

ALLERGENS

SPRING + RUNNA 2026

ALLERGEN GUIDE BY MENU ITEMS

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + RUNNA

ITEM INFORMATION INCLUDES DRESSINGS/SAUCE AS STANDARD	SALAD BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	Aztec	Milk, Sulphites, Allums	Gluten Ingredient Free - Vegetarian							X								X
	Green Goddess	Nuts, Soybean, Sulphites, Allums	Gluten Ingredient Free - Vegan/DF										X			X		X
	Sel's Caesar	Gluten (Wheat), Eggs, Fish, Milk, Allums			X		X	X		X								
	El Chiquito*	Mustard, Soybean, Honey, Allums	Gluten Ingredient Free - Vegetarian/DF									X				X		
	Double Crunch Thai*	Nuts, Sesame, Soybean, Sulphites, Allums	Gluten Ingredient Free - Vegan/DF										X		X	X		X
	PERFORMANCE	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	alk + RUNNA Egg*	Nuts, Soybean, Sesame, Sulphites, Allums	Gluten Ingredient Free - Vegan/DF											X		X	X	X
	ESSENTIALS EDIT	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	Chicken Jalapeno Taco*	Mustard, Sulphites, Allums	Gluten Ingredient Free - Dairy-Free									X						X
Blackened Chicken Avocado*	Mustard, Sesame, Soybean, Sulphites	Gluten Ingredient Free - Dairy-Free									X			X	X		X	
Harissa Tahini Chickpeas*	Gluten (Wheat), Soybean, Sesame, Sulphites, Allums	Vegan/DF		X											X	X	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 ALLERGENS: 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

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POWER PLATES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
High Steaks*	Gluten (Wheat) Fish, Milk, Mustard, Sulphites, Albuma			X			X		X		X					X
Battered/Chicken Grains*	Gluten (Wheat), Milk, Mustard, Sulphites, Honey, Albuma			X					X		X					X
Chipotle Chili Salmon*	Gluten (Wheat) Fish, Mustard, Sulphites, Honey, Albuma	Dairy Free		X			X				X			X	X	X
Gochujang Tofu Greens*	Gluten (Wheat), Nuts, Sesame, Soybean, Sulphites, Albuma	Vegan/DF		X								X		X	X	X
Sweet Potato Satey Crunch*	Gluten (Wheat), Mustard, Nuts, Sesame, Soybean, Sulphites, Albuma	Vegan/DF		X							X	X		X	X	X

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BUILD YOUR OWN - BASES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-CRISPS	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														
Harissa Grains*	Gluten (Wheat)	Vegan/DF		X												
Coriander Quinoa*	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Roast New Potatoes*		Gluten Ingredient Free - Vegan/DF														
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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	
Bold Bean Tahini Chickpea*	Sesame Seeds, Soybeans	Gluten Ingredient Free - Vegan/DF												X	X	
Pickled Red Onions	Sulphites, Allums	Gluten Ingredient Free - Vegan/DF														X
Broccoli		Gluten Ingredient Free - Vegan/DF														
Pink Slaw		Gluten Ingredient Free - Vegan/DF														
Spring Onion + Coriander	Allums	Gluten Ingredient Free - Vegan/DF														
Shredded Carrot		Gluten Ingredient Free - Vegan/DF														
Pickled Chilies*	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Roasted Greens		Gluten Ingredient Free - Vegan/DF														
Mint Leaves*		Gluten Ingredient Free - Vegan/DF														

