

# NUTRITIONAL GUIDE

SUMMER 2025

NUTRITIONAL GUIDE BY MENU ITEMS

## ATIS NUTRITIONAL GUIDE – SUMMER 2025 V2

| SALAD 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>El Chipotle</i>                                                                                                                                                                                                           | Gluten Ingredient Free - Vegetarian/DF | 345              | 459           | 1625        | 8           | 24      | 2                      | 34               | 16                  | 8         | 1        |
| <i>Tahini Chopped</i>                                                                                                                                                                                                        | Gluten Ingredient Free - Vegan/DF      | 375              | 443           | 1830        | 12          | 33      | 3                      | 8                | 11                  | 8         | 2        |
| Double Crunch Thai                                                                                                                                                                                                           | Gluten Ingredient Free - Vegan/DF      | 365              | 394           | 1643        | 14          | 24      | 3                      | 19               | 14                  | 9         | 0        |
| 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        |
| SALAD 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>El Chipotle</i>                                                                                                                                                                                                           | Gluten Ingredient Free - Vegetarian/DF | 455              | 655           | 2434        | 10          | 35      | 3                      | 41               | 21                  | 9         | 2        |
| <i>Tahini Chopped</i>                                                                                                                                                                                                        | Gluten Ingredient Free - Vegan/DF      | 450              | 590           | 2439        | 15          | 46      | 5                      | 9                | 14                  | 9         | 3        |
| <i>Double Crunch Thai</i>                                                                                                                                                                                                    | Gluten Ingredient Free - Vegan/DF      | 435              | 505           | 1762        | 17          | 32      | 4                      | 26               | 17                  | 10        | 0        |
| 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        |
| *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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|                                                                                                                                                                                                                              | 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>The Steak Out</i>      |                        | 390              | 663           | 2769        | 40          | 44      | 4                      | 23               | 7                   | 5         | 2        |
|                                                                                                                                                                                                                              | <i>Wahaca Mexicana</i>    | Gluten Ingredient Free | 385              | 566           | 2064        | 24          | 35      | 4                      | 35               | 17                  | 5         | 2        |
|                                                                                                                                                                                                                              | <i>Gochu-Tempted</i>      | Vegan/DF               | 440              | 669           | 2794        | 24          | 37      | 5                      | 21               | 20                  | 9         | 5        |
|                                                                                                                                                                                                                              | <i>Chicken Pesto Parm</i> |                        | 530              | 917           | 3827        | 51          | 64      | 17                     | 34               | 8                   | 7         | 4        |
|                                                                                                                                                                                                                              | <i>Satay Snap</i>         | Vegan/DF               | 435              | 618           | 2575        | 29          | 10      | 5                      | 24               | 20                  | 10        | 2        |
|                                                                                                                                                                                                                              | <i>Miso Salmon Slaw</i>   | Dairy Free             | 440              | 620           | 2398        | 31          | 30      | 4                      | 12               | 7                   | 5         | 3        |
|                                                                                                                                                                                                                              | <i>The Big Greek</i>      |                        | 460              | 649           | 2732        | 16          | 29      | 5                      | 71               | 19                  | 7         | 3        |
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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        |
| <i>Rocket</i>                                                                                                                                                                                                                                                                      | Gluten Ingredient Free - Vegan/DF      | 15               | 3             | 14          | 1           | 0       | 0                      | 0                | 0                   | 0         | 0        |
| <u>Wholegrain Rice</u>                                                                                                                                                                                                                                                             | Gluten Ingredient Free - Vegan/DF      | 50               | 67            | 283         | 2           | 0       | 0                      | 14               | 0                   | 1         | 0        |
| <u>atis Grains</u>                                                                                                                                                                                                                                                                 | Vegan/DF                               | 70               | 165           | 686         | 3           | 9       | 1                      | 16               | 1                   | 2         | 1        |
| <i>Pesto Quinoa</i>                                                                                                                                                                                                                                                                | Gluten Ingredient Free - Vegetarian    | 55               | 87            | 365         | 3           | 3       | 0                      | 13               | 1                   | 2         | 0        |
| <i>Summer Potato Hash</i>                                                                                                                                                                                                                                                          | Gluten Ingredient Free - Vegan/DF      | 120              | 138           | 580         | 2           | 7       | 0                      | 18               | 6                   | 3         | 1        |
| 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        |
| <i>Rocket</i>                                                                                                                                                                                                                                                                      | Gluten Ingredient Free - Vegan/DF      | 30               | 6             | 27          | 1           | 0       | 0                      | 1                | 0                   | 1         | 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        |
| <i>Black Bean Mix</i>                                                                                                                                                                                                                                                              | Gluten Ingredient Free - Vegan/DF      | 50               | 43            | 178         | 3           | 0       | 0                      | 3                | 0                   | 4         | 0        |
| Charred Corn                                                                                                                                                                                                                                                                       | Gluten Ingredient Free - Vegan/DF      | 50               | 48            | 201         | 1           | 3       | 0                      | 7                | 3                   | 3         | 2        |
| <i>IOW Tomatoes</i>                                                                                                                                                                                                                                                                | 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        |
| Shredded Carrot                                                                                                                                                                                                                                                                    | Gluten Ingredient Free - Vegan/DF      | 40               | 15            | 62          | 0           | 0       | 0                      | 4                | 2                   | 1         | 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>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        |
| <i>Roast Courgette</i>                                                                                                                                                                                                                                                             | Gluten Ingredient Free - Vegan/DF      | 70               | 39            | 165         | 1           | 2       | 0                      | 3                | 2                   | 1         | 0        |
| <i>Pickleback Potatoes</i>                                                                                                                                                                                                                                                         | Gluten Ingredient Free - Vegetarian/DF | 70               | 104           | 438         | 1           | 7       | 1                      | 9                | 0                   | 1         | 1        |
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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               | 285           | 1172        | 1           | 27      | 2                      | 2                | 2                   | 1         | 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        |
| Miso Ponzu Dressing                  | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 50               | 140           | 578         | 2           | 11      | 2                      | 9                | 6                   | 0         | 2        |
| Chipotle Lime Dressing               | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian/DF | 50               | 202           | 845         | 0           | 18      | 2                      | 11               | 10                  | 0         | 1        |
| Pesto Vinaigrette                    | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian    | 50               | 162           | 686         | 2           | 17      | 2                      | 2                | 1                   | 0         | 1        |
| 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               | 455           | 1874        | 1           | 43      | 2                      | 3                | 2                   | 0         | 1        |
| 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        |
| Miso Ponzu Dressing                  | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 80               | 223           | 925         | 3           | 17      | 3                      | 14               | 9                   | 0         | 3        |
| Chipotle Lime Dressing               | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian/DF | 80               | 323           | 1352        | 0           | 28      | 2                      | 18               | 15                  | 0         | 1        |
| Pesto Vinaigrette                    | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian    | 80               | 258           | 1081        | 3           | 26      | 3                      | 2                | 1                   | 0         | 1        |

