



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 (%)
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Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Mustard
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black olives	10	15	1.5	0	0	0	1	0	0	0.1	0	0	0	0
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Extra Protein

turkey	45	45	1	0.3	0	20	320	0	0	8	0	2	0	2
bacon	10	50	4	1.5	0	13	190	0	0	3	0	4	2	2
ham	60	60	3	1	0	25	510	0	0	8	0	0	0	4
luncheon meat	36	70	5	1.5	0	20	360	2	1	1	4	0	0	2
grilled chicken strips	57	80	1.5	0.5	0	30	340	3	0	13	0	30	0	2
steak	57	80	3	1.5	0	30	330	2	0	1	11	0	0	6
albacore tuna	57	90	3	0.2	0	25	370	1	0	0	11	2	0	45
roast beef	72	90	4.5	1.5	1.5	30	510	0	0	0	14	0	0	6
seafood	57	90	4.5	1	0.1	10	460	10	0	2	4	0	0	2
salami	40	100	7	3	0.1	20	470	1	0	0	7	0	0	4
chicken souvlaki	57	110	4.5	1.5	0	40	270	1	0	0	10	0	2	0
louisiana chicken strips	64	110	6	1.5	0.1	40	570	1	0	0	12	2	0	2
smoked meat	60	80	4	0.2	0.2	30	430	1	0	0	9	0	0	10
meatballs	76	190	12	5	0.4	30	460	6	0	1	14	2	0	15
spicy breaded chicken	85	190	10	1.5	0.1	15	480	12	0	0	13	0	0	6
breaded chicken	85	200	11	2	0.1	15	460	12	0	0	12	0	0	6

Extra Cheese

white cheese	11	40	2.5	1.5	0.1	10	170	1	0	1	2	0	6	0
mozza-cheddar blend	15	50	3.5	2	0.1	10	85	1	0	1	4	0	10	0
parmesan	15	60	4	2.5	0.2	10	100	1	0	1	4	2	6	0
feta	30	80	7	4.5	0.2	30	360	1	0	1	5	4	15	0
cheddar cheese	28	120	7	4.5	0.3	15	315	0	0	0	12	6	30	0

"Create Your Own" Large Sub

Pick Your Bread

large traditional white	150	400	5	1	0	0	500	80	4	6	16	0	20	4	40
large harvest wheat	150	400	5	1	0	0	600	78	6	8	16	0	20	4	50
large hearty multigrain	150	420	5	1	0	0	580	80	6	8	16	0	20	4	50
large mozza-cheddar	180	500	12	6	0	20	700	80	4	6	22	8	20	16	40
large mediterranean greek	164	460	6	2	0	0	940	86	4	8	16	0	30	4	40

Pick Your Protein (standard meat & cheese)

assorted	186	360	24	10	0.2	100	1940	8	2	4	26	8	0	16	12
ham	142	200	12	5	0.2	70	1360	4	0	2	22	8	0	16	8
pizza	102	280	20	9	0.4	60	1280	4	0	2	18	4	0	12	8
veggie & cheese	130	160	10	6	0.4	40	700	8	0	6	10	12	12	30	0
turkey	112	160	7	4	0.2	60	980	2	0	2	20	4	4	12	4
albacore tuna	136	220	12	4	0.2	60	1080	4	0	2	26	12	0	12	90
seafood	136	200	7	3	0.2	20	1220	22	0	4	14	4	0	16	0
roast beef & cheddar	166	260	14	6	3	70	1240	0	0	0	36	4	0	20	12
smoked meat	256	380	22	4	0.4	130	2060	6	0	2	40	4	0	4	40
double stacked smoked meat	376	540	30	4.5	1	190	2920	2	0	2	58	4	0	4	60
meatball	174	460	30	14	1	80	1260	14	0	4	20	8	0	20	30
buffalo chicken	150	300	14	7	0.2	80	460	12	0	2	28	4	4	16	4
grilled chicken	136	200	8	4	0.2	80	340	6	0	2	28	4	4	16	4

