

NUTRITIONAL GUIDE

SPRING + BARRY'S 2026

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – SPRING + BARRY’S

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
El Chipotle*	Gluten Ingredient Free - Vegetarian/DF	345	459	1625	8	24	2	34	16	8	1
Double Crunch Thai*	Gluten Ingredient Free - Vegan/DF	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)
Atis + Barry's Edit*	Gluten Ingredient Free - Dairy Free	610	970	4063	60	50	5	30	20	1	3
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 Avocado*	Gluten Ingredient Free - Dairy-Free	425	757	3141	31	62	8	11	7	7	2
Harissa Tahini Chickpeas*	Vegan/DF	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 - Vegan/DF	450	374	1656	15	27	1	11	7	9	1
El Chipotle*	Gluten Ingredient Free - Vegetarian/DF	455	655	2434	10	35	3	41	21	9	2
Double Crunch Thai*	Gluten Ingredient Free - Vegan/DF	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)
Atis + Barry's Edit*	Gluten Ingredient Free - Dairy Free	960	1013	4340	37	65	5	34	24	7	3
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 Avocado*	Gluten Ingredient Free - Dairy-Free	475	912	3781	31	77	9	11	9	7	2
Harissa Tahini Chickpeas*	Vegan/DF	525	1234	5145	27	80	10	84	19	14	5

*ITEMS THAT ARE ITALICISED AND HIGHLIGHTED IN STARBUCKS ARE SUBJECT TO VARIABILITY. *THERE'S SOME STARCHES SHIPPED BEFORE CHEESE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@STARBUCKS.COM IF YOU HAVE ANY QUESTIONS. DF = DAIRY FREE. BRACKET EVERYTHING AND BELOW TAKEN TO REMOVE ALL BRACES, SOME SMALL BRACES MAY REMAIN.

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

ATIS NUTRITIONAL GUIDE – SPRING + BARRY’S

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)
High Steaks*		580	765	3306	42	52	5	36	6	9	3
Blackened Chicken Grains*		635	1213	5086	46	53	8	129	26	16	5
Chipotle Chili Salmon*	Oily Fish	525	803	3360	37	41	5	68	23	6	2
Gochujang Tofu Greens*	Vegan/DF	520	692	2902	33	30	4	23	16	9	1
Sweet Potato Salty Crunch*	Vegan/DF	500	720	2815	18	33	5	50	20	10	2

*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY **ITEMS DOUBLE STARRED OR UNDER RECIPES CHANGE PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@BATTERIES.COM IF YOU HAVE ANY QUESTIONS OF BARRY'S
WHICH EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES SOME SMALL BONES MAY REMAIN

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ATIS NUTRITIONAL GUIDE – SPRING + BARRY’S

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	38	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
Hatissa Grains*	Vegan/DF	70	247	1036	6	9	1	35	2	4	1
Coriander Quinoa*	Gluten Ingredient Free - Vegan/DF	60	129	540	1	8	1	12	1	1	1
Roast New Potatoes*	Gluten Ingredient Free - Vegan/DF	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 - 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
Bold Bean Tahini Chickpeas	Gluten Ingredient Free - Vegan/DF	50	79	328	4	3	0	8	1	3	0
Pickled Rad Onions	Gluten Ingredient Free - Vegan/DF	50	24	102	0	0	0	4	4	1	0
Black Bean Mix	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
Cherry Tomatoes	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
Pickled Chillies*	Gluten Ingredient Free - Vegan/DF	15	4	17	0	0	0	1	0	0	0
Roasted Greens	Gluten Ingredient Free - Vegan/DF	50	79	325	2	6	0	3	2	3	1
Mint Leaves*	Gluten Ingredient Free - Vegan/DF	10	6	24	0	0	0	1	1	1	0

*ITEMS THAT ARE ITALICISED AND SINGLE SPINNED ARE SUBJECT TO SEASONALITY. ITEMS DOUBLE SPINNED BEHIND SCOFF CHANGE LABELS ARE ITEMS THAT DOUBLE SPIN IN PLAYS. PLEASE BEWARE OF ANY OTHER ITEMS APPEARING IN SPINNS.COM IF YOU HAVE ANY QUESTIONS OF OUR RECIPE DEVELOPERS PLEASE CONTACT US AT 020 7460 0000. WE WILL BE HAPPY TO REMOVE ALL FOODS FROM SPINNS SOFT ICE RANGE.

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

ATIS NUTRITIONAL GUIDE – SPRING + BARRY’S

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 Sassy Dressing	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	50	175	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	236	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
The Olive Oil Guy Olive Oil*	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	25	206	847	0	23	3	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"/>	Vegan/DF	50	142	588	2	10	1	11	7	0	2
Chipotle Lime Dressing*	<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 Sassy 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"/>	Vegan/DF	80	227	940	4	15	2	17	11	0	3
Chipotle Lime Dressing*	<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 – SPRING + BARRY’S

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>Sauces Shop Buffalo Hot Sauce</i>	<input type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	50	50	209	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>Bainco 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	46	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
<i>Goat's Cheese*</i>	<input type="checkbox"/>	Gluten Ingredient Free-Vegetarian	35	96	403	6	8	6	1	0	0	0
<i>The Dusty Knuckle Potatoes*</i>	<input checked="" type="checkbox"/>	Vegan/DF	55	175	733	3	8	1	25	0	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
 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.
 WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.

