

ALLERGENS

BUILD YOUR OWN SUMMER 26

ALLERGEN GUIDE BY MENU ITEMS

ATIS ALLERGEN GUIDE BY MENU ITEM – BUILD YOUR OWN

Build Your Own - Bases	Allergens & Other	Tags	Celery	Cereals Containing Gluten	Crust- aceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soybean	Sulphites
Baby Spinach		Gluten Ingredient Free - Vegan/DF														
Chopped Romaine		Gluten Ingredient Free - Vegan/DF														
Kale + Cabbage Mix		Gluten Ingredient Free - Vegan/DF														
Rocket*		Gluten Ingredient Free - Vegan/DF														
Wholegrain Rice		Gluten Ingredient Free - Vegan/DF														
Harissa Grains*	Gluten (Wheat)	Vegan/DF		X												
Herb Quinoa*	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Roast New Potatoes*		Gluten Ingredient Free - Vegan/DF														
*ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE																
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BUILD YOUR OWN - INGREDIENTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Black Bean Mix		Gluten Ingredient Free - Vegan/DF														
Charred Corn		Gluten Ingredient Free - Vegan/DF														
Cherry Tomatoes		Gluten Ingredient Free - Vegan/DF														
Cucumber		Gluten Ingredient Free - Vegan/DF														
Edamame + Peas	Soybean	Gluten Ingredient Free - Vegan/DF													X	
<i>Bold Bean Tahini Chickpeas*</i>	Sesame Seeds, Soybeans	Gluten Ingredient Free - Vegan/DF												X	X	
Pickled Red Onions	Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF														X
Broccoli		Gluten Ingredient Free - Vegan/DF														
Pink Slaw		Gluten Ingredient Free - Vegan/DF														
Spring Onion + Coriander	Alliums	Gluten Ingredient Free - Vegan/DF														
Shredded Carrot		Gluten Ingredient Free - Vegan/DF														
<i>Pickled Chillies*</i>	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Zero Waste Greens		Gluten Ingredient Free - Vegan/DF														
<i>Mint Leaves*</i>		Gluten Ingredient Free - Vegan/DF														
<i>Roast Courgette*</i>	Alliums	Gluten Ingredient Free - Vegan/DF														
<i>Olive Mezze*</i>		Gluten Ingredient Free - Vegan/DF														

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Build Your Own - Dressings	Allergens & Other	Tags	Halal?	Celery	Cereals Containing Gluten	Crust-Aceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soybean	Sulphites
Balsamic Vinaigrette	<u>Mustard</u> , Sulphites	Gluten Ingredient Free - Vegan/DF	✓									X					X
Balsamic Vinegar	Sulphites	Gluten Ingredient Free - Vegan/DF	✓														X
Classic Caesar Dressing	Eggs, Fish, Milk, Alliums	Gluten Ingredient Free	✓				X	X		X							
Lime Coriander Dressing	Sulphites	Gluten Ingredient Free - Vegan/DF	✓														X
Apple Cider Vinaigrette	<u>Mustard</u>	Gluten Ingredient Free - Vegan/DF	✓									X					
Lime Wedge		Gluten Ingredient Free - Vegan/DF	✓														
Green Goddess Dressing	Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF	✓														X
<i>The Olive Oil Guy Olive Oil*</i>		Gluten Ingredient Free - Vegan/DF	✓														
Cashew Satay Dressing	Nuts, Sesame, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X		X	X	X
Tahini Dressing	Sesame Seeds, Soybean	Gluten Ingredient Free - Vegan/DF	✓												X	X	
Creamy Jalapeño Dressing	<u>Mustard</u> , Alliums	Gluten Ingredient Free - Vegan/DF	✓									X					
Miso Ponzu Dressing	Gluten (Wheat), Sesame, Soybean	Vegan/DF			X										X	X	
<i>Chipotle Lime Dressing*</i>	<u>Mustard</u> , Soybean, Honey	Gluten Ingredient Free - Vegetarian/DF	✓									X				X	
Pesto Vinaigrette*	Milk, <u>Mustard</u>	Gluten Ingredient Free - Vegetarian	✓							X		X					
<i>Lemon Oregano Dressing*</i>	<u>Mustard</u>	Gluten Ingredient Free - Vegan/DF	✓									X					
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HALAL NOTICE: HALAL MEAT IN OUR STORES IS APPROVED BY ISLAMIC BODIES IN THE COUNTRY OF ORIGIN AND FOLLOWS ISLAMIC PRINCIPLES. THE DRESSINGS AND MARINADES MARKED ARE MADE WITH HALAL INGREDIENTS AND PRACTICES, BUT DUE TO THE COMPLEXITY OF INGREDIENTS, THEY ARE NOT CERTIFIED BY A HALAL CERTIFICATION BODY.																	

