ALLERGENS ALERT

MR.SUB offers products containing peanuts, tree nuts*, milk, eggs, soy, wheat, gluten**, fish, shellfish, mustard, sulphites and other allergens. Our food products may also contain traces of allergens from a manufacturing facility or from preparation on site. While we take steps to minimize the risk of cross contamination, we cannot guarantee the total absence of any allergen or that any of our products are safe to consume for people with allergies to such.

If you think you may be allergic to any ingredient contained in any of our products, please consult your physician prior to consuming.

** tree nuts includes: almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios or walnuts **gluten includes: gluten protein from barley, oats, rye, triticale wheat (all species, including spelt and kamut) or any modified gluten protein and prolamins*

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.

MR.SUB
YOURS SINCE 1968

		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
"Create Your Own" Small Sub or Wrap																									
Pick Your Bread																									
Small Sub Buns	small traditional white	75	200	2.5	0.5	0	0	250	40	2	3	8	0	10	2	20							✔		
	small harvest wheat	75	200	2.5	0.5	0	0	300	39	3	4	8	0	10	2	25							✔		
	small hearty multigrain	75	210	2.5	0.5	0	0	290	40	3	4	8	0	10	2	25						✔	✔		
	small mozza-cheddar	90	250	6	3	0	10	350	40	2	3	11	4	10	8	20			✔				✔		
	small mediterranean greek	82	230	3	1	0	0	470	43	2	4	8	0	15	2	20			✔				✔		
Wraps	white tortilla	54	130	3	0.3	0	0	350	23	1	0	4	0	0	0	8						✔	✔	✔	
	whole wheat tortilla	54	150	4	0.4	0	0	380	24	3	0	4	0	0	2	8						✔	✔	✔	
	tomato basil tortilla (where available)	54	160	4	1	0	0	380	28	1	1	5	2	2	10	15						✔	✔	✔	
	white flatbread (where available)	105	270	3	0.5	0	0	430	53	4	3	9	0	0	8	20						✔	✔		
Pick Your Protein (standard meat & cheese)																									
Classics	assorted	93	180	12	5	0.1	50	970	4	1	2	13	4	0	8	6			✔			✔	✔		
	ham	71	100	6	2.5	0.1	35	680	2	0	1	11	4	0	8	4			✔						
	pizza	51	140	10	4.5	0.2	30	640	2	0	1	9	2	0	6	4			✔						
	veggie & cheese	65	80	5	3	0.2	20	350	4	0	3	5	6	6	15	0			✔						
Protein Packed	turkey	56	80	3.5	2	0.1	30	490	1	0	1	10	2	2	6	2			✔						✔
	albacore tuna	68	110	6	2	0.1	30	540	2	0	1	13	6	0	6	45			✔	✔					
	seafood	68	100	3.5	1.5	0.1	10	610	11	0	2	7	2	0	8	0			✔	✔	✔				✔
	roast beef & cheddar	83	130	7	3	1.5	35	620	0	0	0	18	2	0	10	6			✔						
