

atis

EITHER CHOOSE ONE OF OUR CHEF CURATED BOWLS OR BUILD YOUR OWN

HOUSE SALADS

SPRING SPECIAL

DOUBLE CRUNCH THAI 🌞 **R 7.50**
L 8.50

NEW! (V) (GF)

CUCUMBER, SHREDDED CARROTS, EDAMAME + PEAS, SPRING ONION + CORIANDER, KALE + CABBAGE, CHOPPED ROMAINE, PICKLED RED CHILLI, MINT LEAVES, CRISPY SHALLOTS, CHILLI LIME CASHEWS + CASHEW SATAY
TRY WITH: MAPLE GINGER TOFU + 3.95

JALAPEÑO TACO **R 7.00**
L 8.00

(V) (GF)

CHERRY TOMATOES, CHARRED CORN, PINK SLAW, SPRING ONION + CORIANDER, TRICOLOUR QUINOA, CHOPPED ROMAINE, BLANCO NIÑO CHIPOTLE TORTILLAS + CREAMY JALAPEÑO DRESSING
TRY WITH: ROASTED SWEET POTATO + 2.95

BRING THE HEAT **R 12.00**
BUFFALO CAESAR **L 13.00**

(GF) 🌶️

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

GREEN GODDESS **R 7.00**
L 8.00

(V) (GF)

BROCCOLI, PINK SLAW, EDAMAME + PEAS, CUCUMBER, CHOPPED ROMAINE, BABY SPINACH, SMOKED ALMONDS + GREEN GODDESS DRESSING
TRY WITH: CHIMICHURRI CHICKEN +3.95

SEIZ'A CAESAR **R 7.00**
L 8.00

PARMESAN, CHERRY TOMATOES, CUCUMBER, CHOPPED ROMAINE, KALE + CABBAGE, POILÂNE BREADCRUMBS + CLASSIC CAESAR DRESSING
TRY WITH: BLACKENED CHICKEN +3.95

AZTECA 🌞 **R 10.00**
L 11.00

(V) (GF)

AVO SMASH, CRUMBLLED FETA, BLACK EYED BEANS, PICKLED ONIONS, CHARRED CORN, CHOPPED ROMAINE, BABY SPINACH, BLANCO NIÑO CHIPOTLE TORTILLAS + LIME CORIANDER DRESSING
TRY WITH: BLACKENED CHICKEN +3.95

SIDE POTS

BANGIN' CAULI CRISP **5.00**

(V) (GF)

BANGIN' CAULIFLOWER, SPRING ONION + CORIANDER, LIME WEDGE, CHILLI CRISP

CHIPOTLE SWEET POTATO **5.00**

(V) (GF) 🌶️

ROASTED SWEET POTATO, SPRING ONION + CORIANDER, CHIPOTLE LIME MAYO + LIME WEDGE

CHICKEN POT **8.00**

BLACKENED CHICKEN OR CHIMICHURRI CHICKEN
INCLUDED: X1 DRESSING/SAUCE + CRUNCH OF YOUR CHOICE

BUFFALO CHICKEN POT **9.00**

(GF) 🌶️🌶️🌶️

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

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

ADD A COLD PREMIUM OR PREMIUM TO YOUR BOWL OR PLATE! CHECK THEM OUT BELOW.

HOUSE PLATES

RAISE THE STEAKS 🌞 **12.50**

NEW! (GF)

CHARRED BAVETTE STEAK, BABY SPINACH, SPRING GREEN POTATO HASH, BROCCOLI + CHIMICHURRI

SPRING CHIMI CHICKEN **11.00**

NEW! (GF)

CHIMICHURRI CHICKEN, TRICOLOUR QUINOA, PINK SLAW, MINT LEAVES, CHILLI + FETA BROCCOLI + HERB YOGHURT

PONZU POWER **11.00**

NEW! (V)

MAPLE GINGER TOFU, WHOLEGRAIN RICE, CUCUMBER, RAINBOW PONZU SLAW, SPRING ONION + CORIANDER, CRISPY SHALLOTS + MISO PONZU DRESSING

GREEN ENERGY **7.50**

NEW! (V)

AVO SMASH, BABY SPINACH, CASHEW KALE GREENS, RAINBOW PONZU SLAW + OMEGA SEEDS + GREEN SRIRACHA

BLACKENED CHICKEN SATAY 🌞 **11.00**

NEW! (GF) (DF)

BLACKENED CHICKEN, CASHEW KALE GREENS, SHREDDED CARROTS, SPRING ONION + CORIANDER, WHOLEGRAIN RICE, CRISPY SHALLOTS + CASHEW SATAY

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
- CRUMBLLED FETA 1.95
- PARMESAN 1.95
- SOFT BOILED EGG 1.95

ADD PREMIUMS TO YOUR ORDER

- ROASTED SWEET POTATO 2.95
- MISO MUSHROOMS 2.95
- MAPLE GINGER TOFU* 3.95
- BLACKENED CHICKEN 3.95
- CHIMICHURRI CHICKEN* 3.95
- CHARRED BAVETTE STEAK 4.95
- MISO ORANGE SALMON* 5.95

ADD DELI SALADS TO YOUR ORDER

- RAINBOW PONZU SLAW 1.95
- CASHEW KALE GREENS* 1.95
- CHILLI + FETA BROCCOLI 1.95

PLEASE NOTE WHEN YOU OPT TO EAT IN WE ARE REQUIRED TO CHARGE VAT ON THE ORDER.

IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.

(V) VEGAN (V) VEGETARIAN (DF) DAIRY FREE (GF) NO GLUTEN-CONTAINING INGREDIENTS 🌶️ SPICY

🌞 HOUSE FAVOURITES *SEASONAL SPECIALS

📍 ATISFOODLDN WWW.ATISFOOD.COM

OLD STREET ECCLESTON YARDS NOTTING HILL CANARY WHARF BOROUGH YARDS REGENT STREET EASTCHEAP MOORGATE WANDSWORTH (ONLINE) COVENT GARDEN

JOIN OUR LOYALTY PROGRAMME

SCAN TO JOIN ATIS LOYALTY! EARN POINTS AND CLAIM REWARDS




SCAN FOR ALLERGEN INFO