

# NUTRITIONAL GUIDE

WINTER 2026

NUTRITIONAL GUIDE BY MENU ITEMS

## ATIS NUTRITIONAL GUIDE – WINTER 2026

| 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) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| Seiz'a Caesar                                                                                                                                                                                                                                                                                                                      |                                        | 315              | 343           | 1433        | 16          | 24      | 8                      | 9                | 6                   | 4         | 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        |
| <i>El Chipotle*</i>                                                                                                                                                                                                                                                                                                                | Gluten Ingredient Free - Vegetarian/DF | 345              | 459           | 1625        | 8           | 24      | 2                      | 34               | 16                  | 8         | 1        |
| <i>Sweet Potato Satay*</i>                                                                                                                                                                                                                                                                                                         | Gluten Ingredient Free - Vegan/DF      | 410              | 500           | 1902        | 14          | 28      | 4                      | 50               | 19                  | 9         | 1        |
| <i>Double Crunch Thai*</i>                                                                                                                                                                                                                                                                                                         | Gluten Ingredient Free - Vegan/DF      | 365              | 394           | 1643        | 14          | 24      | 3                      | 19               | 14                  | 9         | 0        |
| <i>Chilli Miso Mushrooms*</i>                                                                                                                                                                                                                                                                                                      | Vegan/DF                               | 400              | 432           | 1812        | 14          | 22      | 3                      | 14               | 18                  | 8         | 2        |
| 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) |
| Seiz'a Caesar                                                                                                                                                                                                                                                                                                                      |                                        | 385              | 427           | 1786        | 18          | 32      | 10                     | 12               | 2                   | 1         | 1        |
| 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        |
| <i>El Chipotle*</i>                                                                                                                                                                                                                                                                                                                | Gluten Ingredient Free - Vegetarian/DF | 455              | 655           | 2434        | 10          | 35      | 3                      | 41               | 21                  | 9         | 2        |
| <i>Sweet Potato Satay*</i>                                                                                                                                                                                                                                                                                                         | Gluten Ingredient Free - Vegan/DF      | 460              | 612           | 2364        | 17          | 36      | 5                      | 58               | 23                  | 9         | 1        |
| <i>Double Crunch Thai*</i>                                                                                                                                                                                                                                                                                                         | Gluten Ingredient Free - Vegan/DF      | 435              | 505           | 1762        | 17          | 32      | 4                      | 26               | 17                  | 10        | 0        |
| <i>Chilli Miso Mushrooms*</i>                                                                                                                                                                                                                                                                                                      | Vegan/DF                               | 490              | 593           | 2470        | 17          | 28      | 3                      | 15               | 23                  | 9         | 4        |
| <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/>WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.</small> |                                        |                  |               |             |             |         |                        |                  |                     |           |          |

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## ATIS NUTRITIONAL GUIDE – WINTER 2026

|                                                                                                                                                                                                                                                                                                                                    | 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>High Steaks*</i>              |                                   | 490              | 735           | 3082        | 40          | 49      | 5                      | 33               | 5                   | 8         | 2        |
|                                                                                                                                                                                                                                                                                                                                    | <i>Harissa Chicken Caesar*</i>   |                                   | 525              | 1087          | 4557        | 38          | 65      | 14                     | 86               | 9                   | 12        | 4        |
|                                                                                                                                                                                                                                                                                                                                    | <i>Blackened Chicken Grains*</i> |                                   | 545              | 916           | 3848        | 40          | 40      | 7                      | 100              | 21                  | 13        | 3        |
|                                                                                                                                                                                                                                                                                                                                    | <i>Chipotle Chilli Salmon*</i>   | Dairy Free                        | 495              | 787           | 3307        | 36          | 42      | 5                      | 22               | 22                  | 5         | 2        |
|                                                                                                                                                                                                                                                                                                                                    | <i>Gochujang Tofu Greens*</i>    | Vegetarian/DF                     | 490              | 671           | 2827        | 32          | 30      | 4                      | 24               | 26                  | 9         | 1        |
|                                                                                                                                                                                                                                                                                                                                    | <i>Ponzu Sweet Potato*</i>       | Vegetarian/DF                     | 445              | 894           | 3542        | 22          | 64      | 12                     | 59               | 15                  | 8         | 5        |
|                                                                                                                                                                                                                                                                                                                                    | WARM BOWLS                       | 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>Roasted Pumpkin Soup*</i>     | Gluten Ingredient Free - Vegan/DF | 315              | 334           | 1399        | 3           | 29      | 13                     | 16               | 3                   | 3         | 1        |
|                                                                                                                                                                                                                                                                                                                                    | <i>Thai Coconut Rice Bowl*</i>   | Gluten Ingredient Free - Vegan/DF | 610              | 702           | 2940        | 12          | 31      | 19                     | 26               | 23                  | 7         | 1        |
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## ATIS NUTRITIONAL GUIDE – WINTER 2026

