

# NUTRITIONAL GUIDE

AUTUMN 2025

NUTRITIONAL GUIDE BY MENU ITEMS

## ATIS NUTRITIONAL GUIDE – AUTUMN 2025 V5

|                                                                                                                                                                                                                              | 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) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------------------|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
|                                                                                                                                                                                                                              |                                   |                                        |                  |               |             |             |         |                        |                  |                     |           |          |
|                                                                                                                                                                                                                              | <i>El Chipotle*</i>               | Gluten Ingredient Free - Vegetarian/DF | 345              | 459           | 1625        | 8           | 24      | 2                      | 34               | 16                  | 8         | 1        |
|                                                                                                                                                                                                                              | <i>Holy Goat*</i>                 | Vegetarian                             | 380              | 806           | 3344        | 15          | 61      | 3                      | 11               | 5                   | 2         | 3        |
|                                                                                                                                                                                                                              | <i>Thai Chopped Chicken*</i>      | Gluten Ingredient Free                 | 445              | 476           | 1998        | 27          | 27      | 5                      | 21               | 19                  | 8         | 1        |
|                                                                                                                                                                                                                              | Seiz'a Caesar                     |                                        | 315              | 296           | 706         | 15          | 22      | 4                      | 2                | 2                   | 1         | 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        |
|                                                                                                                                                                                                                              | 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) |
|                                                                                                                                                                                                                              |                                   |                                        |                  |               |             |             |         |                        |                  |                     |           |          |
|                                                                                                                                                                                                                              | <i>El Chipotle*</i>               | Gluten Ingredient Free - Vegetarian/DF | 455              | 655           | 2434        | 10          | 35      | 3                      | 41               | 21                  | 9         | 2        |
|                                                                                                                                                                                                                              | <i>Holy Goat*</i>                 | Vegetarian                             | 490              | 1083          | 4503        | 19          | 80      | 12                     | 58               | 20                  | 9         | 3        |
|                                                                                                                                                                                                                              | <i>Thai Chopped Chicken*</i>      | Gluten Ingredient Free                 | 485              | 587           | 2454        | 29          | 34      | 6                      | 29               | 22                  | 8         | 1        |
|                                                                                                                                                                                                                              | Seiz'a Caesar                     |                                        | 385              | 416           | 889         | 17          | 31      | 6                      | 6                | 6                   | 5         | 5        |
|                                                                                                                                                                                                                              | 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        |
|                                                                                                                                                                                                                              | 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>The Steak Out</i>              |                                        | 390              | 663           | 2769        | 40          | 44      | 4                      | 23               | 7                   | 5         | 2        |
|                                                                                                                                                                                                                              | <i>Sesame Salmon Slaw*</i>        | Dairy Free                             | 480              | 811           | 3374        | 37          | 46      | 6                      | 19               | 21                  | 7         | 4        |
|                                                                                                                                                                                                                              | <i>BBQ Chicken Salay*</i>         | Dairy Free                             | 445              | 587           | 2454        | 29          | 34      | 6                      | 29               | 22                  | 8         | 1        |
|                                                                                                                                                                                                                              | <i>Blackened Chicken Harvest*</i> |                                        | 605              | 980           | 4108        | 40          | 60      | 11                     | 71               | 29                  | 9         | 3        |
|                                                                                                                                                                                                                              | <i>Jalapeno Caesar*</i>           |                                        | 480              | 893           | 3715        | 38          | 64      | 11                     | 11               | 11                  | 8         | 3        |
|                                                                                                                                                                                                                              | <i>Cashew Tofu Crunch*</i>        | Vegan/DF                               | 435              | 600           | 2501        | 28          | 39      | 5                      | 26               | 19                  | 9         | 1        |
|                                                                                                                                                                                                                              | <i>RIXO x atis Edit*</i>          | Gluten Ingredient Free - DF            | 500              | 840           | 3525        | 38          | 49      | 6                      | 23               | 25                  | 8         | 3        |
|                                                                                                                                                                                                                              | 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>Butterbean Braise*</i>         | Vegetarian                             | 435              | 457           | 1897        | 15          | 21      | 5                      | 14               | 19                  | 3         | 3        |
|                                                                                                                                                                                                                              | <i>Thai Coconut Rice Bowl*</i>    | Gluten Ingredient Free - Vegan/DF      | 470              | 588           | 2458        | 9           | 34      | 16                     | 21               | 19                  | 7         | 1        |
| *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 |                                   |                                        |                  |               |             |             |         |                        |                  |                     |           |          |

