUR ORDER

- SPICED 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

🌱 VEGAN 🌾 VEGETARIAN 🌱 DAIRY FREE 🌾 NO GLUTEN CONTAINING INGREDIENTS 🌶️ 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