

NUTRITIONAL GUIDE

PLATES SUMMER 26

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM - PLATES

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

POWERING COMMUNITIES WITH REAL FOOD