

ALLERGENS

ALLERGEN GUIDE BY MENU ITEMS

WINTER 2025



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ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER 2025

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

**ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS.*

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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, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X								X
	Azteca - RGS Only	Milk, Mustard, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X		X						X
	Green Goddess**	Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan										X				X	X
	Jalapeño Taco**	Mustard, Alliums	Gluten Ingredient Free - Vegan									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					
	Bangin' Tofu Crunch*	Gluten (Wheat), Sesame, Soybean, Sulphites, Alliums	Vegan		X											X	X	X
	Chicken Parm Caesar*	Gluten (Wheat), Eggs, Fish, Milk, Nuts, Sulphites, Alliums			X		X	X			X			X				X
	Za'atar Chicken*	Gluten (Wheat), Milk, Sesame, Sulphites, Alliums			X						X					X		X
	Thai Salmon Satay*	Gluten (Wheat), Fish, Nuts, Sesame, Soybean, Alliums			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														
Rice		Gluten Ingredient Free - Vegan														
atis Spiced Grains	Gluten (Wheat), Sesame Seeds, Alliums	Vegan		X										X		
Tricolour Quinoa		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														
Spring Onion + Coriander		Gluten Ingredient Free - Vegan														
Shredded Carrot		Gluten Ingredient Free - Vegan														
<i>Bangin' Cauliflower*</i>	Sesame, Soybean, Sulphites	Gluten Ingredient Free - Vegan												X	X	X
<i>Pickled Shallots - RGS Only</i>	Mustard, Alliums	Gluten Ingredient Free - Vegan									X					
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BUILD YOUR OWN - DRESSINGS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
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
The Mother of All Dressings + Willy's ACV	<u>Mustard</u> , Sulphites	Gluten Ingredient Free - Vegan									X					X
Lime Wedge		Gluten Ingredient Free - Vegan														
Green Goddess Dressing	Sulphites, Alliums	Gluten Ingredient Free - Vegan														X
Olive Oil		Gluten Ingredient Free - Vegan														
Cashew Satay Dressing	Nuts, Peanuts, Sesame Seeds, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan										X	X	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	Gluten (Wheat), Eggs, Fish, Milk, Sulphites, Alliums			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
<i>Green Sriracha*</i>		Gluten Ingredient Free - Vegan														
Buffalo Hot Sauce	Gluten (Wheat), Fish, Sulphites, Alliums			X			X									X
<i>Herb Yoghurt*</i>	Milk	Gluten Ingredient Free - Vegetarian							X							
Chimichuri	Sulphites, Alliums	Gluten Ingredient Free - Vegan														X
Chipotle Lime Mayo	Eggs, <u>Mustard</u> , Alliums	Gluten Ingredient Free - Vegetarian				X					X					
<i>atis Chili Sauce</i>	Soybean, Sulphites; Alliums	Gluten Ingredient Free - Vegan													X	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														
Poilane Breadcrumbs	Gluten (Wheat)	Vegan		X												
<i>Za'atar Pita Chips*</i>	Gluten (Wheat), Sesame	Vegan		X										X		
<i>DIRTEA Chili Crisp*</i>	Sesame, Soybean, Alliums	Gluten Ingredient Free - 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 Half		Gluten Ingredient Free - Vegan														
Crumbled Feta	Milk	Gluten Ingredient Free - Vegetarian							X							
Parmesan	Eggs, Milk	Gluten Ingredient Free				X			X							
Avo Smash		Gluten Ingredient Free - Vegan														
Soft Boiled Egg	Eggs	Dairy Free - Vegetarian				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>Green Bean Caesar*</i>	Gluten (Wheat), Eggs, Fish, Milk, Nuts, Sulphites, Alliums			X		X	X		X			X				X
<i>Rainbow Ponzu Slaw*</i>	Gluten (Wheat), Sesame, Soybean, Alliums	Vegan		X										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		
<i>Spiced Sweet Potato Wedges*</i>		Gluten Ingredient Free - Vegan														
<i>Miso Mushrooms*</i>	Mustard, Soybean, Sulphites	Gluten Ingredient Free - Vegan									X				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
Spiced Sweet Potato Wedges Pot*	Mustard, Eggs, Alliums	Gluten Ingredient Free - Vegetarian				X					X					
Bangin' Cauli Crisp*	Sesame, Soyvean, Sulphites, Alliums	Gluten Ingredient Free - Vegan												X	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	Peanuts, Soybean	Gluten Ingredient Free - Vegan											X		X	
ASCC Chocolate Brownie	Eggs, Milk, Nuts, Soybean	Gluten Ingredient Free - Vegetarian				X			X			X			X	
atis Hazelnut Chocolate Dessert Pot	Nuts	Gluten Ingredient Free - Vegan										X				
atis Passionfruit Cheesecake	Peanuts, Nuts, Sesame	Gluten Ingredient Free - Vegan										X	X	X		
atis The Beauty Bounty	Peanuts, Nuts, Sesame	Gluten Ingredient Free - Vegan										X	X	X		
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OLD STREET - ECCLESTON YARDS - NOTTING HILL - CANARY WHARF - BOROUGH YARDS