VILLA MADINA
perfect shawarma
le parfait shawarma

		Portion (g)	Calories	Lipides (g)	Saturés (g)	Trans (g)	Cholestérol (mg)	Sodium (mg)	Glucides (g)	Fibres (g)	Sucres (g)	Protéines (g)	Vitamine A (%)	Vitamine C (%)	Calcium (%)	Fer (%)	Arachides	Noix	Lait	Oeufs	Poissons / Mollusques	Soja	Blé	Sésame	Sulfites	Moutarde
Assiette (viande seulement)	Shish taouk	170 g	230	10	2	0	125	410	3	0	0	32	10	8	2	10										
	Shawarma	170 g	270	14	5	0	60	280	3	0	0	32	0	0	2	20		✔					✔			
	Brochette de poulet	142 g	200	7	1	0	80	220	1	0	0	31	2	4	0	6										✔
	Brochette kefta	85 g	200	12	4.5	0	65	780	2	0	1	20	6	6	2	15										
	Feuilles de vigne	100 g	290	20	2	0	0	1040	25	5	0	4	35	6	4	0										
	Falafel	120 g	240	12	0.5	0	0	620	26	6	4	6	0	4	15	20										
Sandwichs	Shish taouk	315 g	420	14	2.5	0	80	830	44	4	3	30	15	40	8	25							✔			
	Shawarma	315 g	440	17	4.5	0	40	740	44	4	3	30	10	35	10	30							✔			
	Falafel	263 g	340	8	1	0	0	870	55	7	5	12	10	35	15	30							✔			
Accompagnement	Pommes de terre à foil	125 g	140	5	0.4	0	0	470	23	3	0	3	6	45	2	8										
	Riz au safran	125 g	250	11	1	0	0	570	34	0	0	4	0	2	0	10										
	Riz aux lentilles	125 g	250	11	0.5	0	0	30	34	1	0	4	0	0	2	15										
	Couscous aux légumes	125 g	200	10	0.5	0	0	520	27	2	3	4	30	15	2	10										
Salades	Taboulé	125 g	120	9	1	0	0	480	8	2	3	2	25	120	6	20										
	Salade de chou	125 g	70	3.5	0.3	0	0	350	9	3	5	2	80	70	4	8										
	Salade de betteraves rouges	125 g	130	9	0.5	0	0	520	13	2	2	2	15	15	2	6										
	Salade de pois chiches	125 g	190	9	0.5	0	0	480	24	5	0	5	2	30	4	15										
	Salade de couscous	125 g	200	10	0.5	0	0	520	27	2	3	4	30	15	2	10										
	Fattoush	125 g	90	5	0.4	0	0	60	10	2	3	2	20	70	2	6							✔			
	Salade grecque (sans vinaigrette)	125 g	60	4	2.5	0.1	10	230	6	2	3	3	15	35	8	10		✔								
	Salade du chef (sans vinaigrette)	125 g	20	0.3	0.1	0	0	15	4	0	2	1	10	40	4	10										
Sauces & Dips	Hummus	15 g	35	2.5	0.4	0	0	60	2	1	0	1	0	0	0	4							✔			
	Sauce à foil	15 g	20	1.5	0.1	0	0	70	2	0	0	0.2	0	0	0	0										
	Tahini	15 g	40	3.5	0.5	0	0	45	2	0	0	1	0	0	0	2										
	Sauce piquante	15 g	20	1.5	0.1	0	0	40	3	1	0	1	10	6	0	2		✔			✔				✔	
	Vinaigrette César Renée's	43 ml	230	25	2	0	20	200	1	0	0	1	0	4	0	4										
Condiments	Piments fort	15 g	5	0	0	0	0	230	1	0	0	0	4	0	0	0										
	Navets	10 g	3	0	0	0	0	95	1	0	0	0	0	2	0	0										
	Cornichons	15 g	3	0	0	0	0	130	1	0	0	0	0	0	4	0										
	Pain pita - blanc	1 ea	170	0.5	0.1	0	0	320	33	1	0	5	0	0	4	10							✔			
	Pain pita - au blé complet	1 ea	170	1.5	0.3	0	0	340	35	5	0	6	0	0	0	15							✔			

Informations Nutritionnelles

Allergènes

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.

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