Selects	smoked meat	68	110	7	2	0	35	600	2	0	1	11	2	0	6	10			✔						
	double stacked smoked meat	128	190	11	2	0.2	65	1030	3	0	1	20	2	0	2	20			✔						
	meatball	87	230	15	7	0.5	40	630	7	0	2	10	4	0	10	15			✔			✔	✔		
Signature	buffalo chicken	75	150	7	3.5	0.1	40	230	6	0	1	14	2	2	8	2			✔				✔		
	grilled chicken	68	100	4	2	0.1	40	510	3	0	1	14	2	2	8	2			✔						
	canadian club	87	180	11	4.5	0.1	55	930	2	0	1	17	4	2	6	2			✔						
	spicy breaded chicken	96	230	13	3	0.2	25	650	13	0	1	15	2	0	6	6			✔			✔	✔		
	chicken parmesan	110	280	16	5	0.3	35	790	13	0	1	19	4	0	15	6			✔			✔	✔		
Premium	steak & cheese	75	120	6	3	0.1	40	500	3	0	2	14	2	0	6	6			✔						
	chicken souvlaki	64	110	7	2.5	0	45	370	1	0	0	11	0	2	0	2			✔			✔			
	ultimate club	112	210	12	4.5	0.5	60	1000	0	0	0	23	4	2	10	4			✔						
	louisiana pepper chicken	75	140	8	3	0.2	50	740	3	0	1	14	4	0	6	2			✔			✔			
Pick Your Sauce																									
	marinara	30	15	0	0	0	0	160	4	1	3	0.5	2	2	0	2									
	pizza	30	15	0	0	0	0	220	4	0	3	0.3	0	8	0	0						✔			
	steak	30	40	1	0	0	0	440	5	0	0	0.1	2	8	0	4									
	Caesar	15	80	10	1	0	20	200	0	0	0	0.4	0	0	0	0			✔	✔	✔				✔
	louisiana chicken	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									
	light mayo	15	60	5	1	0.1	10	130	2	0	2	0.1	0	0	0	0				✔		✔			✔
	buttermilk 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	28	140	16	2.5	0.2	10	160	1	0	0	0.2	0	2	0	0			✔	✔		✔			✔
	southwest chipotle	28	110	11	1	0	10	220	2	0	0	0.4	4	0	0	0			✔						
	sweet & spicy thai	28	120	0	0	0	0	320	16	0	5	0.1	2	0	0	0						✔			
	Frank's RedHot® Buffalo Wings	10	3	0	0	0	0	310	0	0	0	0	2	0	0	0									
	Grace Spicy Jerk	28	20	0	0	0	0	0	6	0	4	0	0	4	0	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.																								
	Forty Creek Whisky BBQ	28	60	0.1	0	0	0	400	13	0	12	0.4	0	6	0	2									✔
	dijon mustard	28	30	0	0	0	0	420	6	0	0	0	0	0	0	0									✔
Pick Your Toppings																									
	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 onions	10	4	0	0	0	0	0	1	0	0	0.1	0	10	0	0									
	green peppers	10	3	0	0	0	0	0	1	0	0	0.1	0	0	0	0									
	sliced dill pickles	10	2	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									
	cucumbers	10	1	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	2	0	0	0	0	100	1	0	0	0.2	0	0	0	0									
	french fried onions	7	25	3.5	1.5	0	0	60	3	0	0	0	0	0	0	0						✔	✔		
	pineapples	28	15	0	0	0	0	0	4	1	4	0.2	0	2	0	0									

