

ATCHA

We created Atcha so that we could share the kind of Indian food we like to eat every day. Those beautiful, crazy, and energising flavours that we all love, in food that is good for you, undeniably delicious, and that makes sense for London lunch breaks. The result? India-inspired salads, sourdough sandwiches, and red rice bowls that are made daily with flair, care and Atcha love in our Hackney kitchen.



SALADS

Grilled Chicken Box

Hariyali-marinated [*mint & coriander*] grilled chicken, sprouted moong [*green mung beans*], buckwheat salad, with a honey-garlic raita

Allergens - Milk, Sulphites

GF | NF

£8.45

£7.50

1

10+



Paneer Box (V)

Fresh paneer [*soft Indian cheese*] in pudina [*mint & pomegranate*] chutney, sprouted moong [*green mung beans*], buckwheat salad, with a cardamom & orange vinaigrette

Allergens - Milk, Mustard, Sulphites

V | GF | NF

£7.45

£7.00

1

10+

Salmon Box

Steamed salmon on buckwheat, beetroot thoran [*Kerala stir-fry*], moong daal kosambari [*coconutty mung bean salad*], with a roasted cumin raita

Allergens - Salmon, Sulphites, Mustard, Milk

GF | NF

£9.45

£8.50

1

10+



RICE BOWLS

Northern Bowl (Ve)

Baingan bharta [*smoky aubergine mash*], gobhi sabzi [*curried cauliflower*], daily daal, house kachumber [*peppery cucumber salad*], with Kerala red rice

Allergens - None

Ve | GF | NF

£7.45 | £7.00



Southern Bowl (Ve)

Mixed vegetable arial [*coconut stew*], beetroot thoran [*Kerala stir-fry*], kala chana [*black chickpea*] salad, coconut yogurt, with Kerala red rice

Allergens - Mustard, Sulphites

Ve | GF | NF

£7.45 | £7.00



No-Butter Chicken Bowl

Chargrilled chicken in a spiced, non-butter sauce with Kerala red rice & house kachumber [*peppery cucumber salad*]

Allergens - Milk, Sulphites

GF | NF

£8.45 | £7.50



SANDWICHES



Egg Chilli-Mayo (V)

Free-range egg mayo, chilli sauce, chopped radish, roasted cumin, red onion, coriander stems, in wholemeal Hertfordshire sourdough

Allergens - Gluten, Egg, Mustard, Sulphites

V | NF

£4.95 | £4.00



The Cauli Sarnie (Ve)

Gobhi sabzi [*curried cauliflower*], pickled ginger, masala cashew mayo, in wholemeal Hertfordshire sourdough

Allergens - Gluten, Cashew Nuts, Mustard, Sulphites

Ve

£5.95 | £5.00



Atcha Club

Chicken tikka, streaky bacon, lettuce, tomato, imli [*tamarind*] mayo, in wholemeal Hertfordshire sourdough

Allergens - Gluten, Milk, Egg

NF

£6.45 | £6.00



SANDWICHES

The Goan

Pulled pork vindalho-style, grated cabbage, sliced radish, coconut chutney-mayo, in wholemeal Hertfordshire sourdough

Allergens - Gluten, Egg, Sulphites

NF

£6.45 | £6.00



The Paneer Sarnie (V)

Fresh paneer [soft Indian cheese], pudina [mint & pomegranate] chutney, red onion, tomato, mozzarella, chaat masala, in wholemeal Hertfordshire sourdough

Allergens - Gluten, Milk

V | NF

£5.95 | £5.00



SIDES

Coconut Chickpeas Pot (Ve)

Kala chana [*black chickpeas*], coconut, cranberries, curry leaves, lime

Allergens - Sulphites, Mustard

Ve | GF | NF

£3.95 | £3.00



Sprouts & Mango Pot (Ve)

Sprouted moong [*green mung beans*], mango, cherry tomato, pomegranate, red onion, lemon

Allergens - None

Ve | GF | NF

£3.95 | £3.00



Chickpea Chaat Pot (Ve)

Chickpeas, red pepper, mango, black beans, red onion, shakarkandi [*Indian sweet potato*], imli [*tamarind*] chilli dressing

Allergens - Sulphites

Ve | GF | NF

£3.95 | £3.00



SMOOTHIES



Mango Lassi (Ve)

Dairy-free lassi with mango, coconut and lime

Allergens - None

Ve | GF | NF

£3.45 | £3.25



BITS AND BOBS

Montezuma Milk Choc (V)

Organic milk chocolate - 30g bar

Allergens - Milk, Soya

V | GF | NF

£1.95

Montezuma 73pc Dark Choc (Ve)

Organic dark chocolate - 30g bar

Allergens - None

Ve | GF | NF

£1.95

Pastel de Nata (V)

Portuguese custard tart

Allergens - Milk, Egg, Gluten

V | NF

£1.95

PROPERCORN: sweet & salty popcorn (Ve)

Propercorn's sweet & salty gourmet popcorn

Allergens - None

Ve | GF | NF

£1.10

Pipers Crisps: Anglesey Sea Salt (Ve)

Pipers crisps

Allergens - None

Ve | GF | NF

£1.10

DRINKS

Coke 330ml

£1.20

Diet Coke 330ml

£1.20

S.Pellegrino Limonata (330ml)

£1.40

Vita Coco Coconut Water

£1.95

DASH Water (Blackcurrant)

£1.95

S.Pellegrino Sparkling (500ml)

£1.85

Volvic Still (500ml)

£1.10

Individually Packed Meals

Minimum Order - £50

Just drop us an email with the order one day in advance (24hrs before you want the delivery) and we'll make sure we get it all to you individually packed and nicely labelled.

For large orders (50+ people) we ask that you please give us 48hrs' notice.

All of our food is made from scratch and prepared fresh daily. Deliveries are typically made via cargo bike at an additional cost. Food labels, compostable bowls, cutlery and napkins are all complimentary. We strive for sustainability, so please let us know if you don't need them when completing your order!

Group Portions

Sometimes it makes sense to get multiple portions served up together – perfect for sharing and when people want to try different things from the menu.

We offer menu items served in compostable catering trays that would each feed about 10 people.

Feel free to also order a mix of group stuff and individually portioned meals.

Just drop us an email with the order 1 day in advance (24hrs before you want the delivery) and we'll make sure we get it all to you served in catering trays and nicely labelled. For large orders (50+ people) we ask that you please give us 48hrs' notice.

Connect with us for more details

order@atcha.co.uk

Allergen Information

As most of our food is handmade in our shared kitchen every day, we cannot guarantee that our food is 100% free of any allergens.

Before placing your order, please inform us if a person in your party has a food allergy so that a manager can, at your request, provide you with a list of ingredients in your order.

V - Vegetarian
Ve - Vegan
GF - Gluten Free
NF - Nut Free

1 Regular Price  10+ Price for 10 or more



