

NUTRITIONAL GUIDE

SPRING + RUNNA 2026

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – SPRING + RUNNA

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 - VeganDF	380	331	1448	14	24	1	11	7	8	1
El Chipote*	Gluten Ingredient Free - VegetarianDF	345	459	1625	8	24	2	34	16	8	1
Double Crunch Thai*	Gluten Ingredient Free - VeganDF	365	394	1643	14	24	3	19	14	9	0
PERFORMANCE (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)
afis x RUNNA Edit*	Gluten Ingredient Free - VeganDF	450	590	2133	14	23	3	64	25	10	1
ESSENTIAL EDITS (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)
Chicken Jalapeno Taco*	Gluten Ingredient Free - Dairy-Free	470	724	3008	31	50	5	24	11	5	3
Blackened Chicken Avo*	Gluten Ingredient Free - Dairy-Free	425	757	3141	31	62	8	11	7	7	2
Harissa Tahini Chickpeas*	VeganDF	415	847	3528	19	58	8	49	15	10	3
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 - VeganDF	450	374	1656	15	27	1	11	7	9	1
El Chipote*	Gluten Ingredient Free - VegetarianDF	455	655	2434	10	35	3	41	21	9	2
Double Crunch Thai*	Gluten Ingredient Free - VeganDF	435	505	1762	17	32	4	26	17	10	0
PERFORMANCE (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)
afis x RUNNA Edit*	Gluten Ingredient Free - VeganDF	540	729	3051	18	31	4	67	26	11	2
ESSENTIAL EDITS (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)
Chicken Jalapeno Taco*	Gluten Ingredient Free - Dairy-Free	575	966	4019	34	71	6	35	13	7	4
Blackened Chicken Avo*	Gluten Ingredient Free - Dairy-Free	475	912	3781	31	77	9	11	9	7	2
Harissa Tahini Chickpeas*	VeganDF	525	1234	5145	27	80	10	84	19	14	5

*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SHOWS RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE. WHOLEST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE – SPRING + RUNNA

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>		580	765	3306	42	52	5	36	6	9	3
<i>Blackened Chicken Grains*</i>		635	1213	5086	46	53	8	129	26	16	5
<i>Chipotle Chili Salmon*</i>	Dairy Free	525	803	3360	37	41	5	68	23	6	2
<i>Gochujang Tofu Greens*</i>	VeganDF	520	692	2902	33	30	4	23	16	9	1
<i>Sweet Potato Salaty Crunch*</i>	VeganDF	500	720	2815	18	33	5	50	20	10	2

*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFY RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS. DF = DAIRY FREE. WHILE EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE – SPRING + RUNNA

