

ATIS NUTRITIONAL GUIDE – SPRING + HERB CHICKEN

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>Double Crunch Thai*</i>	Gluten Ingredient Free - Vegan/DF	365	394	1643	14	24	3	19	14	9	0
PERFORMANCE (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>atis x RUNNA Edit*</i>	Gluten Ingredient Free - Vegan/DF	450	590	2133	14	23	3	64	25	10	1
ESSENTIAL EDITS (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>Chicken Jalapeno Taco*</i>	Gluten Ingredient Free - Dairy-Free	470	724	3008	31	50	5	24	11	5	3
<i>Blackened Chicken Avo*</i>	Gluten Ingredient Free - Dairy-Free	425	757	3141	31	62	8	11	7	7	2
<i>Harissa Tahini Chickpeas*</i>	Vegan/DF	415	847	3528	19	58	8	49	15	10	3
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>Double Crunch Thai*</i>	Gluten Ingredient Free - Vegan/DF	435	505	1762	17	32	4	26	17	10	0
PERFORMANCE (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>atis x RUNNA Edit*</i>	Gluten Ingredient Free - Vegan/DF	540	729	3051	18	31	4	87	28	11	2
ESSENTIAL EDITS (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>Chicken Jalapeno Taco*</i>	Gluten Ingredient Free - Dairy-Free	575	966	4019	34	71	6	35	13	7	4
<i>Blackened Chicken Avo*</i>	Gluten Ingredient Free - Dairy-Free	475	912	3781	31	77	9	11	9	7	2
<i>Harissa Tahini Chickpeas*</i>	Vegan/DF	525	1234	5145	27	80	10	84	19	14	5

*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

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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>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>	Vegan/DF	240	218	905	6	13	1	14	23	9	2
<i>Creamy Miso Slaw Side Pot*</i>	Vegan/DF	220	262	1085	3	21	2	13	11	5	1
<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
Oat & Raisin Cookie	Gluten Ingredient Free - Vegan/DF	80	347	1277	3	16	6	40	15	1	1
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
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