

NUTRITIONAL GUIDE

BOWLS (AUTUMN 26)

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM – AUTUMN '26 (BOWLS)

SALAD BOWLS	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)
Seiz'a Caesar		385	427	1783	18	32	10	11	7	5	1
Azteca	Gluten Ingredient Free Vegetarian	480	773	2918	16	60	11	29	11	11	2
Green Goddess	Gluten Ingredient Free Vegan/DF	450	374	1557	15	27	1	11	7	9	1
<i>Double Crunch Thai*</i>	Gluten Ingredient Free Vegan/DF	435	566	2371	17	36	7	35	19	11	0
ESSENTIAL EDITS	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)
<i>Chicken Jalapeno Taco*</i>	Gluten Ingredient Free Dairy-Free	545	1030	4284	40	76	7	34	12	5	4
<i>Blackened Chicken Avo*</i>	Gluten Ingredient Free Dairy-Free	485	970	4016	38	80	9	12	10	7	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.											

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

POWERING COMMUNITIES WITH REAL FOOD