

ALLERGENS

DECEMBER 2025

ALLERGEN GUIDE BY MENU ITEMS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

SALAD BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>El Chipotle*</i>	<u>Mustard</u> , Soybean, Alliums	Gluten Ingredient Free - Vegetarian/DF									X				X	
Azteca	Milk, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X							X
Green Goddess	Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF										X			X	X
Seiz'a Caesar	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X							
Thai Chopped Chicken*	Nuts, Sesame, Soybean, Sulphites, Alliums	Gluten Ingredient Free										X		X	X	X
Holy Goat*	Gluten (Wheat), Milk, Mustard, Nuts, Sulphites, Alliums	Vegetarian		X					X		X	X				X
<i>Jingle Bowl + Roasted Kabocha Pumpkin</i>	<u>Mustard</u> , Nuts, Soybean	Gluten Ingredient Free - Vegan/DF									X	X			X	
<i>Jingle Bowl + Blackened Chicken</i>	Mustard, Nuts, Soybean, Sulphites	Gluten Ingredient Free									X	X			X	X
<i>Buffalo Chicken Caesar - KX Only</i>	Eggs, Fish, Milk, Sulphites, Alliums	Gluten Ingredient Free				X	X		X							X
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS, DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

POWER PLATES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>The Steak Out</i>	Gluten (Wheat), Fish, Milk, Mustard, Sulphites, Alliums			X			X		X		X					X
<i>BBQ Chicken Satay*</i>	Gluten (Wheat), Mustard, Nuts, Sesame, Soybean, Sulphites, Alliums	Dairy Free		X							X	X		X	X	X
<i>Blackened Chicken Harvest*</i>	Gluten (Wheat), Milk, Mustard, Nuts, Sulphites, Alliums			X					X		X	X				X
<i>Jalapeno Caesar*</i>	Gluten (Wheat), Eggs, Fish, Milk, Mustard, Sulphites, Alliums			X		X	X		X		X					X
<i>Cashew Tofu Crunch*</i>	Gluten (Wheat), Mustard, Nuts, Sesame, Soybean, Sulphites, Alliums	Vegan/DF		X							X	X		X	X	X
<i>Sesame Salmon Slaw*</i>	Gluten (Wheat), Fish, Mustard, Sesame, Soybean, Sulphites, Alliums	Dairy Free		X			X				X			X	X	X
WARM BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Butterbean Braise*</i>	Gluten (Wheat), Milk, Soybean, Sulphites	Vegetarian		X					X						X	X
<i>Thai Coconut Rice Bowl*</i>	Peanuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X		X	X
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

BUILD YOUR OWN - BASES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Baby Spinach		Gluten Ingredient Free - Vegan/DF														
Chopped Romaine		Gluten Ingredient Free - Vegan/DF														
Kale + Cabbage Mix		Gluten Ingredient Free - Vegan/DF														
Wholegrain Rice		Gluten Ingredient Free - Vegan/DF														
Power Grains*	Gluten (Wheat)	Vegan/DF		X												
Herb Quinoa*		Gluten Ingredient Free - Vegan/DF														
Potato Kale Hash*		Gluten Ingredient Free - Vegan/DF														
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

BUILD YOUR OWN - INGREDIENTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Black Bean Mix		Gluten Ingredient Free - Vegan/DF														
Charred Corn		Gluten Ingredient Free - Vegan/DF														
Cherry Tomatoes		Gluten Ingredient Free - Vegan/DF														
Cucumber		Gluten Ingredient Free - Vegan/DF														
Edamame + Peas	Soybean	Gluten Ingredient Free - Vegan/DF													X	
<i>Bold Bean Tahini Chickpeas*</i>	Sesame Seeds, Soybeans	Gluten Ingredient Free - Vegan/DF												X	X	
Pickled Red Onions	Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF														X
Broccoli		Gluten Ingredient Free - Vegan/DF														
Pink Slaw		Gluten Ingredient Free - Vegan/DF														
Spring Onion + Coriander	Alliums	Gluten Ingredient Free - Vegan/DF														
Shredded Carrot		Gluten Ingredient Free - Vegan/DF														
<i>Pickled Chillies*</i>	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Zero-Waste Greens		Gluten Ingredient Free - Vegan/DF														
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