| 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        |
| Wholegrain Rice                                                                                                                                                                                                                                                                                                                    | Gluten Ingredient Free - Vegan/DF | 50               | 67            | 283         | 2           | 0       | 0                      | 14               | 0                   | 1         | 0        |
| <i>Harissa Grains*</i>                                                                                                                                                                                                                                                                                                             | Vegan/DF                          | 70               | 247           | 1036        | 6           | 9       | 1                      | 35               | 2                   | 4         | 1        |
| <i>Coriander Quinoa*</i>                                                                                                                                                                                                                                                                                                           | Gluten Ingredient Free - Vegan/DF | 60               | 129           | 540         | 1           | 8       | 1                      | 12               | 1                   | 1         | 1        |
| <i>Roast New Potatoes*</i>                                                                                                                                                                                                                                                                                                         | Gluten Ingredient Free - Vegan/DF | 70               | 69            | 289         | 1           | 2       | 0                      | 11               | 1                   | 1         | 0        |
| <i>Lentils*</i>                                                                                                                                                                                                                                                                                                                    | Gluten Ingredient Free - Vegan/DF | 70               | 76            | 320         | 6           | 1       | 0                      | 10               | 0                   | 0         | 2        |
| 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        |
| 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 Red 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>Cherry 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>Pickled Chillies*</i>                                                                                                                                                                                                                                                                                                           | Gluten Ingredient Free - Vegan/DF | 15               | 4             | 17          | 0           | 0       | 0                      | 1                | 0                   | 0         | 0        |
| <i>Zero-Waste Greens</i>                                                                                                                                                                                                                                                                                                           | Gluten Ingredient Free - Vegan/DF | 50               | 79            | 325         | 2           | 6       | 0                      | 3                | 2                   | 3         | 1        |
| <i>Mint Leaves*</i>                                                                                                                                                                                                                                                                                                                | Gluten Ingredient Free - Vegan/DF | 10               | 6             | 24          | 0           | 0       | 0                      | 1                | 1                   | 1         | 0        |
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## ATIS NUTRITIONAL GUIDE – WINTER 2026

