

NUTRITIONAL GUIDE

WINTER + HOLY CARROT 2026

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – WINTER + HOLY CARROT

SALAD BOWLS (REGULAR)	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		315	343	1433	16	24	8	9	6	4	1
Azteca	Gluten Ingredient Free - Vegetarian	430	624	2301	15	46	9	21	8	11	2
Green Goddess	Gluten Ingredient Free - Vegan/DF	380	331	1448	14	24	1	11	7	8	1
<i>El Chipotle*</i>	Gluten Ingredient Free - Vegetarian/DF	345	459	1625	8	24	2	34	16	8	1
<i>Sweet Potato Satay*</i>	Gluten Ingredient Free - Vegan/DF	410	500	1902	14	28	4	50	19	9	1
<i>Double Crunch Thai*</i>	Gluten Ingredient Free - Vegan/DF	365	394	1643	14	24	3	19	14	9	0
<i>Chilli Miso Mushrooms*</i>	Vegetarian/DF	400	432	1812	14	22	3	14	18	8	2
<i>atis x Holy Carrot*</i>	Vegetarian/DF	520	650	2709	24	40	4	43	23	11	3
SALAD BOWLS (LARGE)	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	1786	18	32	10	12	2	1	1
Azteca	Gluten Ingredient Free - Vegetarian	500	795	3030	16	60	11	34	15	11	2
Green Goddess	Gluten Ingredient Free - Vegan/DF	450	374	1656	15	27	1	11	7	9	1
<i>El Chipotle*</i>	Gluten Ingredient Free - Vegetarian/DF	455	655	2434	10	35	3	41	21	9	2
<i>Sweet Potato Satay*</i>	Gluten Ingredient Free - Vegan/DF	460	612	2364	17	36	5	58	23	9	1
<i>Double Crunch Thai*</i>	Gluten Ingredient Free - Vegan/DF	435	505	1762	17	32	4	26	17	10	0
<i>Chilli Miso Mushrooms*</i>	Vegetarian/DF	490	593	2470	17	28	3	15	23	9	4
<i>atis x Holy Carrot*</i>	Vegetarian/DF	630	737	3056	27	41	4	58	24	13	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.											

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ATIS NUTRITIONAL GUIDE – WINTER + HOLY CARROT

	POWER PLATES	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>High Steaks*</i>		490	735	3082	40	49	5	33	5	8	2
	<i>Harissa Chicken Caesar*</i>		525	1087	4557	38	65	14	86	9	12	4
	<i>Blackened Chicken Grains*</i>		545	916	3848	40	40	7	100	21	13	3
	<i>Chipotle Chilli Salmon*</i>	Dairy Free	495	787	3307	36	42	5	22	22	5	2
	<i>Gochujang Tofu Greens*</i>	Vegetarian/DF	490	671	2827	32	30	4	24	26	9	1
	<i>Ponzu Sweet Potato*</i>	Vegetarian/DF	445	894	3542	22	64	12	59	15	8	5
	WARM 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)
	<i>Thai Coconut Rice Bowl*</i>	Gluten Ingredient Free - Vegan/DF	610	702	2940	12	31	19	26	23	7	1
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ATIS NUTRITIONAL GUIDE – WINTER + HOLY CARROT