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| 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        |
| <u>Wholegrain Rice</u>                                                                                                                                                                                                                                                             | Gluten Ingredient Free - Vegan/DF | 50               | 67            | 283         | 2           | 0       | 0                      | 14               | 0                   | 1         | 0        |
| <u>Power Grains*</u>                                                                                                                                                                                                                                                               | Vegan/DF                          | 70               | 105           | 442         | 4           | 3       | 0                      | 17               | 0                   | 2         | 0        |
| <i>Herb Quinoa*</i>                                                                                                                                                                                                                                                                | Gluten Ingredient Free - Vegan/DF | 55               | 93            | 390         | 3           | 3       | 0                      | 0                | 1                   | 2         | 0        |
| <i>Potato Kale Hash*</i>                                                                                                                                                                                                                                                           | Gluten Ingredient Free - Vegan/DF | 60               | 69            | 290         | 1           | 3       | 0                      | 8                | 3                   | 2         | 1        |
| 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        |
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| 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 - Vegan/DF | 50               | 140           | 578         | 2           | 11      | 2                      | 9                | 6                   | 0         | 2        |
| <i>Chipotle Lime Dressing*</i>       | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/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 - Vegan/DF | 80               | 223           | 925         | 3           | 17      | 3                      | 14               | 9                   | 0         | 3        |
| <i>Chipotle Lime Dressing*</i>       | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/DF | 80               | 323           | 1352        | 0           | 28      | 2                      | 18               | 15                  | 0         | 1        |

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| 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 - Vegan/DF      | 50               | 62            | 259         | 3           | 5       | 3                      | 3                | 3                   | 0         | 0        |
| Chimichurri                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 50               | 203           | 850         | 1           | 22      | 2                      | 2                | 1                   | 0         | 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) |
| Blanco Niño Chipotle Tortilla                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 15               | 72            | 300         | 1           | 3       | 0                      | 10               | 0                   | 0         | 0        |
| Smoked Almonds                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 20               | 130           | 537         | 5           | 11      | 1                      | 1                | 1                   | 2         | 0        |
| Omega Seeds                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 15               | 84            | 346         | 3           | 7       | 1                      | 1                | 0                   | 1         | 0        |
| Crispy Shallots                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 15               | 15            | 64          | 0           | 1       | 0                      | 2                | 1                   | 0         | 0        |
| Poilâne Breadcrumbs                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <input checked="" type="checkbox"/> | Vegan/DF                               | 15               | 36            | 148         | 1           | 2       | 0                      | 4                | 0                   | 0         | 4        |
| <i>Maple Crunch*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 20               | 50            | 461         | 3           | 10      | 1                      | 5                | 3                   | 1         | 0        |
| <i>DuDu Eats Thai Chilli Oil</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/DF      | 20               | 97            | 407         | 0           | 10      | 2                      | 1                | 0                   | 0         | 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) |
| Avocado Half                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 90               | 159           | 655         | 1           | 16      | 4                      | 2                | 0                   | 3         | 0        |
| Parmesan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <input type="checkbox"/>            | Gluten Ingredient Free                 | 30               | 119           | 496         | 10          | 9       | 5                      | 0                | 0                   | 0         | 0        |
| Crumbled Feta                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegetarian    | 35               | 87            | 361         | 5           | 7       | 5                      | 0                | 0                   | 0         | 1        |
| Avo Smash                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Vegan/DF      | 70               | 104           | 431         | 1           | 10      | 2                      | 3                | 0                   | 2         | 1        |
| Soft Boiled Egg                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <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        |
| <small> <p>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. UNDERLINED ITEMS HAVE A DOUBLE PORTION IN ALL PLATES. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE</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> </small> |                                     |                                        |                  |               |             |             |         |                        |                  |                     |           |          |

