

ALLERGENS

WINTER + HOLY CARROT 2026

ALLERGEN GUIDE BY MENU ITEMS

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

	SALAD BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Azteca	Milk, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian							X								X
Green Goddess	Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X			X	X
Seiz'a Caesar	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X								
El Chipotle*	Mustard, Soybean, Honey, Alliums	Gluten Ingredient Free - Vegetarian/DF										X				X	
Sweet Potato Satay*	Nuts, Soybeans, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X		X	X	X
Double Crunch Thai*	Nuts, Sesame, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X		X	X	X
Chilli Miso Mushrooms*	Gluten (Wheat), Nuts, Sesame, Soybean, Sulphites, Honey, Alliums	Vegetarian/DF		X									X		X	X	X
atis x Holy Carrot*	Gluten (Wheat), Sesame, Soybean, Sulphites, Honey, Alliums	Vegetarian/DF		X										X	X	X	X
*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																	
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																	

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

	POWER PLATES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	<i>High Steaks*</i>	Gluten (Wheat) Fish, Milk, Mustard, Sulphites, Alliums			X			X		X		X					X
	<i>Harissa Chicken Caesar*</i>	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X							
	<i>Blackened Chicken Grains*</i>	Gluten (Wheat), Milk, Mustard, Sulphites, Honey, Alliums			X					X		X					X
	<i>Chipotle Chilli Salmon*</i>	Gluten (Wheat) Fish, Mustard, Sulphites, Honey, Alliums	Dairy Free		X			X				X			X	X	X
	<i>Gochujang Tofu Greens*</i>	Gluten (Wheat), Nuts, Sesame, Soybean, Sulphites, Honey, Alliums	Vegetarian/DF		X								X		X	X	X
	<i>Ponzu Sweet Potato*</i>	Gluten (Wheat), Milk, Sesame, Soybean, Honey, Sulphites	Vegetarian/DF		X					X					X	X	X
	WARM BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
	<i>Thai Coconut Rice Bowl*</i>	Soybean, Sulphites, 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. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. 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 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

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

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														
Wholegrain Rice		Gluten Ingredient Free - Vegan/DF														
Harissa Grains*	Gluten (Wheat)	Vegan/DF		X												
Coriander Quinoa*	Sulphites	Gluten Ingredient Free - Vegan/DF														X
Lentils*																
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																
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																

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

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>Pickled Carrots*</i>	Sulphites	Gluten Ingredient Free - Vegan/DF														X
<small>*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</small>																
<small>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</small>																

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

BUILD YOUR OWN - DRESSINGS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Balsamic Vinaigrette	Mustard, Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					X
Balsamic Vinegar	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Classic Caesar Dressing	Eggs, Fish, Milk, Alliums	<input type="checkbox"/>	Gluten Ingredient Free				X	X		X							
Lime Coriander Dressing	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Apple Cider Vinaigrette	Mustard	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					
Lime Wedge		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Green Goddess Dressing	Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Olive Oil		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Cashew Satay Dressing	Nuts, Sesame Seeds, Soybean, Sulphites, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X		X	X	X
Tahini Dressing	Sesame Seeds, Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	
Creamy Jalapeño Dressing	Mustard, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF									X					
Miso Ponzu Dressing	Gluten (Wheat), Sesame Seeds, Soybean, Sulphites, Honey	<input checked="" type="checkbox"/>	Vegetarian/DF		X										X	X	X
Chipotle Lime Dressing*	Mustard, Soybean, Honey	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian/DF									X				X	
<small>*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</small>																	
<small>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</small>																	
<small>HALAL NOTICE: HALAL MEAT IN OUT 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.</small>																	

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

SAUCES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Sauce Shop Buffalo Hot Sauce	Soybean, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Herb Yoghurt*	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Chimichurri	Sulphites, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														X
Garlic Aioli*	Eggs, Mustard, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian				X					X					
DuDu Eats Thai Chilli Crisp*	Peanuts, Soybean, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF											X		X	
XO Sauce*	Gluten (Wheat), Sesame, Soybean, Alliums	<input type="checkbox"/>	Vegan/DF		X										X	X	
BUILD YOUR OWN - CRUNCHES	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Crispy Shallots	Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Smoky Almonds	Nuts, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				
Omega Seeds	Sesame Seeds, Soybean	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF												X	X	
Bianco Nino Chipotle Tortilla		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Pollane Breadcrumbs	Gluten (Wheat)	<input checked="" type="checkbox"/>	Vegan/DF		X												
Chilli Lime Cashews*	Nuts, Alliums	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF										X				
Wakame Crunch*	Gluten (Wheat), Sesame, Alliums	<input checked="" type="checkbox"/>	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. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. 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 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

HALAL NOTICE: HALAL MEAT IN OUT 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.

