

NUTRITIONAL GUIDE

SPRING 2025

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – SPRING 2025 v2

COVENT GARDEN SPECIAL (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>Covent Garden Goddess - CG Only</i>	Gluten Ingredient Free - Vegetarian	450	662	2723	15	59	12	14	10	9	2
COVENT GARDEN SPECIAL (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>Covent Garden Goddess - CG Only</i>	Gluten Ingredient Free - Vegetarian	520	837	3463	16	73	13	14	12	10	3
SPRING 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)
Jalapeno Taco	Gluten Ingredient Free - Vegan/DF	345	483	1694	9	32	2	26	11	8	1
Bring the Heat Buffalo Caesar	Gluten Ingredient Free	475	774	2788	41	61	15	10	7	7	2
<i>Double Crunch Thai</i>	Gluten Ingredient Free - Vegan/DF	365	394	1643	14	24	3	19	14	9	0
SPRING 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)
Jalapeno Taco	Gluten Ingredient Free - Vegan/DF	455	701	2598	13	49	4	24	13	10	1
Bring the Heat Buffalo Caesar	Gluten Ingredient Free	545	861	2899	43	69	15	11	8	8	2
<i>Double Crunch Thai</i>	Gluten Ingredient Free - Vegan/DF	435	505	1762	17	32	4	26	17	10	0
*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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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	296	706	15	22	4	2	2	1	1
	Azteca	Gluten Ingredient Free - Vegetarian	430	624	2301	15	46	9	21	8	11	2
	Green Goddess	Gluten Ingredient Free - Vegan/DF	380	331	1448	14	24	1	11	7	8	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	416	889	17	31	6	6	6	5	5
	Azteca	Gluten Ingredient Free - Vegetarian	500	795	3030	16	60	11	34	15	11	2
	Green Goddess	Gluten Ingredient Free - Vegan/DF	450	374	1656	15	27	1	11	7	9	1
	HOUSE POWER 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)
	<i>Raise the Steaks</i>	Dairy Free	420	538	2327	25	40	5	27	4	6	2
	<i>Green Energy</i>	Vegan/DF	375	461	1920	15	32	21	18	18	9	2
	<i>Ponzu Power</i>	Vegan/DF	435	396	1666	10	15	2	2	15	6	2
	<i>Spring Chimi Chicken</i>	Gluten Ingredient Free	450	720	2883	37	45	11	17	13	9	3
	<i>Blackened Chicken Satay</i>	Gluten Ingredient Free - Dairy-Free	435	783	3267	35	47	8	20	13	7	2
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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	50	10	39	1	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan/DF	60	10	41	1	0	0	1	1	1	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan/DF	50	17	70	1	0	0	1	1	1	0
<u>Wholegrain Rice</u>	Gluten Ingredient Free - Vegan/DF	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
<u>Tricolour Quinoa</u>	Gluten Ingredient Free - Vegan/DF	50	70	295	3	1	0	12	1	2	0
<u>Spring Green Potato Hash</u>	Gluten Ingredient Free - Vegan/DF	60	55	232	1	2	0	9	1	1	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	60	11	47	2	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan/DF	90	15	62	1	0	0	1	1	2	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan/DF	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	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	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	60	16	65	1	0	0	2	2	1	0
Cucumber	Gluten Ingredient Free - Vegan/DF	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	50	19	78	0	0	0	3	3	2	0
Spring Onion + Coriander	Gluten Ingredient Free - Vegan/DF	10	3	12	0	0	0	0	0	0	0
Pink Slaw	Gluten Ingredient Free - Vegan/DF	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
<i>Mint Leaves</i>	Gluten Ingredient Free - Vegan/DF	10	6	24	0	0	0	1	1	1	0
<i>Pickled Red Chilli</i>	Gluten Ingredient Free - Vegan/DF	15	4	17	0	0	0	1	0	0	0
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BUILD YOUR OWN - DRESSINGS (REGULAR)	Halal?	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	126	527	2	12	3	3	1	0	0
