

ATIS ALLERGEN GUIDE BY MENU ITEM – SHAKES & SMOOTHIES SPRING 2026

SHAKES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Half - Focus + Flow</i>	Milk, Peanuts, Soybean	Gluten Ingredient Free							X			X				
<i>Half - Recover + Repair</i>	Milk, Nuts, Soybean	Gluten Ingredient Free							X			X				
<i>Banana Nut</i>	Milk, Peanuts, Soybean	Gluten Ingredient Free - Vegetarian							X				X		X	
<i>Cacao Power</i>	Milk, Nuts, Soybean	Gluten Ingredient Free - Vegetarian							X			X			X	
<i>Blueberry Fuel</i>	Milk, Nuts, Soybean	Gluten Ingredient Free - Vegetarian							X			X			X	
SMOOTHIES	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Green Glow</i>		Gluten Ingredient Free - Vegan/DF														
<i>Berry Boost</i>		Gluten Ingredient Free - Vegan/DF														
<i>Club Tropic</i>		Gluten Ingredient Free - Vegan/DF														
ADD ONS	ALLERGENS & OTHER	TAGS	CELERY	CEREALS CONTAINING GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYBEAN	SULPHITES
<i>Vanilla Whey Protein</i>	Milk, Soybean	Gluten Ingredient Free - Vegetarian							X						X	
<i>Unflavoured Whey Protein</i>	Milk, Soybean	Gluten Ingredient Free - Vegetarian							X						X	
<i>Vegan Vanilla Protein</i>		Gluten Ingredient Free - Vegan/DF														
<i>Creatine</i>		Gluten Ingredient Free - Vegan/DF														
<i>Lion's Mane</i>		Gluten Ingredient Free - Vegan/DF														
<i>Collagen</i>		Gluten Ingredient Free - DF														
<p><i>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</i></p> <p><i>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</i></p>																

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