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

BUILD YOUR OWN - ADD-ONS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Avocado Half		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Crumbled Feta	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian							X							
Parmesan	Eggs, Milk	<input type="checkbox"/>	Gluten Ingredient Free				X			X							
Avo Smash		<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegan/DF														
Soft Boiled Egg	Eggs	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Vegetarian - Dairy Free				X										
BUILD YOUR OWN - MIXED SALADS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Broccoli Caesar*	Gluten (Wheat), Eggs, Fish, Milk, Alliums	<input type="checkbox"/>			X		X	X		X							
Roasted Heritage Carrots*	Mustard, Honey	<input type="checkbox"/>	Gluten Ingredient Free - Vegetarian/DF									X					
Ponzu Chilli Tenderstem*	Gluten (Wheat), Sesame, Soybean, Sulphites, Honey	<input type="checkbox"/>	Vegetarian/DF		X										X	X	X
Grilled Hopsi Cabbage*	Gluten (Wheat), Sesame, Soybean, Honey, Alliums	<input type="checkbox"/>	Vegetarian/DF		X										X	X	

*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

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

HALAL NOTICE: HALAL MEAT IN OUT 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.

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

BUILD YOUR OWN - PROTEINS	ALLERGENS & OTHER	HALAL?	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Blackened Chicken	Sulphites	<input checked="" type="checkbox"/>	Gluten Ingredient Free - Dairy Free														X
Herb Chicken*	Milk	<input checked="" type="checkbox"/>	Gluten Ingredient Free							X							
Garlic Butter Steak	Gluten (Wheat), Fish, Milk, Mustard, Sulphites, Alliums	<input type="checkbox"/>			X			X		X		X					X
Hot Honey Salmon*	Fish, Soybean	<input type="checkbox"/>	Gluten Ingredient Free - Dairy Free					X								X	
Miso Ginger Sweet Potato*	Soybean	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Umami Mushrooms*	Soybean, Alliums	<input type="checkbox"/>	Gluten Ingredient Free - Vegan/DF													X	
Gochujang Tofu*	Gluten (Wheat), Soybean, Alliums	<input type="checkbox"/>	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. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. 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 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

HALAL NOTICE: HALAL MEAT IN OUT 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.

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

SIDE POTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chicken Pot (Blackened Chicken Only)	Sulphites	Dairy Free - Gluten Ingredient Free														X
Chicken Pot (Herb Chicken Only)*	Milk	Gluten Ingredient Free							X							
Buffalo Chicken Pot*	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X		X						X	X
Tahini Greens + Chickpeas*	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF												X	X	
Broccoli Caesar Side Pot*	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X							
Roasted Heritage Carrots Side Pot*	<u>Mustard</u> , <u>Honey</u>	Gluten Ingredient Free - Vegetarian/DF									X					
Ponzu Chilli Tenderstem Side Pot*	Gluten (Wheat), Sesame, Soybean, Sulphites, Honey	Vegetarian/DF		X										X	X	X
Grilled Hispi Cabbage Side Pot*	Gluten (Wheat), Sesame, Soybean, Honey, Alliums	Vegetarian/DF		X										X	X	
Parmesan Roasties Pot*	Eggs, Milk, Mustard, Rennet, Alliums	Gluten Ingredient Free				X			X		X					

*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

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

ATIS ALLERGEN GUIDE BY MENU ITEM – WINTER + HOLY CARROT

SWEET TREATS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Dark Chocolate + Granola Cookie	Gluten (Wheat), Eggs, Milk, Soybean	Vegetarian		X		X			X						X	
Dark Chocolate + Sea Salt Cookie	Gluten (Wheat), Eggs, Milk, Soybean	Vegetarian		X		X			X						X	
ASCC Oat & Raisin Cookie	Nuts	Gluten Ingredient Free - Vegan/DF										X				
ASCC Chocolate Brownie	Eggs, Milk, Soybean	Gluten Ingredient Free - Vegetarian				X			X						X	
Banana Bread	Gluten (Wheat), Eggs, Milk	Vegetarian		X		X			X							
atis x JENKI Matcha Pistachio Pot	Nuts	Gluten Ingredient Free - Vegan/DF										X				

*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

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

POWERING COMMUNITIES WITH REAL FOOD