

		Nutritional Information														Allergens							Gluten Free				
		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	Sulphites	Mustard	
Teriyaki	chicken*	531	530	8	1	0	80	650	82	3	9	42	10	60	10	15											
	beef	527	590	16	4	0	75	650	82	3	9	38	10	60	10	25											
	shrimp	472	460	7	0.4	0	115	690	82	3	9	26	15	60	10	25											
	pork	527	660	26	7	0	85	650	82	3	9	36	10	60	10	20											
	tofu	467	570	20	2	0	0	590	89	4	9	23	10	60	70	35											
	vegetable	538	410	12	0.3	0	0	420	86	6	11	15	20	150	15	20											
	pineapple chicken*	591	570	8	1	0	80	650	91	5	17	42	10	70	10	15											
Teriyaki Duo	chicken* & beef	561	600	14	3	0	95	670	82	3	9	47	10	60	10	25											
	chicken* & shrimp	533	530	8	0.5	0	130	700	82	3	9	41	15	60	10	25											
	beef & shrimp	529	560	13	2.5	0	125	700	82	3	9	38	15	60	10	30											
	shrimp & scallop	534	510	8	0.4	0	105	790	84	3	9	36	15	70	15	25											
Ramen	chicken*	684	450	10	1.5	0	140	1260	71	4	1	35	8	15	15	70											
	beef	684	480	14	3	0	140	1260	71	4	1	34	8	15	15	80											
	seafood	701	460	10	1	0	145	1690	76	4	3	32	8	15	15	70											
	vegetable	659	410	9	1	0	105	1230	75	5	2	22	10	15	15	70											
Curry	chicken*	548	610	7	3	0	40	640	109	3	6	27	70	50	8	15											
	beef	548	640	11	4.5	0	40	640	109	3	6	25	70	50	8	20											
	vegetable	478	530	6	2.5	0	0	610	109	3	6	11	70	50	8	10											
	tofu	548	720	20	4.5	0	0	620	117	4	6	23	70	50	70	35											
Udon	chicken*	1127	430	13	2	0	100	1170	52	4	7	36	35	40	8	15											
	beef	1127	450	16	3	0	100	1160	52	4	7	35	35	40	8	15											
	gyoza	1177	530	16	2	0	85	1700	78	5	10	32	35	45	8	20											
	vegetable	1077	370	13	1.5	0	70	1140	52	4	7	25	35	40	6	10											
	seafood	1152	440	14	2	0	130	1360	55	4	7	38	35	45	10	20											
Yakisoba	chicken*	581	470	9	0.5	0	80	760	64	3	9	42	10	60	8	15											
	beef	577	530	17	4	0	75	750	64	3	9	39	10	60	8	25											
	shrimp	522	400	8	0.4	0	115	800	65	3	9	27	15	60	10	25											
	tofu	658	650	27	2.5	0	0	540	76	7	11	28	20	120	70	40											
	vegetable	588	350	13	0.2	0	0	530	68	6	11	16	20	120	10	20											
	pineapple chicken*	641	510	9	0.5	0	80	760	73	4	17	42	10	70	8	15											
Yakisoba Duo	chicken* & beef	611	640	15	3	0	95	770	64	3	9	47	10	60	8	20											
	chicken* & shrimp	583	470	9	0.5	0	130	810	64	3	9	41	15	60	10	25											
	beef & shrimp	579	510	14	2.5	0	125	800	64	3	9	39	15	60	10	30											
	shrimp & scallop	584	450	9	0.3	0	105	900	66	3	9	36	15	70	10	20											
Salmon	miso style	486	570	17	1	0	55	760	82	3	8	33	10	60	10	20											
	teriyaki style	486	540	17	1	0	55	440	77	3	5	32	15	60	10	20											
Rice Bowls	chicken* teriyaki	382	490	2.5	0.5	0	80	460	76	0	6	37	4	4	4	8											
	beef teriyaki	378	550	10	4	0	75	450	76	0	6	34	4	0	4	20											
	shrimp teriyaki	323	420	1.5	0.3	0	115	500	76	0	6	22	8	2	6	15											
	vegetable teriyaki	378	370	5	0.2	0	0	400	80	3	8	10	10	50	8	10											
Tempura	shrimp tempura & chicken* teriyaki	415	500	14	0.4	0	90	1100	65	2	16	33	15	35	4	8											
	shrimp tempura plate	222	340	12	0.1	0	45	160	48	2	1	13	4	35	4	6											
	shrimp tempura rice bowl	138	210	8	0.1	0	30	105	30	1	1	9	2	20	2	4											
	tempura dipping sauce	2 oz	25	0	0	0	0	580	5	0	5	1	0	0	0	2											
Katsu	chicken (only)	120	250	10	1.5	0	80	700	23	1	1	18	2	2	2	15											
	chicken plate	516	630	16	1.5	0	80	1270	105	4	10	29	15	60	10	25											
	pork (only)	130	320	18	4.5	0	85	700	24	1	1	16	2	8	4	15											
	pork plate	526	700	24	4.5	0	85	1270	106	4	10	27	15	70	10	25											
Sushi	platter A - kamikase	319	410	9	1	0.1	35	210	64	3	1	17	2	15	4	10											
	platter B - kamikase & californian	367	420	5	1	0	60	320	76	3	2	16	2	15	6	10											
	platter C - spicy tuna & salmon	436	510	8	1	0	35	360	86	3	1	23	2	15	6	10											
	platter D - spicy tuna & cucumber	520	560	5	1	0	25	280	103	4	1	23	4	20	8	15											
	platter E - sushi club	467	540	4.5	1	0	110	390	95	2	3	26	4	10	8	15											
	platter F - assorted sushi	566	660	5	1	0	90	340	108	0	0	41	4	4	8	15											
	ginger	15	10	0	0	0	0	190	2	0	2	0	0	0	2	0											
	wasabi	15	30	0.3	0	0	0	4	5	1	1	1	0	35	2	2											
A La Carte	miso soup	253	70	3	0.5	0	0	800	8	1	1	6	0	0	20	25											
	spring roll (1 pc)	50	100	4	1	0	0	200	13	0	4	3	0	0	0	2											
	gyoza (5 pcs)	100	160	3.5	0.5	0	15	560	26	1	3	7	0	4	2	10											
	rice	200	310	0.3	0.1	0	0	5	68	0	0	6	0	0	4	4											
	yakisoba noodles	250	250	1	0	0	0	115	51	0	0	6	0	0	2	4											
	vegetable mix	290	70	11	0.2	0	0	35	10	6	5	9	15	120	10	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. (* all white meat chicken used in nutritional information provided)