

NUTRITIONAL GUIDE

BUILD YOUR OWN SUMMER 26

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM – BUILD YOUR OWN

BUILD YOUR OWN - BASES (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)
Baby Spinach	Gluten Ingredient Free Vegan/DF	50	10	39	1	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free Vegan/DF	60	10	41	1	0	0	1	1	1	0
Kale + Cabbage Mix	Gluten Ingredient Free Vegan/DF	50	17	70	1	0	0	1	1	1	0
<i>Rocket*</i>	Gluten Ingredient Free Vegan/DF	50	11	45	2	0	0	1	0	1	0
<u>Wholegrain Rice</u>	Gluten Ingredient Free Vegan/DF	50	67	283	2	0	0	14	0	1	0
<u>Harissa Grains*</u>	Vegan/DF	70	247	1036	6	9	1	35	2	4	1
<u>Herb Quinoa*</u>	Gluten Ingredient Free Vegan/DF	55	118	495	3	7	1	11	1	1	1
<u>Roast New Potatoes*</u>	Gluten Ingredient Free Vegan/DF	70	69	289	1	2	0	11	1	1	0
BUILD YOUR OWN - BASES (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)
Baby Spinach	Gluten Ingredient Free Vegan/DF	60	11	47	2	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free Vegan/DF	90	15	62	1	0	0	1	1	2	0
Kale + Cabbage Mix	Gluten Ingredient Free Vegan/DF	60	20	84	1	1	0	2	2	2	0
<i>Rocket*</i>	Gluten Ingredient Free Vegan/DF	60	13	54	2	0	0	1	0	1	0
*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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Build Your Own - Ingredients	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)
Edamame + Peas	Gluten Ingredient Free Vegan/DF	50	59	246	5	2	0	4	2	3	0
<i>Bold Bean Tahini Chickpeas</i>	Gluten Ingredient Free Vegan/DF	50	79	328	4	3	0	8	1	3	0
Pickled Red Onions	Gluten Ingredient Free Vegan/DF	50	24	102	0	0	0	4	4	1	0
<i>Black Bean Mix</i>	Gluten Ingredient Free Vegan/DF	50	43	178	3	0	0	3	0	4	0
Charred Corn	Gluten Ingredient Free Vegan/DF	50	48	201	1	3	0	7	3	3	2
<i>Cherry Tomatoes</i>	Gluten Ingredient Free Vegan/DF	60	16	65	1	0	0	2	2	1	0
Cucumber	Gluten Ingredient Free Vegan/DF	50	8	33	1	0	0	1	1	0	0
Broccoli	Gluten Ingredient Free Vegan/DF	50	60	246	2	5	0	1	1	2	1
Shredded Carrot	Gluten Ingredient Free Vegan/DF	40	15	62	0	0	0	4	2	1	0
Spring Onion + Coriander	Gluten Ingredient Free Vegan/DF	10	3	12	0	0	0	0	0	0	0
Pink Slaw	Gluten Ingredient Free Vegan/DF	50	15	60	1	0	0	2	2	1	0
<i>Pickled Chillies*</i>	Gluten Ingredient Free Vegan/DF	15	4	17	0	0	0	1	0	0	0
<i>Roasted Greens</i>	Gluten Ingredient Free Vegan/DF	50	79	325	2	6	0	3	2	3	1
<i>Mint Leaves*</i>	Gluten Ingredient Free Vegan/DF	10	6	24	0	0	0	1	1	1	0
<i>Roast Courgette*</i>	Gluten Ingredient Free Vegan/DF	50	32	135	1	2	0	2	2	0	0
<i>Olive Mezze*</i>	Gluten Ingredient Free Vegan/DF	50	75	314	0	7	1	2	0	1	1
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ATIS NUTRITIONAL GUIDE BY MENU ITEM – BUILD YOUR OWN

