

ALLERGENS

BREAKFAST POTS

ALLERGEN GUIDE BY MENU ITEMS

ATIS ALLERGEN GUIDE BY MENU ITEM – BREAKFAST POTS

GRAB AND GO POTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Matcha Mango Chia & Coconut Yoghurt		Gluten Ingredient Free - Vegan/DF														
Mixed Berries Tahini Granola & Greek Yoghurt	Peanuts, Milk, Nuts, Sesame	Gluten Ingredient Free - Vegetarian							X			X	X	X		
Almond Butter & Strawberry Overnight Oats	Nuts, Sesame	Gluten Ingredient Free - Vegan / DF										X		X		
Blackberry Coconut Porridge	Honey	Gluten Ingredient Free - Vegetarian / DF														
Salmon Egg Pot	Eggs, Fish, Sesame	Gluten Ingredient Free - Dairy Free				X	X							X		
<i>*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</i> <i>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 A TEAM MEMBER 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</i>																

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

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BUILD YOUR OWN POT - BASES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Overnight Oats		Gluten Ingredient Free - Vegan / DF														
0% Skyr Yoghurt	Milk	Gluten Ingredient Free - Vegetarian							X							
10% Greek Yoghurt	Milk	Gluten Ingredient Free - Vegetarian							X							
Coconut Yoghurt		Gluten Ingredient Free - Vegan/ DF														
House Porridge		Gluten Ingredient Free - Vegan/ DF														
BUILD YOUR OWN POT - INGREDIENTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Strawberries		Gluten Ingredient Free - Vegan / DF														
Blueberries		Gluten Ingredient Free - Vegan / DF														
Mango		Gluten Ingredient Free - Vegan / DF														
Banana		Gluten Ingredient Free - Vegan / DF														
Kiwi		Gluten Ingredient Free - Vegan / DF														
Baked Cinnamon Apples		Gluten Ingredient Free - Vegan / DF														
Mixed Berry Compote		Gluten Ingredient Free - Vegan / DF														
Mango & Passion Fruit Compote		Gluten Ingredient Free - Vegan / DF														
Matcha Chia Pudding		Gluten Ingredient Free - Vegan / DF														
Blackberry Chia Compote		Gluten Ingredient Free - Vegan/DF														
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BUILD YOUR OWN POT - CRUNCHES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Tahini Granola	Nuts, Peanuts, Sesame	Gluten Ingredient Free - Vegan / DF										X	X	X		
Maple Pecans	Nuts	Gluten Ingredient Free - Vegan / DF										X				
Almond Butter	Nuts	Gluten Ingredient Free - Vegan / DF										X				
Toasted Coconut		Gluten Ingredient Free - Vegan / DF														
Super Seed Mix	Sesame	Gluten Ingredient Free - Vegan / DF												X		
BUILD YOUR OWN POT - DRIZZLES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Runny Honey	Honey	Gluten Ingredient Free - Vegetarian, DF														
Medjool Date Syrup		Gluten Ingredient Free - Vegan / DF														
Maple Syrup		Gluten Ingredient Free - Vegan / DF														
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