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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	Mustard, Sulphites	☑	Gluten Ingredient Free - Vegan/DF									X					X
Balsamic Vinaiger	Sulphites	☑	Gluten Ingredient Free - Vegan/DF														X
Cheese Caesar Dressing	Eggs, Fish, Milk, Allume	☑	Gluten Ingredient Free				X	X		X							
Lime Coriander Dressing	Sulphites	☑	Gluten Ingredient Free - Vegan/DF														X
Apple Cider Vinaigrette	Mustard	☑	Gluten Ingredient Free - Vegan/DF									X					
Lime Wedge		☑	Gluten Ingredient Free - Vegan/DF														
Green Goddess Dressing	Sulphites, Allume	☑	Gluten Ingredient Free - Vegan/DF														X
The Olive Oil Guy Olive Oil*		☑	Gluten Ingredient Free - Vegan/DF														
Cashew Satay Dressing	Nuts, Sesame, Soybean, Sulphites, Allume	☑	Gluten Ingredient Free - Vegan/DF										X		X	X	X
Tahini Dressing	Sesame Seeds, Soybean	☑	Gluten Ingredient Free - Vegan/DF												X	X	
Creamy Jalapeno Dressing	Mustard, Allume	☑	Gluten Ingredient Free - Vegan/DF									X					
Miso Ponzu Dressing	Gluten (Wheat), Sesame, Soybean	☑	Vegan/DF		X										X	X	
Chipotle Lime Dressing*	Mustard, Soybean, Honey	☑	Gluten Ingredient Free - Vegetarian/DF									X				X	

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BAUCES	ALLERGENS & OTHER	HALAL*	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Sauce Shop Buffalo Hot Sauce</i>	Soybean, Allums	☑	Gluten Ingredient Free - Vegan/DF													X	
<i>Herb Yoghurt*</i>	Milk	☑	Gluten Ingredient Free - Vegetarian							X							
<i>Chimichurri</i>	Sulphites, Allums	☑	Gluten Ingredient Free - Vegan/DF														X
<i>Serb AMP</i>	Egg, Mustard, Allums	☑	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
<i>Crispy Shells</i>	Allums	☑	Gluten Ingredient Free - Vegan/DF														
<i>Smoky Almonds</i>	Nuts, Allums	☑	Gluten Ingredient Free - Vegan/DF										X				
<i>Omega Seeds</i>	Sesame Seeds, Soybean	☑	Gluten Ingredient Free - Vegan/DF												X	X	
<i>Blanco Mini-Chipotle Tortilla</i>		☑	Gluten Ingredient Free - Vegan/DF														
<i>Pullera Breadcrumbs</i>	Gluten (Wheat)	☑	Vegan/DF		X												
<i>OMÉ Line Cashew*</i>	Nuts, Allums	☑	Gluten Ingredient Free - Vegan/DF										X				
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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		☑	Gluten Ingredient Free - Vegan/DF														
Crumbled Feta	Milk	☑	Gluten Ingredient Free - Vegetarian							X							
Parmesan	Egg, Milk	☑	Gluten Ingredient Free				X			X							
Avo Smash		☑	Gluten Ingredient Free - Vegan/DF														
Soft Boiled Egg	Egg	☑	Gluten Ingredient Free - Vegetarian - Dairy Free				X										
Goat's Cheese*	Milk	☑	Gluten Ingredient Free - Vegetarian							X							
The Daily Kneadle Focaccia*	Gluten (Wheat)	☑	Vegan/DF		X												
BUILD YOUR OWN – MILD SALADS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Roasted Heritage Carrots*	Mustard, Nuts	☑	Gluten Ingredient Free - Vegetarian/DF									X					
Porky (HR) Tenderloin*	Gluten (Wheat), Sesame, Soybean, Sulphites	☑	Vegan/DF		X										X	X	X
Grilled Hip/ Cabbage*	Gluten (Wheat), Sesame, Soybean, Allums	☑	Vegan/DF		X										X	X	
Creamy Miso Steer*	Gluten (Wheat), Mustard, Sesame, Soybean, Allums	☑	Vegan/DF		X							X			X	X	X
<small>ITEMS THAT ARE ITALICIZED 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 MILK, OF A DAIRY FREE</small>																	
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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	☑	Gluten Ingredient Free - Dairy Free														X
Herb Grilled Chicken*	Milk	☑	Gluten Ingredient Free							X							
Herbless Honey Thigh*	Mustard, Honey, Album	☑	Gluten Ingredient Free - Dairy Free									X					
Garlic Butter Steak	Gluten (Wheat), Fish, Milk, Mustard, Sulphites, Album	☐			X			X		X		X					X
Hot Honey Salmon*	Fish, Soybean	☑	Gluten Ingredient Free - Dairy Free					X								X	
Miso Ginger Sweet Potato*	Soybean	☑	Gluten Ingredient Free - Vegan/DF													X	
Gochujang Tofu*	Soybean	☑	Gluten Ingredient Free - Vegan/DF													X	