| 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 - Vegetarian/DF | 50               | 140           | 578         | 2           | 11      | 2                      | 9                | 6                   | 0         | 2        |
| <i>Chipotle Lime Dressing*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian/DF | 50               | 202           | 845         | 0           | 18      | 2                      | 11               | 10                  | 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 - Vegetarian/DF | 80               | 223           | 925         | 3           | 17      | 3                      | 14               | 9                   | 0         | 3        |
| <i>Chipotle Lime Dressing*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian/DF | 80               | 323           | 1352        | 0           | 28      | 2                      | 18               | 15                  | 0         | 1        |
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## ATIS NUTRITIONAL GUIDE – WINTER 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) |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|----------------------------------------|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| <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 - Vegetarian    | 50               | 62            | 259         | 3           | 5       | 3                      | 3                | 3                   | 0         | 0        |
| <i>Chimichurri</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 50               | 203           | 850         | 1           | 22      | 2                      | 2                | 1                   | 0         | 0        |
| <i>Garlic Aioli*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian    | 50               | 284           | 1188        | 2           | 30      | 3                      | 3                | 1                   | 1         | 0        |
| 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) |
| <i>Blanco Niño Chipotle Tortilla</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 15               | 72            | 300         | 1           | 3       | 0                      | 10               | 0                   | 0         | 0        |
| <i>Smoked Almonds</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 20               | 130           | 537         | 5           | 11      | 1                      | 1                | 1                   | 2         | 0        |
| <i>Omega Seeds</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 15               | 84            | 346         | 3           | 7       | 1                      | 1                | 0                   | 1         | 0        |
| <i>Crispy Shallots</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 15               | 15            | 64          | 0           | 1       | 0                      | 2                | 1                   | 0         | 0        |
| <i>Poilâne Breadcrumbs</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <input checked="" type="checkbox"/> | Vegan/DF                               | 15               | 48            | 201         | 1           | 2       | 0                      | 5                | 0                   | 0         | 0        |
| <i>Maple Crunch*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 20               | 50            | 461         | 3           | 10      | 1                      | 5                | 3                   | 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 - ADD-ONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 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>Avocado Half</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 90               | 159           | 655         | 1           | 16      | 4                      | 2                | 0                   | 3         | 0        |
| <i>Parmesan</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <input type="checkbox"/>            | Gluten Ingredient Free                 | 30               | 119           | 496         | 10          | 9       | 5                      | 0                | 0                   | 0         | 0        |
| <i>Crumbled Feta</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegetarian    | 35               | 87            | 361         | 5           | 7       | 5                      | 0                | 0                   | 0         | 1        |
| <i>Avo Smash</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 70               | 104           | 431         | 1           | 10      | 2                      | 3                | 0                   | 2         | 1        |
| <i>Soft Boiled Egg</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegetarian/DF | 55               | 79            | 327         | 8           | 5       | 1                      | 0                | 0                   | 0         | 0        |
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## ATIS NUTRITIONAL GUIDE – WINTER 2026

| 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) |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|----------------------------------------|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| <i>Broccoli Caesar*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <input type="checkbox"/>            |                                        | 60               | 70            | 290         | 3           | 5       | 1                      | 2                | 1                   | 1         | 1        |
| <i>Roasted Heritage Carrots*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian/DF | 70               | 52            | 216         | 0           | 3       | 0                      | 7                | 5                   | 2         | 0        |
| <i>Ponzu Chilli Tenderstem*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <input type="checkbox"/>            | Vegetarian/DF                          | 60               | 64            | 265         | 2           | 4       | 0                      | 4                | 2                   | 2         | 1        |
| <i>Grilled Hispi Cabbage*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <input type="checkbox"/>            | Vegetarian/DF                          | 80               | 34            | 143         | 1           | 2       | 0                      | 4                | 3                   | 2         | 0        |
| BUILD YOUR OWN - PROTEINS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 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              | 204           | 853         | 23          | 12      | 1                      | 1                | 1                   | 0         | 1        |
| <i>Herb Chicken*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <input type="checkbox"/>            | Gluten Ingredient Free                 | 120              | 262           | 1095        | 16          | 22      | 7                      | 0                | 0                   | 0         | 0        |
| Garlic Butter Steak                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <input type="checkbox"/>            |                                        | 130              | 330           | 1378        | 42          | 16      | 2                      | 0                | 0                   | 0         | 0        |
| <i>Gochujang Tofu*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <input type="checkbox"/>            | Vegan/DF                               | 120              | 242           | 1010        | 21          | 14      | 1                      | 8                | 6                   | 3         | 0        |
| <i>Hot Honey Salmon*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <input type="checkbox"/>            | Dairy Free - Gluten Ingredient Free    | 120              | 294           | 1231        | 27          | 17      | 3                      | 7                | 7                   | 0         | 1        |
| <i>Miso Ginger Sweet Potato*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/DF      | 120              | 145           | 413         | 2           | 3       | 0                      | 29               | 9                   | 3         | 1        |
| <i>Umami Mushrooms*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/DF      | 120              | 97            | 406         | 6           | 5       | 1                      | 8                | 5                   | 3         | 0        |
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## ATIS NUTRITIONAL GUIDE – WINTER 2026

