

NUTRITIONAL GUIDE

SUMMER 2026 + LIME

NUTRITIONAL GUIDE BY MENU ITEMS

ATIS NUTRITIONAL GUIDE BY MENU ITEM – SUMMER '26 + LIME

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	25	9	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
El Chipotle*	Gluten Ingredient Free Vegetarian/DF	345	459	1625	8	24	2	34	16	8	1
Double Crunch Thai*	Gluten Ingredient Free Vegan/DF	365	394	1643	14	24	3	19	14	9	0
Kalamata Queen*	Vegetarian	370	518	2165	11	47	10	8	5	5	3
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)
Chicken Jalapeno Taco*	Gluten Ingredient Free Dairy-Free	480	778	3240	37	54	5	24	12	5	3
Blackened Chicken Avo*	Gluten Ingredient Free Dairy-Free	435	813	3371	37	65	8	11	7	7	2
Summer Harissa Chickpeas*	Vegan/DF	465	860	3585	19	58	8	48	16	11	3
COLLAB (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)
atis x Lime Edit*	Gluten Ingredient Free Dairy-Free	650	1085	4531	72	70	6	39	21	10	4
*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.											

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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	1783	18	32	10	11	7	5	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
El Chipotle*	Gluten Ingredient Free Vegetarian/DF	455	655	2434	10	35	3	41	21	9	2
Double Crunch Thai*	Gluten Ingredient Free Vegan/DF	435	505	1762	17	32	4	26	17	10	0
Kalamata Queen*	Vegetarian	405	680	2807	12	61	9	4	9	4	10
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)
Chicken Jalapeno Taco*	Gluten Ingredient Free Dairy-Free	585	1024	4253	40	75	6	35	13	7	4
Blackened Chicken Avo*	Gluten Ingredient Free Dairy-Free	485	970	4016	38	80	9	12	10	7	3
Summer Harissa Chickpeas*	Vegan/DF	575	1248	5198	27	80	10	84	21	15	5
COLLAB (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)
atis x Lime Edit*	Gluten Ingredient Free Dairy-Free	760	1292	5388	74	84	8	52	27	13	5
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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>High Steaks*</i>		580	765	3306	42	52	5	36	6	9	3
<i>Chipotle Chilli Salmon*</i>	Dairy Free	525	803	3360	37	41	5	68	23	6	2
<i>Spicy Cauli Tofu*</i>	Vegan/DF	520	660	2766	28	28	4	22	21	8	3
<i>Chicken Pesto Parm*</i>		630	1033	4309	55	70	13	43	11	7	6
<i>Greek BBQ Chicken*</i>		645	684	2877	41	37	8	46	13	6	3
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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
<i>Rocket*</i>	Gluten Ingredient Free Vegan/DF	50	11	45	2	0	0	1	0	1	0
<u>Wholegrain Rice</u>	Gluten Ingredient Free Vegan/DF	50	67	283	2	0	0	14	0	1	0
<u>Harissa Grains*</u>	Vegan/DF	70	247	1036	6	9	1	35	2	4	1
<u>Herb Quinoa*</u>	Gluten Ingredient Free Vegan/DF	55	118	495	3	7	1	11	1	1	1
<u>Roast New Potatoes*</u>	Gluten Ingredient Free Vegan/DF	70	69	289	1	2	0	11	1	1	0
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
<i>Rocket*</i>	Gluten Ingredient Free Vegan/DF	60	13	54	2	0	0	1	0	1	0
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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>Roasted Greens</i>	Gluten Ingredient Free Vegan/DF	50	79	325	2	6	0	3	2	3	1
<i>Mint Leaves*</i>	Gluten Ingredient Free Vegan/DF	10	6	24	0	0	0	1	1	1	0
<i>Roast Courgette*</i>	Gluten Ingredient Free Vegan/DF	50	32	135	1	2	0	2	2	0	0
<i>Olive Mezze*</i>	Gluten Ingredient Free Vegan/DF	50	75	314	0	7	1	2	0	1	1
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BUILD YOUR OWN - DRESSINGS (REGULAR)	Tags	Halal?	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
<i>The Olive Oil Guy Olive Oil*</i>	Gluten Ingredient Free Vegan/DF	✓	25	206	847	0	23	3	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	Vegan/DF	✓	50	142	588	2	10	1	11	7	0	2
<i>Chipotle Lime Dressing*</i>	Gluten Ingredient Free Vegetarian/DF	✓	50	202	845	0	18	2	11	10	0	1
