



		Nutritional Information													Allergens												
		Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sesame	Sulphites	Mustard	
Main Dishes	Chicken Shawarma	170 g	230	10	2	0	125	410	3	0	0	32	10	8	2	10											
	Beef Shawarma	170 g	270	14	5	0	60	280	3	0	0	32	0	0	2	20											
	Shish Taouk	142 g	200	7	1	0	80	220	1	0	0	31	2	4	0	6											
	Kefta Kabob	85 g	200	12	4.5	0	65	780	2	0	1	20	6	6	2	15											
	Vine Leaves	100 g	290	20	2	0	0	1040	25	5	0	4	35	6	4	0											
Wraps	Falafel	120 g	240	12	0.5	0	0	620	26	6	4	6	0	4	15	20											
	Chicken Shawarma	315 g	420	14	2.5	0	80	830	44	4	3	30	15	40	8	25											
	Beef Shawarma	315 g	440	17	4.5	0	40	740	44	4	3	30	10	35	10	30											
Sides	Falafel	263 g	340	8	1	0	0	870	55	7	5	12	10	35	15	30											
	Garlic Potatoes	125 g	140	5	0.4	0	0	470	23	3	0	3	6	45	2	8											
	Saffron Rice	125 g	250	11	1	0	0	570	34	0	0	4	0	2	0	10											
	Lentil Rice	125 g	250	11	0.5	0	0	30	34	1	0	4	0	0	2	15											
Salads	Vegetable Couscous	125 g	200	10	0.5	0	0	520	27	2	3	4	30	15	2	10											
	Tabouleh	125 g	120	9	1	0	0	480	8	2	3	2	25	120	6	20											
	Cabbage Salad	125 g	70	3.5	0.3	0	0	350	9	3	5	2	80	70	6	8											
	Red Beet Salad	125 g	130	9	0.5	0	0	520	13	2	2	2	15	15	2	6											
	Chick Pea Salad	125 g	190	9	0.5	0	0	480	24	5	0	5	2	30	4	15											
	Couscous Salad	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											
	Greek Salad (no dressing)	125 g	60	4	2.5	0.1	10	230	6	2	3	3	15	35	8	10											
Chef Salad (no dressing)	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	4												
	Garlic Sauce	15 g	20	1.5	0.1	0	0	70	2	0	0	0.2	0	0	0												
	Babaganoush	55 g	80	7	1.5	0	0	230	3	2	0	3	0	0	2	6											
	Tahini	15 g	40	3.5	0.5	0	0	45	2	0	0	1	0	0	0	2											
	Hot Sauce	15 g	20	1.5	0.1	0	0	40	3	1	0	1	10	6	0	2											
	Renee's Greek Feta Salad Dressing	43 ml	260	28	2.5	0.4	20	220	1	0	0	1	0	2	2	2											
Renee's Caesar Salad Dressing	43 ml	230	25	2	0	20	200	1	0	0	1	0	4	0	4												
Condiments	Hot Pickled Peppers	15 g	5	0	0	0	0	230	1	0	0	0	4	0	0												
	Turnips	10 g	3	0	0	0	0	95	1	0	0	0	0	2	0												
	Cucumber Pickles	15 g	3	0	0	0	0	130	1	0	0	0	0	4	0												
	Pita Bread - white	1 ea	170	0.5	0.1	0	0	320	33	1	0	5	0	0	4	10											
	Pita Bread - whole wheat	1 ea	170	1.5	0.3	0	0	340	35	5	0	6	0	0	15												

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.

Update: 25-Jun-14