

ALLERGENS

SPRING + BARRY'S 2026

ALLERGEN GUIDE BY MENU ITEMS

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

SALAD BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Aztec	Milk, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X							X
Green Goddess	Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF										X			X	X
Bob's Caesar	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X							
El Chipotle*	Mustard, Soybean, Honey, Alliums	Gluten Ingredient Free - Vegetarian/DF									X				X	
Double Crustli Thai*	Nuts, Sesame, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF										X		X	X	X
PERFORMANCE	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Mike Barry's Edit*	Mustard, Nuts, Soybean, Sulphites	Gluten Ingredient Free - Dairy Free									X	X			X	X
ESSENTIALS EDIT	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chicken Jalapeno Taco*	Mustard, Sulphites, Alliums	Gluten Ingredient Free - Dairy-Free									X					X
Blackened Chicken Avo*	Mustard, Sesame, Soybean, Sulphites	Gluten Ingredient Free - Dairy-Free									X			X	X	X
Honey Tahini Chickasaw*	Gluten (Wheat), Soybean, Alliums, Sulphites, Alliums	Vegan/DF		X										X	X	X

*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. *DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. (NF = DAIRY FREE)

A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM

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

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

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

*ITEMS THAT ARE ITALICISED AND STARRPED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. *DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE*

A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM

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ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

BUILD YOUR OWN - BASES	ALLERGENS & OTHER	TAGE	CELERY	CEREALS-CONTAINING GLUTEN	CRUST-ACCANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
Baby Spinach		Gluten Ingredient Free - Vegan/DF															
Chopped Romaine		Gluten Ingredient Free - Vegan/DF															
Kale + Cabbage Mix		Gluten Ingredient Free - Vegan/DF															
Wholegrain Rice		Gluten Ingredient Free - Vegan/DF															
Harissa Grains*	Gluten (Wheat)	Vegan/DF		X													
Coriander Quinoa*	Sulphites	Gluten Ingredient Free - Vegan/DF															X
Riced Navy Potatoes*		Gluten Ingredient Free - Vegan/DF															

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ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

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

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ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

BUILD YOUR OWN - DRESSINGS	ALLERGENS & OTHER	HALAL?	TACO	CELERY	CEREALS CONTAINING BILFEN	CRUST-ACCANS	EGGS	FISH	LUPIN	MILK	MOLETTIC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Balsamic Vinaigrette	Mustard, Sulphites	☑	Gluten Ingredient Free -Vegan/DF									X					X
Sriracha Vinaigrette	Sulphites	☑	Gluten Ingredient Free -Vegan/DF														X
Classic Caesar Dressing	Eggs, Fish, Milk, Alliums	☐	Gluten Ingredient Free				X	X		X							
Lime Cilantro Dressing	Sulphites	☑	Gluten Ingredient Free -Vegan/DF														X
Apple Cider Vinaigrette	Mustard	☑	Gluten Ingredient Free -Vegan/DF									X					
Lime Wedge		☑	Gluten Ingredient Free -Vegan/DF														
Green Goddess Dressing	Sulphites, Alliums	☑	Gluten Ingredient Free -Vegan/DF														X
The Olive Oil Guy Olive Oil*		☑	Gluten Ingredient Free -Vegan/DF														
Cashew Soy Dressing	Nuts, Sesame, Soybean, Sulphites, Alliums	☐	Gluten Ingredient Free -Vegan/DF										X		X	X	X
Tahini Dressing	Sesame Seeds, Soybean	☑	Gluten Ingredient Free -Vegan/DF												X	X	
Creasy Jalapeno Dressing	Mustard, Alliums	☑	Gluten Ingredient Free -Vegan/DF									X					
Miso Ponzu Dressing	Gluten (Wheat), Sesame, Soybean	☑	Vegan/DF		X										X	X	
DiYonko Lime Dressing*	Mustard, Soybean, Honey	☐	Gluten Ingredient Free -Vegetarian/DF									X				X	

*ITEMS THAT ARE HALAL AND SOYBEAN ARE PERSONAL ITEMS AND ARE SUBJECT TO PERSONALITY. **PLEASE STAY AWAY FROM A CHAIR OR IN THE. PLEASE NOTE THAT SOME ITEMS CONTAINING MUSTARD MAY OCCUR IN TRAYS OR BOWLS OF A DAIRY FREE.

