

NUTRITIONAL GUIDE

MINDFUL CHEF X SPRING 2025

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – MCxSPRING 2025

atls x MINDFUL CHEF COLLAB	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>Sticky Miso Salmon</i>	Gluten Ingredient Free - Dairy-Free	365	610	6548	31	34	4	17	5	6	2
<i>Smoky Feta Chilli</i>	Gluten Ingredient Free - Vegetarian	435	405	1705	14	14	5	28	11	6	1
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)
<i>Jalapeno Taco</i>	Gluten Ingredient Free - Vegan/DF	345	483	1694	9	32	2	26	11	8	1
<i>Bring the Heat Buffalo Caesar</i>	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)
<i>Jalapeno Taco</i>	Gluten Ingredient Free - Vegan/DF	455	701	2598	13	49	4	24	13	10	1
<i>Bring the Heat Buffalo Caesar</i>	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	325	429	1485	14	32	4	15	10	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
Tricolour Quinoa	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 Chili</i>	Gluten Ingredient Free - Vegan/DF	15	4	17	0	0	0	1	0	0	0
<small>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. UNDERLINED ITEMS HAVE A DOUBLE PORTION IN ALL PLATES. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE</small>											

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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	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	176	725	4	13	2	12	5	0	2
Lime Coriander Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	265	1093	1	27	2	4	3	0	1
Classic Caesar Dressing	<input type="checkbox"/>	Gluten Ingredient Free	50	126	527	2	12	3	3	1	0	0
Apple Cider Vinaigrette	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	251	1032	1	24	2	3	3	0	1
Tahini Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	233	955	3	22	2	5	4	0	1
Green Goddess Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	57	238	1	6	1	1	0	0	0
Balsamic Vinegar	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	25	28	120	0	0	0	6	5	0	0
Olive Oil	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	25	225	924	0	25	4	0	0	0	0
Lime Wedge	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	25	2	10	0	0	0	0	0	0	0
Creamy Jalapeño Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	238	980	1	25	2	2	1	0	1
Buffalo Caesar Dressing	<input type="checkbox"/>	Gluten Ingredient Free	50	156	644	2	15	2	3	2	0	1
Miso Ponzu Dressing	<input checked="" type="checkbox"/>	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	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	80	281	1175	6	21	3	18	8	0	0
Lime Coriander Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	80	424	1748	1	44	3	6	5	0	2
Classic Caesar Dressing	<input type="checkbox"/>	Gluten Ingredient Free	80	202	843	3	19	4	4	2	0	0
Apple Cider Vinaigrette	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	80	401	1651	1	38	3	5	5	0	2
Tahini Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	80	370	1528	5	35	3	7	7	0	2
Green Goddess Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	80	91	382	1	10	1	1	0	0	0
Creamy Jalapeño Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	80	381	1567	2	40	3	3	2	0	1
Buffalo Caesar Dressing	<input type="checkbox"/>	Gluten Ingredient Free	80	250	1030	3	24	4	5	4	0	1
Miso Ponzu Dressing	<input checked="" type="checkbox"/>	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>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	30	126	1	0	0	7	6	0	0
Buffalo Hot Sauce	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	164	686	1	15	2	7	7	1	0
<i>Herb Yoghurt*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	62	259	3	5	3	3	3	0	0
Chimichurri	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	203	850	1	22	2	2	1	0	0
Chipotle Lime Mayo	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	335	1370	1	36	3	1	0	0	2
<i>Fresh Chilli Sauce</i>	<input checked="" type="checkbox"/>	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 Niño Chipotle Tortilla	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	15	72	300	1	3	0	10	0	0	0
Smoked Almonds	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	20	130	537	5	11	1	1	1	2	0
Omega Seeds	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	15	84	346	3	7	1	1	0	1	0
Crispy Shallots	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	15	15	64	0	1	0	2	1	0	0
Poilâne Breadcrumbs	<input checked="" type="checkbox"/>	Vegan/DF	15	36	148	1	2	0	4	0	0	4
<i>Za'atar Pitta Chips</i>	<input checked="" type="checkbox"/>	Vegan/DF	30	88	371	2	4	0	12	0	1	0
<i>Seeded Chilli Crisp</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	30	181	751	3	17	7	0	0	1	1
<i>Chilli Lime Cashews</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	15	78	326	3	7	1	3	1	1	0
BUILD YOUR OWN - PREMIUMS	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	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	90	159	655	1	16	4	2	0	3	0
Parmesan	<input type="checkbox"/>	Gluten Ingredient Free	30	119	496	10	9	5	0	0	0	0
Crumbled Feta	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian	35	87	361	5	7	5	0	0	0	1
Avo Smash	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	70	104	431	1	10	2	3	0	2	1
Soft Boiled Egg	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian - Dairy-Free	55	79	327	8	5	1	0	0	0	0

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 HALAL NOTICE: Halal meat in our stores is approved by Islamic bodies in the country of origin and follows Islamic principles. The dressings and marinades marked are made with halal ingredients and practices, but due to the complexity of ingredients, they are not certified by a halal certification body.