BUILD YOUR OWN - DRESSINGS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Balsamic Vinaigrette	<u>Mustard</u> , Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					X
Balsamic Vinegar	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Classic Caesar Dressing	Eggs, Fish, Milk, Alliums	<input type="checkbox"/>	Gluten Ingredient Free				X	X		X							
Lime Coriander Dressing	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Apple Cider Vinaigrette	<u>Mustard</u>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					
Lime Wedge		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Green Goddess Dressing	Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Olive Oil		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Cashew Satay Dressing	Nuts, Sesame Seeds, Soybean, Sulphites, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X		X	X	X
Tahini Dressing	Sesame Seeds, Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	
Creamy Jalapeño Dressing	<u>Mustard</u> , Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					
Miso Ponzu Dressing	Gluten (Wheat), Sesame Seeds, Soybean, Sulphites	<input checked="" type="checkbox"/>	Vegan/DF		X										X	X	X
Chipotle Lime Dressing*	<u>Mustard</u> , Soybean	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian/DF									X				X	
Buffalo Caesar Dressing - KX Only	Eggs, Fish, Milk, Alliums	<input type="checkbox"/>	Gluten Ingredient Free				X	X		X							
<p>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</p> <p>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</p> <p>HALAL NOTICE: HALAL MEAT IN OUT 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.</p>																	

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

SAUCES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Sauce Shop Buffalo Hot Sauce	Soybean, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Herb Yoghurt*	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Chimichurri	Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Garlic Aioli*	Eggs, Mustard, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian				X					X					
BUILD YOUR OWN - CRUNCHES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Crispy Shallots	Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Smoky Almonds	Nuts, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				
Omega Seeds	Sesame Seeds, Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	
Blanco Nino Chipotle Tortilla		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Pollane Breadcrumbs	Gluten (Wheat)	<input checked="" type="checkbox"/>	Vegan/DF - Halal		X												
Maple Crunch*	Nuts	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				
DuDu Eats Thai Chili Oil	Peanuts, Soybean, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF											X		X	
Dried Cranberries		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE																	
A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM																	
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.																	

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

BUILD YOUR OWN - ADD-ONS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Avocado Half		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Crumbled Feta	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Parmesan	Eggs, Milk	<input type="checkbox"/>	Gluten Ingredient Free				X			X							
Avo Smash		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Soft Boiled Egg	Eggs	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian - Dairy Free				X										
Goat's Cheese*	Milk	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
BUILD YOUR OWN - MIXED SALADS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Broccoli Caesar*	Gluten (Wheat), Eggs, Fish, Milk, Alliums	<input type="checkbox"/>			X		X	X		X							
Roast Maple Nut Roots*	Mustard, Nuts, Sulphites	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian/DF									X	X				X
Creamy Miso Slaw*	Gluten (Wheat), Mustard, Sesame, Soybean, Sulphites, Alliums	<input type="checkbox"/>	Vegan/DF		X							X			X	X	X
Brussel Sprouts + Chestnuts	Soybean	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE																	
A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM																	
HALAL NOTICE: HALAL MEAT IN OUT 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.																	

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

BUILD YOUR OWN - PROTEINS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Blackened Chicken	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Dairy Free														X
Charred Lemongrass Chicken*	Soybean, Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Dairy Free													X	X
Garlic Butter Steak	Gluten (Wheat), Fish, Milk, <u>Mustard</u> , Sulphites, Alliums	<input type="checkbox"/>			X			X		X		X					X
Maple Ginger Tofu*	Soybean, Sulphites, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	X
Hot Honey Salmon*	Fish, Soybean	<input type="checkbox"/>	Gluten Ingredient Free - Dairy Free					X								X	
Roasted Kabocha Pumpkin*		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
<p><small>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</small></p> <p><small>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</small></p> <p><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></p>																	

