

NUTRITIONAL GUIDE

WINTER 2025



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

ATIS NUTRITIONAL GUIDE – WINTER 2025

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
Bring The Heat Buffalo Caesar		475	793	3292	41	64	17	11	9	7	7
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
Bring The Heat Buffalo Caesar		545	894	3701	43	72	17	13	11	7	2834
COLLAB 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)
<i>The DIRTEA Bowl*</i>	Vegan	450	567	2372	18	35	9	6	15	9	4
COLLAB 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)
<i>The DIRTEA Bowl*</i>	Vegan	540	729	3040	21	42	10	6	20	9	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	667	2765	15	52	9	10	9	10	3
	Azteca - RGS Only	Gluten Ingredient Free - Vegetarian	430	692	2868	15	52	9	21	14	10	3
	Green Goddess**	Gluten Ingredient Free - Vegan	380	346	1501	15	25	2	6	7	10	1
	Jalapeño Taco**	Gluten Ingredient Free - Vegan	345	480	1998	9	33	3	16	11	7	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	825	3410	16	68	11	11	9	11	3
	Azteca - RGS Only	Gluten Ingredient Free - Vegetarian	500	850	3520	17	68	11	22	14	12	3
	Green Goddess**	Gluten Ingredient Free - Vegan	450	387	1710	16	29	2	7	7	11	1
	Jalapeño Taco**	Gluten Ingredient Free - Vegan	455	701	2903	13	49	4	14	13	9	1
	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		490	916	3842	28	53	7	70	26	11	10	
You Feta Believe It**	Gluten Ingredient Free - Vegetarian	445	765	3186	26	43	12	44	25	13	5	
Bangin' Tofu Crunch*	Vegan	420	542	2268	20	19	3	8	18	8	4	
Chicken Parm Caesar*		450	653	2718	38	40	8	5	9	8	2	
Za'atar Pitta Chicken*		450	716	2988	30	41	8	34	8	8	3	
Thai Salmon Satay**		405	672	2807	34	36	6	9	13	7	2	
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)	
Butterbean Braise*	Vegetarian	435	599	2488	19	28	6	18	23	4	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
<u>Rice</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
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 Onions**	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	48	201	1	3	0	7	3	3	2
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
Shredded 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>Bangin' Cauliflower*</i>	Gluten Ingredient Free - Vegan	50	45	187	1	3	0	3	3	1	0
<i>Pickled Shallots - RGS Only</i>	Gluten Ingredient Free - Vegan	50	50	209	1	0	0	11	9	1	0
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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	176	725	4	13	2	12	5	0	2
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
The Mother of All Dressings +Willy's ACV	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	57	301	1	6	1	1	0	0	0
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	238	980	1	25	2	2	1	0	1
Buffalo Caesar Dressing**		50	155	641	2	15	2	3	3	0	1
Miso Ponzu Dressing	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	281	1175	6	21	3	18	8	0	0
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
The Mother of All Dressings +Willy's ACV	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	91	482	1	10	1	1	0	0	0
Vegan Jalapeño Caesar	Gluten Ingredient Free - Vegan	80	381	1567	2	40	3	3	2	0	1
Buffalo Caesar Dressing		80	248	1025	3	24	3	5	5	0	1
<i>Miso Ponzu Dressing*</i>	Dairy Free - Vegan	80	223	925	3	17	3	14	9	0	3

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

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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)
<i>Green Sriracha*</i>	Gluten Ingredient Free - Vegan	50	30	126	1	0	0	7	6	0	0
Buffalo Hot Sauce		50	163	682	1	15	2	8	7	0	0
<i>Herb Yoghurt*</i>	Gluten Ingredient Free - Vegetarian	50	62	259	3	5	3	3	3	0	0
Chimichurri**	Gluten Ingredient Free - Vegan	50	203	850	1	22	2	2	1	0	0
Chipotle Lime Mayo	Gluten Ingredient Free - Vegetarian	50	335	1370	1	36	3	1	0	0	2
<i>atis Chilli Sauce*</i>	Gluten Ingredient Free - Vegan	50	26	107	1	1	0	4	0	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 Pitta Chips*</i>	Vegan	30	88	371	2	4	0	12	0	1	0
<i>DIRTEA Chilli Crisp*</i>	Gluten Ingredient Free - Vegan	30	181	751	3	17	7	0	0	1	1
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 Half	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	104	431	1	10	2	3	0	2	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)
<u>Chilli + Feta Broccoli</u>	Gluten Ingredient Free - Vegetarian	60	52	215	3	3	1	2	1	2	0
<u>Green Bean Caesar*</u>		60	88	362	3	7	1	2	2	2	0
<u>Rainbow Ponzu Slaw*</u>	Vegan	50	42	176	2	2	0	1	2	2	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>Miso Mushrooms*</i>	Gluten Ingredient Free - Vegan	130	72	302	4	5	0	3	1	1	1
<i>Black Pepper Tofu*</i>	Gluten Ingredient Free - Vegan	110	125	525	9	2	1	4	3	2	1
<i>Spiced Sweet Potato Wedges*</i>	Gluten Ingredient Free - Vegan	120	162	682	2	2	0	34	17	4	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
<i>Spiced Sweet Potato Wedges Pot*</i>	Gluten Ingredient Free - Vegetarian	225	542	2246	4	39	3	43	22	5	2
<i>Bangin' Cauli Crisp*</i>	Gluten Ingredient Free - Vegan	150	273	1140	6	22	8	5	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
After School Cookie Club - Peanut Butter Cookie	Gluten Ingredient Free - Vegan	75	265	1114	2	11	6	38	23	2	1
After School Cookie Club - Chocolate Brownie	Gluten Ingredient Free - Vegetarian	50	151	625	1	12	8	9	4	2	0
atis Hazelnut Chocolate Dessert Pot	Gluten Ingredient Free - Vegan	85	356	1496	7	3	8	26	15	5	0
atis Passionfruit Cheesecake	Gluten Ingredient Free - Vegan	100	315	1308	7	23	11	21	12	0	1
atis The Beauty Bounty	Gluten Ingredient Free - Vegan	85	520	2151	4	46	36	21	16	0	0
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