

ALLERGENS

CURATED SUMMER + SOPHIE 2026

ALLERGEN GUIDE BY MENU ITEMS

CURATED ATIS ALLERGEN GUIDE BY MENU ITEM – SUMMER + SOPHIE

ITEM INFORMATION INCLUDES DRESSINGS/SAUCE AS STANDARD	SALAD BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	Azteca	Milk, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian								X							X
	Green Goddess	Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF										X			X	X	
	Seiz'a Caesar	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X								
	El Chipotle*	Mustard, Soybean, Honey, Alliums	Gluten Ingredient Free - Vegetarian/DF									X				X		
	Double Crunch Thai*	Nuts, Sesame, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X		X	X	
	Kalamata Queen*	Gluten (Wheat), Milk, Mustard, Sulphites	Vegetarian		X						X		X					X
	ESSENTIALS EDIT	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	Chicken Jalapeno Taco*	Mustard, Sulphites, Alliums	Gluten Ingredient Free - Dairy-Free										X					X
	Blackened Chicken Avo*	Mustard, Sesame, Soybean, Sulphites	Gluten Ingredient Free - Dairy-Free										X			X	X	X
Summer Harissa Chickpeas*	Gluten (Wheat), Sesame, Soybean, Sulphites, Alliums	Vegan/DF		X											X	X	X	
COLLABS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES		
Sophie the Nutritionist Edit*	Milk, Mustard, Nuts, Soybean, Alliums	Gluten Ingredient Free								X		X	X			X		

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

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

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ITEM INFORMATION INCLUDES DRESSING/SAUCE AS STANDARD	POWER PLATES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	<i>High Steaks*</i>	Gluten (Wheat) Fish, Milk, <u>Mustard</u> , Sulphites, Alliums			X			X			X		X					X
	<i>Chipotle Chili Salmon*</i>	Gluten (Wheat) Fish, <u>Mustard</u> , Sulphites, Honey, Alliums	Dairy Free		X			X					X			X	X	X
	<i>Spicy Cauli Tofu*</i>	Gluten (Wheat), Sesame, Soybean, Sulphites, Alliums	Vegan/DF		X											X	X	X
	<i>Chicken Pesto Parm*</i>	Gluten (Wheat), Eggs, Milk, <u>Mustard</u> , Sulphites			X		X				X		X					X
	<i>Greek BBQ Chicken*</i>	Gluten (Wheat), Milk, <u>Mustard</u> , Sulphites			X						X		X					X

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SIDE POTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chicken Pot (Blackened Chicken Only)	Sulphites	Dairy Free - Gluten Ingredient Free														X
Chicken Pot (Herb Chicken Only)*	Milk	Gluten Ingredient Free							X							
Buffalo Chicken Pot*	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X		X						X	X
Tahini Greens + Chickpeas*	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF												X	X	
Sumer Potato Salad Pot*	Milk, <u>Mustard</u>	Gluten Ingredient Free - Vegetarian							X		X					
Ponzu Chilli Tenderstem Side Pot*	Gluten (Wheat), Sesame, Soybean, Sulphites	Vegan/DF		X										X	X	X
Creamy Miso Slaw Side Pot*	Gluten (Wheat), <u>Mustard</u> , Sesame, Soybean, Alliums	Vegan/DF		X							X			X	X	X
Chopped Tomato Feta Salad Pot*	Milk, <u>Mustard</u>	Gluten Ingredient Free - Vegetarian							X		X					
Sesame Gochujang Cauliflower Pot*	Sesame, Soybean	Gluten Ingredient Free - Vegan/DF												X	X	

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

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