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 - VeganDF	50	10	39	1	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - VeganDF	60	10	41	1	0	0	1	1	1	0
Kale + Cabbage Mix	Gluten Ingredient Free - VeganDF	50	17	70	1	0	0	1	1	1	0
Wholegrain Rice	Gluten Ingredient Free - VeganDF	50	67	283	2	0	0	14	0	1	0
<i>Farfalle Grains*</i>	VeganDF	70	247	1036	6	9	1	35	2	4	1
<i>Coriander Quinoa*</i>	Gluten Ingredient Free - VeganDF	60	129	540	1	8	1	12	1	1	1
<i>Roast New Potatoes*</i>	Gluten Ingredient Free - VeganDF	70	69	289	1	2	0	11	1	1	0
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 - VeganDF	60	11	47	2	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - VeganDF	90	15	62	1	0	0	1	1	2	0
Kale + Cabbage Mix	Gluten Ingredient Free - VeganDF	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 - VeganDF	50	59	246	5	2	0	4	2	3	0
<i>Bold Bean Tahini Chickpeas</i>	Gluten Ingredient Free - VeganDF	50	79	328	4	3	0	8	1	3	0
Pickled Red Onions	Gluten Ingredient Free - VeganDF	50	24	102	0	0	0	4	4	1	0
<i>Black Bean Mix</i>	Gluten Ingredient Free - VeganDF	50	43	178	3	0	0	3	0	4	0
Chared Corn	Gluten Ingredient Free - VeganDF	50	48	201	1	3	0	7	3	3	2
Cherry Tomatoes	Gluten Ingredient Free - VeganDF	60	16	65	1	0	0	2	2	1	0
Cucumber	Gluten Ingredient Free - VeganDF	50	8	33	1	0	0	1	1	0	0
Broccoli	Gluten Ingredient Free - VeganDF	50	60	246	2	5	0	1	1	2	1
Shredded Carrot	Gluten Ingredient Free - VeganDF	40	15	62	0	0	0	4	2	1	0
Spring Onion + Coriander	Gluten Ingredient Free - VeganDF	10	3	12	0	0	0	0	0	0	0
Pink Slaw	Gluten Ingredient Free - VeganDF	50	15	60	1	0	0	2	2	1	0
Pickled Chillies*	Gluten Ingredient Free - VeganDF	15	4	17	0	0	0	1	0	0	0
Roasted Greens	Gluten Ingredient Free - VeganDF	50	79	325	2	6	0	3	2	3	1
<i>Mint Leaves*</i>	Gluten Ingredient Free - VeganDF	10	6	24	0	0	0	1	1	1	0
<small>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED DISPLAYS RECIPE CHANGE. UNDERLINED ITEMS HAVE DOUBLE PORTION IN PLATES. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@4FIDPOOD.COM IF YOU HAVE ANY QUESTIONS. DF = DAIRY FREE. WHILE EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.</small>											

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE – SPRING + RUNNA

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	☒	Gluten Ingredient Free Vegan/GF	50	176	725	4	13	2	12	5	0	2
Lime Coriander Dressing	☒	Gluten Ingredient Free Vegan/GF	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	☒	Gluten Ingredient Free Vegan/GF	50	285	1172	1	27	2	2	2	1	1
Classic Caesar Dressing	☒	Gluten Ingredient Free	50	126	527	2	12	3	3	1	0	0
Apple Cider Vinaigrette	☒	Gluten Ingredient Free Vegan/GF	50	251	1032	1	24	2	3	3	0	1
Tahini Dressing	☒	Gluten Ingredient Free Vegan/GF	50	233	955	3	22	2	5	4	0	1
Green Goddess Dressing	☒	Gluten Ingredient Free Vegan/GF	50	57	238	1	6	1	1	0	0	0
Balsamic Vinegar	☒	Gluten Ingredient Free Vegan/GF	25	28	120	0	0	0	6	5	0	0
The Olive Oil Guy Olive Oil*	☒	Gluten Ingredient Free Vegan/GF	25	206	847	0	23	3	0	0	0	0
Lime Wedge	☒	Gluten Ingredient Free Vegan/GF	25	2	10	0	0	0	0	0	0	0
Creamy Jalapeño Dressing	☒	Gluten Ingredient Free Vegan/GF	50	238	980	1	25	2	2	1	0	1
Miso Ponzu Dressing	☒	Vegan/GF	50	142	588	2	10	1	11	7	0	2
Chipotle Lime Dressing*	☒	Gluten Ingredient Free Vegetarian/GF	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	☒	Gluten Ingredient Free Vegan/GF	80	281	1175	6	21	3	18	8	0	0
Lime Coriander Dressing	☒	Gluten Ingredient Free Vegan/GF	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	☒	Gluten Ingredient Free Vegan/GF	80	455	1874	1	43	2	3	2	0	1
Classic Caesar Dressing	☒	Gluten Ingredient Free	80	202	843	3	19	4	4	2	0	0
Apple Cider Vinaigrette	☒	Gluten Ingredient Free Vegan/GF	80	401	1651	1	38	3	5	5	0	2
Tahini Dressing	☒	Gluten Ingredient Free Vegan/GF	80	370	1528	5	35	3	7	7	0	2
Green Goddess Dressing	☒	Gluten Ingredient Free Vegan/GF	80	91	382	1	10	1	1	0	0	0
Creamy Jalapeño Dressing	☒	Gluten Ingredient Free Vegan/GF	80	381	1587	2	40	3	3	2	0	1
Miso Ponzu Dressing	☒	Vegan/GF	80	227	940	4	15	2	17	11	0	3
Chipotle Lime Dressing*	☒	Gluten Ingredient Free Vegetarian/GF	80	323	1352	0	28	2	18	15	0	1

