

NUTRITIONAL GUIDE

BYO SUMMER + SOPHIE 2026

NUTRITIONAL GUIDE BY MENU ITEMS

BYO ATIS NUTRITIONAL GUIDE – SUMMER + SOPHIE

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
<i>Rocket*</i>	Gluten Ingredient Free - Vegan/DF	50	11	45	2	0	0	1	0	1	0
<u>Wholegrain Rice</u>	Gluten Ingredient Free - Vegan/DF	50	67	283	2	0	0	14	0	1	0
<i>Harissa Grains*</i>	Vegan/DF	70	247	1036	6	9	1	35	2	4	1
<i>Herb Quinoa*</i>	Gluten Ingredient Free - Vegan/DF	55	118	495	3	7	1	11	1	1	1
<i>Roast New Potatoes*</i>	Gluten Ingredient Free - Vegan/DF	70	69	289	1	2	0	11	1	1	0
BUILD YOUR OWN - BASES (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Baby Spinach	Gluten Ingredient Free - Vegan/DF	60	11	47	2	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan/DF	90	15	62	1	0	0	1	1	2	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan/DF	60	20	84	1	1	0	2	2	2	0
<i>Rocket*</i>	Gluten Ingredient Free - Vegan/DF	60	13	54	2	0	0	1	0	1	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>Roasted Greens</i>	Gluten Ingredient Free - Vegan/DF	50	79	325	2	6	0	3	2	3	1
<i>Mint Leaves*</i>	Gluten Ingredient Free - Vegan/DF	10	6	24	0	0	0	1	1	1	0
<i>Roast Courgette*</i>	Gluten Ingredient Free - Vegan/DF	50	32	135	1	2	0	2	2	0	0
<i>Olive Mezze*</i>	Gluten Ingredient Free - Vegan/DF	50	75	314	0	7	1	2	0	1	1
<small>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. UNDERLINED ITEMS HAVE DOUBLE PORTION IN PLATES. PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM IF YOU HAVE ANY QUESTIONS! DF = DAIRY FREE WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.</small>											

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

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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	☑	Gluten Ingredient Free-Vegan/DF	50	176	725	4	13	2	12	5	0	2
Lime Coriander Dressing	☑	Gluten Ingredient Free-Vegan/DF	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	☑	Gluten Ingredient Free-Vegan/DF	50	285	1172	1	27	2	2	2	1	1
Classic Caesar Dressing	☑	Gluten Ingredient Free	50	126	527	2	12	3	3	1	0	0
Apple Cider Vinaigrette	☑	Gluten Ingredient Free-Vegan/DF	50	251	1032	1	24	2	3	3	0	1
Tahini Dressing	☑	Gluten Ingredient Free-Vegan/DF	50	233	955	3	22	2	5	4	0	1
Green Goddess Dressing	☑	Gluten Ingredient Free-Vegan/DF	50	57	238	1	6	1	1	0	0	0
Balsamic Vinegar	☑	Gluten Ingredient Free-Vegan/DF	25	28	120	0	0	0	6	5	0	0
<i>The Olive Oil Guy Olive Oil*</i>	☑	Gluten Ingredient Free-Vegan/DF	25	206	847	0	23	3	0	0	0	0
Lime Wedge	☑	Gluten Ingredient Free-Vegan/DF	25	2	10	0	0	0	0	0	0	0
Creamy Jalapeño Dressing	☑	Gluten Ingredient Free-Vegan/DF	50	238	980	1	25	2	2	1	0	1
Miso Ponzu Dressing	☑	Vegan/DF	50	142	588	2	10	1	11	7	0	2
<i>Chipotle Lime Dressing*</i>	☑	Gluten Ingredient Free-Vegetarian/DF	50	202	845	0	18	2	11	10	0	1
<i>Pesto Vinaigrette*</i>	☑	Gluten Ingredient Free-Vegetarian	50	162	676	2	17	2	2	1	0	0
<i>Lemon Oregano Dressing*</i>	☑	Gluten Ingredient Free-Vegan/DF	50	265	1107	1	29	4	3	1	1	0
BUILD YOUR OWN - DRESSINGS (LARGE)	Halal?	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Cashew Satay Dressing	☑	Gluten Ingredient Free-Vegan/DF	80	281	1175	6	21	3	18	8	0	0
Lime Coriander Dressing	☑	Gluten Ingredient Free-Vegan/DF	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	☑	Gluten Ingredient Free-Vegan/DF	80	455	1874	1	43	2	3	2	0	1
Classic Caesar Dressing	☑	Gluten Ingredient Free	80	202	843	3	19	4	4	2	0	0
Apple Cider Vinaigrette	☑	Gluten Ingredient Free-Vegan/DF	80	401	1651	1	38	3	5	5	0	2
Tahini Dressing	☑	Gluten Ingredient Free-Vegan/DF	80	370	1528	5	35	3	7	7	0	2
Green Goddess Dressing	☑	Gluten Ingredient Free-Vegan/DF	80	91	382	1	10	1	1	0	0	0
Creamy Jalapeño Dressing	☑	Gluten Ingredient Free-Vegan/DF	80	381	1567	2	40	3	3	2	0	1
Miso Ponzu Dressing	☑	Vegan/DF	80	227	940	4	15	2	17	11	0	3
<i>Chipotle Lime Dressing*</i>	☑	Gluten Ingredient Free-Vegetarian/DF	80	323	1352	0	28	2	18	15	0	1
<i>Pesto Vinaigrette*</i>	☑	Gluten Ingredient Free-Vegetarian	80	258	1081	3	26	3	2	1	0	0
<i>Lemon Oregano Dressing*</i>	☑	Gluten Ingredient Free-Vegan/DF	80	423	1770	1	46	6	4	1	1	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
 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.
 WHILE EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.

