

NUTRITIONAL GUIDE

SIDE POTS SUMMER 26

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM – SIDE POTS

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	260	520	2176	58	30	4	4	0	0	2
<i>Chicken Pot (Herb Chicken Breast 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
<i>*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</i> <i>WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.</i>											

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