

		Nutritional Information														Allergens									
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Mustard
cookies	double chocolate chip	38	160	8	5	0	10	135	23	1	15	2	6	0	2	4									
	milk chocolate chunk	38	170	8	4	0	10	140	23	1	14	2	6	0	2	4									
	triple chocolate chip	38	170	8	3	0	10	115	23	1	14	2	4	0	2	4									
	carnival	38	160	7	3	0	10	140	24	1	15	2	6	0	0	4									
	oatmeal & raisin	38	150	7	4	0	10	130	23	2	13	2	4	0	0	4									
	strawberry shortcake	38	160	7	4	0	10	130	24	1	16	1	6	0	0	4									
sub buns & wraps	small white sub bun	75	200	2.5	0.5	0	0	250	39	2	3	7	0	10	2	20									
	small whole wheat sub bun	75	200	2.5	5	0	0	300	38	3	4	7	0	10	2	25									
	small multigrain sub bun	75	210	2.5	0.5	0	0	290	39	3	4	7	0	10	2	25									
	small mozza-cheddar sub bun	90	250	6	3	0	10	350	39	2	3	10	4	10	8	20									
	small greek seasoned sub bun	82	230	3	1	0	0	470	43	2	4	7	0	15	2	20									
	12" white tortilla	54	130	3	0.3	0	0	350	23	1	0	4	0	0	0	8									
	12" whole wheat tortilla	54	150	4	0.4	0	0	380	24	3	0	4	0	0	2	8									
flatbread	105	280	2.5	0.5	0	0	470	56	3	1	10	0	0	8	25										
cheese	process white cheese slice	12	40	3	2	0.1	10	200	2	0	1	3	0	0	8	0									
	cheddar cheese slice	28	120	9	6	0.3	30	190	0	0	0	6	2	0	15	0									
	mozza-cheddar blend	15	50	3.5	2	0.1	10	85	1	0	1	4	0	0	10	0									
	parmesan cheese	15	60	4	2.5	0.2	10	100	1	0	1	4	2	0	6	0									
	feta cheese	30	85	7	4.5	0.2	30	360	1	0	1	5	4	0	15	0									
sauces	bbq sauce	30	40	0	0	0	0	270	10	0	7	0.3	2	4	0	2									
	marinara sauce	30	15	0	0	0	0	160	4	1	3	0.5	2	2	0	2									
	pizza sauce	30	15	0	0	0	0	220	4	0	3	0.3	0	8	0	0									
	louisiana sauce	30	20	0	0	0	0	410	6	0	4	0.4	0	4	0	2									
	MR.SUB '68 sub sauce	15	70	8	0.5	0.2	0	70	0	0	0	0	0	0	0	0									
	lite mayo	10	35	3.5	0.3	0	5	85	2	0	1	0	0	0	0	0									
	butter milk ranch	15	60	6	0.4	0	5	125	1	0	1	0.4	0	0	2	0									
	honey mustard	10	20	0	0	0	0	65	4	0	4	0	0	0	0	0									
	yellow mustard	10	5	0	0	0	0	115	1	0	0	0	0	0	0	0									
	tzatziki sauce	30	140	16	2.5	0.2	10	160	1	0	0	0.2	0	2	0	0									
	Frank's™ Red Hot™ Buffalo Wings sauce	0	0	0	0	0	0	310	0	0	0	0	2	0	0	0									
toppings	bacon (2 strips)	10	50	4	1.5	0	13	190	0	0	0	3	0	4	2	2									
	shredded lettuce	28	4	0	0	0	0	10	3	1	2	1	2	6	0	0									
	tomatoes	30	5	0	0	0	0	5	4	1	3	1	0	0	0	0									
	red onion	10	4	0	0	0	0	0	1	0	0	0.1	0	10	0	0									
	green peppers	10	2	0	0	0	0	0	1	0	0	0.1	0	0	0	0									
	sliced dill pickles	10	1	0	0	0	0	110	0	0	0	0	0	0	0	0									
	green olives	10	10	0.5	0.1	0	0	160	1	0	0	0.1	0	0	0	0									
	cucumber	10	2	0	0	0	0	0	0	0	0	0.1	0	0	0	0									
	jalapeño peppers	10	2	0	0	0	0	160	0	0	0	0	0	0	0	0									
	banana peppers	10	2	0	0	0	0	110	0	0	0	0.1	0	0	0	0									
	sliced mushrooms	10	3	0	0	0	0	100	1	0	0	0.2	0	0	0	0									
	crispy onion straws	7	25	3.5	1.5	0	0	60	3	0	0	0	0	0	0	0									
sides	coleslaw	85	100	6	0.4	0	0	135	12	2	10	1	6	200	2	2									
	deli dill pickle	85	10	0	0	0	0	780	2	1	0	1	2	0	4	2									

The nutrition information listed here was generated with Genesis SQL and is based on standard recipes and formulations. Variation may occur due to, among other things, differences in products assembly and preparation at the restaurant level, differences in suppliers, ingredient substitution, recipe revision or season of the year. MTY Tiki Ming Enterprises Inc. and its employees do not assume any responsibility for any variation in the actual nutritional content of the products offered in its outlets and the nutritional information listed here.

Menu items may vary per restaurant.

Updated: September 2015