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Build Your Own - Crunches	Allergens & Other	Tags	Halal?	Celery	Cereals Containing Gluten	Crust-Aceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soybean	Sulphites
Crispy Shallots	Alliums	Gluten Ingredient Free - Vegan/DF	✔														
Smoky Almonds	Nuts, Alliums	Gluten Ingredient Free - Vegan/DF	✔										X				
Omega Seeds	Sesame Seeds, Soybean	Gluten Ingredient Free - Vegan/DF	✔												X	X	
Blanco Nino Chipotle Tortilla		Gluten Ingredient Free - Vegan/DF	✔														
The Dusty Knuckle Focaccia Croutons*	Gluten (Wheat)	Vegan/DF	✔		X												
Chilli Lime Cashews*	Nuts, Alliums	Gluten Ingredient Free - Vegan/DF	✔										X				
Maple Walnuts*	Nuts	Gluten Ingredient Free - Vegan/DF	✔										X				
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Build Your Own - Add-ons	Allergens & Other	Tags	Halal?	Celery	Cereals Containing Gluten	Crust-Aceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soybean	Sulphites
Avocado Half		Gluten Ingredient Free - Vegan/DF	✓														
Crumbled Feta	Milk	Gluten Ingredient Free - Vegetarian	✓							X							
Parmesan	Eggs, Milk	Gluten Ingredient Free					X			X							
Avo Smash		Gluten Ingredient Free - Vegan/DF	✓														
Soft Boiled Egg	Eggs	Gluten Ingredient Free - Vegetarian - Dairy Free	✓				X										
Goat's Cheese*	Milk	Gluten Ingredient Free - Vegetarian	✓							X							
Hummus*	Sesame	Gluten Ingredient Free - Vegan/DF	✓												X		
Build Your Own - Mixed Salads	Allergens & Other	Tags	Halal?	Celery	Cereals Containing Gluten	Crust-Aceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soybean	Sulphites
Ponzu Chilli Tenderstem*	Gluten (Wheat), Sesame, Soybean, Sulphites	Vegan/DF			X										X	X	X
Creamy Miso Slaw*	Gluten (Wheat), <u>Mustard</u> , Sesame, Soybean, Alliums	Vegan/DF			X							X			X	X	X
Chopped Tomato Feta Salad*	Milk, <u>Mustard</u>	Gluten Ingredient Free - Vegetarian	✓							X		X					
Summer Potato Salad*	Milk, <u>Mustard</u> , Alliums	Gluten Ingredient Free - Vegetarian	✓							X		X					
Sesame Gochujang Cauliflower*	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF	✓												X	X	
*Items that are italicised and starred are seasonal items and are subject to seasonality. **Double star signifies a change in recipe. <u>Please note that any item containing Mustard may contain traces of Nuts</u> . DF = Dairy Free																	
A note on allergies: We operate in an open kitchen therefore individual foods may come in contact with one another during preparation which is not reflected on this chart. Although efforts are made to avoid cross-contact of allergens, ATIS does not guarantee that cross-contact with allergens will not occur. Before placing your order, please inform if you or anyone in your party has a food allergy. If you have a severe allergy, we would recommend due to the nature of our operation that you do not eat here. Any further questions, please get in contact with customersupport@atisfood.com																	
Halal Notice: Halal meat in our stores is approved by Islamic bodies in the country of origin and follows Islamic principles. The dressings and marinades marked are made with Halal ingredients and practices, but due to the complexity of ingredients, they are not certified by a Halal certification body.																	

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Build Your Own - Proteins	Allergens & Other	Tags	Halal?	Celery	Cereals Containing Gluten	Crust-Aceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soybean	Sulphites
Blackened Chicken	Sulphites	Gluten Ingredient Free - Dairy Free	✓														X
Herb Chicken Breast*	Milk	Gluten Ingredient Free	✓							X							
Harissa Honey Thigh*	Mustard, Alliums	Gluten Ingredient Free - Dairy Free	✓									X					
Garlic Butter Steak	Gluten (Wheat), Fish, Milk, Mustard, Sulphites, Alliums				X			X		X		X					X
Hot Honey Salmon*	Fish, Soybean	Gluten Ingredient Free - Dairy Free	✓					X								X	
Miso Ginger Sweet Potato*	Soybean	Gluten Ingredient Free - Vegan/DF	✓													X	
Gochujang Tofu*	Soybean, Alliums	Gluten Ingredient Free - Vegan/DF	✓													X	
Glazed Aubergine*	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF	✓												X	X	
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POWERING COMMUNITIES WITH REAL FOOD