

CREATE YOUR OWN KETO SUB (CONTINUED)

	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" KETO Sub																										
Pick Your Sauce																										
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											
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	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											
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											
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											

BRISKET SUB

	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		
Nutritional Values for subs are calculated on white bun, protein, vegetables, and sauce (based on standard recipe)																										
Small Beef Brisket	190	480	24	3	0	70	690	41	3	4	23	0	30	2	30											
Large Beef Brisket	380	960	48	6	0	140	1380	82	6	8	46	0	60	4	60											

Ingredients

Beef Brisket

White Sub Bun (unbleached flour, yeast, sugar, pure vegetable shortening (canola oil), salt, dextrose, diacetyl tartronic acid, mono-diglycerides, ascorbic acid, fungal amylase, distilled monoglycerides, calcium sulphate, calcium peroxide, SSL [sodium stearoyl lactylate], ammonium chloride, protease, corn flour), **Beef Brisket** (Beef, water, modified corn starch, hydrolyzed soy protein, maltodextrin, onion powder, salt, yeast extract, caramel, sugar, spice, guar gum, disodium inosinate, disodium guanylate, vegetable oil, sodium bisulfate, glucose solids, potassium chloride, sodium phosphate, flavour, sodium erythorbate, sodium nitrite, garlic, onion), **Horseradish Garlic Aioli** (Mayonnaise [vegetable oil {soybean and/or canola oil}, distilled vinegar, water, egg yolk, salt, sugar, spice, lemon juice concentrate, extractive of paprika, calcium disodium EDTA], Prepared Horseradish [horseradish, water, white vinegar, sugar, salt, artificial oil of mustard], canola oil, water, dehydrated roasted garlic, potassium sorbate, xanthan gum, citric acid, salt and spice), **Red Onion**, **Green Peppers**, **Mushrooms** (Mushrooms, water, salt, citric acid, ascorbic acid, sodium benzoate, potassium sorbate).



The nutrition information listed here was generated with GenesisSQL 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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