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		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
	black olives	10	15	1.5	0	0	0	0	1	0	0	0.1	0	0	0	0									
Extra Protein																									
	turkey	45	45	1	0.3	0	20	320	0	0	0	8	0	2	0	2									
	bacon	10	50	4	1.5	0	13	190	0	0	0	3	0	4	2	2									
	ham	60	60	3	1	0	25	510	0	0	0	8	0	0	0	4									
	luncheon meat	36	70	5	1.5	0	20	360	2	1	1	4	0	0	2	2						✔	✔		
	grilled chicken strips	57	80	1.5	0.5	0	30	340	3	0	1	13	0	30	0	2									
	steak	57	80	3	1.5	0	30	330	2	0	1	11	0	0	0	6									
	albacore tuna	57	90	3	0.2	0	25	370	1	0	0	11	2	0	0	45					✔				✔
	roast beef	72	90	4.5	1.5	1.5	30	510	0	0	0	14	0	0	0	6									
	seafood	57	90	4.5	1	0.1	10	460	10	0	2	4	0	0	2	0				✔	✔				✔
	salami	40	100	7	3	0.1	20	470	1	0	0	7	0	0	0	4									
	chicken souvlaki	57	110	4.5	1.5	0	40	270	1	0	0	10	0	2	0	2						✔	✔		
	louisiana chicken strips	64	110	6	1.5	0.1	40	570	1	0	0	12	2	0	0	2						✔	✔		
	smoked meat	60	80	4	0.2	0.2	30	430	1	0	0	9	0	0	0	10									
	meatballs	76	190	12	5	0.4	30	460	6	0	1	14	2	0	2	15				✔			✔		
	spicy breaded chicken	85	190	10	1.5	0.1	15	480	12	0	0	13	0	0	0	6						✔	✔		
	breaded chicken	85	200	11	2	0.1	15	460	12	0	0	12	0	0	0	6						✔	✔		
Extra Cheese																									
	white cheese	11	40	2.5	1.5	0.1	10	170	1	0	1	2	2	0	6	0			✔						
	mozza-cheddar blend	15	50	3.5	2	0.1	10	85	1	0	1	4	0	0	10	0			✔						
	parmesan	15	60	4	2.5	0.2	10	100	1	0	1	4	2	0	6	0			✔						
	feta	30	80	7	4.5	0.2	30	360	1	0	1	5	4	0	15	0			✔						
	cheddar cheese	28	120	7	4.5	0.3	15	315	0	0	0	12	6	0	30	0			✔						
"Create Your Own" Large Sub																									
Pick Your Bread																									
Large Sub Buns	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)																									
Classics	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			✔						
Protein Packed	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			✔						
Selects	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			✔			✔	✔		
Signature	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			✔			✔	✔		
Premium	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						✔	✔		✔
	MR.SUB '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				✔		✔			✔
	buttermilk 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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	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
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.