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

canadian club	174	360	22	9	0.2	110	1860	4	0	2	34	8	4	12	4
spicy breaded chicken	192	460	26	6	0.4	50	1300	26	0	2	30	4	0	12	12
chicken parmesan	220	560	32	10	0.6	70	1580	26	0	2	38	8	0	30	12
steak & cheese	150	240	12	6	0.2	80	1000	6	0	4	28	4	0	12	12
chicken souvlaki	128	220	14	5	0	90	740	2	0	0	22	0	4	0	4
ultimate club	224	420	24	9	1	120	2000	0	0	0	46	8	4	20	8
louisiana pepper chicken	150	280	16	6	0.4	100	1480	6	0	2	28	8	0	12	4

Pick Your Sauce

marinara	60	30	0	0	0	0	320	8	2	6	1	4	4	0	4
pizza	60	30	0	0	0	0	440	8	0	6	0.6	0	16	0	0
steak	60	80	2	0	0	0	880	10	0	0	0.2	4	16	0	8
Caesar	30	160	20	2	0	40	400	0	0	0	0.8	0	0	0	0
louisiana chicken	60	40	0	0	0	0	820	12	0	8	0.8	0	8	0	4
'68 sub sauce	30	140	16	1	0.4	0	140	0	0	0	0	0	0	0	0
light mayo	30	120	10	2	0.2	20	260	4	0	4	0.2	0	0	0	0
butter milk ranch	30	120	12	0.8	0	10	250	2	0	2	0.8	0	0	4	0
honey mustard	20	40	0	0	0	0	130	8	0	8	0	0	0	0	0
yellow mustard	20	10	0	0	0	0	230	2	0	0	0	0	0	0	0
tzatziki sauce	56	280	32	5	0.4	20	320	2	0	0	0.4	0	4	0	0
southwest chipotle	56	220	22	2	0	20	440	4	0	0	0.8	8	0	0	0
sweet & spicy thai	56	240	0	0	0	0	640	32	0	10	0.2	4	0	0	0
Frank's RedHot® Buffalo Wings	20	5	0	0	0	0	620	0	0	0	0	4	0	0	0
Grace Spicy Jerk	56	40	0	0	0	0	0	12	0	8	0	0	8	0	8
Forty Creek Whisky BBQ	56	120	0.2	0	0	0	800	26	0	24	0.8	0	12	0	4
dijon mustard	56	60	0	0	0	0	840	12	0	0	0	0	0	0	0

Pick Your Toppings

shredded lettuce	56	10	0	0	0	0	20	6	2	4	2	4	12	0	0
tomatoes	60	10	0	0	0	0	10	8	2	6	2	0	0	0	0
red onions	20	10	0	0	0	0	0	2	0	0	0.2	0	20	0	0
green peppers	20	5	0	0	0	0	0	2	0	0	0.2	0	0	0	0
sliced dill pickles	20	4	0	0	0	0	220	0	0	0	0	0	0	0	0
green olives	20	20	1	0.2	0	0	320	2	0	0	0.2	0	0	0	0
cucumbers	20	2	0	0	0	0	0	0	0	0	0.2	0	0	0	0
jalapeño peppers	20	4	0	0	0	0	320	0	0	0	0	0	0	0	0



