

NUTRITIONAL GUIDE

RYE TOASTS SUMMER 26

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM – TOASTS

TOASTS	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)
The Avo Rye	Vegan/ DF	195	343	1422	8	20	5	33	2	9	2
The Cottage Cheese Rye	Vegetarian	210	401	1609	20	16	9	44	17	6	3
The Salmon Rye		200	430	1792	22	24	13	31	5	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.											

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