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| 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) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-------------------------------------------------|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| <u>Broccoli Caesar*</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <input type="checkbox"/>            | Gluten Ingredient Free - Vegetarian/DF Vegan/DF | 60               | 70            | 290         | 3           | 5       | 1                      | 2                | 1                   | 1         | 1        |
| <u>Roast Maple Nut Roots*</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <input type="checkbox"/>            |                                                 | 60               | 107           | 448         | 2           | 8       | 1                      | 7                | 5                   | 1         | 0        |
| <u>Creamy Miso Slaw*</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <input type="checkbox"/>            |                                                 | 60               | 73            | 304         | 1           | 6       | 1                      | 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              | 248           | 1034        | 22          | 14      | 3                      | 1                | 1                   | 1         | 1        |
| <i>Charred Lemongrass Chicken*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <input checked="" type="checkbox"/> | Dairy Free - Gluten Ingredient Free             | 120              | 218           | 914         | 20          | 12      | 3                      | 6                | 5                   | 0         | 1        |
| Garlic Butter Steak                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <input type="checkbox"/>            |                                                 | 130              | 330           | 1378        | 42          | 16      | 2                      | 0                | 0                   | 0         | 0        |
| <i>Maple Ginger Tofu*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/DF               | 110              | 188           | 787         | 17          | 11      | 1                      | 7                | 4                   | 4         | 0        |
| <i>Hot Honey Salmon*</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <input type="checkbox"/>            | Dairy Free - Gluten Ingredient Free             | 120              | 294           | 1231        | 27          | 17      | 3                      | 7                | 7                   | 0         | 1        |
| <p><small>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE</small></p> <p><small>HALAL NOTICE: Halal meat in our stores is approved by Islamic bodies in the country of origin and follows Islamic principles. The dressings and marinades marked are made with halal ingredients and practices, but due to the complexity of ingredients, they are not certified by a halal certification body.</small></p> |                                     |                                                 |                  |               |             |             |         |                        |                  |                     |           |          |

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## ATIS NUTRITIONAL GUIDE – AUTUMN 2025 V5

| 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 | 200              | 414           | 1724        | 40          | 24      | 5                      | 2                | 1                   | 1         | 2        |
| <i>Chicken Pot (Charred Lemongrass Chicken Only)*</i>                                                                                                                                                                        | Dairy Free - Gluten Ingredient Free | 200              | 364           | 1523        | 34          | 21      | 5                      | 10               | 8                   | 0         | 1        |
| Buffalo Chicken Pot                                                                                                                                                                                                          | Gluten Ingredient Free              | 200              | 534           | 2222        | 27          | 43      | 8                      | 8                | 7                   | 1         | 1        |
| <i>Tahini Greens + Chickpeas*</i>                                                                                                                                                                                            | Gluten Ingredient Free - Vegan/DF   | 315              | 507           | 2098        | 12          | 40      | 3                      | 13               | 11                  | 9         | 4        |
| 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) |
| After School Cookie Club - Chocolate Chip Cookie                                                                                                                                                                             | Gluten Ingredient Free - Vegan/DF   | 75               | 306           | 1288        | 2           | 15      | 8                      | 39               | 23                  | 2         | 1        |
| After School Cookie Club - Double Chocolate Cookie                                                                                                                                                                           | Gluten Ingredient Free - Vegan/DF   | 75               | 307           | 1291        | 2           | 16      | 9                      | 37               | 22                  | 3         | 0        |
| After School Cookie Club - Oat & Raisin Cookie                                                                                                                                                                               | Gluten Ingredient Free - Vegan/DF   | 70               | 304           | 1277        | 3           | 16      | 6                      | 40               | 15                  | 1         | 1        |
| After School Cookie Club - Chocolate Brownie                                                                                                                                                                                 | Gluten Ingredient Free - Vegetarian | 50               | 151           | 625         | 1           | 12      | 8                      | 9                | 4                   | 2         | 0        |
| atis Hazelnut Chocolate Dessert Pot                                                                                                                                                                                          | Gluten Ingredient Free - Vegan/DF   | 85               | 324           | 1355        | 6           | 25      | 10                     | 24               | 12                  | 4         | 0        |
| atis Banana Bread                                                                                                                                                                                                            | Vegetarian                          | 125              | 492           | 2058        | 6           | 28      | 14                     | 50               | 32                  | 1         | 1        |
| atis x JENKI Matcha Pistachio Pot                                                                                                                                                                                            | Gluten Ingredient Free - Vegan/DF   | 85               | 313           | 1310        | 7           | 23      | 11                     | 25               | 12                  | 3         | 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 |                                     |                  |               |             |             |         |                        |                  |                     |           |          |