*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SHAPES RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO SUGGEST A CHANGE.
 HALAL NOTICE: Halal meat in our stores is approved by Islamic bodies in the country of origin and follows Islamic principles. The dressings and marinades marked are made with halal ingredients and practices, but due to the complexity of ingredients, they are not certified by a halal certification body.
 *SOME OF OUR ITEMS HAVE BEEN TAKEN TO REMOVE ALL BONES, SOME OTHERS BONES ARE FRESH.

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE – SPRING + RUNNA

SAUCES	Hala?	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)
Sauce Shop Buffalo Hot Sauce	☑	Gluten Ingredient Free Vegan/GF	50	50	208	1	4	2	2	1	0	2
Herb Yoghurt*	☑	Gluten Ingredient Free Vegetarian	50	62	259	3	5	3	3	3	0	0
Chimichurri	☑	Gluten Ingredient Free Vegan/GF	50	203	850	1	22	2	2	1	0	0
Garlic Aioli*	☑	Gluten Ingredient Free Vegetarian	50	284	1188	2	30	3	3	1	1	0
BUILD YOUR OWN - CRUNCHES	Hala?	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)
Bianco Niño Chipotle Tortilla	☑	Gluten Ingredient Free Vegan/GF	15	72	300	1	3	0	10	0	0	0
Smoked Almonds	☑	Gluten Ingredient Free Vegan/GF	20	130	537	5	11	1	1	1	2	0
Omega Seeds	☑	Gluten Ingredient Free Vegan/GF	15	84	346	3	7	1	1	0	1	0
Crispy Shallots	☑	Gluten Ingredient Free Vegan/GF	15	15	64	0	1	0	2	1	0	0
Poissane Breadcrumbs	☑	Vegan/GF	15	48	201	1	2	0	5	0	0	0
Maple Crunch*	☑	Gluten Ingredient Free Vegan/GF	20	50	461	3	10	1	5	3	1	0
Chili Lime Cashews*	☑	Gluten Ingredient Free Vegan/GF	15	78	326	3	7	1	3	1	1	0
BUILD YOUR OWN - ADD-ONS	Hala?	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Avocado Half	☑	Gluten Ingredient Free Vegan/GF	90	159	655	1	16	4	2	0	3	0
Parmesan	☑	Gluten Ingredient Free	30	119	496	10	9	5	0	0	0	0
Crumbled Feta	☑	Gluten Ingredient Free Vegetarian	35	87	361	5	7	5	0	0	0	1
Avo Smash	☑	Gluten Ingredient Free Vegan/GF	70	104	431	1	10	2	3	0	2	1
Soft Boiled Egg	☑	Gluten Ingredient Free Vegetarian/GF	55	79	327	8	5	1	0	0	0	0
Goat's Cheese*	☑	Gluten Ingredient Free Vegetarian	35	96	403	6	8	6	1	0	0	0
The Dusty Knuckle Focaccia*	☑	Vegan/GF	55	175	733	3	8	1	23	0	1	0

*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SHOWS RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS OR = DAIRY FREE
 ALLERGEN NOTICE: Halal meat in our stores is approved by Islamic bodies in the country of origin and follows Islamic principles. The drawings and methods marked are made with halal ingredients and processes, but due to the complexity of ingredients, they are not certified by a halal certification body
 IMPALET EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE – SPRING + RUNNA