| 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    | 240              | 408           | 1706        | 45          | 24      | 3                      | 3                | 3                   | 0         | 1        |
| <i>Chicken Pot (Herb Chicken Only)*</i>                                                                                                                                                                                                                                                                                            | Gluten Ingredient Free                 | 240              | 523           | 2189        | 31          | 43      | 14                     | 0                | 0                   | 0         | 0        |
| Buffalo Chicken Pot                                                                                                                                                                                                                                                                                                                | Gluten Ingredient Free                 | 355              | 714           | 2986        | 48          | 51      | 7                      | 5                | 12                  | 1         | 2        |
| <i>Tahini Greens + Chickpeas*</i>                                                                                                                                                                                                                                                                                                  | Gluten Ingredient Free - Vegan/DF      | 315              | 507           | 2098        | 12          | 40      | 3                      | 13               | 11                  | 9         | 4        |
| <i>Broccoli Caesar Side Pot*</i>                                                                                                                                                                                                                                                                                                   |                                        | 180              | 209           | 869         | 9           | 15      | 4                      | 7                | 4                   | 4         | 3        |
| <i>Roasted Heritage Carrots Side Pot*</i>                                                                                                                                                                                                                                                                                          | Gluten Ingredient Free - Vegetarian/DF | 250              | 185           | 773         | 2           | 11      | 1                      | 24               | 16                  | 7         | 1        |
| <i>Ponzu Chilli Tenderstem Side Pot*</i>                                                                                                                                                                                                                                                                                           | Vegan/DF                               | 240              | 218           | 911         | 7           | 15      | 1                      | 13               | 6                   | 6         | 2        |
| <i>Grilled Hispi Cabbage Side Pot*</i>                                                                                                                                                                                                                                                                                             | Vegetarian/DF                          | 240              | 103           | 430         | 4           | 5       | 1                      | 11               | 8                   | 5         | 0        |
| <i>Parmesan Roasties Pot*</i>                                                                                                                                                                                                                                                                                                      | Gluten Ingredient Free                 | 260              | 623           | 2617        | 11          | 42      | 5                      | 47               | 4                   | 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) |
| <i>Dark Chocolate + Granola Cookie</i>                                                                                                                                                                                                                                                                                             | Vegetarian                             | 75               | 259           | 1084        | 4           | 12      | 7                      | 35               | 28                  | 1         | 0        |
| <i>Dark Chocolate + Sea Salt Cookie</i>                                                                                                                                                                                                                                                                                            | Vegetarian                             | 73               | 309           | 1293        | 4           | 14      | 8                      | 41               | 21                  | 1         | 1        |
| After School Cookie Club - Oat & Raisin Cookie                                                                                                                                                                                                                                                                                     | Gluten Ingredient Free - Vegan/DF      | 80               | 347           | 1277        | 3           | 16      | 6                      | 40               | 15                  | 1         | 1        |
| After School Cookie Club - Fudgy Brownie                                                                                                                                                                                                                                                                                           | Gluten Ingredient Free - Vegetarian    | 90               | 410           | 1715        | 5           | 23      | 14                     | 44               | 36                  | 3         | 0        |
| <i>Banana Bread</i>                                                                                                                                                                                                                                                                                                                | Vegetarian                             | 110              | 287           | 1201        | 4           | 12      | 7                      | 40               | 22                  | 1         | 0        |
| atis x JENKI Matcha Pistachio Pot                                                                                                                                                                                                                                                                                                  | Gluten Ingredient Free - Vegan/DF      | 85               | 313           | 1310        | 7           | 23      | 11                     | 25               | 12                  | 3         | 0        |
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