A NOTE ON ALLERGENS: WE OPERATE IN AN OPEN KITCHEN WHEREBY INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, WE CANNOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU ARE AVOIDING AN ALLERGEN OR HAVE A SEVERE ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND ONE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMER SERVICE AT 416-291-1000.

HALAL NOTICE: HALAL MEAT IS OBTAINED FROM APPROVED IF ISLAMIC SLAUGHTER IN THE COUNTRY OF ORIGIN AND FOLLOWS ISLAMIC PRINCIPLES. THE DRESSINGS AND SAUCES MARKED ARE MADE WITH HALAL INGREDIENTS AND PRACTICES, BUT DUE TO THE COMPLEXITY OF INGREDIENTS, THEY ARE NOT CERTIFIED BY A HALAL CERTIFICATION BODY.

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ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

SAUCES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Sauce Thai Buffalo Hot Sauce	Soybean, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Herb Yoghurt*	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Chimichurri	Alliums, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Garlic Aioli*	Eggs, Mustard, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian				X					X					
BUILD YOUR OWN - CRUNCHES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Crunchy Shrimp	Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Smoky Almonds	Nuts, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				
Omega Quail	Sesame Seeds, Nuts/Beans	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	
Blanco Nino Chipotle Tortilla		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Polpo Breadcrumbs	Gluten (Wheat)	<input checked="" type="checkbox"/>	Vegan/DF		X												
Chili Lime Cashews*	Nuts, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				

*ITEMS THAT ARE ITALIAN AND SPANISH ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **TRIPLE STAR PROMISE: A CHANGE BY REQUEST. ENGAGE, SIZELIMIT, AND ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF MILK, DF = DAIRY FREE

A NOTE ON ALLERGENS: WE OPERATE IN AN OPEN KITCHEN ENVIRONMENT WHERE SEVERAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED BY THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, A IS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE ADVISE A TEAM MEMBER BY VOICE OR KEYCARD IN YOUR PARTY TAGS & FOOD ALLERGENS. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT GET HERE. ANY FURTHER QUESTIONS, PLEASE GET IN TOUCH WITH CUSTOMERSUPPORT@ATISPOD.COM

HALAL MEAT: HALAL MEAT IN OUR STORES IS APPROVED BY ISLAMIC BODIES IN THE COUNTRY OF ORIGIN AND FOLLOWS ISLAMIC PRINCIPLES. THE BREADS AND BAKED GOODS ARE MADE WITH HALAL INGREDIENTS AND PRACTICES, BUT DUE TO THE COMPLEXITY OF INGREDIENTS, THEY ARE NOT CERTIFIED BY A HALAL CERTIFICATION BODY.

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

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

BUILD YOUR OWN - ADD-ONS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Avocado Half		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Crumbled Feta	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Parmesan	Eggs, Milk	<input type="checkbox"/>	Gluten Ingredient Free				X			X							
Avo Smash		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Soft Boiled Egg	Eggs	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian - Dairy Free				X										
Goat's Cheese*	Milk	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
The Daily Protein Formula*	Gluten (Wheat)	<input checked="" type="checkbox"/>	Vegan/DF		X												
BUILD YOUR OWN - MIXED SALADS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Washed Mixed Greens*	Mixed, Honey	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian/DF									X					
Ponzu Chili Tenderstem*	Gluten (Wheat), Sesame, Soybean, Sulphites	<input type="checkbox"/>	Vegan/DF		X										X	X	X
Grilled Rice Chicken*	Gluten (Wheat), Sesame, Soybean, Alliums	<input type="checkbox"/>	Vegan/DF		X										X	X	
Creamy Miso Slaw*	Gluten (Wheat), Mustard, Sesame, Soybean, Alliums	<input type="checkbox"/>	Vegan/DF		X							X			X	X	X

*ITEMS THAT ARE ITALICIZED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **MISMAI SUSHI BARRYS & CHANGE BY recipe. PLEASE NOTE THAT ALL ITEMS CONTAING MISO ARE NOT COMARLAINCES CELESTE BY BARRY FREE