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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        |
| <i>Sauce Shop Buffalo Hot Sauce</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/DF      | 50               | 50            | 208         | 1           | 4       | 2                      | 2                | 1                   | 0         | 2        |
| <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        |
| <i>Chilli Pickle Mayo</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian/DF | 50               | 136           | 569         | 1           | 14      | 1                      | 2                | 0                   | 1         | 1        |
| 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>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/DF | 55               | 79            | 327         | 8           | 5       | 1                      | 0                | 0                   | 0         | 0        |
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| BUILD YOUR OWN - MIXED 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) |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-------------------------------------|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| <u>Broccoli Caesar</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <input type="checkbox"/>            |                                     | 60               | 70            | 290         | 3           | 5       | 1                      | 2                | 1                   | 1         | 1        |
| <i>Tommi's Mexican Chopped</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian | 60               | 56            | 235         | 2           | 3       | 1                      | 5                | 3                   | 1         | 0        |
| <u>Creamy Miso Slaw</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <input type="checkbox"/>            | Vegan/DF                            | 60               | 78            | 322         | 1           | 6       | 1                      | 3                | 2                   | 1         | 1        |
| 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) |
| Blackened Chicken                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <input checked="" type="checkbox"/> | Dairy Free - Gluten Ingredient Free | 120              | 248           | 1034        | 28          | 14      | 3                      | 1                | 1                   | 1         | 1        |
| <i>Smoky Mojo Chicken</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Dairy Free | 120              | 198           | 828         | 23          | 11      | 2                      | 2                | 0                   | 0         | 0        |
| <u>Garlic Butter Steak</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <input type="checkbox"/>            |                                     | 130              | 330           | 1378        | 42          | 16      | 2                      | 0                | 0                   | 0         | 0        |
| <i>Maple Ginger Tofu</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/DF   | 110              | 188           | 787         | 17          | 11      | 1                      | 7                | 4                   | 4         | 0        |
| <u>Sticky Seoul Tempeh</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <input type="checkbox"/>            | Vegan/DF                            | 110              | 230           | 961         | 15          | 12      | 2                      | 13               | 9                   | 6         | 1        |
| <i>Turkey Kofte</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <input type="checkbox"/>            |                                     | 100              | 67            | 280         | 3           | 1       | 0                      | 11               | 1                   | 1         | 1        |
| <u>Miso Orange Salmon</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Dairy-Free | 110              | 257           | 872         | 23          | 15      | 3                      | 6                | 0                   | 0         | 2        |
| <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.<br/>           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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| 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        |
| <i>Chicken Pot (Smoky Mojo Chicken Only)</i>                                                                                                                                                                                 | Dairy Free - Gluten Ingredient Free    | 200              | 330           | 1380        | 38          | 18      | 3                      | 3                | 0                   | 0         | 1        |
| Buffalo Chicken Pot                                                                                                                                                                                                          | Gluten Ingredient Free                 | 200              | 534           | 2222        | 27          | 43      | 8                      | 8                | 7                   | 1         | 1        |
| <i>Pickle Potato Salad</i>                                                                                                                                                                                                   | Gluten Ingredient Free - Vegetarian/DF | 255              | 372           | 1566        | 4           | 25      | 2                      | 32               | 3                   | 4         | 3        |
| <i>Smoky Elote</i>                                                                                                                                                                                                           | Gluten Ingredient Free - Vegetarian    | 305              | 506           | 1818        | 9           | 38      | 5                      | 30               | 10                  | 6         | 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 - Oat & Raisin Cookie                                                                                                                                                                               | Gluten Ingredient Free - Vegan/DF      | 70               | 304           | 1277        | 3           | 16      | 6                      | 40               | 15                  | 1         | 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 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        |
| *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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# NUTRITIONAL GUIDE