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# NUTRITIONAL GUIDE

CATERING AUTUMN 2025

NUTRITIONAL GUIDE BY MENU ITEMS

## ATIS NUTRITIONAL GUIDE – AUTUMN CATERING 2025 V2

| 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              | 609           | 1549        | 2           | 65      | 6                      | 5                | 2                   | 0         | 0        |
| PREMIUMS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Halal?                              | Tags                                | Serving Size (g) | Energy (kcal) | Energy (kJ) | Protein (g) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Salt (g) |
| Buffalo Blackened Chicken                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <input checked="" type="checkbox"/> | Gluten-Ingredient Free              | 820              | 2017          | 8372        | 140         | 154     | 34                     | 7                | 11                  | 1         | 1        |
| Charred Lemongrass Chicken*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <input checked="" type="checkbox"/> | Gluten Ingredient Free - Dairy Free | 720              | 1282          | 5362        | 119         | 73      | 18                     | 37               | 28                  | 1         | 4        |
| Maple Ginger Tofu*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <input type="checkbox"/>            | Gluten Ingredient Free - Vegan/DF   | 675              | 1222          | 5103        | 102         | 75      | 8                      | 40               | 26                  | 14        | 2        |
| Garlic Butter Steak*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <input type="checkbox"/>            |                                     | 770              | 1494          | 6237        | 189         | 72      | 7                      | 0                | 0                   | 1         | 2        |
| Hot Honey Salmon*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <input type="checkbox"/>            | Gluten Ingredient Free - Dairy Free | 730              | 1767          | 7388        | 164         | 104     | 18                     | 45               | 41                  | 0         | 4        |
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# ATIS NUTRITIONAL GUIDE – AUTUMN CATERING 2025 V2

| BASES                                                                                                                                                                                                                        | Tags                                   | Serving Size (g) | Energy (kcal) | Energy (kj) | Protein (g) | Fat (g) | Of which saturates (g) | Carbohydrate (g) | Of which sugars (g) | Fibre (g) | Salt (g) |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| Wholegrain Rice                                                                                                                                                                                                              | Gluten Ingredient Free - Vegan/DF      | 720              | 958           | 4068        | 23          | 4       | 1                      | 194              | 2                   | 8         | 0        |
| <i>Herb Quinoa*</i>                                                                                                                                                                                                          | Gluten Ingredient Free - Vegan/DF      | 720              | 1217          | 5105        | 42          | 42      | 4                      | 160              | 19                  | 13        | 2        |
| <i>Power Grains*</i>                                                                                                                                                                                                         | Vegan/DF                               | 720              | 1080          | 4543        | 36          | 30      | 4                      | 173              | 4                   | 18        | 3        |
| <i>Potato Kale Hash*</i>                                                                                                                                                                                                     | Gluten Ingredient Free - Vegan/DF      | 720              | 828           | 3478        | 14          | 40      | 3                      | 107              | 36                  | 19        | 7        |
| 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>Tahini Greens + Chickpeas*</i>                                                                                                                                                                                            | Gluten Ingredient Free - Vegan/DF      | 960              | 1258          | 5242        | 40          | 85      | 8                      | 35               | 21                  | 36        | 14       |
| <i>Creamy Miso Slaw*</i>                                                                                                                                                                                                     | Vegan/DF                               | 784              | 894           | 3700        | 14          | 71      | 7                      | 31               | 35                  | 20        | 3        |
| <i>Broccoli Caesar*</i>                                                                                                                                                                                                      |                                        | 687              | 708           | 2947        | 32          | 52      | 14                     | 27               | 14                  | 14        | 2        |
| <i>Roasted Maple Nut Roots*</i>                                                                                                                                                                                              | Gluten Ingredient Free - Vegetarian/DF | 761              | 1362          | 5685        | 19          | 107     | 9                      | 89               | 65                  | 17        | 6        |
| 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) |
| After School Cookie Club - Chocolate Chip Cookie                                                                                                                                                                             | Gluten Ingredient Free - Vegan/DF      | 75               | 306           | 1288        | 2           | 15      | 8                      | 39               | 23                  | 2         | 1        |
| After School Cookie Club - Double Chocolate Cookie                                                                                                                                                                           | Gluten Ingredient Free - Vegan/DF      | 75               | 307           | 1291        | 2           | 16      | 9                      | 37               | 22                  | 3         | 0        |
| 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                             | 125              | 492           | 2058        | 6           | 28      | 14                     | 50               | 32                  | 1         | 1        |
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