PLEASE SEE ALLERGENS BY MENU ITEM IN AN ITEM BROWSER PAGE FOR INDIVIDUAL FOODS AND CONTACT WITH THE JAWHABE BARRYS PREPARED FOR BARRYS WITH ALLERGENS ON THIS CHART. ALL ITEMS ARE MADE TO A VERY HIGH STANDARD OF ALLERGENS. WE CANNOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BARRYS PLACING YOUR ORDER PLEASE INFORM A TEAM MEMBER OF ANY ALLERGENS IN YOUR PARTY AND A FOOD ALLERGENS SERVICE ALLERGENS, WE WOULD RECOMMEND THE USE OF SECTIONS OF OUR MENU FOR THE BEST OF YOUR SERVICE. ALL OTHER CROSS-CONTACTS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@BARRYS.COM

HALAL NOTICE: HALAL MEATS (CHICKEN) IS PROVIDED AT BARBECUE STATION IN THE COUNTRY OF QATAR AND FOLLOWING ALLIUMS PRODUCTS (THE ONIONS AND GARLIC) ARE MADE WITH HALAL INGREDIENTS AND PRACTICES BUT NOT TO THE COMPLEXTY OF ISRAELI. THEY ARE NOT CERTIFIED BY A HALAL CERTIFICATION BODY.

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

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

BUILD YOUR OWN - PROTEINS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACCANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Backbone Chicken	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Dairy Free														X
Herb Chicken*	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free							X							
Garlic Butter Steak	Gluten (Wheat) Fish, Milk, Mustard, Sulphites, Alliums	<input type="checkbox"/>			X			X		X		X					X
Hot Honey Salmon*	Fish, Soybean	<input type="checkbox"/>	Gluten Ingredient Free - Dairy Free					X								X	
Miso Ginger Sweet Potato*	Soybean	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Gochujang Tofu*	Soybean	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	

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HALAL NOTICE: HALAL ABATAH OUTSTORES IS APPROVED BY ISLAMIC BODIES IN THE COUNTRY OF QATAR AND FOLLOWS ISLAMIC PRINCIPLES. THE DRINKINGS AND BAKINGWARE MARKED ARE MADE WITH HALAL INGREDIENTS AND PRACTICES, BUT DUE TO THE COMPLEXITY OF INGREDIENTS, THEY ARE NOT CERTIFIED BY A HALAL CERTIFICATION BODY

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SIDE POTS	ALLERGENS & OTHER	TAGE	CELERY	CEREALS-CONTAINING GLUTEN	-CRUST-AGLANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chicken Pot (Blackened Chicken Only)	Sulphites	Dairy Free - Gluten Ingredient Free														X
Chicken Pot (Herb Chicken Only)*	Milk	Gluten Ingredient Free							X							
MuTabi Chicken Pot*	Eggs, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X		X						X	X
Tahini Greens + Chickpeas*	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF												X	X	
Roasted Heritage Carrots Side Pot*	Mustard, Honey	Gluten Ingredient Free - Vegan/DF									X					
Ponzu Chili Tenderstem Side Pot*	Gluten (Wheat), Sesame, Soybean, Sulphites	Vegan/DF		X										X	X	X
Grilled Heart Cabbage Side Pot*	Gluten (Wheat), Soybean, Soybean, Alliums	Vegan/DF		X										X	X	
Creamy Miso Slaw Side Pot*	Gluten (Wheat), <u>Mustard</u> , Sesame, Soybean, Alliums	Vegan/DF		X							X			X	X	X
Parmesan Brussels Pot*	Eggs, Milk, Mustard, Sesame, Alliums	Gluten Ingredient Free				X			X		X					

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ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + BARRY'S

SWEET TREATS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Dark Chocolate + Granola Cookie</i>	<i>Gluten (Wheat), Eggs, Milk, Soybean</i>	<i>Vegetarian</i>		X		X			X						X	
Dark Chocolate + Sea Salt Cookie	Gluten (Wheat), Eggs, Milk, Soybean	Vegetarian		X		X			X						X	
<i>Oat + Raisin Cookie</i>	<i>Nuts</i>	<i>Gluten Ingredient Free - Veget/DF</i>										X				
Chocolate Brownie	Eggs, Milk, Soybean	Gluten Ingredient Free - Vegetarian				X			X						X	
<i>Biscuits</i>	<i>Gluten (Wheat), Eggs, Milk</i>	<i>Vegetarian</i>		X		X			X							

**ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE*

A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM!

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

ALLERGENS

SPRING CATERING 2026

[ALLERGEN GUIDE BY MENU ITEMS](#)

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING CATERING 2026

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

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING CATERING 2026

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

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