BUILD YOUR OWN - BASES (REGULAR)	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)
Baby Spinach	Gluten Ingredient Free - Vegan/DF	50	10	39	1	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan/DF	60	10	41	1	0	0	1	1	1	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan/DF	50	17	70	1	0	0	1	1	1	0
<u>Wholegrain Rice</u>	Gluten Ingredient Free - Vegan/DF	50	67	283	2	0	0	14	0	1	0
<i>Harissa Grains*</i>	Vegan/DF	70	247	1036	6	9	1	35	2	4	1
<i>Coriander Quinoa*</i>	Gluten Ingredient Free - Vegan/DF	60	129	540	1	8	1	12	1	1	1
<i>Roast New Potatoes*</i>	Gluten Ingredient Free - Vegan/DF	70	69	289	1	2	0	11	1	1	0
<i>Lentils*</i>	Gluten Ingredient Free - Vegan/DF	70	76	320	6	1	0	10	0	0	2
BUILD YOUR OWN - BASES (LARGE)	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)
Baby Spinach	Gluten Ingredient Free - Vegan/DF	60	11	47	2	0	0	0	0	1	0
Chopped Romaine	Gluten Ingredient Free - Vegan/DF	90	15	62	1	0	0	1	1	2	0
Kale + Cabbage Mix	Gluten Ingredient Free - Vegan/DF	60	20	84	1	1	0	2	2	2	0
BUILD YOUR OWN - 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)
Edamame + Peas	Gluten Ingredient Free - Vegan/DF	50	59	246	5	2	0	4	2	3	0
<i>Bold Bean Tahini Chickpeas</i>	Gluten Ingredient Free - Vegan/DF	50	79	328	4	3	0	8	1	3	0
Pickled Red Onions	Gluten Ingredient Free - Vegan/DF	50	24	102	0	0	0	4	4	1	0
<i>Black Bean Mix</i>	Gluten Ingredient Free - Vegan/DF	50	43	178	3	0	0	3	0	4	0
Charred Corn	Gluten Ingredient Free - Vegan/DF	50	48	201	1	3	0	7	3	3	2
<i>Cherry Tomatoes</i>	Gluten Ingredient Free - Vegan/DF	60	16	65	1	0	0	2	2	1	0
Cucumber	Gluten Ingredient Free - Vegan/DF	50	8	33	1	0	0	1	1	0	0
Broccoli	Gluten Ingredient Free - Vegan/DF	50	60	246	2	5	0	1	1	2	1
Shredded Carrot	Gluten Ingredient Free - Vegan/DF	40	15	62	0	0	0	4	2	1	0
Spring Onion + Coriander	Gluten Ingredient Free - Vegan/DF	10	3	12	0	0	0	0	0	0	0
Pink Slaw	Gluten Ingredient Free - Vegan/DF	50	15	60	1	0	0	2	2	1	0
<i>Pickled Chillies*</i>	Gluten Ingredient Free - Vegan/DF	15	4	17	0	0	0	1	0	0	0
<i>Zero-Waste Greens</i>	Gluten Ingredient Free - Vegan/DF	50	79	325	2	6	0	3	2	3	1
<i>Mint Leaves*</i>	Gluten Ingredient Free - Vegan/DF	10	6	24	0	0	0	1	1	1	0
<i>Pickled Carrots*</i>	Gluten Ingredient Free - Vegan/DF	40	30	124	0	0	0	6	4	1	0
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ATIS NUTRITIONAL GUIDE – WINTER + HOLY CARROT

