

NUTRITIONAL GUIDE

BOWLS SUMMER 26

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM - BOWLS

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
El Chipotle*	Gluten Ingredient Free Vegetarian/DF	345	459	1625	8	24	2	34	16	8	1
Double Crunch Thai*	Gluten Ingredient Free Vegan/DF	365	394	1643	14	24	3	19	14	9	0
Kalamata Queen*	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)
Chicken Jalapeno Taco*	Gluten Ingredient Free Dairy-Free	480	778	3240	37	54	5	24	12	5	3
Blackened Chicken Avo*	Gluten Ingredient Free Dairy-Free	435	813	3371	37	65	8	11	7	7	2
Summer Harissa Chickpeas*	Vegan/DF	465	860	3585	19	58	8	48	16	11	3
*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.											

ATIS NUTRITIONAL GUIDE BY MENU ITEM - BOWLS

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
El Chipotle*	Gluten Ingredient Free Vegetarian/DF	455	655	2434	10	35	3	41	21	9	2
Double Crunch Thai*	Gluten Ingredient Free Vegan/DF	435	505	1762	17	32	4	26	17	10	0
Kalamata Queen*	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)
Chicken Jalapeno Taco*	Gluten Ingredient Free Dairy-Free	585	1024	4253	40	75	6	35	13	7	4
Blackened Chicken Avo*	Gluten Ingredient Free Dairy-Free	485	970	4016	38	80	9	12	10	7	3
Summer Harissa Chickpeas*	Vegan/DF	575	1248	5198	27	80	10	84	21	15	5
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