Nutritional & Allergen Information
Mighty Meatless Subs & Keto Bun

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. **Ggluten includes: gluten protein from barley, oats, rye, triticale wheat (all species, including spelt and kamut) or any modified gluten protein and prolamins.

MIGHTY MEATLESS SUBS

	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
Meatless Subs - Small																								
gardein™ Meatless Meatball	206	410	11	2	0.1	10	960	54	7	8	27	4	10	15	40			✔			✔	✔		
Tex-Mex Black Bean	281	520	25	4	0.1	20	1030	62	7	9	16	10	40	10	40			✔	✔			✔		
Meatless Subs - Large																								
gardein™ Meatless Meatball	412	810	22	4	0.2	20	1930	108	13	15	53	10	25	30	80			✔			✔	✔		
Tex-Mex Black Bean	562	1050	51	8	0.2	40	2060	125	14	17	33	20	80	20	80			✔	✔			✔		
Extra - Meatless Protein only																								
gardein™ Meatless Meatball - small	90	150	6	0	0	0	390	10	4	1	17	0	0	8	20						✔	✔		
Tex-Mex Black Bean - small	75	150	8	1	0	0	270	17	3	2	6	0	0	2	15									
gardein™ Meatless Meatball - large	180	300	12	0	0	0	780	20	8	4	34	0	0	15	30						✔	✔		
Tex-Mex Black Bean - large	150	300	16	2	0	0	540	34	6	2	12	0	0	4	30									
Super Size - Meatless Protein & Cheese only																								
gardein™ Meatless Meatball - small	101	190	9	2	0.1	10	560	11	4	2	19	2	0	15	20			✔			✔	✔		
Tex-Mex Black Bean - small	86	190	11	3	0.1	10	440	18	3	3	8	2	0	8	15			✔						
gardein™ Meatless Meatball - large	202	380	17	3	0.2	20	1120	22	8	6	38	4	0	25	30			✔			✔	✔		
Tex-Mex Black Bean - large	172	380	21	5	0.2	20	880	36	6	4	16	4	0	15	30			✔						

CREATE YOUR OWN KETO 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
"Create Your Own" KETO Sub																								
Pick Your Bread																								
Keto sub bun	130	200	4	2	0	0	220	37	32	0	20	0	0	0	0			✔						
Pick Your Protein (standard meat & cheese)																								
Classics: assorted	93	180	12	5	0.1	50	970	4	1	2	13	4	0	8	6			✔			✔	✔		
Classics: ham	71	100	6	2.5	0.1	35	680	2	0	1	11	4	0	8	4			✔						
Classics: pizza	51	140	10	4.5	0.2	30	640	2	0	1	9	2	0	6	4			✔						
Classics: 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			✔						
Protein Packed: albacore tuna	68	110	6	2	0.1	30	540	2	0	1	13	6	0	6	45			✔	✔					✔
Protein Packed: seafood	68	100	3.5	1.5	0.1	10	610	11	0	2	7	2	0	8	0			✔	✔	✔				✔
Protein Packed: 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			✔						
Selects: double stacked smoked meat	128	190	11	2	0.2	65	1030	3	0	1	20	2	0	2	20			✔						
Selects: 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			✔				✔		
Signature: grilled chicken	68	100	4	2	0.1	40	510	3	0	1	14	2	2	8	2			✔						
Signature: canadian club	87	180	11	4.5	0.1	55	930	2	0	1	17	4	2	6	2			✔						
Signature: spicy breaded chicken	96	230	13	3	0.2	25	650	13	0	1	15	2	0	6	6			✔			✔	✔		
Signature: 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			✔						
Premium: chicken souvlaki	64	110	7	2.5	0	45	370	1	0	0	11	0	2	0	2			✔			✔			
Premium: ultimate club	112	210	12	4.5	0.5	60	1000	0	0	0	23	4	2	10	4			✔						
Premium: 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									

CREATE YOUR OWN KETO SUB (CONTINUED)

	Nutritional Information															Allergens								
"Create Your Own" KETO Sub	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
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						✔	✔		✔
'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									
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								
Nutritional Values for subs are calculated on white bun, protein,vegetables, and sauce (based on standard recipe)	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
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 tarterio, mono-diglycerides, ascorbic acid, fungal amylese, distilled monoglycerides, calcium sulphate, calcium peroxide, SSL [sodium stearoyl lactyiate], 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], Paepared Horseradish [horseradish, water, white vinegar, sugar, salt, artifical 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.

AUGUST 2019