Apple Cider Vinaigrette	☒	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	57	238	1	6	1	1	0	0	0
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
Creamy Jalapeño Dressing	☒	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	☒	Gluten Ingredient Free - Vegan/DF	50	140	578	2	11	2	9	6	0	2
BUILD YOUR OWN - DRESSINGS (LARGE)	Halal?	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	202	843	3	19	4	4	2	0	0
Apple Cider Vinaigrette	☒	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	91	382	1	10	1	1	0	0	0
Creamy Jalapeño Dressing	☒	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
<i>Miso Ponzu Dressing</i>	☒	Gluten Ingredient Free - Vegan/DF	80	223	925	3	17	3	14	9	0	3
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SAUCES	Halal?	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 - Vegan/DF	50	335	1370	1	36	3	1	0	0	2
<i>Fresh Chilli Sauce</i>	☒	Gluten Ingredient Free - Vegan/DF	50	26	107	1	1	0	4	0	0	0
BUILD YOUR OWN - CRUNCHES	Halal?	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 Nifio Chipotle Tortilla	☒	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
Omega 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>Chilli Crisp</i>	☒	Gluten Ingredient Free - Vegan/DF	30	181	751	3	17	7	0	0	1	1
<i>Chilli Lime Cashews</i>	☒	Gluten Ingredient Free - Vegan/DF	15	78	326	3	7	1	3	1	1	0
BUILD YOUR OWN - BOOSTERS	Halal?	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 - Dairy Free	55	79	327	8	5	1	0	0	0	0
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BUILD YOUR OWN - MARKET SALADS	Halal?	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>Chilli + Feta Broccoli</i>	☐	Gluten Ingredient Free - Vegetarian	60	52	215	3	3	1	2	1	2	0
<i>Rainbow Ponzu Slaw</i>	☐	Vegan/DF	60	52	217	3	2	0	1	3	2	0
<i>Cashew Kale Greens</i>	☒	Gluten Ingredient Free - Vegan/DF	50	66	274	2	5	1	4	2	1	0
BUILD YOUR OWN - MAINS	Halal?	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>Blackened Chicken</i>	☒	Dairy Free - Gluten Ingredient Free	120	248	1034	28	14	3	1	1	1	1
<i>Chimichurri Chicken</i>	☒	Dairy Free - Gluten Ingredient Free	120	310	1291	22	23	5	3	3	0	0
<i>Miso Mushrooms*</i>	☒	Gluten Ingredient Free - Vegan/DF	130	72	302	4	5	0	3	1	1	1
<i>Maple Ginger Tofu</i>	☐	Gluten Ingredient Free - Vegan/DF	110	188	787	17	11	1	7	4	4	0
<i>Roasted Sweet Potato</i>	☒	Gluten Ingredient Free - Vegan/DF	120	174	732	2	4	0	33	17	4	1
<i>Miso Orange Salmon</i>	☒	Gluten Ingredient Free - Vegan/DF	110	257	872	23	15	3	6	0	0	2
<i>Charred Bavette Steak</i>	☒	Dairy Free	130	191	770	18	9	3	7	7	1	7
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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 (Chimichurri Chicken Only)	Dairy Free - Gluten Ingredient Free	200	342	1431	30	20	2	12	8	8	1
Buffalo Chicken Pot	Gluten Ingredient Free	200	813	3367	43	65	13	11	9	2	2
<i>Chipotle Sweet Potato</i>	Gluten Ingredient Free - Vegetarian - Dairy-Free	210	557	2297	3	41	3	41	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)
After School Cookie Club - Chocolate Chip Cookie	Gluten Ingredient Free - Vegan/DF	75	306	1288	2	15	8	39	23	2	1
After School Cookie Club - Double Chocolate Cookie	Gluten Ingredient Free - Vegan/DF	75	307	1291	2	16	9	37	22	3	0
After School Cookie Club - Peanut Butter Cookie	Gluten Ingredient Free - Vegan/DF	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/DF	85	356	1496	7	3	8	26	15	5	0
atis Passionfruit Cheesecake	Gluten Ingredient Free - Vegan/DF	100	315	1308	7	23	11	21	12	0	1
atis Banana Bread	Vegetarian	125	492	2058	6	28	14	50	32	1	1
atis Carrot Cake	Vegetarian	125	383	1604	6	20	2	43	28	2	1
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