

# NUTRITIONAL GUIDE

CURATED SUMMER + SOPHIE 2026

NUTRITIONAL GUIDE BY MENU ITEMS

CURATED ATIS NUTRITIONAL GUIDE – SUMMER + SOPHIE

SALAD BOWLS (REGULAR)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Seiz'a Caesar		315	343	1433	16	25	9	9	6	4	1
Azteca	Gluten Ingredient Free - Vegetarian	430	624	2301	15	46	9	21	8	11	2
Green Goddess	Gluten Ingredient Free - Vegan/DF	380	331	1448	14	24	1	11	7	8	1
<i>El Chipotle*</i>	Gluten Ingredient Free - Vegetarian/DF	345	459	1625	8	24	2	34	16	8	1
<i>Double Crunch Thai*</i>	Gluten Ingredient Free - Vegan/DF	365	394	1643	14	24	3	19	14	9	0
<i>Kalamata Queen*</i>	Vegetarian	370	518	2165	11	47	10	8	5	5	3
ESSENTIAL EDITS (REGULAR)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Chicken Jalapeno Taco*</i>	Gluten Ingredient Free - Dairy-Free	480	778	3240	37	54	5	24	12	5	3
<i>Blackened Chicken Avo*</i>	Gluten Ingredient Free - Dairy-Free	435	813	3371	37	65	8	11	7	7	2
<i>Summer Harissa Chickpeas*</i>	Vegan/DF	465	860	3585	19	58	8	48	16	11	3
COLLABS (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>Sophie the Nutritionist Edit*</i>	Gluten Ingredient Free	505	566	2363	29	30	5	25	20	6	2
SALAD BOWLS (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Seiz'a Caesar		385	427	1783	18	32	10	11	7	5	1
Azteca	Gluten Ingredient Free - Vegetarian	500	795	3030	16	60	11	34	15	11	2
Green Goddess	Gluten Ingredient Free - Vegan/DF	450	374	1656	15	27	1	11	7	9	1
<i>El Chipotle*</i>	Gluten Ingredient Free - Vegetarian/DF	455	655	2434	10	35	3	41	21	9	2
<i>Double Crunch Thai*</i>	Gluten Ingredient Free - Vegan/DF	435	505	1762	17	32	4	26	17	10	0
<i>Kalamata Queen*</i>	Vegetarian	405	680	2807	12	61	9	4	9	4	10
ESSENTIAL EDITS (LARGE)	Tags	Serving Size (g)	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Chicken Jalapeno Taco*</i>	Gluten Ingredient Free - Dairy-Free	585	1024	4253	40	75	6	35	13	7	4
<i>Blackened Chicken Avo*</i>	Gluten Ingredient Free - Dairy-Free	485	970	4016	38	80	9	12	10	7	3
<i>Summer Harissa Chickpeas*</i>	Vegan/DF	575	1248	5198	27	80	10	84	21	15	5
COLLABS (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>Sophie the Nutritionist Edit*</i>	Gluten Ingredient Free	625	763	3188	31	41	6	32	27	8	2

\*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  
WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.

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

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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>High Steaks*</i>		580	765	3306	42	52	5	36	6	9	3
<i>Chipotle Chilli Salmon*</i>	Dairy Free	525	803	3360	37	41	5	68	23	6	2
<i>Spicy Cauli Tofu*</i>	Vegan/DF	520	660	2766	28	28	4	22	21	8	3
<i>Chicken Pesto Parm*</i>		630	1033	4309	55	70	13	43	11	7	6
<i>Greek BBQ Chicken*</i>		645	684	2877	41	37	8	46	13	6	3

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SIDE POTS	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
Chicken Pot (Blackened Chicken Only)	Dairy Free - Gluten Ingredient Free	240	480	2008	53	28	3	4	0	0	1
<i>Chicken Pot (Herb Chicken Only)*</i>	Gluten Ingredient Free	260	235	985	42	4	4	4	4	0	1
Buffalo Chicken Pot	Gluten Ingredient Free	355	714	2986	48	51	7	5	12	1	2
<i>Tahini Greens + Chickpeas*</i>	Gluten Ingredient Free - Vegan/DF	315	507	2098	12	40	3	13	11	9	4
<i>Summer Potato Salad Pot*</i>	Gluten Ingredient Free - Vegetarian	210	281	1178	4	17	2	27	4	3	1
<i>Ponzu Chilli Tenderstem Side Pot*</i>	Vegan/DF	240	218	911	7	15	1	13	6	6	2
<i>Creamy Miso Slaw Side Pot*</i>	Vegan/DF	220	262	1085	3	21	2	13	11	5	1
<i>Chopped Tomato Feta Salad Pot*</i>	Gluten Ingredient Free - Vegetarian	200	100	414	4	7	2	1	5	2	1
<i>Sesame Spicy Cauliflower Pot*</i>	Gluten Ingredient Free - Vegan/DF	200	212	890	7	10	1	26	17	4	1
SWEET TREATS	Tags	Serving Size (g)	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Of which saturates (g)	Carbohydrate (g)	Of which sugars (g)	Fibre (g)	Salt (g)
<i>Dark Chocolate + Granola Cookie</i>	Vegetarian	75	259	1084	4	12	7	35	28	1	0
<i>Dark Chocolate + Sea Salt Cookie</i>	Vegetarian	73	309	1293	4	14	8	41	21	1	1
Oat & Raisin Cookie	Gluten Ingredient Free - Vegan/DF	80	347	1277	3	16	6	40	15	1	1
Fudgy Brownie	Gluten Ingredient Free - Vegetarian	90	410	1715	5	23	14	44	36	3	0
<i>Banana Bread</i>	Vegetarian	110	287	1201	4	12	7	40	22	1	0
<small>*ITEMS THAT ARE ITALICISED AND SINGLE STARRED ARE SUBJECT TO SEASONALITY. **ITEMS DOUBLE STARRED SIGNIFIES RECIPE CHANGE. 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>											

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