

NUTRITIONAL GUIDE

SHAKES AND SMOOTHIES SUMMER 2026

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM – SHAKES & SMOOTHIES

SHAKES	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)
Banana Nut	Gluten Ingredient Free Vegetarian	455	482	2025	31	13	4	56	26	4	1
Cacao Power	Gluten Ingredient Free Vegetarian	463	556	2338	33	18	3	61	19	8	0
Blueberry Fuel	Gluten Ingredient Free Vegetarian	424	411	1734	30	13	4	40	14	6	0
SMOOTHIES	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)
Green Glow	Gluten Ingredient Free Vegan/DF	516	170	712	3	3	1	31	27	3	0
Berry Boost	Gluten Ingredient Free Vegan/DF	515	283	1190	3	7	6	47	38	7	0
Club Tropic	Gluten Ingredient Free Vegan/DF	516	222	934	2	8	6	35	28	3	0
ADD ONS	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)
Vanilla Whey Protein	Gluten Ingredient Free Vegetarian	30	114	481	22	2	1	3	2	0	0
Unflavoured Whey Protein	Gluten Ingredient Free Vegetarian	30	114	484	23	2	1	1	2	0	0
Vegan Vanilla Protein	Gluten Ingredient Free Vegan/DF	30	113	471	38	4	0	3	0	0	0
<u>Creatine</u>	Gluten Ingredient Free Vegan/DF	3	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<u>Lion's Mane</u>	Gluten Ingredient Free Vegan/DF	1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<u>Collagen</u>	Gluten Ingredient Free DF	15	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
*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											
NUTRITION INFORMATION FOR SUPPLEMENTS ARE CURRENTLY UNAVAILABLE. AS THE MANUFACTURERS HAVE NOT DISCLOSED DETAILED NUTRITIONAL VALUES.											

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