



		Taille de la portion (g) / Serving Size (g)	Calories	Grasses totales (g) / Total Fat (g)	Grasses saturées (g) / Saturated Fat (g)	Grasses 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 / Sulfites	Moutarde / Mustard	Graines de sésame / Sesame Seeds		
Sandwiches / 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												
Bœuf	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												
Roti de Bœuf et BBQ/BBQ Roast Beef	Petit / Small	260	410	13	6	2	55	1310	47	2	11	28	6	70	15	25												
	Grande / Large	500	780	23	1	4	105	2530	90	4	22	55	10	100	25	45												
Italien Épicé/Spicy Italian	Petit / Small	240	530	30	9	0.4	50	1300	41	2	4	20	6	70	15	20												
	Grande / Large	420	970	54	16	1	80	2290	75	3	7	35	10	100	30	35												
Club à la Dinde et à la moutarde au miel/Honey Mustard Turkey Club	Petit / Small	240	490	22	7	0	65	1590	49	2	12	26	10	70	20	15												
	Grande / Large	465	930	41	14	0	125	3100	93	3	23	50	20	100	30	30												
César au Poulet et au Bacon/Chicken & Bacon Caesar	Petit / Small	240	590	34	8	0	75	1180	42	2	4	28	6	60	20	15												
	Grande / Large	470	1130	66	14	0	145	2280	80	3	7	55	10	100	35	35												
À -Cotés/Sides																												
Bouchées de pomme de terre/Potato Bites		110	190	11	2	1	0	540	20	2	1	2	0	10	0	2												
Bouchées de poulet/Chicken Bites		120	270	12	2	0	55	620	24	0	1	15	0	2	0	6												
Trempettes/Dipping Sauces																												
Mayo Épicé/Spicy Mayo		60	110	10	1.5	0.1	15	810	5	0	3	0.4	0	25	0	2												
César/Caesar		60	310	34	3	0.6	35	340	2	0	1	0.6	2	0	10	2												
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 Tki 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.