BUILD YOUR OWN - MIXED SALADS	Halel?	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 Heritage Carrots*</i>	☑	Gluten Ingredient Free Vegetarian/DF	70	52	216	0	3	0	7	5	2	0
<i>Ponzu Chili Tenderstem*</i>	☑	Vegan/DF	60	64	263	2	4	0	4	2	2	1
<i>Grilled Hiapi Cabbage*</i>	☑	Vegan/DF	80	73	302	2	4	0	5	8	3	1
<i>Creamy Miso Slaw*</i>	☑	Vegan/DF	120	143	592	2	11	1	7	6	3	1
BUILD YOUR OWN - PROTEINS	Halel?	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>Blackened Chicken</i>	☑	Dairy Free - Gluten Ingredient Free	120	204	853	23	12	1	1	1	0	1
<i>Herb Grilled Chicken*</i>	☑	Gluten Ingredient Free	120	262	1095	16	22	7	0	0	0	0
<i>Harissa Honey Thigh*</i>	☑	Dairy Free - Gluten Ingredient Free	160	365	1526	32	24	4	6	6	0	1
<i>Garlic Butter Steak</i>	☐		130	330	1378	42	16	2	0	0	0	0
<i>Gochujang Tofu*</i>	☑	Gluten Ingredient Free Vegan/DF	110	241	1007	21	14	1	0	8	6	3
<i>Hot Honey Salmon*</i>	☑	Dairy Free - Gluten Ingredient Free	120	294	1231	27	17	3	7	7	0	1
<i>Miso Ginger Sweet Potato*</i>	☑	Gluten Ingredient Free Vegan/DF	120	220	589	3	6	1	42	15	5	1

*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SHIPPER'S RECIPE CHANGE. UNDERLINED ITEMS HAVE DOUBLE PORTION IN PLATES. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS OF - DAIRY FREE
 ADJAL NOTICE: Halel Halel in our stores is approved by Halel bodies in the country of origin and follows kosher principles. The drawings and methods marked are made with halel ingredients and products, but due to the complexity of ingredients, they are not certified by a halel certification body.
 *SHOULD EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

ATIS NUTRITIONAL GUIDE – SPRING + RUNNA

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
Chicken Pot (Herb Chicken Only)*	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
Tahini Greens + Chickpeas*	Gluten Ingredient Free - Vegan/DF	315	507	2098	12	40	3	13	11	9	4
Roasted Heritage Carrots Side Pot*	Gluten Ingredient Free - Vegetarian/DF	250	185	773	2	11	1	24	16	7	1
Ponzu Chili Tenderstem Side Pot*	Vegan/DF	240	218	911	7	15	1	13	6	6	2
Grilled Hiapi Cabbage Side Pot*	Vegan/DF	240	218	905	6	13	1	14	23	9	2
Creamy Miso Slaw Side Pot*	Vegan/DF	220	262	1085	3	21	2	13	11	5	1
Parmesan Roasties Pot*	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)
Dark Chocolate + Granola Cookie	Vegetarian	75	259	1084	4	12	7	35	28	1	0
Dark Chocolate + Sea Salt Cookie	Vegetarian	73	309	1293	4	14	8	41	21	1	1
Oat & Raisin Cookie	Gluten Ingredient Free - Vegan/DF	80	347	1277	3	16	6	40	15	1	1
Fudgy Brownie	Gluten Ingredient Free - Vegetarian	90	410	1715	5	23	14	44	36	3	0
Banana Bread	Vegetarian	110	287	1201	4	12	7	40	22	1	0
<small>ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. *ITEMS DOUBLE STARRED SIGNIFY RECIPES CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@GATISFOOD.COM IF YOU HAVE ANY QUESTIONS OF + DAIRY FREE WHILEST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.</small>											

