

NUTRITIONAL GUIDE

SIDE POTS (AUTUMN 26)

NUTRITIONAL GUIDE BY MENU ITEMS

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

SIDE POTS	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)
Chicken Pot (Blackened Chicken Only)	Dairy Free - Gluten Ingredient Free	260	520	2176	58	30	4	4	0	0	2
<i>Chicken Pot (Herb Chicken Breast Only)*</i>	Gluten Ingredient Free	260	235	985	42	4	4	4	4	0	1
Buffalo Chicken Pot	Gluten Ingredient Free	375	889	3720	60	62	9	15	13	2	2
<i>Tahini Greens + Chickpeas*</i>	Gluten Ingredient Free - Vegan/DF	315	507	2098	12	40	3	13	11	9	4
<i>Ponzu Chilli Tenderstem Side Pot*</i>	Vegan/DF	240	218	911	7	15	1	13	6	6	2
<i>Creamy Miso Slaw Side Pot*</i>	Vegan/DF	220	262	1085	3	21	2	13	11	5	1
<i>Kale Harvest Side Pot*</i>	Gluten Ingredient Free	160	264	1094	11	18	5	14	9	3	1
<i>Roasted Heritage Carrots Side Pot*</i>	Gluten Ingredient Free - Vegetarian/DF	260	192	803	2	11	1	25	17	7	1
<i>*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</i> <i>WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.</i>											

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

POWERING COMMUNITIES WITH REAL FOOD