

NUTRITIONAL GUIDE

AUTUMN 2025

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – AUTUMN 2025 OH

	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)
	<i>El Chipotle*</i>	Gluten Ingredient Free - Vegetarian/DF	345	459	1625	8	24	2	34	16	8	1
	<i>Holy Goat*</i>	Vegetarian	380	806	3344	15	61	3	11	5	2	3
	<i>Thai Chopped Chicken*</i>	Gluten Ingredient Free	445	476	1998	27	27	5	21	19	8	1
	Seiz'a Caesar		315	296	706	15	22	4	2	2	1	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
	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)
	<i>El Chipotle*</i>	Gluten Ingredient Free - Vegetarian/DF	455	655	2434	10	35	3	41	21	9	2
	<i>Holy Goat*</i>	Vegetarian	490	1083	4503	19	80	12	58	20	9	3
	<i>Thai Chopped Chicken*</i>	Gluten Ingredient Free	485	587	2454	29	34	6	29	22	8	1
	Seiz'a Caesar		385	416	889	17	31	6	6	6	5	5
	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
	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>The Steak Out</i>		390	663	2769	40	44	4	23	7	5	2
	<i>Sesame Salmon Slaw*</i>	Dairy Free	480	811	3374	37	46	6	19	21	7	4
	<i>BBQ Chicken Satay*</i>	Dairy Free	445	587	2454	29	34	6	29	22	8	1
	<i>Blackened Chicken Harvest*</i>		605	980	4108	40	60	11	71	29	9	3
	<i>Jalapeno Caesar*</i>		480	893	3715	38	64	11	11	11	8	3
	<i>Cashew Tofu Crunch*</i>	Vegan/DF	435	600	2501	28	39	5	26	19	9	1
	<i>RIXO x atis 'Edit'</i>	Gluten Ingredient Free - Dairy Free	500	840	3525	38	50	6	23	25	8	3
	<i>Superhumans Plate with Olia Hercules</i>		520	671	2798	34	40	8	42	12	6	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>Butterbean Braise*</i>	Vegetarian	435	457	1897	15	21	5	14	19	3	3
	<i>Thai Coconut Rice Bowl*</i>	Gluten Ingredient Free - Vegan/DF	630	794	3345	13	40	20	27	23	8	1
*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												