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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>	☑	Gluten Ingredient Free - Vegan/DF	50	50	208	1	4	2	2	1	0	2
<i>Herb Yoghurt*</i>	☑	Gluten Ingredient Free - Vegetarian	50	62	259	3	5	3	3	3	0	0
<i>Chimichurri</i>	☑	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)
<i>Blanco Niño Chipotle Tortilla</i>	☑	Gluten Ingredient Free - Vegan/DF	15	72	300	1	3	0	10	0	0	0
<i>Smoked Almonds</i>	☑	Gluten Ingredient Free - Vegan/DF	20	130	537	5	11	1	1	1	2	0
<i>Omega Seeds</i>	☑	Gluten Ingredient Free - Vegan/DF	15	84	346	3	7	1	1	0	1	0
<i>Crispy Shallots</i>	☑	Gluten Ingredient Free - Vegan/DF	15	15	64	0	1	0	2	1	0	0
<i>The Dusty Knuckle Focaccia Croutons*</i>	☑	Vegan/DF	15	48	200	1	3	0	5	0	0	0
<i>Chilli Lime Cashews*</i>	☑	Gluten Ingredient Free - Vegan/DF	15	78	326	3	7	1	3	1	1	0
<i>Maple Walnuts*</i>	☑	Gluten Ingredient Free - Vegan/DF	15	80	335	1	6	0	6	5	1	0
BUILD YOUR OWN - ADD-ONS	Halal?	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Avocado Half</i>	☑	Gluten Ingredient Free - Vegan/DF	90	159	655	1	16	4	2	0	3	0
<i>Parmesan</i>	☑	Gluten Ingredient Free	30	119	496	10	9	5	0	0	0	0
<i>Crumbled Feta</i>	☑	Gluten Ingredient Free - Vegetarian	35	87	361	5	7	5	0	0	0	1
<i>Avo Smash</i>	☑	Gluten Ingredient Free - Vegan/DF	70	104	431	1	10	2	3	0	2	1
<i>Soft Boiled Egg</i>	☑	Gluten Ingredient Free - Vegetarian/DF	55	79	327	8	5	1	0	0	0	0
<i>Goat's Cheese*</i>	☑	Gluten Ingredient Free - Vegetarian	35	96	403	6	8	6	1	0	0	0
<i>The Dusty Knuckle Focaccia*</i>	☑	Vegan/DF	55	175	733	3	8	1	23	0	1	0
<i>Hummus*</i>	☑	Gluten Ingredient Free - Vegan/DF	50	65	270	2	7	1	3	1	0	0
<i>Falafel*</i>	☑	Gluten Ingredient Free - Vegan/DF	90	93	388	6	3	0	18	1	1	0

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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)
<i>Ponzu Chilli Tenderstem*</i>	<input checked="" type="checkbox"/>	Vegan/DF	60	64	263	2	4	0	4	2	2	1
<i>Creamy Miso Slaw*</i>	<input checked="" type="checkbox"/>	Vegan/DF	120	143	592	2	11	1	7	6	3	1
<i>Chopped Tomato Feta Salad*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian	140	70	290	3	5	2	1	4	2	0
<i>Sesame Spicy Cauliflower*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	80	85	356	3	4	0	11	7	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	130	260	1088	29	15	2	2	0	0	1
<i>Herb Chicken Breast*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free	130	118	493	21	2	2	2	2	0	1
<i>Harissa Honey Thigh*</i>	<input checked="" type="checkbox"/>	Dairy Free - Gluten Ingredient Free	160	365	1526	32	24	4	6	6	0	1
Garlic Butter Steak	<input type="checkbox"/>		130	330	1378	42	16	2	0	0	0	0
<i>Gochujang Tofu*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	110	241	1007	21	14	1	0	8	6	3
<i>Hot Honey Salmon*</i>	<input checked="" type="checkbox"/>	Dairy Free - Gluten Ingredient Free	120	294	1231	27	17	3	7	7	0	1
<i>Miso Ginger Sweet Potato*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	120	220	589	3	6	1	42	15	5	1
<i>Glazed Aubergine*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF	130	44	183	2	1	0	10	4	5	0

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