

# NUTRITIONAL GUIDE

SUMMER CATERING 2026

**NUTRITIONAL GUIDE BY MENU ITEMS**

ATIS NUTRITIONAL GUIDE – SUMMER CATERING 2026

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 Vegan/DF	150	492	2058	2	44	5	21	20	2	1
<i>Herb Yoghurt*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegetarian	150	186	777	8	14	9	9	8	0	1
Chimichurri	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	150	609	1549	2	65	6	5	2	0	0
PREMIUMS	Halal?	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Buffalo Blackened Chicken	<input checked="" type="checkbox"/>	Gluten-Ingredient Free	820	2017	8372	140	154	34	7	11	1	1
<i>Herb Chicken Breast*</i>	<input checked="" type="checkbox"/>	Gluten-Ingredient Free	730	642	2694	114	11	10	11	11	1	3
<i>Honey Harissa Thighs*</i>	<input checked="" type="checkbox"/>	Gluten-Ingredient Free Dairy Free	810	1369	5743	121	88	16	24	24	0	3
<i>Gochujang Tofu*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	675	1249	5211	102	75	8	40	26	14	1
<i>Miso Ginger Sweet Potato*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	730	934	2730	15	26	4	172	56	21	5
<i>Garlic Butter Steak*</i>	<input type="checkbox"/>		770	1494	6237	189	72	7	0	0	1	3
<i>Hot Honey Salmon*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Dairy Free	730	1767	7388	164	104	18	45	41	0	4
<i>Roasted Aubergine*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	695	320	1341	13	13	3	51	22	28	0
<small>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE</small>												
<small>HALAL NOTICE: HALAL MEAT IN OUR STORES IS APPROVED BY ISLAMIC BODIES IN THE COUNTRY OF ORIGIN AND FOLLOWS ISLAMIC PRINCIPLES. THE DRESSINGS AND MARINADES MARKED ARE MADE WITH HALAL INGREDIENTS AND PRACTICES, BUT DUE TO THE COMPLEXITY OF INGREDIENTS, THEY ARE NOT CERTIFIED BY A HALAL CERTIFICATION BODY</small>												

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BASES	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Wholegrain Rice	Gluten Ingredient Free - Vegan/DF	720	958	4068	23	4	1	194	2	8	0
<i>Herb Quinoa*</i>	Gluten Ingredient Free - Vegan/DF	720	1548	6480	32	94	7	147	15	17	15
<i>Harissa Grains*</i>	Vegan/DF	720	2542	10656	60	95	9	365	17	38	10
<i>Roast New Potatoes*</i>	Gluten Ingredient Free - Vegan/DF	720	406	1974	12	25	4	114	9	13	4
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>Ponzu Chilli Tenderstem*</i>	Vegan/DF	540	340	1420	21	12	2	28	17	18	0
<i>Potato Salad*</i>	Gluten Ingredient Free - Vegetarian	735	963	4065	13	58	7	98	15	11	3
<i>Creamy Miso Slaw*</i>	Vegan/DF	794	905	3748	14	71	7	31	36	20	3
<i>Falafel &amp; Hummus*</i>	Gluten Ingredient Free - Vegan/DF	720	756	3161	45	37	3	117	7	6	3
<i>Spicy Sesame Cauliflower*</i>	Gluten Ingredient Free - Vegan/DF	765	956	3993	31	54	7	96	62	17	4
<i>Chopped Tomato &amp; Feta Salad*</i>	Gluten Ingredient Free - Vegetarian	752	421	1730	16	28	11	5	19	9	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
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)
Dark Chocolate + Sea Salt Cookie	Vegetarian	73	309	1293	4	14	8	41	21	1	1
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	110	287	1201	4	12	7	40	22	1	0
<p><i>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE</i></p>											

# POWERING COMMUNITIES WITH REAL FOOD