

# NUTRITIONAL GUIDE

WINTER 2025



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

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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	Gluten Ingredient Free	475	793	3292	41	64	17	11	8	7	2
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	Gluten Ingredient Free	545	894	3706	43	73	19	13	10	8	3
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/DF	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/DF	540	729	3040	21	42	10	6	20	9	5
<p><small>*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! DF = DAIRY FREE</small></p>											

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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/DF	380	380	1573	15	28	2	11	8	11	2
	Jalapeno Taco**	Gluten Ingredient Free - Vegan/DF	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/DF	450	441	1823	16	34	3	12	8	12	2
	Jalapeno Taco**	Gluten Ingredient Free - Vegan/DF	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	Dairy Free	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/DF	420	542	2268	20	19	3	8	18	8	4	
Chicken Parm Caesar*	Gluten Ingredient Free	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**	Dairy Free	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	

\*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! DF = DAIRY FREE

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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/DF - Halal	50	10	39	1	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan/DF - Halal	60	10	41	1	0	0	1	1	1	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan/DF - Halal	50	17	70	1	0	0	1	1	1	0
<u>Rice</u>	Gluten Ingredient Free - Vegan/DF - Halal	50	67	283	2	0	0	14	0	1	0
<u>atis Spiced Grains</u>	Vegan/DF	70	165	686	3	9	1	16	1	2	1
Tricolour Quinoa	Gluten Ingredient Free - Vegan/DF - Halal	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/DF - Halal	60	11	47	2	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan/DF - Halal	90	15	62	1	0	0	1	1	2	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan/DF - Halal	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/DF - Halal	50	59	246	5	2	0	4	2	3	0
<i>Bold Bean Tahini Chickpeas*</i>	Gluten Ingredient Free - Vegan/DF	50	79	328	4	3	0	8	1	3	0
Pickled Onions**	Gluten Ingredient Free - Vegan/DF	50	24	102	0	0	0	4	4	1	0
Black Eyed Beans	Gluten Ingredient Free - Vegan/DF - Halal	50	59	247	4	0	0	8	0	6	0
Charred Corn	Gluten Ingredient Free - Vegan/DF	50	48	201	1	3	0	7	3	3	2
Cherry Tomatoes	Gluten Ingredient Free - Vegan/DF - Halal	60	16	65	1	0	0	2	2	1	0
Cucumber	Gluten Ingredient Free - Vegan/DF - Halal	50	8	33	1	0	0	1	1	0	0
Broccoli	Gluten Ingredient Free - Vegan/DF	50	60	246	2	5	0	1	1	2	1
Zero-Waste Greens	Gluten Ingredient Free - Vegan/DF	50	42	175	2	3	0	2	1	2	0
Shredded Carrot	Gluten Ingredient Free - Vegan/DF - Halal	50	19	78	0	0	0	3	3	2	0
Spring Onion + Coriander	Gluten Ingredient Free - Vegan/DF - Halal	10	3	12	0	0	0	0	0	0	0
Pink Slaw	Gluten Ingredient Free - Vegan/DF - Halal	50	15	60	1	0	0	2	2	1	0
<i>Bangin* Cauliflower*</i>	Gluten Ingredient Free - Vegan/DF	50	45	187	1	3	0	3	3	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/DF	50	176	725	4	13	2	12	5	0	2
Lime Coriander Dressing	Gluten Ingredient Free - Vegan/DF	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	Gluten Ingredient Free - Vegan/DF	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/DF	50	251	1032	1	24	2	3	3	0	1
Tahini Dressing	Gluten Ingredient Free - Vegan/DF	50	233	955	3	22	2	5	4	0	1
Green Goddess Dressing	Gluten Ingredient Free - Vegan/DF	50	91	375	0	10	1	1	1	0	1
Balsamic Vinegar	Gluten Ingredient Free - Vegan/DF	25	28	120	0	0	0	6	5	0	0
Olive Oil	Gluten Ingredient Free - Vegan/DF	25	225	924	0	25	4	0	0	0	0
Lime Wedge	Gluten Ingredient Free - Vegan/DF	25	2	10	0	0	0	0	0	0	0
Vegan Jalapeño Caesar	Gluten Ingredient Free - Vegan/DF	50	238	980	1	25	2	2	1	0	1
Buffalo Caesar Dressing**	Gluten Ingredient Free	50	156	644	2	15	2	3	2	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/DF	80	281	1175	6	21	3	18	8	0	0
Lime Coriander Dressing	Gluten Ingredient Free - Vegan/DF	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	Gluten Ingredient Free - Vegan/DF	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/DF	80	401	1651	1	38	3	5	5	0	2
Tahini Dressing	Gluten Ingredient Free - Vegan/DF	80	370	1528	5	35	3	7	7	0	2
Green Goddess Dressing	Gluten Ingredient Free - Vegan/DF	80	142	595	1	15	1	1	1	0	1
Vegan Jalapeño Caesar	Gluten Ingredient Free - Vegan/DF	80	381	1567	2	40	3	3	2	0	1
Buffalo Caesar Dressing	Gluten Ingredient Free	80	250	1030	3	24	4	5	4	0	1
Miso Ponzu Dressing*	Dairy Free - Vegan	80	223	925	3	17	3	14	9	0	3

