

NUTRITIONAL GUIDE

BREAKFAST POTS

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM – BREAKFAST POTS

GRAB AND GO 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)
Matcha Mango Chia & Coconut Yoghurt	Gluten Ingredient Free - Vegan/ DF	295	410	1711	5	30	27	29	16	6	0
Mixed Berries Tahini Granola & Greek Yoghurt	Gluten Ingredient Free - Vegetarian	250	340	1420	13	21	11	32	23	3	0
Almond Butter & Strawberry Overnight Oats	Gluten Ingredient Free - Vegan/ DF	230	326	1357	10	15	3	34	9	7	0
Blackberry Coconut Porridge	Gluten Ingredient Free - Vegetarian/ DF	330	383	1604	7	16	12	51	23	9	0
Salmon Egg Pot	Gluten Ingredient Free - Dairy Free	150	236	974	16	18	4	3	0	2	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 ALLERGEN INFORMATION OF INDIVIDUAL INGREDIENTS

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BUILD YOUR OWN POT - BASES	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)
Overnight Oats	Gluten Ingredient Free - Vegan/ DF	170	184	767	5	3	2	29	7	3	0
0% Skyr Protein Yoghurt	Gluten Ingredient Free - Vegetarian	170	87	367	15	0	0	6	6	0	0
10% Greek Yoghurt	Gluten Ingredient Free - Vegetarian	170	228	943	11	17	12	7	7	0	0
Coconut Yoghurt	Gluten Ingredient Free - Vegan/ DF	170	204	853	2	17	15	10	3	1	0
House Porridge	Gluten Ingredient Free - Vegan/ DF	260	185	772	5	5	2	3	5	4	1
BUILD YOUR OWN POT - 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)
Strawberries	Gluten Ingredient Free - Vegan/ DF	30	10	42	0	0	0	2	1	1	0
Blueberries	Gluten Ingredient Free - Vegan/ DF	30	17	71	0	0	0	4	3	1	0
Mango	Gluten Ingredient Free - Vegan/ DF	30	18	75	0	0	0	4	4	0	0
Banana	Gluten Ingredient Free - Vegan/ DF	30	27	113	0	0	0	7	4	1	0
Kiwi	Gluten Ingredient Free - Vegan/ DF	30	18	75	0	0	0	4	3	1	0
Baked Cinnamon Apples	Gluten Ingredient Free - Vegan/ DF	50	36	151	0	0	0	9	7	3	0
Mixed Berry Compote	Gluten Ingredient Free - Vegan/ DF	50	32	134	0	0	0	9	7	3	0
Mango & Passion Fruit Compote	Gluten Ingredient Free - Vegan/ DF	30	30	126	1	0	0	7	6	1	0
Matcha Chia Pudding	Gluten Ingredient Free - Vegan/ DF	50	48	201	2	3	2	5	4	1	0
Blackberry Chia Compote	Gluten Ingredient Free - Vegan/ DF	50	66	274	1	2	0	13	11	3	0
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BUILD YOUR OWN POT - CRUNCHES	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)
Tahini Granola	Gluten Ingredient Free - Vegan / DF	30	108	452	4	6	1	14	8	1	0
Maple Pecans	Gluten Ingredient Free - Vegan / DF	15	101	424	1	9	1	4	2	1	0
Almond Butter	Gluten Ingredient Free - Vegan / DF	15	92	379	3	8	1	1	1	2	0
Toasted Coconut	Gluten Ingredient Free - Vegan / DF	15	112	468	1	10	10	3	1	2	0
Super Seed Mix	Gluten Ingredient Free - Vegan / DF	15	39	163	1	3	0	1	0	1	0
BUILD YOUR OWN POT - DRIZZLES	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)
Runny Honey	Gluten Ingredient Free - Vegetarian, DF	8	24	100	0	0	0	7	7	0	0
Medjool Date Syrup	Gluten Ingredient Free - Vegan / DF	8	23	96	0	0	0	6	5	0	0
Maple Syrup	Gluten Ingredient Free - Vegan / DF	8	21	88	0	0	0	5	5	0	0
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