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

NUTRITIONAL GUIDE

SPRING CATERING 2026

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – SPRING CATERING 2026

SAUCES	Halal?	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Buffalo Hot Sauce	☑	Gluten-Free Ingredient-Free Vegan/DF	150	492	2058	2	44	5	21	20	2	1
Herb Yoghurt*	☐	Gluten-Free Ingredient-Free Vegetarian	150	186	777	8	14	9	9	8	0	1
Chimichurri	☑	Gluten-Free Ingredient-Free Vegan/DF	150	609	1549	2	65	6	5	2	0	0
PREMIUMS	Halal?	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Buffalo Blackened Chicken	☑	Gluten-Free Ingredient-Free	820	2017	8372	140	154	34	7	11	1	1
Herb Grilled Chicken*	☑	Gluten-Free Ingredient-Free	710	888	3706	112	49	7	0	0	0	1
Honey Harissa Thighs*	☑	Gluten-Free Ingredient-Free Dairy-Free	810	1369	5743	121	88	16	24	24	0	3
Gochujang Tofu*	☑	Gluten-Free Ingredient-Free Vegan/DF	875	1249	5211	102	75	8	40	26	14	1
Miso Ginger Sweet Potato*	☑	Gluten-Free Ingredient-Free Vegan/DF	730	934	2730	15	26	4	172	56	21	5
Garlic Butter Steak*	☐		770	1494	6237	189	72	7	0	0	1	3
Hot Honey Salmon*	☑	Gluten-Free Ingredient-Free Dairy-Free	730	1767	7388	164	104	18	45	41	0	4
<small> *ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFY RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE HALAL NOTICE: HALAL MEAT IN OUR STORES IS APPROVED BY ISLAMIC BODIES IN THE COUNTRY OF ORIGIN AND FOLLOWS ISLAMIC PRINCIPLES. THE DRESSINGS AND MARINADES MARKED ARE MADE WITH HALAL INGREDIENTS AND PRACTICES, BUT DUE TO THE COMPLEXITY OF INGREDIENTS, THEY ARE NOT CERTIFIED BY A HALAL CERTIFICATION BODY </small>												

ATIS NUTRITIONAL GUIDE – SPRING CATERING 2026

BASES	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Wholegrain Rice	Gluten Ingredient Free - Vegan/DF	720	958	4068	23	4	1	194	2	8	0
Coriander Quinoa*	Gluten Ingredient Free - Vegan/DF	720	1548	6480	32	94	7	147	15	17	15
Harissa Grains*	Vegan/DF	720	2542	10656	60	95	9	365	17	38	10
Roast New Potatoes*	Gluten Ingredient Free - Vegan/DF	720	406	1974	12	25	4	114	9	13	4
DELI SALADS	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Ponzu Chili Tenderstem*	Vegan/DF	540	340	1420	21	12	2	28	17	18	0
Grilled Hiipi Cabbage*	Vegan/DF	680	347	1435	12	16	2	31	25	14	2
Creamy Miso Slaw*	Vegan/DF	794	905	3748	14	71	7	31	36	20	3
Roast Heritage Carrots*	Gluten Ingredient Free - Vegetarian/DF	656	649	2696	3	44	4	60	44	16	3
HOUSE SALADS	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Caesar Salad		1290	1303	5392	76	93	41	30	25	13	3
Azteca Salad	Gluten Ingredient Free - Vegetarian	1530	2494	10511	69	158	41	403	72	35	7
SWEET TREATS	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Dark Chocolate + Sea Salt Cookie	Vegetarian	73	309	1293	4	14	8	41	21	1	1
After School Cookie Club - Oat & Raisin Cookie	Gluten Ingredient Free - Vegan/DF	70	1277	307	3	16	6	40	15	1	1
atis Banana Bread	Vegetarian	110	287	1201	4	12	7	40	22	1	0
*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											

POWERING COMMUNITIES WITH REAL FOOD