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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/DF	50	30	126	1	0	0	7	6	0	0
Buffalo Hot Sauce	Gluten Ingredient Free - Vegan/DF	50	164	686	1	15	2	7	7	1	0
<i>Herb Yoghurt*</i>	Gluten Ingredient Free - Vegetarian	50	62	259	3	5	3	3	3	0	0
Chimichurri**	Gluten Ingredient Free - Vegan/DF	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/DF	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/DF	15	72	300	1	3	0	10	0	0	0
Smoked Almonds	Gluten Ingredient Free - Vegan/DF	20	130	537	5	11	1	1	1	2	0
Tamari Seeds	Gluten Ingredient Free - Vegan/DF	15	84	346	3	7	1	1	0	1	0
Crispy Shallots	Gluten Ingredient Free - Vegan/DF	15	15	64	0	1	0	2	1	0	0
Poilâne Breadcrumbs	Vegan/DF	15	36	148	1	2	0	4	0	0	4
<i>Za'atar Pitta Chips*</i>	Vegan/DF	30	88	371	2	4	0	12	0	1	0
<i>DIRTEA Chilli Crisp*</i>	Gluten Ingredient Free - Vegan/DF	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/DF	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/DF	70	104	431	1	10	2	3	0	2	1
Soft Boiled Egg	Gluten Ingredient Free - Vegetarian - DF	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
<i>Green Bean Caesar*</i>	Gluten Ingredient Free	60	88	362	3	7	1	2	2	2	0
<i>Rainbow Ponzu Slaw*</i>	Vegan/DF	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)
<b>Blackened Chicken</b>	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/DF	130	72	302	4	5	0	3	1	1	1
<i>Black Pepper Tofu*</i>	Gluten Ingredient Free - Vegan/DF	110	125	525	9	2	1	4	3	2	1
<i>Spiced Sweet Potato Wedges*</i>	Gluten Ingredient Free - Vegan/DF	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
<b>Charred Bavette Steak</b>	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)
<b>Chicken Pot (Blackened Chicken Only)</b>	Dairy Free - Gluten Ingredient Free	200	414	1724	47	24	5	2	1	1	2
<b>Chicken Pot (Herb Grilled Chicken Only)</b>	Gluten Ingredient Free	200	360	1498	41	20	6	3	3	1	3
<b>Buffalo Chicken Pot</b>	Gluten Ingredient Free	200	534	2222	27	43	8	8	7	1	1
<i>Spiced Sweet Potato Wedges Pot*</i>	Gluten Ingredient Free - Vegetarian - Dairy Free	225	542	2246	4	39	3	43	22	5	2
<i>Bangin' Cauli Crisp*</i>	Gluten Ingredient Free - Vegan/DF	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)
<b>After School Cookie Club - Chocolate Chip Cookie</b>	Gluten Ingredient Free - Vegan/DF	75	306	1288	2	15	8	39	23	2	1
<b>After School Cookie Club - Double Chocolate Cookie</b>	Gluten Ingredient Free - Vegan/DF	75	307	1291	2	16	9	37	22	3	0
<b>After School Cookie Club - Peanut Butter Cookie</b>	Gluten Ingredient Free - Vegan/DF	75	265	1114	2	11	6	38	23	2	1
<b>After School Cookie Club - Chocolate Brownie</b>	Gluten Ingredient Free - Vegetarian	50	151	625	1	12	8	9	4	2	0
<b>atis Hazelnut Chocolate Dessert Pot</b>	Gluten Ingredient Free - Vegan/DF	85	356	1496	7	3	8	26	15	5	0
<b>atis Passionfruit Cheesecake</b>	Gluten Ingredient Free - Vegan/DF	100	315	1308	7	23	11	21	12	0	1
<b>atis The Beauty Bounty</b>	Gluten Ingredient Free - Vegan/DF	85	520	2151	4	46	36	21	16	0	0
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