

ALLERGENS

ALLERGEN GUIDE BY MENU ITEMS

WINTER 2025



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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, Mustard, Sulphites, Alliums			X		X	X		X		X					X
Bring The Heat Buffalo Caesar	Eggs, Fish, Milk, Mustard, Sulphites, Alliums	Gluten Ingredient Free				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/DF		X							X			X	X	X
<p><i>*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. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

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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, Mustard, Alliums			X		X	X			X	X						
	Azteca	Milk, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X								X
	Green Goddess*	Mustard, Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF									X	X				X	X
	Jalapeño Taco**	Mustard, Alliums	Gluten Ingredient Free - Vegan/DF									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), Fish, Mustard, Sesame Seeds, Sulphites, Alliums	Dairy Free		X			X				X			X			X
	You Feta Believe It Plate	Milk, Nuts, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X			X					X
	Bangin' Tofu Crunch*	Gluten (Wheat), Sesame, Soybean, Sulphites, Alliums	Vegan/DF		X										X	X		X
	Chicken Parm Caesar*	Eggs, Fish, Milk, Mustard, Nuts, Sulphites, Alliums	Gluten Ingredient Free				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, Sulphites, Alliums	Dairy Free		X			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/DF - Halal														
Chopped Romaine		Gluten Ingredient Free - Vegan/DF - Halal														
Kale + Cabbage Mix		Gluten Ingredient Free - Vegan/DF - Halal														
Rice		Gluten Ingredient Free - Vegan/DF - Halal														
atis Spiced Grains	Gluten (Wheat), Sesame Seeds, Alliums	Vegan/DF		X										X		
Tricolour Quinoa		Gluten Ingredient Free - Vegan/DF														
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BUILD YOUR OWN - INGREDIENTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Black Eyed Beans		Gluten Ingredient Free - Vegan/DF - Halal														
Charred Corn		Gluten Ingredient Free - Vegan/DF														
Cherry Tomatoes		Gluten Ingredient Free - Vegan/DF - Halal														
Cucumber		Gluten Ingredient Free - Vegan/DF - Halal														
Edamame + Peas	Soybean	Gluten Ingredient Free - Vegan/DF - Halal													X	
<i>Bold Bean Tahini Chickpeas*</i>	Sesame Seeds, Soybeans	Gluten Ingredient Free - Vegan/DF												X	X	
Pickled Red Onion	Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF														X
Broccoli		Gluten Ingredient Free - Vegan/DF														
Zero-Waste Greens	Alliums	Gluten Ingredient Free - Vegan/DF														
Pink Slaw		Gluten Ingredient Free - Vegan/DF - Halal														
Spring Onion + Coriander	Alliums	Gluten Ingredient Free - Vegan/DF - Halal														
Shredded Carrot		Gluten Ingredient Free - Vegan/DF - Halal														
<i>Bangin' Cauliflower*</i>	Sesame, Alliums	Gluten Ingredient Free - Vegan/DF												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/DF									X					X
Balsamic Vinegar	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Classic Caesar Dressing	Eggs, Fish, Milk, <u>Mustard</u> , Alliums	Gluten Ingredient Free				X	X		X		X					
Lime Coriander Dressing	Sulphites	Gluten Ingredient Free - Vegan/DF														X
The Mother of All Dressings + Willy's ACV	<u>Mustard</u>	Gluten Ingredient Free - Vegan/DF									X					
Lime Wedge		Gluten Ingredient Free - Vegan/DF														
Green Goddess Dressing	Sulphites, <u>Mustard</u> , Alliums	Gluten Ingredient Free - Vegan/DF									X					X
Olive Oil		Gluten Ingredient Free - Vegan/DF														
Cashew Satay Dressing	Nuts, Sesame Seeds, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X	X	X	X