salads

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	13	2	4	0	0	4			✔	✔		✔	✔		
strawberry shortcake	38	160	7	4	0	10	130	24	1	16	1	6	0	0	4			✔	✔		✔	✔		

cookies

MR.SUB
YOURS SINCE 1968

	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
Kid's Meal																								
pick your bread																								
small traditional white	75	200	2.5	0.5	0	0	250	40	2	3	8	0	10	2	20							✔		
small harvest wheat	75	200	2.5	0.5	0	0	300	39	3	4	8	0	10	2	25							✔		
small hearty multigrain	75	210	2.5	0.5	0	0	290	40	3	4	8	0	10	2	25						✔	✔		
small mozza-cheddar	90	250	6	3	0	10	350	40	2	3	11	4	10	8	20			✔				✔		
small mediterranean greek	82	230	3	1	0	0	470	43	2	4	8	0	15	2	20			✔				✔		
pick your protein (standard meat & cheese)																								
assorted	93	180	12	5	0.1	50	970	4	1	2	13	4	0	8	6			✔			✔	✔		
ham	71	100	6	2.5	0.1	35	680	2	0	1	11	4	0	8	4			✔						
turkey	56	80	3.5	2	0.1	30	490	1	0	1	10	2	2	6	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.

pick your sauce																								
marinara	30	15	0	0	0	0	160	4	1	3	0.5	2	2	0	2									
pizza	30	15	0	0	0	0	220	4	0	3	0.3	0	8	0	0						✔			
steak	30	40	1	0	0	0	440	5	0	0	0.1	2	8	0	4									
Caesar	15	80	10	1	0	20	200	0	0	0	0.4	0	0	0	0			✔	✔	✔				✔
louisiana chicken	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									
light mayo	15	60	5	1	0.1	10	130	2	0	2	0.1	0	0	0	0				✔		✔			✔
buttermilk 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	28	140	16	2.5	0.2	10	160	1	0	0	0.2	0	2	0	0			✔	✔		✔			✔
southwest chipotle	28	110	11	1	0	10	220	2	0	0	0.4	4	0	0	0			✔						
sweet & spicy thai	28	120	0	0	0	0	320	16	0	5	0.1	2	0	0	0						✔			
Frank's RedHot® Buffalo Wings	10	3	0	0	0	0	310	0	0	0	0	2	0	0	0									
Grace Spicy Jerk	28	20	0	0	0	0	0	6	0	4	0	0	4	0	4									
Forty Creek Whisky BBQ	28	60	0.1	0	0	0	400	13	0	12	0.4	0	6	0	2									✔
dijon mustard	28	30	0	0	0	0	420	6	0	0	0	0	0	0	0									✔
pick your toppings																								
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 onions	10	4	0	0	0	0	0	1	0	0	0.1	0	10	0	0									
green peppers	10	3	0	0	0	0	0	1	0	0	0.1	0	0	0	0									
sliced dill pickles	10	2	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									
cucumbers	10	1	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	2	0	0	0	0	100	1	0	0	0.2	0	0	0	0									
french fried onions	7	25	3.5	1.5	0	0	60	3	0	0	0	0	0	0	0						✔	✔		
pineapples	28	15	0	0	0	0	0	4	1	4	0.2	0	2	0	0									
black olives	10	15	1.5	0	0	0	0	1	0	0	0.1	0	0	0	0									
pick your beverage																								
small white milk	237ml	120	4.5	3	0.2	20	120	11	0	10	8	15	0	30	0			✔						
small chocolate milk	237ml	160	2.5	1.5	0	15	190	25	0	23	6	15	0	25	10			✔						
apple juice	200ml	90	0	0	0	0	10	22	0	20	0	0	10	8	2									
orange juice	200ml	90	0	0	0	0	20	21	0	19	0	0	100	2	2									
strawberry banana fruit juice	200ml	90	0	0	0	0	20	22	0	20	0	0	100	2	10									
pick your cookie																								
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			✔	✔		✔	✔		
Breakfast (where available)																								
pick your bread																								
small traditional white	75	200	2.5	0.5	0	0	250	40	2	3	8	0	10	2	20							✔		
small harvest wheat	75	200	2.5	0.5	0	0	300	39	3	4	8	0	10	2	25							✔		
small hearty multigrain	75	210	2.5	0.5	0	0	290	40	3	4	8	0	10	2	25						✔	✔		
small mozza-cheddar	90	250	6	3	0	10	350	40	2	3	11	4	10	8	20			✔				✔		
small mediterranean greek	82	230	3	1	0	0	470	43	2	4	8	0	15	2	20			✔				✔		
white tortilla	54	130	3	0.3	0	0	350	23	1	0	4	0	0	0	8						✔	✔	✔	
whole wheat tortilla	54	150	4	0.4	0	0	380	24	3	0	4	0	0	2	8						✔	✔	✔	
tomato basil tortilla (where available)	54	160	4	1	0	0	380	28	1	1	5	2	2	10	15						✔	✔	✔	
pick your egg & protein																								
egg & cheese	95	160	11.5	4.5	0.1	375	280	1	0	1	11	15	0	8	10				✔			✔		
egg & ham	125	190	12.5	4.5	0.1	390	530	1	0	1	15	15	0	8	10			✔				✔		
egg & bacon	110	230	16.5	6.5	0.1	395	540	1	0	1	16	15	0	8	10				✔			✔		
egg & steak	125	190	12.5	5.5	0.1	390	430	2	0	1	16	15	0	8	10				✔		✔	✔		
egg & sausage	140	290	22.5	8.5	0.1	400	520	2	0	1	18	15	0	13	15				✔		✔	✔		
Flatbreads (where available)																								
chicken bruschetta	325	550	23	3.5	0.4	40	730	60	5	6	24	6	25	15	25			✔			✔	✔		
peppery chicken caesar	312	660	33	8	0.5	70	1500	56	5	5	33	10	20	15	20			✔	✔		✔	✔		
chicken souvlaki	332	720	43	10	0.5	70	1370	58	5	7	24	6	20	10	30			✔	✔		✔	✔		✔
Coffee, Baked Goods, Muffins & Bagels (where available)																								
coffee & tea																								
Guatemalan dark	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
caramel biscotti	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
French vanilla	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
hazelnut cream	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0									

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Irish cream	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
orange pekoe tea	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0									

MR.SUB
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	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
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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