BUILD YOUR OWN - DRESSINGS (REGULAR)	Halal?	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)
Cashew Satay Dressing	☐	Gluten Ingredient Free - Vegan/DF	50	176	725	4	13	2	12	5	0	2
Lime Coriander Dressing	☒	Gluten Ingredient Free - Vegan/DF	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	☒	Gluten Ingredient Free - Vegan/DF	50	285	1172	1	27	2	2	2	1	1
Classic Caesar Dressing	☐	Gluten Ingredient Free	50	126	527	2	12	3	3	1	0	0
Apple Cider Vinaigrette	☒	Gluten Ingredient Free - Vegan/DF	50	251	1032	1	24	2	3	3	0	1
Tahini Dressing	☒	Gluten Ingredient Free - Vegan/DF	50	233	955	3	22	2	5	4	0	1
Green Goddess Dressing	☒	Gluten Ingredient Free - Vegan/DF	50	57	238	1	6	1	1	0	0	0
Balsamic Vinegar	☒	Gluten Ingredient Free - Vegan/DF	25	28	120	0	0	0	6	5	0	0
Olive Oil	☒	Gluten Ingredient Free - Vegan/DF	25	225	924	0	25	4	0	0	0	0
Lime Wedge	☒	Gluten Ingredient Free - Vegan/DF	25	2	10	0	0	0	0	0	0	0
Creamy Jalapeño Dressing	☒	Gluten Ingredient Free - Vegan/DF	50	238	980	1	25	2	2	1	0	1
Miso Ponzu Dressing	☒	Gluten Ingredient Free - Vegetarian/DF	50	140	578	2	11	2	9	6	0	2
<i>Chipotle Lime Dressing*</i>	☐	Gluten Ingredient Free - Vegetarian/DF	50	202	845	0	18	2	11	10	0	1
BUILD YOUR OWN - DRESSINGS (LARGE)	Halal?	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)
Cashew Satay Dressing	☐	Gluten Ingredient Free - Vegan/DF	80	281	1175	6	21	3	18	8	0	0
Lime Coriander Dressing	☒	Gluten Ingredient Free - Vegan/DF	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	☒	Gluten Ingredient Free - Vegan/DF	80	455	1874	1	43	2	3	2	0	1
Classic Caesar Dressing	☐	Gluten Ingredient Free	80	202	843	3	19	4	4	2	0	0
Apple Cider Vinaigrette	☒	Gluten Ingredient Free - Vegan/DF	80	401	1651	1	38	3	5	5	0	2
Tahini Dressing	☒	Gluten Ingredient Free - Vegan/DF	80	370	1528	5	35	3	7	7	0	2
Green Goddess Dressing	☒	Gluten Ingredient Free - Vegan/DF	80	91	382	1	10	1	1	0	0	0
Creamy Jalapeño Dressing	☒	Gluten Ingredient Free - Vegan/DF	80	381	1567	2	40	3	3	2	0	1
Miso Ponzu Dressing	☒	Gluten Ingredient Free - Vegetarian/DF	80	223	925	3	17	3	14	9	0	3
<i>Chipotle Lime Dressing*</i>	☐	Gluten Ingredient Free - Vegetarian/DF	80	323	1352	0	28	2	18	15	0	1
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SAUCES	Halal?	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>Sauce Shop Buffalo Hot Sauce</i>	☐	Gluten Ingredient Free - Vegan/DF	50	50	208	1	4	2	2	1	0	2
<i>Herb Yoghurt*</i>	☒	Gluten Ingredient Free - Vegetarian	50	62	259	3	5	3	3	3	0	0
<i>Chimichurri</i>	☒	Gluten Ingredient Free - Vegan/DF	50	203	850	1	22	2	2	1	0	0
<i>Garlic Aioli*</i>	☐	Gluten Ingredient Free - Vegetarian	50	284	1188	2	30	3	3	1	1	0
<i>DuDu Eats Thai Chilli Crisp*</i>	☐	Gluten Ingredient Free - Vegan/DF	20	97	407	0	10	2	1	0	0	0
<i>XO Sauce*</i>	☐	Vegan/DF	50	191	797	3	20	2	3	2	1	1
BUILD YOUR OWN - CRUNCHES	Halal?	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>Blanco Niño Chipotle Tortilla</i>	☒	Gluten Ingredient Free - Vegan/DF	15	72	300	1	3	0	10	0	0	0
<i>Smoked Almonds</i>	☒	Gluten Ingredient Free - Vegan/DF	20	130	537	5	11	1	1	1	2	0
<i>Omega Seeds</i>	☒	Gluten Ingredient Free - Vegan/DF	15	84	346	3	7	1	1	0	1	0
<i>Crispy Shallots</i>	☒	Gluten Ingredient Free - Vegan/DF	15	15	64	0	1	0	2	1	0	0
<i>Poilâne Breadcrumbs</i>	☒	Vegan/DF	15	48	201	1	2	0	5	0	0	0
