

 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)	Potassium (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Mustard
Cubano - large	387	1000	48	18	0.5	130	2730	86	5	11	51	1	35	36		✓	✓			✓			✓
Cubano - small	193	500	24	9	0.3	65	1370	43	3	5	26	1	17	17		✓	✓			✓			✓
Fiery Pineapple Jerk Chicken - large	474	870	31	10	0.2	120	1680	94	6	22	54	2	19	33		✓	✓		✓	✓			✓
Fiery Pineapple Jerk Chicken - small	237	440	15	5	0.1	60	840	47	3	11	27	1	10	17		✓	✓		✓	✓			✓
Mr. Beef - large	526	770	26	8	3	75	3150	92	5	14	46	2	13	36		✓			✓	✓	✓		
Mr. Beef - small	292	390	13	4	1.5	40	1870	48	2	8	23	1	8	19		✓			✓	✓	✓		
Peppery Chicken Caesar - large	389	1140	60	14	0.2	145	2650	91	4	6	51	1	12	31		✓	✓		✓	✓	✓	✓	
Peppery Chicken Caesar - small	195	570	30	7	0.1	70	1320	45	2	3	26	1	6	17		✓	✓		✓	✓	✓	✓	
Chipotle Turkey & Bacon - large	443	870	31	12	0.2	95	2280	100	6	18	45	5	13	33		✓	✓		✓	✓			✓
Chipotle Turkey & Bacon - small	224	450	16	6	0.1	50	1190	50	3	9	23	2	10	17		✓	✓		✓	✓			✓
Major Bacon - large	370	950	44	15	0.2	130	2430	85	5	10	48	5	13	31		✓					✓		
Major Bacon - small	185	480	22	8	0.1	65	1210	42	3	5	24	2	8	14		✓					✓		
Italian Salami - large	342	810	36	11	0.5	60	1920	84	5	9	34	2	13	36		✓				✓	✓		
Italian Salami - small	171	410	18	6	0.3	30	960	42	2	4	17	1	8	17		✓				✓	✓		
Smack!	91	390	16	6	0	20	250	58	2	37	5	0	4	8		✓	✓		✓	✓			
Coleslaw - side	142	210	19	1.5	0.5	0	160	5	2	3	1	3	3	2				✓					
Jus - side	113	30	0	0	0	0	1170	6	0	3	1	0	0	0									

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.

	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		✓					✓	
Keto Wraps	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						✓	✓	✓
	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		✓				✓	✓	
	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		✓						
	seafood	68	100	3.5	1.5	0.1	10	610	11	0	2	7	2	0	8	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		✓	✓					✓
	meatball	87	230	15	7	0.5	40	630	7	0	2	10	4	0	10	15		✓				✓	✓	
	roast beef & cheddar	83	130	7	3	1.5	35	620	0	0	0	18	2	0	10	6		✓						
Signature	louisiana pepper chicken	75	140	8	3	0.2	50	740	3	0	1	14	4	0	6	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		✓						
	original/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		✓				✓	✓	
	Tex Mex Black Bean	281	520	25	4	0.1	20	1030	62	7	9	16	10	40	10	40		✓					✓	
Premium	steak & cheese	75	120	6	3	0.1	40	500	3	0	2	14	2	0	6	6		✓						
	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		✓				✓		
	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		✓						
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						✓	✓	✓
	 '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								✓
	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								✓
	 Spicy '68 sub sauce	15	70	8	0.5	0.2	0	70	0	0	0	0	0	0	0	0								

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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									
	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			✓						
	seafood	136	200	7	3	0.2	20	1220	22	0	4	14	4	0	16	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			✓	✓					✓
	meatball	174	460	30	14	1	80	1260	14	0	4	20	8	0	20	30			✓			✓	✓		
	roast beef & cheddar	166	260	14	6	3	70	1240	0	0	0	36	4	0	20	12			✓						
Signature	louisiana pepper chicken	150	280	16	6	0.4	100	1480	6	0	2	28	8	0	12	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			✓						
	original/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			✓			✓	✓		
	Tex Mex Black Bean	562	1050	51	8	0.2	40	2060	125	14	17	33	20	80	20	80			✓				✓		
Premium	steak & cheese	150	240	12	6	0.2	80	1000	6	0	4	28	4	0	12	12			✓						
	ultimate club	224	420	24	9	1	120	2000	0	0	0	46	8	4	20	8			✓						
	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			✓			✓	✓		
Pick Your Sauce																									
	marinara	60	30	0	0	0	0	320	8	2	6	1	4	4	0	4									
	pizza	60																							

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	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									✓
	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									✓
	 Spicy '68 sub sauce	30	140	16	1	0.4	0	140	0	0	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									
	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									
	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									✓
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			✓						

		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	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			✓				✓			
Sweet Treats																									
cookies	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			✓	✓		✓	✓		
	homestyle double chocolate brownie	113	460	21	3.5	0	25	170	69	2	46	5	0	0	0	45				✓		✓	✓		
Kid's Meal																									
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			✓						✓
	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						✓	✓		✓
	 '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									✓
	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									✓
	 Spicy '68 sub sauce	15	70	8	0.5	0.2	0	70	0	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				</					

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	
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						✓	✓	✓		
	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				✓		✓		✓		
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										
	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			✓				✓			
	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			✓					✓		

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.