

	Nutritional Information														Allergens									
	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 (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Mustard	Sesame Seeds
BUILD YOUR BOWL - Base + Protein + Protein Flavour + Toppings + Dressings																								
Base																								
Mixed Greens	45	10	0	0	0	0	50	2	1	0	1	5	2	2										
Quinoa	370	350	6	0.5	0	0	15	63	7	0	14	16	4	25										
Brown Rice	237	290	0.5	0.2	0	0	2	67	1	0	6	2	2	17										
Brown Rice and Quinoa	305	320	3	0.5	0	0	10	65	4	0	10	9	3	21										
Quinoa and Greens	230	190	3	0.3	0	0	60	34	4.5	0	8	13	4	15										
Protein																								
Grilled Chicken	113	160	3.5	1	0	80	420	1	0	0	30	6	2	6										
Grilled Salmon	113	200	13	3	0	55	65	0	0	0	20	10	1	4				✓						
Tofu Steak	113	120	7	1.5	0	0	15	4	1	1	12	3	25	10					✓					
Mushroom	113	140	10	5	0	0	220	10	9	0	6	2	2	6										
Shrimp Skewer	113	130	2	0	0	230	320	0	0	0	28	9	6	14				✓						
Protein Flavour																								
Ginger Garlic	60	60	0.5	0	0	0	1680	5	0	0	8	1	0	1					✓					
Miso Glaze	60	110	4	0.5	0	0	2000	13	0	8	5	0	1	1				✓		✓				
Sriracha Honey	60	80	0.1	0	0	0	1640	16	0	14	3	1	0	1					✓					
Toppings																								
Black Beans	45	30	0.2	0	0	0	140	6	2	0	2	0	1	3										
Broccoli	45	10	0.2	0	0	0	10	2	1	1	1	4	2	2										
Cabbage (Red)	45	15	0.1	0	0	0	10	3	1	2	1	3	2	2										
Carrot	45	20	0	0	0	0	30	4	1	2	1	4	1	0										
Cherry Tomatoes	45	10	0.1	0	0	0	2	2	1	1	0.4	3	0	1										
Chickpeas	45	35	1	0.1	0	0	125	6	2	0	2	2	2	3										
Cranberries	45	140	0	0	0	0	0	38	8	8	0	6	1	0										
Corn	45	45	0.5	0.1	0	0	0	9	1	2	2	3	0	1										
Cucumber	45	5	0	0	0	0	0	1	0	0	0.5	2	1	1										
Edamame	45	50	2	0	0	0	3	4	0	3	5	0	3	6										
Green Onion	45	15	0	0	0	0	5	3	1	1	1	4	3	3										
Olives	45	60	5	1	0	0	330	3	1	0	0.4	0	3	17										
Pickled Onion	45	15	0	0	0	0	570	4	0	3	0.2	1	0	0										
Red Pepper	45	15	0.1	0	0	0	2	3	1	2	0.4	3	0	1										
Crispy Tortilla Strips	45	110	4	0	0	0	85	17	3	0	3	0	0	0						✓				
Hummus	45	110	8	1	0	0	190	7	2	0	4	4	2	7									✓	
Kimchi	45	5	0.2	0	0	0	220	1	1	0	0.5	2	1	7				✓		✓				
Beluga Lentils	45	50	0.2	0	0	0	0	10	3	0	4	2	1	7										
Premium Toppings																								
Avocado	75	150	12	1.5	0	0	0	11	5	0	2	12	2	3										
Hard Boiled Egg	30	50	3.5	1	0	110	35	0	0	0	4	1	1	2				✓						
Slivered Almonds	45	270	22	1.5	0	0	0	10	6	2	10	10	10	10		✓								
Cheddar Cheese	45	170	14	10	0	50	290	2	0	0	10	0	23	0				✓						
Feta Cheese	45	100	7	5	0	15	560	2	0	0	8	0	12	0				✓						
Toppings on all Build Your Own Bowls																								
Black Sesame Seeds	2.7	20	1.5	0.2	0	0	0	1	0	0	0.5	1	2	1										✓
Dressings																								
Honey Mustard	58	330	34	2.5	0	25	360	8	0	7	1	1	1	1				✓			✓	✓	✓	
Spicy Wafu	58	370	44	3.5	1	35	280	1	0	1	1	1	1	1				✓		✓	✓			✓
Sweet Thai	58	90	0.1	0.1	0	0	750	24	0	22	1	1	1	1					✓	✓	✓	✓		
Ginger Lime	58	330	32	2	0	5	350	11	0	8	1	1	1	1				✓			✓	✓	✓	
Moroccan Lemon	58	190	16	1	0.1	0	590	11	0	8	0	0	0	0										
Pure Keto	58	190	21	1.5	0.1	0	770	1	0	0	0.1	1	0	1									✓	
Green Glow	58	60	4	1	0	5	135	2	0	2	4	4	6	1				✓						
Turmeric Ginger	58	170	11	1.5	0	0	5	15	1	9	4	4	2	6										✓
PROTEIN BOWLS - Bowl + Protein																								
Bowl																								
Protein Power	545	910	25	3.5	0	5	570	141	24	3	43	43	19	67		✓			✓					
Keto Power	650	610	45	13	0.1	215	780	27	15	2	30	53	42	25		✓	✓	✓	✓				✓	
Anti Inflammatory	450	450	14	2	0	0	300	69	9	13	17	16	10	22										✓
Protein																								
Grilled Chicken	113	160	3.5	1	0	80	420	1	0	0	30	6	2	6										
Grilled Salmon	113	200	13	3	0	55	65	0	0	0	20	10	1	4				✓						
Tofu Steak	113	120	7	1.5	0	0	15	4	1	1	12	3	25	10					✓					
Mushroom	113	140	10	5	0	0	220	10	9	0	6	2	2	6										

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.