

**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 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.**

Table with columns: Nutritional Information (Serving Size, Calories, Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrates, Dietary fibre, Sugars, Protein, Vitamin A, Vitamin C, Calcium, Iron) and Allergens (Peanuts, Tree Nuts, Milk, Eggs, Fish / Shellfish, Soy, Wheat, Sulphites, Mustard). The table is organized into sections: "Create Your Own" Small Sub or Wrap, Pick Your Bread, Pick Your Protein (standard meat & cheese), Pick Your Sauce, Protein Packed, Selects, Signature, and Premium. Each section lists various food items with their respective nutritional values and allergen status indicated by checkmarks.



## Nutritional Information

## Allergens

### Pick Your Toppings

	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
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									

## "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	136	220	14	4	0	70	1200	4	0	2	22	4	0	12	20									
double stacked smoked meat	256	380	22	4	0.4	130	2060	6	0	2	40	4	0	12	40									
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	1020	6	0	2	28	4	4	16	4									
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									
MR.SUB chicken parmesan	220	560	32	10	0.6	70	1580	26	0	2	38	8	0	30	12									

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.





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	
salads	<b>Salads (no dressing)</b>																									
		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									
		<b>add protein</b>																								
		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									
		<b>Salad Dressings</b>																								
		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	<b>Soups &amp; Beef Chili</b>																									
	<b>small soups</b>																									
		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									
		<b>large soups</b>																								
		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										
	<b>beef chili</b>																									
	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	<b>Sweet Treats</b>																									
		double chocolate chip cookie	38	160	8	5	0	10	135	23	1	15	2	6	0	2	4									
		milk chocolate chunk cookie	38	170	8	4	0	10	140	23	1	14	2	6	0	2	4									
		triple chocolate chip cookie	38	170	8	3	0	10	115	23	1	14	2	4	0	2	4									
		carnival cookie	38	160	7	3	0	10	140	24	1	15	2	6	0	0	4									
		oatmeal & raisin cookie	38	150	7	4	0	10	130	23	2	13	2	4	0	0	4									
		strawberry shortcake cookie	38	160	7	4	0	10	130	24	1	16	1	6	0	0	4									
		MR.SUB homestyle double chocolate brownie	113	460	21	3.5	0	25	170	69	2	46	5	0	0	0	45									

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		
<b>Breakfast (where available)</b>																											
<b>pick your bread</b>																											
breakfast	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	108	300	7	2	0	0	560	52	2	2	9	2	2	20	25											
	whole wheat tortilla	108	290	7	2	0	0	560	48	5	2	10	0	0	25	20											
	tomato basil tortilla (where available)	108	300	7	2	0	0	580	52	2	2	9	4	2	20	25											
	<b>pick your egg &amp; protein</b>																										
breakfast	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											
<b>Flatbreads (where available)</b>																											
flatbread	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											
<b>Coffee, Baked Goods, Muffins &amp; Bagels (where available)</b>																											
<b>coffee &amp; tea</b>																											
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											
	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											
	hot chocolate	12oz	130	3	2.5	0	0	130	24	1	20	1	0	0	2	4											
	<b>add cream, milk and/ or sugar</b>																										
	coffee & tea	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											
<b>baked goods</b>																											
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											
	<b>muffins</b>																										
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											
<b>bagels</b>																											
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											

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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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