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banana peppers	20	4	0	0	0	0	220	0	0	0	0.2	0	0	0	0										
sliced mushrooms	20	5	0	0	0	0	200	2	0	0	0.4	0	0	0	0										
french fried onions	14	50	7	3	0	0	120	6	0	0	0	0	0	0	0							✓	✓		
pineapples	56	30	0	0	0	0	0	8	2	8	0.4	0	4	0	0										
black olives	20	30	3	0	0	0	0	2	0	0	0.2	0	0	0	0										
Extra Protein																									
turkey	90	90	2	0.6	0	40	640	0	0	0	16	0	4	0	4										
bacon	20	100	8	3	0	26	380	0	0	0	6	0	8	4	4										
ham	120	120	6	2	0	50	1020	0	0	0	16	0	0	0	8										
luncheon meat	72	140	10	3	0	40	720	4	2	2	8	0	0	4	4							✓	✓		
grilled chicken strips	114	160	3	1	0	60	680	6	0	2	26	0	60	0	4										
steak	114	160	6	3	0	60	660	4	0	2	22	0	0	0	12										
albacore tuna	114	180	6	0.4	0	50	740	2	0	0	22	4	0	0	90									✓	
roast beef	144	180	9	3	3	60	1020	0	0	0	28	0	0	0	12										
seafood	114	180	9	2	0.2	20	920	20	0	4	8	0	0	4	0							✓	✓		
salami	80	200	14	6	0.2	40	940	2	0	0	14	0	0	0	8										
chicken souvlaki	114	220	9	3	0	80	540	2	0	0	20	0	4	0	4								✓	✓	
louisiana chicken strips	128	220	12	3	0.2	80	1140	2	0	0	24	4	0	0	4								✓	✓	
meatballs	152	380	24	10	0.8	60	920	12	0	2	28	4	0	4	30							✓	✓		
spicy breaded chicken	170	380	20	3	0.2	30	960	24	0	0	26	0	0	0	12								✓	✓	
breaded chicken	170	400	22	4	0.2	30	920	24	0	0	24	0	0	0	12								✓	✓	
smoked meat	120	160	8	0.4	0.4	60	860	2	0	0	18	0	0	0	20										
Extra Cheese																									
white cheese	22	80	5	3	0.2	20	340	2	0	2	4	4	0	12	0									✓	
mozza-cheddar blend	30	100	7	4	0.2	20	170	2	0	2	8	0	0	20	0									✓	
parmesan	30	120	8	5	0.4	20	200	2	0	2	8	4	0	12	0									✓	
feta	60	160	14	9	0.4	60	720	2	0	2	10	8	0	30	0									✓	
cheddar	56	240	14	9	0.6	30	630	0	0	0	24	12	0	60	0									✓	
Side Item																									
deli dill pickle	85	10	0	0	0	0	780	2	1	0	1	2	0	4	2									✓	
Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.																									
Specialty Wraps																									
peppery chicken caesar	266	580	31	7	0.1	85	1790	49	2	1	27	4	6	4	20								✓	✓	
southwest thai chicken	170	540	23	5	0	60	1130	59	3	4	25	8	10	8	20								✓	✓	
chipotle turkey & bacon	247	560	29	7	0	50	1530	50	2	1	22	8	8	6	20									✓	
Salads (no dressing)																									
garden	250	110	6	3.5	0	15	170	9	3	5	7	40	70	15	10									✓	
caesar	145	130	9	4	0.1	30	430	3	2	2	1	30	45	15	8									✓	
greek	300	140	8	4.5	0	25	470	12	4	6	7	40	110	20	15									✓	
add protein																									
grilled chicken	62	80	1.5	0.5	0	30	330	2	0	1	13	0	30	0	2									✓	
albacore tuna	114	150	6	0.4	0	45	740	1	0	0	22	6	0	0	90									✓	
seafood	114	140	7	0.5	0	5	850	13	0	4	6	8	10	0	8									✓	
turkey	45	45	1	0.3	0	20	320	0	0	0	8	0	2	0	2									✓	
ham	45	45	2.5	1	0	20	380	0	0	0	6	0	0	0	2									✓	
Salad Dressings																									
caesar	44	230	23	1.5	0	15	210	3	0	0	1	0	0	6	0									✓	
greek feta	44	260	28	3	0.3	15	210	0	0	0	1	0	0	0	0									✓	
ranch	44	170	18	3	0	5	280	2	0	1	0	0	0	0	0									✓	
italian spring herb	44	60	6	0.5	0	0	380	3	0	0	0.3	0	6	0	0									✓	
balsamic vinaigrette	44	160	13	1	0	0	220	5	0	3	0.3	0	0	0	0									✓	
croutons	14	60	1.5	0.2	0	0	230	10	0	0	1	0	0	0	0									✓	
Soups & Beef Chili																									
small soups																									
cream of broccoli	202	130	8	4.5	0.2	20	690	13	1	0	1	10	30	10	20									✓	
cream of tomato & red pepper	202	100	2	1	0	10	680	16	2	0	4	25	70	10	6									✓	
smoked turkey & wild rice	202	80	1	0.3	0	5	640	14	1	0	3	8	15	2	8									✓	
harvest vegetable	202	70	0.5	0.3	0	0	720	10	1	0	1	20	10	2	4									✓	
minestrone	202	90	0.1	0.1	0	0	630	17	3	0	4	0	0	0	0									✓	
italian wedding	202	120	3	1	0.1	5	780	17	1	0	4	6	4	0	8									✓	
cream of mushroom	202	130	7	4	0.1	20	700	11	1	0	3	4	2	8	4									✓	
cream of potato & leek	202	160	7	0.4	0	20	700	17	1	0	4	6	6	8	4									✓	
chicken noodle twist	202	80	2	0.4	0	5	640	14	1	0	4	0	4	2	20									✓	
thai red curry chicken & rice	202	150	6	4	0.1	10	700	17	1	0	4	10	30	2	15									✓	
vegetable beef barley	202	80	1	0.4	0	5	630	14	3	0	3	0	8	2	6									✓	
cauliflower & cheese	202	140	8	4.5	0.2	20	690	13	1	0	1	10	30	10	20									✓	
chicken rice	202	80	1.5	0.5	0	5	740	14	1	1	3	25	10	2	4									✓	
large soups																									
cream of broccoli	310	200	12	7	0.3	30	1035	20	2	0	2	15	45	15	30									✓	
cream of tomato & red pepper	310	150	3	1.5	0	15	1020	24	3	0	6	40	100	15	10									✓	
smoked turkey & wild rice	310	120	1.5	0.5	0	10	960	21	2	0	5	12	25	4	12									✓	
harvest vegetable	310	110	1	0.5	0	0	1080	15	2	0	2	30	15	4	6									✓	
minestrone	310	140	0.2	0.2	0	0	945	26	5	0	6	0	0	0	0									✓	
italian wedding	310	180	4.5	1.5	0.2	10	1170	26	2	0	6	10	6	0	12									✓	
cream of mushroom	310	200	10	6	0.2	30	1050	17	2	0	5	6	4	10	6									✓	
cream of potato & leek	310	240	10	1	0	30	1050	26	2	0	6	10	10	10	6									✓	
chicken noodle twist	310	120	3	1	0	10	960	21	2	0	6	0	6	5	30									✓	
thai red curry chicken & rice	310	230	9	6	0.2	15	1050	26	2	0	6	15	45	5	25									✓	
vegetable beef barley	310	120	1.5	1	0	10	945	21	5	0	5	0	10	5	10									✓	
cauliflower & cheese	310	210	12	7	0.3	30	1035	20	2	0	2	15	45	15	30									✓	
chicken rice	310	120	2.25	0.75	0	7.5	1110	21	1.5	1.5	4.5	37.5	15	3	6									✓	
beef chili																									
small beef chili	212	160	6	2	0.3	20	870	18	4	4	10	4	15	8	20									✓	
large beef chili	326	240	9	3	0.5	30	1340	28	6	6	16	6	25	10	30									✓	
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																