<i>Maple Crunch*</i>	☒	Gluten Ingredient Free - Vegan/DF	20	50	461	3	10	1	5	3	1	0
<i>Chilli Lime Cashews*</i>	☒	Gluten Ingredient Free - Vegan/DF	15	78	326	3	7	1	3	1	1	0
<i>Wakame Crunch*</i>	☒	Vegan/DF	15	40	169	4	3	0	2	0	0	0
BUILD YOUR OWN - ADD-ONS	Halal?	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>Avocado Half</i>	☒	Gluten Ingredient Free - Vegan/DF	90	159	655	1	16	4	2	0	3	0
<i>Parmesan</i>	☐	Gluten Ingredient Free	30	119	496	10	9	5	0	0	0	0
<i>Crumbled Feta</i>	☒	Gluten Ingredient Free - Vegetarian	35	87	361	5	7	5	0	0	0	1
<i>Avo Smash</i>	☒	Gluten Ingredient Free - Vegan/DF	70	104	431	1	10	2	3	0	2	1
<i>Soft Boiled Egg</i>	☒	Gluten Ingredient Free - Vegetarian/DF	55	79	327	8	5	1	0	0	0	0
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BUILD YOUR OWN - MIXED SALADS	Halal?	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>Broccoli Caesar*</i>	☐		60	70	290	3	5	1	2	1	1	1
<i>Roasted Heritage Carrots*</i>	☐	Gluten Ingredient Free - Vegetarian/DF	70	52	216	0	3	0	7	5	2	0
<i>Ponzu Chilli Tenderstem*</i>	☐	Vegetarian/DF	60	64	265	2	4	0	4	2	2	1
<i>Grilled Hispi Cabbage*</i>	☐	Vegetarian/DF	80	34	143	1	2	0	4	3	2	0
BUILD YOUR OWN - PROTEINS	Halal?	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)
Blackened Chicken	☒	Dairy Free - Gluten Ingredient Free	120	204	853	23	12	1	1	1	0	1
<i>Herb Chicken*</i>	☒	Gluten Ingredient Free	120	262	1095	16	22	7	0	0	0	0
Garlic Butter Steak	☐		130	330	1378	42	16	2	0	0	0	0
<i>Gochujang Tofu*</i>	☐	Vegan/DF	120	242	1010	21	14	1	8	6	3	0
<i>Hot Honey Salmon*</i>	☐	Dairy Free - Gluten Ingredient Free	120	294	1231	27	17	3	7	7	0	1
<i>Miso Ginger Sweet Potato*</i>	☐	Gluten Ingredient Free - Vegan/DF	120	145	413	2	3	0	29	9	3	1
<i>Umami Mushrooms*</i>	☐	Gluten Ingredient Free - Vegan/DF	120	97	406	6	5	1	8	5	3	0
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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	240	408	1706	45	24	3	3	3	0	1
<i>Chicken Pot (Herb Chicken Only)*</i>	Gluten Ingredient Free	240	523	2189	31	43	14	0	0	0	0
Buffalo Chicken Pot	Gluten Ingredient Free	355	714	2986	48	51	7	5	12	1	2
<i>Tahini Greens + Chickpeas*</i>	Gluten Ingredient Free - Vegan/DF	315	507	2098	12	40	3	13	11	9	4
<i>Broccoli Caesar Side Pot*</i>		180	209	869	9	15	4	7	4	4	3
<i>Roasted Heritage Carrots Side Pot*</i>	Gluten Ingredient Free - Vegetarian/DF	250	185	773	2	11	1	24	16	7	1
<i>Ponzu Chilli Tenderstem Side Pot*</i>	Vegan/DF	240	218	911	7	15	1	13	6	6	2
<i>Grilled Hispi Cabbage Side Pot*</i>	Vegetarian/DF	240	103	430	4	5	1	11	8	5	0
<i>Parmesan Roasties Pot*</i>	Gluten Ingredient Free	260	623	2617	11	42	5	47	4	6	1
SWEET TREATS	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>Dark Chocolate + Granola Cookie</i>	Vegetarian	75	259	1084	4	12	7	35	28	1	0
<i>Dark Chocolate + Sea Salt Cookie</i>	Vegetarian	73	309	1293	4	14	8	41	21	1	1
After School Cookie Club - Oat & Raisin Cookie	Gluten Ingredient Free - Vegan/DF	80	347	1277	3	16	6	40	15	1	1
After School Cookie Club - Fudgy Brownie	Gluten Ingredient Free - Vegetarian	90	410	1715	5	23	14	44	36	3	0
<i>Banana Bread</i>	Vegetarian	110	287	1201	4	12	7	40	22	1	0
atis x JENKI Matcha Pistachio Pot	Gluten Ingredient Free - Vegan/DF	85	313	1310	7	23	11	25	12	3	0
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