CATERING 2025

NUTRITIONAL GUIDE BY MENU ITEMS

## ATIS NUTRITIONAL GUIDE – CATERING 2025

| 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) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-----------------------------------------|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| Buffalo Hot Sauce                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <input checked="" type="checkbox"/> | Gluten Ingredient Free<br>Vegan/DF      | 150              | 492           | 2058        | 2           | 44      | 5                      | 21               | 20                  | 2         | 1        |
| Herb Yoghurt                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <input type="checkbox"/>            | Gluten Ingredient Free<br>Vegetarian    | 150              | 186           | 777         | 8           | 14      | 9                      | 9                | 8                   | 0         | 1        |
| Chimichurri                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <input checked="" type="checkbox"/> | Gluten Ingredient Free<br>Vegan/DF      | 150              | 609           | 1549        | 2           | 65      | 6                      | 5                | 2                   | 0         | 0        |
| Chilli Pickle Mayo*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <input type="checkbox"/>            | Gluten Ingredient Free<br>Vegetarian/DF | 150              | 408           | 1707        | 2           | 41      | 3                      | 6                | 0                   | 2         | 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        |
| Smoky Mojo Chicken*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <input checked="" type="checkbox"/> | Gluten Ingredient Free<br>Dairy Free    | 720              | 929           | 3888        | 105         | 49      | 7                      | 7                | 1                   | 1         | 2        |
| Sticky Seoul Tempeh*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <input type="checkbox"/>            | Vegan/DF                                | 700              | 1407          | 5880        | 93          | 74      | 13                     | 79               | 55                  | 34        | 7        |
| Maple Ginger Tofu*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <input type="checkbox"/>            | Gluten Ingredient Free<br>Vegan/DF      | 675              | 1222          | 5103        | 102         | 75      | 8                      | 40               | 26                  | 14        | 2        |
| Turkey Kofte*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <input type="checkbox"/>            |                                         | 590              | 372           | 1552        | 18          | 6       | 0                      | 60               | 5                   | 6         | 6        |
| Miso Orange Salmon*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <input checked="" type="checkbox"/> | Gluten Ingredient Free<br>Dairy Free    | 550              | 1265          | 4285        | 112         | 75      | 12                     | 29               | 0                   | 0         | 8        |
| Garlic Butter Steak*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <input type="checkbox"/>            |                                         | 770              | 1494          | 6237        | 189         | 72      | 7                      | 0                | 0                   | 1         | 2        |
| <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><br><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>Pesto Quinoa*</i>                                                                                                                                                                                                         | Gluten Ingredient Free - Vegetarian    | 720              | 1138          | 4781        | 42          | 36      | 4                      | 171              | 18                  | 21        | 4        |
| <i>Summer Potato Hash*</i>                                                                                                                                                                                                   | Gluten Ingredient Free - Vegan/DF      | 720              | 828           | 3478        | 14          | 40      | 3                      | 107              | 36                  | 19        | 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) |
| <i>Miso Mayo Slaw*</i>                                                                                                                                                                                                       | Vegan/DF                               | 970              | 1261          | 5209        | 22          | 104     | 10                     | 48               | 39                  | 17        | 13       |
| <i>Tommi's Mexican Chopped*</i>                                                                                                                                                                                              | Gluten Ingredient Free - Vegetarian    | 660              | 640           | 2680        | 21          | 33      | 8                      | 51               | 28                  | 17        | 3        |
| <i>Broccoli Caesar*</i>                                                                                                                                                                                                      |                                        | 895              | 886           | 3678        | 41          | 64      | 18                     | 35               | 19                  | 19        | 3        |
| HOUSE 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        |
| SUMMER 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) |
| <i>Summer Tahini Greens*</i>                                                                                                                                                                                                 | Gluten Ingredient Free - Vegan/DF      | 960              | 1219          | 5088        | 19          | 70      | 6                      | 108              | 22                  | 37        | 7        |
| <i>Pickleback Potatoes*</i>                                                                                                                                                                                                  | Gluten Ingredient Free - Vegetarian/DF | 810              | 1158          | 4892        | 12          | 74      | 7                      | 106              | 15                  | 12        | 8        |
| 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 - Oat & Raisin Cookie                                                                                                                                                                               | Gluten Ingredient Free - Vegan/DF      | 70               | 1277          | 307         | 3           | 16      | 6                      | 40               | 15                  | 1         | 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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