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hot chocolate	12oz	130	3	2.5	0	0	130	24	1	20	1	0	0	2	4										
add cream, milk and/ or sugar																									
18% coffee cream (single)	30	60	5	3.5	0.2	20	10	1	0	1	1	6	0	2	0										
2% M.F. milk (single)	30	15	0.5	0.3	0	0	15	1	0	1	1	2	0	4	0										
sugar (single)	12	45	0	0	0	0	0	12	0	12	0	0	0	0	0										
baked goods																									
cinnamon roll	166	630	27	12	2.8	5	670	84	2	34	7	0	0	0	0										
croissant	68	280	16	9	0.4	55	320	27	1	4	6	15	0	4	15										
apple turnover	85	300	18	7	0	0	220	31	1	10	3	2	0	0	6										
cheese danish	92	270	12	5	0	10	210	35	1	11	5	2	10	2	8										
muffins																									
banana	115	380	15	2	0	0	400	55	2	31	5	0	0	2	12										
blueberry	115	360	14	2	0	0	280	53	2	25	6	0	0	2	12										
caramel coffee swirl	115	370	13	1	0.1	0	270	57	2	27	6	0	0	2	10										
carrot	115	360	13	1	0.1	0	260	54	2	28	5	130	2	2	10										
fruit fibre extreme	115	280	14	2	0	0	280	53	2	25	6	0	0	2	12										
bagels																									
plain	108	270	1.5	0	0	0	620	56	2	2	9	0	0	8	20										
everything	108	300	3.5	0	0	0	670	57	4	2	11	0	2	8	20										

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

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.

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