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

SIDE POTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chicken Pot (Blackened Chicken Only)	Sulphites	Dairy Free - Gluten Ingredient Free														X
Chicken Pot (Charred Lemongrass Chicken Only)*	Soybean, Sulphites, Alliums	Gluten Ingredient Free - Dairy Free													X	X
Buffalo Chicken Pot*	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X		X						X	X
Tahini Greens + Chickpeas*	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF												X	X	
Broccoli Caesar Side Pot*	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X							
Creamy Miso Slaw Side Pot*	Gluten (Wheat), Mustard, Sesame, Soybean, Sulphites, Alliums	Vegan/DF		X							X			X	X	X
Roasted Maple Nut Roots Side Pot*	Mustard, Nuts, Sulphites	Gluten Ingredient Free - Vegetarian/DF									X	X				X
Brussel Sprouts + Chestnuts Side Pot*	Soybean	Gluten Ingredient Free - Vegan/DF													X	
Parmesan Roasties Pot*	Eggs, Milk, Mustard, Rennet, Alliums	Gluten Ingredient Free				X			X		X					
<p>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</p> <p>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</p>																

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – DECEMBER 2025

SWEET TREATS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Dark Chocolate + Granola Cookie	Gluten (Wheat), Eggs, Milk, Soybean	Vegetarian		X		X			X						X	
Dark Chocolate + Sea Salt Cookie	Gluten (Wheat), Eggs, Milk, Soybean	Vegetarian		X		X			X						X	
ASCC Oat & Raisin Cookie	Nuts	Gluten Ingredient Free - Vegan/DF										X				
ASCC Chocolate Brownie	Eggs, Milk, Soybean	Gluten Ingredient Free - Vegetarian				X			X						X	
Banana Bread	Gluten (Wheat), Eggs, Milk	Vegetarian		X		X			X							
<i>atis x JENKI Matcha Pistachio Pot</i>	Nuts	Gluten Ingredient Free - Vegan/DF										X				
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ALLERGENS

CATERING DECEMBER 2025

ALLERGEN GUIDE BY MENU ITEMS

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN CATERING 2025 V2

PREMIUMS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
Buffalo Blackened Chicken	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free				X	X		X						X	X
Charred Lemongrass Chicken*	Soybean, Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - DF													X	X
Maple Ginger Tofu	Sesame, Soybean, Sulphites, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	X
Hot Honey Salmon*	Fish, Soybean	<input type="checkbox"/>	Gluten Ingredient Free - DF					X								X	
Garlic Butter Steak*	Gluten (Wheat), Fish, Milk, Mustard, Sulphites, Alliums	<input type="checkbox"/>			X			X		X		X					X
SAUCES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
Buffalo Hot Sauce	Soybean, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Herb Yoghurt	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Chimichurri	Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p> <p><i>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</i></p>																	

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN CATERING 2025 V2

BASES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
<i>Wholegrain Rice</i>		Gluten Ingredient Free - Vegan/DF														
<i>Herb Quinoa*</i>		Gluten Ingredient Free - Vegan/DF														
<i>Power Grains*</i>	Gluten (Wheat)	Vegan/DF		X												
<i>Potato Kale Hash*</i>		Gluten Ingredient Free - Vegan/DF														
DELI SALADS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
<i>Creamy Miso Slaw*</i>	Gluten (Wheat), Mustard, Sesame, Soybean, Sulphites, Alliums	Vegan/DF		X							X			X	X	X
<i>Roasted Maple Nut Roots*</i>	Mustard, Nuts, Sulphites	Gluten Ingredient Free - Vegetarian/DF									X	X				X
<i>Broccoli Caesar*</i>	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X							
<i>Tahini Greens + Chickpeas*</i>	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF												X	X	
HOUSE SALADS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
<i>Caesar Salad</i>	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X							
<i>Azteca Salad</i>	Milk, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X							X
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

ATIS ALLERGEN GUIDE BY MENU ITEM – AUTUMN CATERING 2025 V2

SWEET TREATS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
ASCC Chocolate Chip Cookie	Soybean	Gluten Ingredient Free - Vegan/DF													X	
ASCC Double Chocolate Cookie	Soybean	Gluten Ingredient Free - Vegan/DF													X	
ASCC Oat & Raisin Cookie	Nuts	Gluten Ingredient Free - Vegan/DF										X				
atis Banana Bread	Gluten (Wheat), Eggs, Milk, Nuts	Vegetarian		X		X			X			X				
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

POWERING COMMUNITIES WITH REAL FOOD