

NUTRITIONAL GUIDE

WINTER + THE DUSTY KNUCKLE 2026

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – WINTER + THE DUSTY KNUCKLE

| 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 |
| 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 |
| <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 WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.</small> | | | | | | | | | | | |

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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 |
| WARM BOWLS + SPECIALS | 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 |
| <i>Roasted Tomato & Red Pepper Soup*</i> | Gluten Ingredient Free - Vegan/DF | 300 | 300 | 1255 | 3 | 27 | 3 | 15 | 9 | 3 | 0 |

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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 |
| <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 |
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ATIS NUTRITIONAL GUIDE – WINTER + THE DUSTY KNUCKLE

| 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 |
| <i>DuDu Eats Thai Chilli Crisp*</i> | <input type="checkbox"/> | Gluten Ingredient Free-Vegan/DF | 20 | 97 | 407 | 0 | 10 | 2 | 1 | 0 | 0 | 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>Bianco 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 |
| <i>The Dusty Knuckle Focaccia*</i> | <input checked="" type="checkbox"/> | Vegan/DF | 55 | 175 | 733 | 3 | 8 | 1 | 23 | 0 | 1 | 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) |
|----------------------------------|-------------------------------------|--|------------------|---------------|-------------|-------------|---------|------------------------|------------------|---------------------|-----------|----------|
| <u>Broccoli Caesar*</u> | <input type="checkbox"/> | | 60 | 70 | 290 | 3 | 5 | 1 | 2 | 1 | 1 | 1 |
| <u>Roasted Heritage Carrots*</u> | <input type="checkbox"/> | Gluten Ingredient Free - Vegetarian/DF | 70 | 52 | 216 | 0 | 3 | 0 | 7 | 5 | 2 | 0 |
| <u>Ponzu Chilli Tenderstem*</u> | <input type="checkbox"/> | Vegetarian/DF | 60 | 64 | 265 | 2 | 4 | 0 | 4 | 2 | 2 | 1 |
| <u>Grilled Hispi Cabbage*</u> | <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 |
| <u>Herb Chicken*</u> | <input checked="" 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 |
| <u>Gochujang Tofu*</u> | <input type="checkbox"/> | Vegan/DF | 120 | 242 | 1010 | 21 | 14 | 1 | 8 | 6 | 3 | 0 |
| <u>Hot Honey Salmon*</u> | <input type="checkbox"/> | Dairy Free - Gluten Ingredient Free | 120 | 294 | 1231 | 27 | 17 | 3 | 7 | 7 | 0 | 1 |
| <u>Miso Ginger Sweet Potato*</u> | <input type="checkbox"/> | Gluten Ingredient Free - Vegan/DF | 120 | 145 | 413 | 2 | 3 | 0 | 29 | 9 | 3 | 1 |
| <u>Umami Mushrooms*</u> | <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 |

*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.

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

NUTRITIONAL GUIDE

CATERING WINTER 2026

NUTRITIONAL GUIDE BY MENU ITEMS

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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