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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 (Herb Chicken Only)*	Milk	Gluten Ingredient Free							X							
Buffalo Chicken Pot*	Eggs, Fish, Milk, Soybean, Sulphites, Allums	Gluten Ingredient Free				X	X		X						X	X
Tahini Greens + Chickpeas*	Sesame, Soybean, Allums	Gluten Ingredient Free - Vegan/DF												X	X	
Roasted/Heritage Carrots Side Pot*	Mustard, Honey	Gluten Ingredient Free - Vegetarian/DF									X					
Panau Chili Tenderstem Side Pot*	Gluten (Wheat), Sesame, Soybean, Sulphites	Vegan/DF		X										X	X	X
Grilled Hip/L Cabbage Side Pot*	Gluten (Wheat), Sesame, Soybean, Allums	Vegan/DF		X										X	X	
Creamy Miso Slaw Side Pot*	Gluten (Wheat), Mustard, Sesame, Soybean, Allums	Vegan/DF		X							X			X	X	X
Parmesan Roasties Pot*	Eggs, Milk, Mustard, Rennet, Allums	Gluten Ingredient Free				X			X		X					

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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	
Oat & Raisin Cookie	Nuts	Gluten Ingredient Free - Vegan/DF										X				
Chocolate Brownie	Eggs, Milk, Soybean	Gluten Ingredient Free - Vegetarian				X			X						X	
Banana Bread	Gluten (Wheat), Eggs, Milk	Vegetarian		X		X			X							

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

ALLERGENS

SPRING CATERING 2026

[ALLERGEN GUIDE BY MENU ITEMS](#)

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING CATERING 2026

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, Allums	☒	Gluten Ingredient Free				X	X		X						X	X
Herb-Grilled Chicken*	Milk	☒	Gluten Ingredient Free							X							
Honey/Marissa Thighs*	Mustard, Honey	☒	Gluten Ingredient Free - Dairy Free									X					
Gochujang Tofu*	Sesame, Soybean, Allums	☒	Gluten Ingredient Free - Vegan/DF												X	X	
Miso-Ginger Sweet Potato*	Sesame, Soybean	☒	Gluten Ingredient Free - Vegan/DF												X	X	
Hot Honey Salmon*	Fish, Soybean	☒	Gluten Ingredient Free - DF					X								X	
Garlic Butter Steak*	Gluten (Wheat), Fish, Milk, Mustard, Sulphites, Allums	☐			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, Allums	☒	Gluten Ingredient Free - Vegan/DF													X	
Herb Yoghurt	Milk	☒	Gluten Ingredient Free - Vegetarian							X							
Chimichurri	Sulphites, Allums	☒	Gluten Ingredient Free - Vegan/DF														X
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ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING CATERING 2026

BASES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
Wholegrain Rice		Gluten Ingredient Free - Vegan/DF														
Coriander Quinoa*	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Herbisa Grains*	Gluten (Wheat)	Vegan/DF		X												
Roast New Potatoes*		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
Panau Tenderstem Broccoli*	Gluten (Wheat), Sesame, Soybean, Sulphites	Vegan/DF		X										X	X	X
Grilled Napa Cabbage*	Gluten (Wheat), Sesame, Soybean, Allums	Vegan/DF		X										X	X	
Creamy Miso Slaw*	Gluten (Wheat), Mustard, Soybean, Sesame, Sulphites, Allums	Vegan/DF		X							X			X	X	X
Roast Heritage Carrots*	Mustard, Honey	Gluten Ingredient Free - Vegetarian/DF									X					
HOUSE SALADS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
Caesar Salad	Gluten (Wheat), Eggs, Fish, Milk, Allums			X		X	X		X							
Artica Salad	Milk, Sulphites, Allums	Gluten Ingredient Free - Vegetarian							X							X
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SWEET TREATS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYBEAN	SULPHITES
Dark Chocolate + Sea Salt Cookie	Gluten (Wheat), Eggs, Milk, Soybean	Vegetarian		X		X			X						X	
Oat & Raisin Cookie	Nuts	Gluten Ingredient Free - Vegan/DF										X				
Banana Bread	Gluten (Wheat), Eggs, Milk	Vegetarian		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>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>																

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