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BUILD YOUR OWN - DELI 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>	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian	60	52	215	3	3	1	2	1	2	0
<i>Rainbow Ponzu Slaw</i>	<input type="checkbox"/>	Vegan/DF	60	52	217	3	2	0	1	3	2	0
<i>Cashew Kale Greens</i>	<input checked="" type="checkbox"/>	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>	<input checked="" type="checkbox"/>	Dairy Free - Gluten Ingredient Free	120	248	1034	28	14	3	1	1	1	1
<i>Chimichurri Chicken</i>	<input checked="" type="checkbox"/>	Dairy Free - Gluten Ingredient Free	120	310	1291	22	23	5	3	3	0	0
<i>Miso Mushrooms*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	130	72	302	4	5	0	3	1	1	1
<i>Maple Ginger Tofu</i>	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	110	188	787	17	11	1	7	4	4	0
<i>Roasted Sweet Potato</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	120	174	732	2	4	0	33	17	4	1
<i>Miso Orange Salmon</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	110	257	872	23	15	3	6	0	0	2
<i>Charred Bavette Steak</i>	<input checked="" type="checkbox"/>	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	534	2222	27	43	8	8	7	1	1
<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
<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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CATERING 2025

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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)
Green Sriracha	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	150	90	377	3	0	0	20	18	0	1
Buffalo Hot Sauce	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	150	492	2058	2	44	5	21	20	2	1
Herb Yoghurt	<input type="checkbox"/>	Gluten Ingredient Free Vegetarian	150	186	777	8	14	9	9	8	0	1
Chimichuri	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	150	609	1549	2	65	6	5	2	0	0
Chipotle Lime Mayo	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegetarian - DF	150	1005	4110	2	1089	8	4	1	0	3
PREMIUMS	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)
Buffalo Blackened Chicken	<input checked="" type="checkbox"/>	Gluten-Ingredient Free	820	2017	8372	140	154	34	7	11	1	1
<i>Chimichuri Chicken*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Dairy Free	720	1814	7567	131	135	30	17	16	1	5
<i>Miso Mushrooms</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	780	421	1771	23	29	2	19	7	8	6
<i>Maple Ginger Tofu*</i>	<input type="checkbox"/>	Gluten Ingredient Free Vegan/DF	675	1222	5103	102	75	8	40	26	14	2
<i>Chipotle Sweet Potato Wedges</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegetarian	900	2025	8415	14	132	11	201	97	22	10
<i>Miso Orange Salmon*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Dairy Free	550	1265	4285	112	75	12	29	0	0	8
Charred Bavette Steak	<input checked="" type="checkbox"/>	Dairy Free	770	724	3011	94	39	15	0	0	1	1
<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>												
<small>HALAL NOTICE: HALAL MEAT IN OUR STORES IS APPROVED BY ISLAMIC BODIES IN THE COUNTRY OF ORIGIN AND FOLLOWS ISLAMIC PRINCIPLES. THE DRESSINGS AND MARINADES MARKED ARE MADE WITH HALAL INGREDIENTS AND PRACTICES, BUT DUE TO THE COMPLEXITY OF INGREDIENTS, THEY ARE NOT CERTIFIED BY A HALAL CERTIFICATION BODY</small>												

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BASES	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)
Wholegrain Rice	Gluten Ingredient Free - Vegan/DF	720	958	4068	23	4	1	194	2	8	0
Tricolour Quinoa	Gluten Ingredient Free - Vegan/DF	720	1008	4241	43	16	1	91	19	22	1
<i>Spring Green Potato Hash*</i>	Gluten Ingredient Free - Vegan/DF	720	662	2779	14	22	1	106	10	14	6
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)
Caesar Salad		1290	1303	5392	76	93	41	30	25	13	3
Azteca Salad	Gluten Ingredient Free - Vegetarian	1530	2494	10511	69	158	41	403	72	35	7
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)
Cashew Kale Greens	Gluten Ingredient Free - Vegan/DF	550	842	3498	25	65	9	48	28	15	2
Chilli + Feta Broccoli	Gluten Ingredient Free - Vegetarian	600	468	1938	29	26	9	36	13	19	2
Rainbow Slaw	Vegan/DF	870	696	2915	36	38	3	17	42	31	3
<i>Tahini Greens & Chickpeas*</i>	Gluten Ingredient Free - Vegan/DF	960	1027	4291	40	59	6	36	22	36	9
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
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
<p><i>*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</i></p>											

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