

		Taille de la portion (g) / Serving Size (g)		Calories	Graisses totales (g) / Total Fat (g)	Graisses saturées (g) / Saturated Fat (g)	Graisses trans (g) / Trans Fat (g)	Cholestérol (mg) / Cholesterol (mg)	Sodium (mg)	Glucides totaux (g) / Total Carbohydrate (g)	Fibres alimentaires (g) / Dietary Fiber (g)	Sucres (g) / Sugars (g)	Protéines (g) / Protein (g)	Vitamine A (%) / Vitamin A (%)	Vitamine C (%) / Vitamin C (%)	Calcium (%)	Fer (%) / Iron (%)	Cacahuètes / Peanuts	Fruits à coque / Tree Nuts	Lait / Milk	Œufs / Eggs	Poissons - crustacés / Fish - Shellfish	Soja / Soy	Blé / Wheat	Sulfites / Sulphites	Moutarde / Mustard	Graines de sésame / Sesame Seeds			
Sandwichs / Sandwiches																														
Dagwood	Petit / Small	267	530	29	10	0.3	75	1630	37	2	4	27	8	70	15	20		✓		✓	✓	✓	✓							
	Grande / Large	483	970	52	16	0.5	120	2740	74	3	8	45	15	140	30	40		✓		✓	✓	✓	✓							
Gino	Petit / Small	231	510	28	9	0.4	60	1440	37	2	4	23	8	70	15	20		✓					✓	✓	✓	✓				
	Grande / Large	435	930	50	16	0.5	100	2460	74	3	8	40	15	140	30	40		✓					✓	✓	✓	✓				
Club	Petit / Small	291	470	21	7	0.2	70	1920	37	2	3	30	8	70	15	25		✓					✓	✓	✓	✓				
	Grande / Large	548	880	40	12	0.5	125	3430	74	3	6	53	15	140	30	45		✓					✓	✓	✓	✓				
Boeuf / Beef	Petit / Small	276	460	22	7	0.2	70	1990	38	2	3	28	8	70	15	25		✓					✓	✓	✓	✓				
	Grande / Large	505	860	40	12	0.5	115	3350	74	3	6	48	15	140	25	45		✓					✓	✓	✓	✓				
Dinde / Turkey	Petit / Small	228	380	16	5	0.2	35	1090	36	2	3	21	8	70	20	15		✓					✓	✓	✓	✓				
	Grande / Large	451	740	31	9	0.5	65	2130	71	3	6	40	15	140	30	30		✓					✓	✓	✓	✓				
Thon / Tuna	Petit / Small	250	440	20	5	0.2	50	1040	36	2	3	26	10	70	15	80		✓	✓	✓			✓	✓	✓	✓				
	Grande / Large	481	840	37	9	0.5	85	1940	72	3	7	47	20	140	25	150		✓	✓	✓			✓	✓	✓	✓				
Poulet Grillé / Grilled Chicken	Petit / Small	231	410	18	6	0.2	35	810	38	2	5	22	8	70	15	20		✓	✓				✓	✓	✓	✓				
	Grande / Large	457	800	34	11	0.5	65	1580	76	3	10	42	15	140	30	35		✓	✓				✓	✓	✓	✓				
Poulet épicé / Spicy Chicken	Petit / Small	276	690	45	10	0.5	50	1310	48	2	4	24	10	70	15	20		✓	✓				✓	✓	✓	✓				
	Grande / Large	546	1370	88	19	1.5	95	2570	97	4	7	47	15	150	25	45		✓	✓				✓	✓	✓	✓				
Jambon / Ham	Petit / Small	222	380	18	6	0.2	40	960	36	2	3	18	10	70	15	20		✓					✓	✓	✓	✓				
	Grande / Large	426	740	34	10	0.5	65	1760	71	3	6	32	15	140	25	35		✓					✓	✓	✓	✓				
Bab	Petit / Small	230	430	21	7	0.3	50	1110	37	2	4	19	8	70	15	20		✓					✓	✓	✓	✓				
	Grande / Large	448	820	40	12	0.5	85	2090	70	3	7	36	15	140	30	35		✓					✓	✓	✓	✓				
Fromage / Cheese	Petit / Small	171	330	15	5	0.2	15	530	35	2	3	11	8	70	15	15		✓					✓	✓	✓	✓				
	Grande / Large	337	650	30	9	0.5	25	1010	71	3	6	20	15	140	25	30		✓					✓	✓	✓	✓				
Végétarien / Veggie	Petit / Small	231	350	16	5	0.2	15	530	40	3	6	11	20	140	15	15		✓					✓	✓	✓	✓				
	Grande / Large	457	690	30	9	0.5	25	1010	80	5	11	21	35	270	30	30		✓					✓	✓	✓	✓				
Salades (*sans sauce) / Salads (*no dressing)																														
Salade poulet grillé / Chicken Salad*		273	400	21	7	0	65	1260	27	3	6	27	8	6	20	15		✓					✓	✓						
Jambon Salade / Ham Salad*		264	380	22	7	0	65	1400	25	3	4	23	8	8	15	15		✓												
Dinde Salade / Turkey salad*		270	380	20	6	0	65	1530	25	3	4	26	8	6	20	10		✓												
Jardin Salade / Garden Salad*		213	330	19	6	0	45	970	24	3	4	15	8	6	15	10		✓												
Thon Salade / Tuna Salad*		290	430	23	6	0	75	1470	25	3	4	30	10	6	15	70		✓	✓											
Salade d'accompagnement / Side Salad*		118	100	6	4	0	20	125	6	1	3	5	10	70	15	2		✓												
Vinaigrette Ranch / Ranch Dressing		44	170	18	3	0	5	280	2	0	1	0	0	0	0	0		✓	✓											
Vinaigrette Italienne / Zesty Italian Dressing		44	60	6	0.5	0	0	380	3	0	0	0.3	0	6	0	0							✓							
Vinaigrette Balsamique / Balsamic Vinaigrette Dressing		44	160	13	1	0	0	220	5	0	3	0.3	0	0	0	0														
Salade de pommes de terre / Potato Salad	Petit / Small	198	280	16	1	0.4	0	1300	33	3	2	4	10	6	4	15														
	Grande / Large	298	420	24	2	0.5	0	1950	50	5	3	5	15	80	4	25														
Salade de macaronis / Macaroni Salad	Petit / Small	198	300	11	1.5	0	5	2020	41	4	6	6	25	35	4	10						✓								
	Grande / Large	298	450	17	2.5	0	10	3030	62	6	9	9	40	60	6	15						✓								
Biscuits / Cookies																														
Biscuits Triple Chocolat / Triple Chocolate Chip Cookie		38	170	8	3	0	10	115	23	1	14	2	4	0	2	4							✓							
Biscuits de carnaval / Carnival Cookie		38	160	7	3	0	10	140	24	1	15	2	6	0	0	4							✓	✓						
Biscuits aux flocons d'avoine et aux raisins / Oatmeal & Raisin Cookie		38	150	7	4	0	10	130	23	2	13	2	4	0	0	4							✓	✓						

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.