

NUTRITIONAL GUIDE

WINTER + BARRY'S 2026

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – WINTER + BARRY’S 2026

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>	Vegan/DF	400	432	1812	14	22	3	14	18	8	2
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	1782	17	32	4	28	17	10	0
<i>Chilli Miso Mushrooms*</i>	Vegan/DF	490	593	2470	17	28	3	15	23	9	4

*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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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
<i>atis x Barry's Edit*</i>	Gluten Ingredient Free - DF	610	1025	4307	61	60	5	30	20	7	3
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>Roasted Pumpkin Soup*</i>	Gluten Ingredient Free - Vegan/DF	315	334	1399	3	29	13	16	3	3	1
<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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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
Wholegrain Rice	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
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ATIS NUTRITIONAL GUIDE – WINTER + BARRY'S 2026

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	<input type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	50	176	725	4	13	2	12	5	0	2
Lime Coriander Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	50	236	970	1	26	2	0	0	0	1
Balsamic Vinaigrette	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	50	285	1172	1	27	2	2	2	1	1
Classic Caesar Dressing	<input type="checkbox"/>	Gluten Ingredient Free	50	126	527	2	12	3	3	1	0	0
Apple Cider Vinaigrette	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	50	251	1032	1	24	2	3	3	0	1
Tahini Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	50	233	955	3	22	2	5	4	0	1
Green Goddess Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	50	57	238	1	6	1	1	0	0	0
Balsamic Vinegar	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	25	28	120	0	0	0	6	5	0	0
Olive Oil	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	25	225	924	0	25	4	0	0	0	0
Lime Wedge	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	25	2	10	0	0	0	0	0	0	0
Creamy Jalapeño Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	50	238	980	1	25	2	2	1	0	1
Miso Ponzu Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegetarian/DF	50	140	578	2	11	2	9	6	0	2
<i>Chipotle Lime Dressing*</i>	<input type="checkbox"/>	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	<input type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	80	281	1175	6	21	3	18	8	0	0
Lime Coriander Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	80	378	1552	1	41	3	1	0	1	1
Balsamic Vinaigrette	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	80	455	1874	1	43	2	3	2	0	1
Classic Caesar Dressing	<input type="checkbox"/>	Gluten Ingredient Free	80	202	843	3	19	4	4	2	0	0
Apple Cider Vinaigrette	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	80	401	1651	1	38	3	5	5	0	2
Tahini Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	80	370	1528	5	35	3	7	7	0	2
Green Goddess Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	80	91	382	1	10	1	1	0	0	0
Creamy Jalapeño Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegan/DF	80	381	1567	2	40	3	3	2	0	1
Miso Ponzu Dressing	<input checked="" type="checkbox"/>	Gluten Ingredient Free-Vegetarian/DF	80	223	925	3	17	3	14	9	0	3
<i>Chipotle Lime Dressing*</i>	<input type="checkbox"/>	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>	<input type="checkbox"/>	Gluten Ingredient Free Vegan/DF	50	50	208	1	4	2	2	1	0	2
<i>Herb Yoghurt*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegetarian	50	62	259	3	5	3	3	3	0	0
<i>Chimichurri</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	50	203	850	1	22	2	2	1	0	0
<i>Garlic Aioli*</i>	<input type="checkbox"/>	Gluten Ingredient Free Vegetarian	50	284	1188	2	30	3	3	1	1	0
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>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	15	72	300	1	3	0	10	0	0	0
<i>Smoked Almonds</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	20	130	537	5	11	1	1	1	2	0
<i>Omega Seeds</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	15	84	346	3	7	1	1	0	1	0
<i>Crispy Shallots</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	15	15	64	0	1	0	2	1	0	0
<i>Poilâne Breadcrumbs</i>	<input checked="" type="checkbox"/>	Vegan/DF	15	48	201	1	2	0	5	0	0	0
<i>Maple Crunch*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	20	50	461	3	10	1	5	3	1	0
<i>Chilli Lime Cashews*</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	15	78	326	3	7	1	3	1	1	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>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	90	159	655	1	16	4	2	0	3	0
<i>Parmesan</i>	<input type="checkbox"/>	Gluten Ingredient Free	30	119	496	10	9	5	0	0	0	0
<i>Crumbled Feta</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegetarian	35	87	361	5	7	5	0	0	0	1
<i>Avo Smash</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	70	104	431	1	10	2	3	0	2	1
<i>Soft Boiled Egg</i>	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegetarian/DF	55	79	327	8	5	1	0	0	0	0

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ATIS NUTRITIONAL GUIDE – WINTER + BARRY'S 2026