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ATIS NUTRITIONAL GUIDE – SPRING + BARRY’S

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>Roasted Heritage Carrots*</i>	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian/DF	70	52	216	0	3	0	7	5	2	0
<i>Porcup Chili Tandoori* * *</i>	<input type="checkbox"/>	Vegan/DF	80	64	263	2	4	0	4	2	2	1
<i>Grilled Hispi Cabbage*</i>	<input type="checkbox"/>	Vegan/DF	80	73	302	2	4	0	5	8	3	1
<i>Creamy Mint Slaw*</i>	<input type="checkbox"/>	Vegan/DF	120	143	592	2	11	1	7	6	3	1
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)
<i>Blackened Chicken</i>	<input checked="" type="checkbox"/>	Dairy Free - Gluten - Wheat Free	120	204	853	23	12	7	1	1	0	1
<i>Herb Chicken*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free	120	262	1095	16	22	7	0	0	0	0
<i>Garlic Butter Steak</i>	<input type="checkbox"/>		130	330	1378	42	16	2	0	0	0	0
<i>Gochujang Tofu*</i>	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	110	241	1007	21	14	1	0	8	0	3
<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	223	589	3	6	1	42	15	5	1

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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	406	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 Chilli Tenderstem Side Pot*	Vegan/DF	240	218	911	7	15	1	13	6	6	2
Grilled Heissi 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 Cookies	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 Cookies	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

* ITEMS IN PINK (MILK) AND BANGLE STARRED ARE SUBJECT TO VARIABILITY. ** ITEMS IN BLUE STARRED SHOWS RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@BARRYS.COM IF YOU HAVE ANY QUESTIONS OR BARRY FREE. (MAY) EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME BONE(S) BONES MAY REMAIN.

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	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	150	492	2058	2	44	5	21	20	2	1
Herb Yoghurt*	<input type="checkbox"/>	Gluten Ingredient Free Vegetarian	150	186	777	8	14	9	9	8	0	1
Chimichurri	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	150	509	1549	2	85	8	5	2	0	0
PREMIUMS	Halal?	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Buffalo Blackened Chicken	<input checked="" type="checkbox"/>	Gluten Ingredient Free	820	2017	8372	140	154	34	7	11	1	1
Herb Grilled Chicken*	<input checked="" type="checkbox"/>	Gluten Ingredient Free	710	888	3706	112	49	7	0	0	0	1
Gochujang Tofu*	<input type="checkbox"/>	Gluten Ingredient Free Vegan/DF	675	1349	5211	102	75	8	40	36	14	1
Miso Ginger Sweet Potato*	<input type="checkbox"/>	Gluten Ingredient Free Vegan/DF	730	934	2730	15	26	4	172	56	21	5
Garlic Butter Steak*	<input type="checkbox"/>		770	1484	6237	150	72	7	0	0	1	3
Hot Honey Salmon*	<input type="checkbox"/>	Gluten 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 RESERVE CHARGE. PLEASE GET IN CONTACT WITH CUSTOMER SUPPORT@4 (SFOOD.COM) IF YOU HAVE ANY QUESTIONS. DF = DAIRY FREE. *HALAL NOTICE: HALAL MEAT IS ONLY STORED IS APPROVED BY ISLAMIC BODIES IN THE COUNTRY OF ORIGIN AND FOLLOWS ISLAMIC PRINCIPLES. THE DRESSINGS AND MARINADES MARKED ARE MADE WITH REAL 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)
<i>Wholegrain Rice</i>	Dairy Ingredient Free - Vegan/DF	720	958	4068	23	4	1	194	2	8	0
<i>Coriander Quinoa*</i>	Gluten Ingredient Free - Vegan/DF	720	1548	6480	32	94	7	147	15	17	15
<i>Harissa Grains*</i>	Vegan/DF	720	2542	10656	60	95	8	365	17	38	10
<i>Roast New Potatoes*</i>	Gluten Ingredient Free - Vegan/DF	720	406	1974	12	25	4	114	9	13	4
DELI SALADS	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Ponzu Chilli Tenderstem*</i>	Vegan/DF	540	340	1420	21	12	2	28	17	18	0
<i>Grilled Hispi Cabbage*</i>	Vegan/DF	680	347	1435	12	16	2	31	25	14	2
<i>Creamy Miso Slaw*</i>	Vegan/DF	794	905	3748	14	71	7	81	36	20	3
<i>Roast Heritage Carrots*</i>	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)
<i>Caesar Salad</i>		1290	1303	5392	76	93	41	30	25	13	3
<i>Azteca Salad</i>	Gluten Ingredient Free - Vegetarian	1530	2494	10511	89	156	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)
<i>Dark Chocolate + Sea Salt Cookie</i>	Vegetarian	73	309	1293	4	14	8	41	21	1	1
<i>After School Cookie Club - Oat & Raisin Cookie</i>	Gluten Ingredient Free - Vegan/DF	70	1277	307	3	16	6	40	15	1	1
<i>atis Banana Bread</i>	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 SIGNIFIES RECIPES CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE</small>											

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