BUILD YOUR OWN - DRESSINGS (REGULAR)	Tags	Halal?	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)
Cashew Satay Dressing	Gluten Ingredient Free Vegan/DF		50	176	725	4	13	2	12	5	0	2
Lime Coriander Dressing	Gluten Ingredient Free Vegan/DF	✔	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	Gluten Ingredient Free Vegan/DF	✔	50	285	1172	1	27	2	2	2	1	1
Classic Caesar Dressing	Gluten Ingredient Free	✔	50	126	527	2	12	3	3	1	0	0
Apple Cider Vinaigrette	Gluten Ingredient Free Vegan/DF	✔	50	251	1032	1	24	2	3	3	0	1
Tahini Dressing	Gluten Ingredient Free Vegan/DF	✔	50	233	955	3	22	2	5	4	0	1
Green Goddess Dressing	Gluten Ingredient Free Vegan/DF	✔	50	57	238	1	6	1	1	0	0	0
Balsamic Vinegar	Gluten Ingredient Free Vegan/DF	✔	25	28	120	0	0	0	6	5	0	0
<i>The Olive Oil Guy Olive Oil*</i>	Gluten Ingredient Free Vegan/DF	✔	25	206	847	0	23	3	0	0	0	0
Lime Wedge	Gluten Ingredient Free Vegan/DF	✔	25	2	10	0	0	0	0	0	0	0
Creamy Jalapeño Dressing	Gluten Ingredient Free Vegan/DF	✔	50	238	980	1	25	2	2	1	0	1
Miso Ponzu Dressing	Vegan/DF		50	142	588	2	10	1	11	7	0	2
<i>Chipotle Lime Dressing*</i>	Gluten Ingredient Free Vegetarian/DF	✔	50	202	845	0	18	2	11	10	0	1
<i>Pesto Vinaigrette*</i>	Gluten Ingredient Free Vegetarian	✔	50	162	676	2	17	2	2	1	0	0
<i>Lemon Oregano Dressing*</i>	Gluten Ingredient Free Vegan/DF	✔	50	265	1107	1	29	4	3	1	1	0
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BUILD YOUR OWN - DRESSINGS (LARGE)	Tags	Halal?	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)
Cashew Satay Dressing	Gluten Ingredient Free Vegan/DF		80	281	1175	6	21	3	18	8	0	0
Lime Coriander Dressing	Gluten Ingredient Free Vegan/DF	✓	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	Gluten Ingredient Free Vegan/DF	✓	80	455	1874	1	43	2	3	2	0	1
Classic Caesar Dressing	Gluten Ingredient Free	✓	80	202	843	3	19	4	4	2	0	0
Apple Cider Vinaigrette	Gluten Ingredient Free Vegan/DF	✓	80	401	1651	1	38	3	5	5	0	2
Tahini Dressing	Gluten Ingredient Free Vegan/DF	✓	80	370	1528	5	35	3	7	7	0	2
Green Goddess Dressing	Gluten Ingredient Free Vegan/DF	✓	80	91	382	1	10	1	1	0	0	0
Creamy Jalapeño Dressing	Gluten Ingredient Free Vegan/DF	✓	80	381	1567	2	40	3	3	2	0	1
Miso Ponzu Dressing	Vegan/DF		80	227	940	4	15	2	17	11	0	3
Chipotle Lime Dressing*	Gluten Ingredient Free Vegetarian/DF	✓	80	323	1352	0	28	2	18	15	0	1
Pesto Vinaigrette*	Gluten Ingredient Free Vegetarian	✓	80	258	1081	3	26	3	2	1	0	0
Lemon Oregano Dressing*	Gluten Ingredient Free Vegan/DF	✓	80	423	1770	1	46	6	4	1	1	1
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BUILD YOUR OWN - CRUNCHES	Tags	Halal?	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)
Blanco Niño Chipotle Tortilla	Gluten Ingredient Free Vegan/DF	✔	15	72	300	1	3	0	10	0	0	0
Smoked Almonds	Gluten Ingredient Free Vegan/DF	✔	20	130	537	5	11	1	1	1	2	0
Omega Seeds	Gluten Ingredient Free Vegan/DF	✔	15	84	346	3	7	1	1	0	1	0
Crispy Shallots	Gluten Ingredient Free Vegan/DF	✔	15	15	64	0	1	0	2	1	0	0
<i>The Dusty Knuckle Focaccia Croutons*</i>	Vegan/DF	✔	15	48	200	1	3	0	5	0	0	0
<i>Chilli Lime Cashews*</i>	Gluten Ingredient Free Vegan/DF	✔	15	78	326	3	7	1	3	1	1	0
<i>Maple Walnuts*</i>	Gluten Ingredient Free Vegan/DF	✔	15	80	335	1	6	0	6	5	1	0
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Build Your Own - Add-ons	Tags	Halal?	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)
Avocado Half	Gluten Ingredient Free Vegan/DF	✔	90	159	655	1	16	4	2	0	3	0
Parmesan	Gluten Ingredient Free		30	119	496	10	9	5	0	0	0	0
Crumbled Feta	Gluten Ingredient Free Vegetarian	✔	35	87	361	5	7	5	0	0	0	1
Avo Smash	Gluten Ingredient Free Vegan/DF	✔	70	104	431	1	10	2	3	0	2	1
Soft Boiled Egg	Gluten Ingredient Free Vegetarian/DF	✔	55	79	327	8	5	1	0	0	0	0
Goat's Cheese*	Gluten Ingredient Free Vegetarian	✔	35	96	403	6	8	6	1	0	0	0
Hummus*	Gluten Ingredient Free Vegan/DF	✔	50	65	270	2	7	1	3	1	0	0
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BUILD YOUR OWN - MIXED SALADS	Tags	Halal?	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)
<i><u>Ponzu Chilli Tenderstem*</u></i>	Vegan/DF		60	64	263	2	4	0	4	2	2	1
<i><u>Creamy Miso Slaw*</u></i>	Vegan/DF		120	143	592	2	11	1	7	6	3	1
<i><u>Chopped Tomato Feta Salad*</u></i>	Gluten Ingredient Free Vegetarian	✔	140	70	290	3	5	2	1	4	2	0
<i><u>Sesame Spicy Cauliflower*</u></i>	Gluten Ingredient Free Vegan/DF	✔	80	85	356	3	4	0	11	7	2	0
BUILD YOUR OWN - PROTEINS	Tags	Halal?	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)
Blackened Chicken	Dairy Free - Gluten Ingredient Free	✔	130	260	1088	29	15	2	2	0	0	1
<i>Herb Chicken Breast*</i>	Gluten Ingredient Free	✔	130	118	493	21	2	2	2	2	0	1
<i>Harissa Honey Thigh*</i>	Dairy Free - Gluten Ingredient Free	✔	160	365	1526	32	24	4	6	6	0	1
Garlic Butter Steak			130	330	1378	42	16	2	0	0	0	0
<i>Gochujang Tofu*</i>	Gluten Ingredient Free Vegan/DF	✔	110	241	1007	21	14	1	0	8	6	3
<i>Hot Honey Salmon*</i>	Dairy Free - Gluten Ingredient Free	✔	120	294	1231	27	17	3	7	7	0	1
<i>Miso Ginger Sweet Potato*</i>	Gluten Ingredient Free Vegan/DF	✔	120	220	589	3	6	1	42	15	5	1
<i>Glazed Aubergine*</i>	Gluten Ingredient Free Vegan/DF	✔	130	44	183	2	1	0	10	4	5	0
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