



		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	Sulphites	Mustard	Gluten Free	
Teriyaki	chicken*	531	530	8	1	0	80	650	83	3	10	41	2	60	10	15											
	beef	527	590	16	4	0	75	650	83	3	10	38	8	60	10	25											
	shrimp	472	460	7	0.4	0	115	690	84	3	2	26	10	60	15	25											
	pork	527	660	26	7	0	85	650	83	3	10	35	8	60	10	20											
	tofu	467	570	20	2	0	0	590	90	4	10	23	8	60	70	35											
	vegetable	538	420	12	0.3	0	0	420	88	6	11	15	15	120	15	20											
	pineapple chicken*	591	570	8	1	0	80	650	92	4	17	41	8	70	10	15											
Teriyaki Duo	chicken* & beef	561	600	14	3	0	95	670	83	3	10	46	8	60	10	25											
	chicken* & shrimp	533	530	8	0.5	0	130	700	84	3	10	40	10	60	10	25											
	beef & shrimp	529	570	13	2.5	0	125	700	84	3	10	38	10	60	10	30											
	shrimp & scallop	534	510	8	0.4	0	105	790	86	3	10	35	10	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	480	9	0.5	0	80	760	65	3	10	41	8	60	8	15											
	beef	577	530	17	4	0	75	760	65	3	10	38	8	60	8	25											
	shrimp	522	410	8	0.4	0	115	800	66	3	10	26	10	60	10	25											
	tofu	658	550	27	2.5	0	0	540	77	7	11	27	15	120	70	40											
	vegetable	588	360	13	0.2	0	0	530	70	6	11	15	15	120	15	20											
	pineapple chicken*	641	510	9	0.5	0	80	760	74	4	17	42	8	70	8	15											
Yakisoba Duo	chicken* & beef	611	550	15	3	0	95	780	65	3	10	47	8	60	8	20											
	chicken* & shrimp	583	480	9	0.5	0	130	810	66	3	10	41	10	60	10	25											
	beef & shrimp	579	510	14	2.5	0	125	810	66	3	10	38	10	60	10	30											
	shrimp & scallop	584	460	9	0.3	0	105	900	68	3	10	36	10	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	31	10	60	10	20											
Rice Bowls	chicken* teriyaki	382	490	2.5	0.5	0	80	460	77	0	7	37	0	2	4	8											
	beef teriyaki	378	550	10	4	0	75	460	77	0	7	33	0	0	4	20											
	shrimp teriyaki	323	420	1.5	0.3	0	115	500	78	0	7	21	4	2	8	15											
	vegetable teriyaki	378	380	5	0.2	0	0	410	82	3	9	10	8	50	8	10											
Tempura	shrimp tempura & chicken* teriyaki	415	510	14	0.4	0	90	1110	68	2	17	32	4	35	6	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	15												
	chicken plate	515	640	16	1.5	0	80	1280	107	4	10	29	10	60	10	25											
	pork (only)	130	320	18	4.5	0	85	700	24	1	1	16	2	8	4	15											
	pork plate	525	700	24	4.5	0	85	1280	107	4	11	26	10	70	15	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											
soy sauce	15	10	0	0	0	0	850	1	0	0	1	0	0	0	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 piece)	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											
	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)