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>	<input type="checkbox"/>		60	70	290	3	5	1	2	1	1	1
<i>Roasted Heritage Carrots*</i>	<input type="checkbox"/>	Gluten Ingredient Free Vegetarian/DF	70	52	216	0	3	0	7	5	2	0
<i>Ponzu Chilli Tenderstem*</i>	<input type="checkbox"/>	Vegetarian/DF	60	64	265	2	4	0	4	2	2	1
<i>Grilled Hispi Cabbage*</i>	<input type="checkbox"/>	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	<input checked="" type="checkbox"/>	Dairy Free - Gluten Ingredient Free	120	204	853	23	12	1	1	1	0	1
<i>Herb Chicken*</i>	<input type="checkbox"/>	Gluten Ingredient Free	120	262	1095	16	22	7	0	0	0	0
Garlic Butter Steak	<input type="checkbox"/>		130	330	1378	42	16	2	0	0	0	0
<i>Gochujang Tofu*</i>	<input type="checkbox"/>	Vegan/DF	120	242	1010	21	14	1	8	6	3	0
<i>Hot Honey Salmon*</i>	<input type="checkbox"/>	Dairy Free - Gluten Ingredient Free	120	294	1231	27	17	3	7	7	0	1
<i>Miso Ginger Sweet Potato*</i>	<input type="checkbox"/>	Gluten Ingredient Free Vegan/DF	120	145	413	2	3	0	29	9	3	1
<i>Umami Mushrooms*</i>	<input type="checkbox"/>	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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CATERING WINTER 2026

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ATIS NUTRITIONAL GUIDE – WINTER CATERING 2026

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)
Buffalo Hot Sauce	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	150	492	2058	2	44	5	21	20	2	1
<i>Herb Yoghurt*</i>	<input type="checkbox"/>	Gluten Ingredient Free Vegetarian	150	186	777	8	14	9	9	8	0	1
Chimichurri	<input checked="" type="checkbox"/>	Gluten Ingredient Free Vegan/DF	150	609	1549	2	65	6	5	2	0	0
PREMIUMS	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)
Buffalo Blackened Chicken	<input checked="" type="checkbox"/>	Gluten-Ingredient Free	820	2017	8372	140	154	34	7	11	1	1
<i>Herb Grilled Chicken*</i>	<input checked="" type="checkbox"/>	Gluten-Ingredient Free	710	888	3706	112	49	7	0	0	0	1
<i>Gochijang Tofu*</i>	<input type="checkbox"/>	Vegan/DF	675	1249	5211	102	75	8	40	26	14	1
<i>Umami Mushrooms*</i>	<input type="checkbox"/>	Gluten Ingredient Free Vegan/DF	750	609	2535	35	30	4	52	32	22	2
<i>Miso Ginger Sweet Potato*</i>	<input type="checkbox"/>	Gluten Ingredient Free Vegan/DF	730	934	2730	15	26	4	172	56	21	5
<i>Garlic Butter Steak*</i>	<input type="checkbox"/>		770	1494	6237	189	72	7	0	0	1	3
<i>Hot Honey Salmon*</i>	<input type="checkbox"/>	Gluten Ingredient Free Dairy Free	730	1767	7388	164	104	18	45	41	0	4
<small>*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</small>												
<small>HALAL NOTICE: HALAL MEAT IN OUR 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 NUTRITIONAL GUIDE – WINTER CATERING 2026

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)
Wholegrain Rice	Gluten Ingredient Free - Vegan/DF	720	958	4068	23	4	1	194	2	8	0
<i>Coriander Quinoa*</i>	Gluten Ingredient Free - Vegan/DF	720	1548	6480	32	94	7	147	15	17	15
<i>Harissa Grains*</i>	Vegan/DF	720	2542	10656	60	95	9	365	17	38	10
<i>Roast New Potatoes*</i>	Gluten Ingredient Free - Vegan/DF	720	406	1974	12	25	4	114	9	13	4
DELI SALADS	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>Ponzu Chilli Tenderstem*</i>	Vegetarian/DF	540	351	1458	22	12	2	35	17	18	5
<i>Grilled Hispi Cabbage*</i>	Vegetarian/DF	680	347	1448	12	16	2	31	26	14	1
<i>Broccoli Caesar*</i>		687	708	2947	32	52	14	27	14	14	2
<i>Roast Heritage Carrots*</i>	Gluten Ingredient Free - Vegetarian/DF	656	649	2696	3	44	4	60	44	16	3
HOUSE SALADS	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)
Caesar Salad		1290	1303	5392	76	93	41	30	25	13	3
Azteca Salad	Gluten Ingredient Free - Vegetarian	1530	2494	10511	69	158	41	403	72	35	7
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)
Dark Chocolate + Sea Salt Cookie	Vegetarian	73	309	1293	4	14	8	41	21	1	1
After School Cookie Club - Oat & Raisin Cookie	Gluten Ingredient Free - Vegan/DF	70	1277	307	3	16	6	40	15	1	1
atis Banana Bread	Vegetarian	110	287	1201	4	12	7	40	22	1	0
<p><small>*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</small></p>											

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