

SALAD BOWLS

TAHINI CHOPPED  **R 10.00**
L 11.00

NEW!   

TAHINI CHICKPEAS, PINK SLAW, CUCUMBER,
 LOW TOMATOES, MINT, PICKLED CHILLI, CHOPPED ROMAINE,
 ROCKET, OMEGA SEEDS + TAHINI DRESSING
TRY WITH: MAPLE GINGER TOFU + 3.95

EL CHIPOTLE  **R 8.00**
L 9.00

NEW! 

LOW TOMATOES, BLACK BEAN MIX, CHARRED CORN,
 WHOLEGRAIN RICE, CHOPPED ROMAINE, SPRING ONION
 + CORIANDER, BLANCO NIÑO CHIPOTLE TORTILLAS
 + CHIPOTLE LIME DRESSING

TRY WITH: BLACKENED CHICKEN + 3.95

DOUBLE CRUNCH THAI  **R 8.00**
DP **V** **GF** **L 9.00**

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

GREEN GODDESS **R 7.00**
L 8.00
 (DF) (V) (g)
 BROCCOLI, PINK SLAW, EDAMAME + PEAS, CUCUMBER,
 CHOPPED ROMAINE, BABY SPINACH, SMOKED ALMONDS
 + GREEN GODDESS DRESSING
TRY WITH: SMOKY MOJO CHICKEN + 3.95

SEIZ'A CAESAR **R 7.00**
L 8.00
 PARMESAN, IOW TOMATOES, CUCUMBER, CHOPPED
 ROMAINE, KALE + CABBAGE, POILÂNE BREADCRUMBS
 + CLASSIC CAESAR DRESSING
TRY WITH: BLACKENED CHICKEN + 3.95

AZTECA  **R 10.00**
  **L 11.00**
 AVO SMASH, CRUMBLLED FETA, BLACK BEAN MIX,
 PICKLED RED ONIONS, CHARRED CORN,
 CHOPPED ROMAINE, BABY SPINACH, BLANCO NIÑO
 CHIPOTLE TORTILLAS + LIME CORIANDER DRESSING
TRY WITH: BLACKENED CHICKEN + 3.95

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

**UPGRADE YOUR BOWL OR PLATE WITH AN ADD-ON OR PROTEIN!
CHECK THEM OUT BELOW.**

POWER PLATES

THE STEAK OUT 13.00

NEW! 

GARLIC BUTTER STEAK, BABY SPINACH, SUMMER POTATO HASH, BROCCOLI + CHIMICHURRI DRESSING

GOCHU-TEMPTED 11.00

NEW! 

STICKY SEOUL TEMPEH, CREAMY MISO SLAW,
PICKLED RED CHILLI, CUCUMBER, WHOLEGRAIN RICE
+ MISO PONZU DRESSING

CHICKEN PESTO PARM 13.00

NEW!

BLACKENED CHICKEN, BROCCOLI CAESAR, PARMESAN,
LOW TOMATOES, PESTO QUINOA, ROCKET,
POILÂNE BREADCRUMBS + PESTO VINAIGRETTE

SATAY SNAP

NEW!  11.00

MAPLE GINGER TOFU, CREAMY MISO SLAW, EDAMAME + PEAS, SHREDDED CARROTS, BABY SPINACH, CRISPY SHALLOTS + CASHEW SATAY

MISO SALMON SLAW 14.00

NEW! (DF)

MISO ORANGE SALMON, CREAMY MISO SLAW, CUCUMBER, WHOLEGRAIN RICE, BABY SPINACH, CRISPY SHALLOTS + LIME WEDGE

THE BIG GREEK 13.00

NEW!

TURKEY KOFTE, LOW TOMATOES, ROAST COURGETTE,
PICKLED RED ONIONS, BABY SPINACH, ATIS GRAINS,
ZA'ATAR PITA CHIPS + HERB YOGHURT

SUMMER SPECIAL x WAHACA

THIS SUMMER, WE'VE PARTNERED WITH WAHACA, THE PIONEERS OF BOLD, MEXICAN-INSPIRED FOOD, AND THOMASINA MIERS, THE CHEF AND CHANGEMAKER BEHIND IT, TO CREATE THIS UNIQUELY EXCITING DISH. TOGETHER, WE'VE CRAFTED A ONE-OFF COLLABORATION THAT BRINGS TOGETHER BIG FLAVOUR, VEG-FORWARD EATING AND SUSTAINABILITY.

WAHACA MEXICANA NEW! DF 🍷 11.00

SMOKY MOJO CHICKEN, SPRING ONION + CORIANDER, PINK SLAW, TOMMI'S MEXICAN CHOPPED, BABY SPINACH, BLANCO NIÑO
CHIPOTLE TORTILLAS + CHIPOTLE LIME DRESSING

TRY WITH: THE SMOKY ELOTE SIDE FOR THE ULTIMATE FIESTA

collab!

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 ADD-ONS TO YOUR ORDER

- AVOCADO HALF 1.95
- AVO SMASH 1.95
- SOFT BOILED EGG 1.95
- PARMESAN 1.95
- CRUMBLLED FETA 1.95

ADD PROTEINS TO YOUR ORDER

BLACKENED CHICKEN 3.95
SMOKY MOJO CHICKEN* 3.95
STICKY SEOUL TEMPEH* 3.95
 MAPLE GINGER TOFU 3.95
TURKEY KOFTE* 5.95
 MISO ORANGE SALMON 5.95
GARLIC BUTTER STEAK* 5.95

**ADD MIXED SALADS
TO YOUR ORDER**

TOMMI'S MEXICAN CHOPPED* 1.95
CREAMY MISO SLAW* 1.95
BROCCOLI CAESAR* 1.95

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

 VEGAN
 VEGETARIAN
 DAIRY FREE
 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 MAYFAIR

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



JOIN OUR LOYALTY PROGRAMME
SCAN TO JOIN ATIS LOYALTY!
EARN POINTS AND CLAIM REWARDS



SCAN FOR ALLERGEN INFO