Tahini Dressing	Sesame Seeds, Soybean	Gluten Ingredient Free - Vegan/DF												X	X	
Vegan Jalapeño Caesar	<u>Mustard</u> , Alliums	Gluten Ingredient Free - Vegan/DF									X					
Miso Ponzu Dressing	Gluten (Wheat), Sesame Seeds, Soybean, Sulphites	Dairy Free - Vegan		X										X	X	X
Buffalo Caesar Dressing	Eggs, Fish, Milk, <u>Mustard</u> , Alliums	Gluten Ingredient Free				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>	Alliums	Gluten Ingredient Free - Vegan/DF														
Buffalo Hot Sauce	Alliums	Gluten Ingredient Free - Vegan														
<i>Herb Yoghurt*</i>	Milk	Gluten Ingredient Free - Vegetarian							X							
Chimichurri	Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF														X
Chipotle Lime Mayo	Eggs, <u>Mustard</u> , Alliums	Gluten Ingredient Free - Vegetarian - Dairy Free				X					X					
<i>atis Chili Sauce</i>	Soybean, Sulphites; Alliums	Gluten Ingredient Free - Vegan/DF													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/DF														
Smoky Almonds	Nuts, Alliums	Gluten Ingredient Free - Vegan/DF										X				
Tamari Seeds	Sesame Seeds, Soybean	Gluten Ingredient Free - Vegan/DF												X	X	
Blanco Nino Tortilla Shards		Gluten Ingredient Free - Vegan/DF														
Pollane Breadcrumbs	Gluten (Wheat)	Vegan/DF		X												
Za'atar Pita Chips*	Gluten (Wheat), Sesame	Vegan/DF		X										X		
<i>DIRTEA Chili Crisp*</i>	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF												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/DF - Halal														
Crumbled Feta	Milk	Gluten Ingredient Free - Vegetarian							X							
Parmesan	Eggs, Milk	Gluten Ingredient Free				X			X							
Avo Smash		Gluten Ingredient Free - Vegan/DF														
Soft Boiled Egg	Eggs	Gluten Ingredient Free - Vegetarian - Dairy Free				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							
Green Bean Caesar*	Eggs, Fish, Milk, Mustard, Nuts, Alliums	Gluten Ingredient Free				X	X		X			X				
Rainbow Ponzu Slaw*	Gluten (Wheat), Sesame, Soybean, Alliums	Vegan/DF		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
Herb Grilled Chicken*	Milk, Sesame Seeds, Alliums	Gluten Ingredient Free							X					X		
Spiced Sweet Potato Wedges*	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Miso Mushrooms*	Mustard, Soybean, Sulphites	Gluten Ingredient Free - Vegan/DF									X				X	X
Lime Leaf Salmon*	Fish, Sesame Seeds, Soybean, Alliums	Gluten Ingredient Free - Dairy Free					X							X	X	
Black Pepper Tofu*	Soybean, Alliums	Gluten Ingredient Free - Vegan/DF													X	
Charred Bavette Steak	Gluten (Wheat), Fish, Mustard, Sulphites	Dairy Free		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, Mustard, Sulphites, Alliums	Gluten Ingredient Free				X	X		X		X					X
Spiced Sweet Potato Wedges Pot*	Mustard, Eggs, Sulphites, Alliums	Gluten Ingredient Free - Dairy Free - Vegetarian				X					X					X
Bangin' Cauli Crisp*	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF												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/DF													X	
ASCC Double Chocolate Cookie	Soybean	Gluten Ingredient Free - Vegan/DF													X	
ASCC Peanut Butter Cookie	Peanuts, Soybean	Gluten Ingredient Free - Vegan/DF											X		X	
ASCC Chocolate Brownie	Eggs, Milk, Soybean	Gluten Ingredient Free - Vegetarian				X			X						X	
atis Hazelnut Chocolate Dessert Pot	Nuts, Peanuts, Sesame	Gluten Ingredient Free - Vegan/DF										X	X	X		
atis Passionfruit Cheesecake	Peanuts, Nuts, Sesame	Gluten Ingredient Free - Vegan/DF										X	X	X		
atis The Beauty Bounty	Peanuts, Nuts, Sesame	Gluten Ingredient Free - Vegan/DF										X	X	X		
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