

ATIS ALLERGEN GUIDE BY MENU ITEM – SPRING + HERB

ITEM INFORMATION INCLUDES DRESSING/SAUCE AS STANDARD	SALAD BOWLS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	Azteca	Milk, Sulphites, Alliums	Gluten Ingredient Free - Vegetarian								X							X
	Green Goddess	Nuts, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF										X			X		X
	Seiz'a Caesar	Gluten (Wheat), Eggs, Fish, Milk, Alliums			X		X	X		X								
	El Chipotle*	Mustard, Soybean, Honey, Alliums	Gluten Ingredient Free - Vegetarian/DF									X					X	
	Double Crunch Thai*	Nuts, Sesame, Soybean, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X		X	X	X
	PERFORMANCE	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	<i>atis x RUNNA Edit*</i>	Nuts, Soybean, Sesame, Sulphites, Alliums	Gluten Ingredient Free - Vegan/DF											X		X	X	X
	ESSENTIALS EDIT	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	<i>Chicken Jalapeno Taco*</i>	Mustard, Sulphites, Alliums	Gluten Ingredient Free - Dairy-Free									X						X
<i>Blackened Chicken Avo*</i>	Mustard, Sesame, Soybean, Sulphites	Gluten Ingredient Free - Dairy-Free									X			X	X		X	
<i>Harissa Tahini Chickpeas*</i>	Gluten (Wheat), Soybean, Sesame, Sulphites, Alliums	Vegan/DF		X											X	X	X	

**ITEMS THAT ARE ITALICISED AND STARRED ARE SEASONAL ITEMS AND ARE SUBJECT TO SEASONALITY. **DOUBLE STAR SIGNIFIES A CHANGE IN RECIPE. PLEASE NOTE THAT ANY ITEM CONTAINING MUSTARD MAY CONTAIN TRACES OF NUTS. DF = DAIRY FREE*

A NOTE ON ALLERGIES: WE OPERATE IN AN OPEN KITCHEN THEREFORE INDIVIDUAL FOODS MAY COME IN CONTACT WITH ONE ANOTHER DURING PREPARATION WHICH IS NOT REFLECTED ON THIS CHART. ALTHOUGH EFFORTS ARE MADE TO AVOID CROSS-CONTACT OF ALLERGENS, ATIS DOES NOT GUARANTEE THAT CROSS-CONTACT WITH ALLERGENS WILL NOT OCCUR. BEFORE PLACING YOUR ORDER, PLEASE INFORM A TEAM MEMBER IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. IF YOU HAVE A SEVERE ALLERGY, WE WOULD RECOMMEND DUE TO THE NATURE OF OUR OPERATION THAT YOU DO NOT EAT HERE. ANY FURTHER QUESTIONS, PLEASE GET IN CONTACT WITH CUSTOMERSUPPORT@ATISFOOD.COM

PLEASE SEE THE BUILD YOUR OWN SECTION FOR ALLERGENS OF INDIVIDUAL INGREDIENTS

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ITEM INFORMATION INCLUDES DRESSING/SAUCE AS STANDARD	POWER PLATES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES	
	<i>High Steaks*</i>	Gluten (Wheat) Fish, Milk, <u>Mustard</u> , Sulphites, Alliums			X			X			X		X					X
	<i>Blackened Chicken Grains*</i>	Gluten (Wheat), Milk, <u>Mustard</u> , Sulphites, Honey, Alliums			X					X		X						X
	<i>Chipotle Chili Salmon*</i>	Gluten (Wheat) Fish, <u>Mustard</u> , Sulphites, Honey, Alliums	Dairy Free		X			X					X			X	X	X
	<i>Gochujang Tofu Greens*</i>	Gluten (Wheat), Nuts, Sesame, Soybean, Sulphites, Alliums	Vegan/DF		X									X		X	X	X
	<i>Sweet Potato Satay Crunch*</i>	Gluten (Wheat), <u>Mustard</u> , Nuts, Sesame, Soybean, Sulphites, Alliums	Vegan/DF		X								X	X		X	X	X

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SIDE POTS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Chicken Pot (Blackened Chicken Only)	Sulphites	Dairy Free - Gluten Ingredient Free														X
Chicken Pot (Herb Chicken Only)*	Milk	Gluten Ingredient Free							X							
Buffalo Chicken Pot*	Eggs, Fish, Milk, Soybean, Sulphites, Alliums	Gluten Ingredient Free				X	X		X						X	X
Tahini Greens + Chickpeas*	Sesame, Soybean, Alliums	Gluten Ingredient Free - Vegan/DF												X	X	
Roasted Heritage Carrots Side Pot*	<u>Mustard, Honey</u>	Gluten Ingredient Free - Vegetarian/DF									X					
Ponzu Chili Tenderstem Side Pot*	Gluten (Wheat), Sesame, Soybean, Sulphites	Vegan/DF		X										X	X	X
Grilled Hispl Cabbage Side Pot*	Gluten (Wheat), Sesame, Soybean, Alliums	Vegan/DF		X										X	X	
Creamy Miso Slaw Side Pot*	Gluten (Wheat), Mustard, Sesame, Soybean, Alliums	Vegan/DF		X							X			X	X	X
Parmesan Roasties Pot*	Eggs, Milk, Mustard, Rennet, Alliums	Gluten Ingredient Free				X			X		X					
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SWEET TREATS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
Dark Chocolate + Granola Cookie	Gluten (Wheat), Eggs, Milk, Soybean	Vegetarian		X		X			X						X	
Dark Chocolate + Sea Salt Cookie	Gluten (Wheat), Eggs, Milk, Soybean	Vegetarian		X		X			X						X	
Oat & Raisin Cookie	Nuts	Gluten Ingredient Free - Vegan/DF										X				
Chocolate Brownie	Eggs, Milk, Soybean	Gluten Ingredient Free - Vegetarian				X			X						X	
Banana Bread	Gluten (Wheat), Eggs, Milk	Vegetarian		X		X			X							
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