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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
<u>Power Grains*</u>	Vegan/DF	70	105	442	4	3	0	17	0	2	0
<u>Herb Quinoa*</u>	Gluten Ingredient Free - Vegan/DF	55	93	390	3	3	0	0	1	2	0
<u>Potato Kale Hash*</u>	Gluten Ingredient Free - Vegan/DF	60	69	290	1	3	0	8	3	2	1
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>Vadasz' Fresh Pickles</i>	Gluten Ingredient Free - Vegan/DF	50	25	106	0	0	0	6	6	1	1
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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 - Vegan/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 - Vegan/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 - Vegan/DF	50	62	259	3	5	3	3	3	0	0
Chimichurri	☒	Gluten Ingredient Free - Vegan/DF	50	203	850	1	22	2	2	1	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)
Blanco Niño Chipotle Tortilla	☒	Gluten Ingredient Free - Vegan/DF	15	72	300	1	3	0	10	0	0	0
Smoked Almonds	☒	Gluten Ingredient Free - Vegan/DF	20	130	537	5	11	1	1	1	2	0
Omega Seeds	☒	Gluten Ingredient Free - Vegan/DF	15	84	346	3	7	1	1	0	1	0
Crispy Shallots	☒	Gluten Ingredient Free - Vegan/DF	15	15	64	0	1	0	2	1	0	0
Poilâne Breadcrumbs	☒	Vegan/DF	15	36	148	1	2	0	4	0	0	4
<i>Maple Crunch*</i>	☒	Gluten Ingredient Free - Vegan/DF	20	50	461	3	10	1	5	3	1	0
<i>DuDu Eats Thai Chilli Crisp</i>	☐	Gluten Ingredient Free - Vegan/DF	20	97	407	0	10	2	1	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)
Avocado Half	☒	Gluten Ingredient Free - Vegan/DF	90	159	655	1	16	4	2	0	3	0
Parmesan	☐	Gluten Ingredient Free	30	119	496	10	9	5	0	0	0	0
Crumbled Feta	☒	Gluten Ingredient Free - Vegetarian	35	87	361	5	7	5	0	0	0	1
Avo Smash	☒	Gluten Ingredient Free - Vegan/DF	70	104	431	1	10	2	3	0	2	1
Soft Boiled Egg	☒	Gluten Ingredient Free - Vegetarian/DF	55	79	327	8	5	1	0	0	0	0
<i>Goat's Cheese*</i>	☐	Gluten Ingredient Free - Vegetarian	35	96	403	6	8	6	1	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)
<u>Broccoli Caesar*</u>	☐	Gluten Ingredient Free - Vegetarian/DF Vegan/DF	60	70	290	3	5	1	2	1	1	1
<u>Roast Maple Nut Roots*</u>	☐		60	107	448	2	8	1	7	5	1	0
<u>Creamy Miso Slaw*</u>	☐		60	73	304	1	6	1	4	3	2	0
<u>Dilly Chopped Salad</u>	☐		60	56	229	1	5	1	1	2	1	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	248	1034	22	14	3	1	1	1	1
<i>Charred Lemongrass Chicken*</i>	☒	Dairy Free - Gluten Ingredient Free	120	218	914	20	12	3	6	5	0	1
Garlic Butter Steak	☐	Gluten Ingredient Free - Vegan/DF	130	330	1378	42	16	2	0	0	0	0
<i>Maple Ginger Tofu*</i>	☐		110	188	787	17	11	1	7	4	4	0
<i>Hot Honey Salmon*</i>	☐		120	294	1231	27	17	3	7	7	0	1
<i>Herb Grilled Chicken</i>	☒		120	151	632	19	8	1	0	0	0	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	200	414	1724	40	24	5	2	1	1	2
<i>Chicken Pot (Charred Lemongrass Chicken Only)*</i>	Dairy Free - Gluten Ingredient Free	200	364	1523	34	21	5	10	8	0	1
Buffalo Chicken Pot	Gluten Ingredient Free	200	534	2222	27	43	8	8	7	1	1
<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>Creamy Miso Slaw Side Pot</i>	Gluten Ingredient Free - Vegetarian/DF	220	266	1100	3	22	2	12	10	5	1
<i>Roasted Maple Nut Roots Side Pot</i>	Vegan/DF	220	394	1643	6	31	3	26	19	5	2
<i>Dilly Chopped Salad Side Pot</i>	Gluten Ingredient Free - Vegan/DF	240	223	917	2	20	3	4	6	3	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)
After School Cookie Club - Chocolate Chip Cookie	Gluten Ingredient Free - Vegan/DF	75	306	1288	2	15	8	39	23	2	1
After School Cookie Club - Double Chocolate Cookie	Gluten Ingredient Free - Vegan/DF	75	307	1291	2	16	9	37	22	3	0
After School Cookie Club - Oat & Raisin Cookie	Gluten Ingredient Free - Vegan/DF	70	304	1277	3	16	6	40	15	1	1
After School Cookie Club - Chocolate Brownie	Gluten Ingredient Free - Vegetarian	50	151	625	1	12	8	9	4	2	0
atis Hazelnut Chocolate Dessert Pot	Gluten Ingredient Free - Vegan/DF	85	324	1355	6	25	10	24	12	4	0
atis Banana Bread	Vegetarian	125	492	2058	6	28	14	50	32	1	1
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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Buffalo Hot Sauce	☒	Gluten Ingredient Free Vegan/DF	150	492	2058	2	44	5	21	20	2	1
<i>Herb Yoghurt*</i>	☐	Gluten Ingredient Free Vegetarian	150	186	777	8	14	9	9	8	0	1
Chimichurri	☒	Gluten Ingredient Free Vegan/DF	150	609	1549	2	65	6	5	2	0	0
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)
Buffalo Blackened Chicken	☒	Gluten-Ingredient Free	820	2017	8372	140	154	34	7	11	1	1
<i>Charred Lemongrass Chicken*</i>	☒	Gluten Ingredient Free Dairy Free	720	1282	5362	119	73	18	37	28	1	4
<i>Maple Ginger Tofu*</i>	☐	Gluten Ingredient Free Vegan/DF	675	1222	5103	102	75	8	40	26	14	2
<i>Garlic Butter Steak*</i>	☐		770	1494	6237	189	72	7	0	0	1	2
<i>Hot Honey Salmon*</i>	☐	Gluten Ingredient Free Dairy Free	730	1767	7388	164	104	18	45	41	0	4
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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>Herb Quinoa*</i>	Gluten Ingredient Free - Vegan/DF	720	1217	5105	42	42	4	160	19	13	2
<i>Power Grains*</i>	Vegan/DF	720	1080	4543	36	30	4	173	4	18	3
<i>Potato Kale Hash*</i>	Gluten Ingredient Free - Vegan/DF	720	828	3478	14	40	3	107	36	19	7
MIXED 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>Tahini Greens + Chickpeas*</i>	Gluten Ingredient Free - Vegan/DF	960	1258	5242	40	85	8	35	21	36	14
<i>Creamy Miso Slaw*</i>	Vegan/DF	784	894	3700	14	71	7	31	35	20	3
<i>Broccoli Caesar*</i>		687	708	2947	32	52	14	27	14	14	2
<i>Roasted Maple Nut Roots*</i>	Gluten Ingredient Free - Vegetarian/DF	761	1362	5685	19	107	9	89	65	17	6
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)
After School Cookie Club - Chocolate Chip Cookie	Gluten Ingredient Free - Vegan/DF	75	306	1288	2	15	8	39	23	2	1
After School Cookie Club - Double Chocolate Cookie	Gluten Ingredient Free - Vegan/DF	75	307	1291	2	16	9	37	22	3	0
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	125	492	2058	6	28	14	50	32	1	1
atis Carrot Cake	Vegetarian	125	383	1604	6	20	2	43	28	2	1
*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											

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