<i>Pesto Vinaigrette*</i>	Gluten Ingredient Free Vegetarian	✓	50	162	676	2	17	2	2	1	0	0
<i>Lemon Oregano Dressing*</i>	Gluten Ingredient Free Vegan/DF	✓	50	265	1107	1	29	4	3	1	1	0
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BUILD YOUR OWN - DRESSINGS (LARGE)	Tags	Halal?	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	Vegan/DF	✓	80	227	940	4	15	2	17	11	0	3
<i>Chipotle Lime Dressing*</i>	Gluten Ingredient Free Vegetarian/DF	✓	80	323	1352	0	28	2	18	15	0	1
<i>Pesto Vinaigrette*</i>	Gluten Ingredient Free Vegetarian	✓	80	258	1081	3	26	3	2	1	0	0
<i>Lemon Oregano Dressing*</i>	Gluten Ingredient Free Vegan/DF	✓	80	423	1770	1	46	6	4	1	1	1
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SAUCES	Tags	Halal?	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 Vegetarian	✓	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	Tags	Halal?	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
<i>The Dusty Knuckle Focaccia Croutons*</i>	Vegan/DF	✓	15	48	200	1	3	0	5	0	0	0
<i>Chilli Lime Cashews*</i>	Gluten Ingredient Free Vegan/DF	✓	15	78	326	3	7	1	3	1	1	0
<i>Maple Walnuts*</i>	Gluten Ingredient Free Vegan/DF	✓	15	80	335	1	6	0	6	5	1	0
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BUILD YOUR OWN - ADD-ONS	Tags	Halal?	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
Goat's Cheese*	Gluten Ingredient Free Vegetarian	✓	35	96	403	6	8	6	1	0	0	0
Hummus*	Gluten Ingredient Free Vegan/DF	✓	50	65	270	2	7	1	3	1	0	0
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BUILD YOUR OWN - MIXED SALADS	Tags	Halal?	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>Ponzu Chilli Tenderstem*</u>	Vegan/DF	✓	60	64	263	2	4	0	4	2	2	1
<u>Creamy Miso Slaw*</u>	Vegan/DF	✓	120	143	592	2	11	1	7	6	3	1
<u>Chopped Tomato Feta Salad*</u>	Gluten Ingredient Free - Vegetarian	✓	140	70	290	3	5	2	1	4	2	0
<u>Sesame Spicy Cauliflower*</u>	Gluten Ingredient Free - Vegan/DF	✓	80	85	356	3	4	0	11	7	2	0
BUILD YOUR OWN - PROTEINS	Tags	Halal?	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	✓	130	260	1088	29	15	2	2	0	0	1
<i>Herb Chicken Breast*</i>	Gluten Ingredient Free	✓	130	118	493	21	2	2	2	2	0	1
<i>Harissa Honey Thigh*</i>	Dairy Free - Gluten Ingredient Free	✓	160	365	1526	32	24	4	6	6	0	1
Garlic Butter Steak			130	330	1378	42	16	2	0	0	0	0
<u>Gochujang Tofu*</u>	Gluten Ingredient Free - Vegan/DF	✓	110	241	1007	21	14	1	0	8	6	3
<i>Hot Honey Salmon*</i>	Dairy Free - Gluten Ingredient Free	✓	120	294	1231	27	17	3	7	7	0	1
<i>Miso Ginger Sweet Potato*</i>	Gluten Ingredient Free - Vegan/DF	✓	120	220	589	3	6	1	42	15	5	1
<i>Glazed Aubergine*</i>	Gluten Ingredient Free - Vegan/DF	✓	130	44	183	2	1	0	10	4	5	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	260	520	2176	58	30	4	4	0	0	2
<i>Chicken Pot (Herb Chicken Breast Only)*</i>	Gluten Ingredient Free	260	235	985	42	4	4	4	4	0	1
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>Summer Potato Salad Pot*</i>	Gluten Ingredient Free Vegetarian	210	281	1178	4	17	2	27	4	3	1
<i>Ponzu Chilli Tenderstem Side Pot*</i>	Vegan/DF	240	218	911	7	15	1	13	6	6	2
<i>Creamy Miso Slaw Side Pot*</i>	Vegan/DF	220	262	1085	3	21	2	13	11	5	1
<i>Chopped Tomato Feta Salad Pot*</i>	Gluten Ingredient Free Vegetarian	200	100	414	4	7	2	1	5	2	1
<i>Sesame Spicy Cauliflower Pot*</i>	Gluten Ingredient Free Vegan/DF	200	212	890	7	10	1	26	17	4	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
<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</i> <i>WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME SMALL BONES MAY REMAIN.</i>											

PLEASE SEE THE BUILD YOUR OWN SECTION FOR NUTRITIONAL INFORMATION OF INDIVIDUAL INGREDIENTS

POWERING COMMUNITIES WITH REAL FOOD