



Nutritional Information

	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 (%)
Mr. Monsieur - Large	438	870	36	18	0.4	135	2230	87	5	11	49	2	46	33
Mr. Monsieur - Small	264	460	20	10	0.3	75	1140	44	2	6	27	1	31	17

Allergens

Peanuts	✓
Tree Nuts	✓
Milk	✓
Eggs	✓
Fish / Shellfish	✓
Soy	✓
Wheat	✓
Sulphites	✓
Mustard	✓

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.