

NUTRITIONAL GUIDE

SHAKES + SMOOTHIES 2026

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE – SHAKES & SMOOTHIES SPRING 2026

SHAKES	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>Banana Nut</i>	Gluten Ingredient Free - Vegetarian	455	482	2025	32	13	4	56	26	4	1
<i>Cacao Power</i>	Gluten Ingredient Free - Vegetarian	463	556	2338	35	18	3	61	19	8	0
<i>Blueberry Fuel</i>	Gluten Ingredient Free - Vegetarian	424	411	1734	32	13	4	40	14	6	0
SMOOTHIES	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>Green Glow</i>	Gluten Ingredient Free - Vegan/DF	516	170	712	3	3	1	31	27	3	0
<i>Berry Boost</i>	Gluten Ingredient Free - Vegan/DF	515	283	1190	3	7	6	47	38	7	0
<i>Club Tropic</i>	Gluten Ingredient Free - Vegan/DF	516	222	934	2	8	6	35	28	3	0
ADD ONS	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)
Vanilla Whey Protein	Gluten Ingredient Free - Vegetarian	30	114	481	22	2	1	3	2	0	0
Unflavoured Whey Protein	Gluten Ingredient Free - Vegetarian	30	114	484	23	2	1	1	2	0	0
Vegan Vanilla Protein	Gluten Ingredient Free - Vegan/DF	30	113	471	38	4	0	3	0	0	0
<u>Creatine</u>	Gluten Ingredient Free - Vegan/DF	3	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<u>Lion's Mane</u>	Gluten Ingredient Free - Vegan/DF	1	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<u>Collagen</u>	Gluten Ingredient Free - DF	15	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<p><i>*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 NUTRITION INFORMATION FOR SUPPLEMENTS ARE CURRENTLY UNAVAILABLE, AS THE MANUFACTURERS HAVE NOT DISCLOSED DETAILED NUTRITIONAL VALUES.</i></p>											

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