

ALLERGENS

BYO SUMMER + SOPHIE 2026

ALLERGEN GUIDE BY MENU ITEMS

BYO ATIS ALLERGEN GUIDE BY MENU ITEM – SUMMER + SOPHIE

BUILD YOUR OWN - BASES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Baby Spinach		Gluten Ingredient Free - Vegan/DF														
Chopped Romaine		Gluten Ingredient Free - Vegan/DF														
Kale + Cabbage Mix		Gluten Ingredient Free - Vegan/DF														
Rocket*		Gluten Ingredient Free - Vegan/DF														
Wholegrain Rice		Gluten Ingredient Free - Vegan/DF														
Harissa Grains*	Gluten (Wheat)	Vegan/DF		X												
Herb Quinoa*	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Roast New Potatoes*		Gluten Ingredient Free - Vegan/DF														
<p><i>*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE</i></p> <p><i>A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM</i></p>																

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

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BUILD YOUR OWN - INGREDIENTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Black Bean Mix		Gluten Ingredient Free - Vegan/DF														
Charred Corn		Gluten Ingredient Free - Vegan/DF														
Cherry Tomatoes		Gluten Ingredient Free - Vegan/DF														
Cucumber		Gluten Ingredient Free - Vegan/DF														
Edamame + Peas	Soybean	Gluten Ingredient Free - Vegan/DF													X	
<i>Bold Bean Tahini Chickpeas*</i>	Sesame Seeds, Soybeans	Gluten Ingredient Free - Vegan/DF												X	X	
Pickled Red Onions	Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF														X
Broccoli		Gluten Ingredient Free - Vegan/DF														
Pink Slaw		Gluten Ingredient Free - Vegan/DF														
Spring Onion + Coriander	Alliums	Gluten Ingredient Free - Vegan/DF														
Shredded Carrot		Gluten Ingredient Free - Vegan/DF														
<i>Pickled Chillies*</i>	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Roasted Greens		Gluten Ingredient Free - Vegan/DF														
<i>Mint Leaves*</i>		Gluten Ingredient Free - Vegan/DF														
Roast Courgette*		Gluten Ingredient Free - Vegan/DF														
<i>Olive Mezze*</i>		Gluten Ingredient Free - Vegan/DF														

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BYO ATIS ALLERGEN GUIDE BY MENU ITEM – SUMMER + SOPHIE

BUILD YOUR OWN - DRESSINGS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Balsamic Vinaigrette	<u>Mustard</u> , Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					X
Balsamic Vinegar	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Classic Caesar Dressing	Eggs, Fish, Milk, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free				X	X		X							
Lime Coriander Dressing	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Apple Cider Vinaigrette	<u>Mustard</u>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					
Lime Wedge		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Green Goddess Dressing	Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
<i>The Olive Oil Guy Olive Oil*</i>		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Cashew Satay Dressing	Nuts, Sesame, Soybean, Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X		X	X	X
Tahini Dressing	Sesame Seeds, Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	
Creamy Jalapeño Dressing	<u>Mustard</u> , <u>Alliums</u>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					
Miso Ponzu Dressing	Gluten (Wheat), Sesame, Soybean	<input checked="" type="checkbox"/>	Vegan/DF		X										X	X	
<i>Chipotle Lime Dressing*</i>	<u>Mustard</u> , Soybean, Honey	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian/DF									X				X	
<i>Pesto Vinaigrette*</i>	Milk, <u>Mustard</u>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X		X					
<i>Lemon Oregano Dressing*</i>	<u>Mustard</u>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					

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HALAL NOTICE: HALAL MEAT IN OUT 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.

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BYO ATIS ALLERGEN GUIDE BY MENU ITEM – SUMMER + SOPHIE

SAUCES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Sauce Shop Buffalo Hot Sauce	Soybean, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Herb Yoghurt*	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Chimichurri	Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
BUILD YOUR OWN - CRUNCHES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Crispy Shallots	Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Smoky Almonds	Nuts, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				
Omega Seeds	Sesame Seeds, Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	
Blanco Nino Chipotle Tortilla		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
The Dusty Knuckle Focaccia Croutons*	Gluten (Wheat)	<input checked="" type="checkbox"/>	Vegan/DF		X												
Chilli Lime Cashews*	Nuts, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				
Maple Walnuts*	Nuts	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				
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BYO ATIS ALLERGEN GUIDE BY MENU ITEM – SUMMER + SOPHIE

BUILD YOUR OWN - ADD-ONS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Avocado Half		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Crumbled Feta	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Parmesan	Eggs, Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free				X			X							
Avo Smash		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Soft Boiled Egg	Eggs	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian - Dairy Free				X										
Goat's Cheese*	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
The Dusty Knuckle Focaccia*	Gluten (Wheat)	<input checked="" type="checkbox"/>	Vegan/DF		X												
Hummus*	Sesame	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X		
Falafel*		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
BUILD YOUR OWN - MIXED SALADS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Ponzu Chilli Tenderstem*	Gluten (Wheat), Sesame, Soybean, Sulphites	<input checked="" type="checkbox"/>	Vegan/DF		X										X	X	X
Creamy Miso Slaw*	Gluten (Wheat), Mustard, Sesame, Soybean, Alliums	<input checked="" type="checkbox"/>	Vegan/DF		X							X			X	X	X
Chopped Tomato Feta Salad*	Milk, Mustard	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X		X					
Sesame Gochujang Cauliflower*	Sesame, Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	
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BUILD YOUR OWN - PROTEINS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Blackened Chicken	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Dairy Free														X
Herb Chicken Breast*	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free							X							
Harissa Honey Thigh*	Mustard, Honey, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Dairy Free									X					
Garlic Butter Steak	Gluten (Wheat), Fish, Milk, Mustard, Sulphites, Alliums	<input type="checkbox"/>			X			X		X		X					X
Hot Honey Salmon*	Fish, Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Dairy Free					X								X	
Miso Ginger Sweet Potato*	Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Gochujang Tofu*	Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Glazed Aubergine*	Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	

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POWERING COMMUNITIES WITH REAL FOOD