

Gourmet Sandwiches	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit-A (%)	Vit-C (%)	Calcium (%)	Iron (%)	Gluten-Free*
Baja Chicken Avocado	272	520	19	4	0.3	55	1340	58	4	4	27	8	15	10	35	
Baja Tukey Avocado	272	520	21	4.5	0.3	30	1390	56	4	3	25	8	15	15	35	
Chipotle Chicken & Bacon	255	480	13	4.5	0.1	60	1570	58	3	7	30	6	15	10	35	
Egg-Vocado	265	630	36	6	0.4	330	960	56	5	2	19	20	15	6	45	
Farmhouse Goat Cheese Chicken	264	520	18	7	0.3	80	1380	55	3	3	33	15	20	10	35	
Goat Cheese Pesto	259	460	18	7	0.3	40	910	55	4	4	19	20	45	10	35	
Harvest Brie & Turkey	256	450	13	5	0.2	65	1540	57	3	5	29	8	6	15	35	
Red Garbanzo Chicken	273	400	7	1.5	0	40	1140	58	4	3	26	10	60	4	40	

The nutritional information includes white Ciabatta bread. Dressing or sauce is included.

## Wraps

Asian Sesame Chicken	246	460	12	2.5	0	35	1180	65	3	8	24	30	60	20	30	
Chicken & Red Pepper Hummus	343	520	19	3	0	35	1130	64	5	6	26	10	30	25	35	
Chicken & Sundried Tomato Pesto <i>(Grilled Chicken &amp; Roasted Vegetable)</i>	234	470	15	3.5	0	40	1140	59	3	5	23	6	25	20	30	
Chicken Caesar	249	430	13	2.5	0	45	1110	57	3	4	23	10	25	20	30	
Chili Lime Tilapia with Mango Salsa	233	380	14	2.5	0.1	25	820	46	3	6	17	20	35	4	15	
Seafood Salad <i>(crab salad)</i>	200	390	9	2.5	0	5	1070	65	2	4	15	10	25	25	30	
Crazy Quinoa Bomb	303	620	17	8	0	30	1220	85	6	7	21	35	70	40	40	
Cultures Bistro – Ham <i>(Ham &amp; Cheese)</i>	244	430	15	4.5	0.1	30	1400	58	3	6	20	15	25	30	30	
Cultures Bistro – Turkey <i>(Turkey &amp; Cheese)</i>	244	450	16	4.5	0.1	20	1150	58	3	5	21	15	25	30	30	
Egg Salad	210	440	17	4.5	0	310	790	54	2	3	19	25	20	25	35	
Mediterranean Feta <i>(Roasted Vegetable &amp; Feta)</i>	209	460	20	7	0.2	20	1180	56	4	4	15	15	35	35	30	
Mighty Tempeh Wrap	309	600	26	6	0.2	10	690	67	12	5	27	40	45	45	70	
Spicy B.L.A.T.	217	530	27	5	0.2	25	850	58	5	3	14	10	25	20	30	
Tuna Salad	204	460	20	3	0	20	720	59	3	5	14	10	50	20	35	
Turkey & Brie	219	480	18	7	0.2	55	1290	57	3	4	25	15	10	30	30	
Ham & Brie	219	470	18	7	0.2	50	1360	57	3	4	23	15	10	30	30	

The nutritional information includes plain wrap.

	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit-A (%)	Vit-C (%)	Calcium (%)	Iron (%)	Gluten-Free*
<b>Panini</b>																
Asian Sesame Chicken	231	410	6	1	0	35	1170	63	6	6	23	15	35	4	30	
Chicken & Red Pepper Hummus	298	460	12	1.5	0	35	1110	61	7	4	25	6	15	4	35	
Chicken & Sundried Tomato Pesto <i>(Grilled Chicken &amp; Roasted Vegetables)</i>	264	430	10	2	0	35	1130	59	7	4	24	4	30	4	30	
Chicken Caesar	239	390	7	1	0	45	1130	55	6	3	24	4	15	2	30	
Seafood Salad <i>(crab salad)</i>	202	350	3	0.5	0	5	1090	64	5	3	16	6	20	4	30	
Crazy Quinoa Bomb	293	570	11	6	0	30	1230	83	9	5	22	30	60	20	40	
Cultures Bistro - Ham <i>(Ham &amp; Cheese)</i>	234	390	9	3	0.1	30	1420	57	6	4	21	8	15	10	30	
Cultures Bistro - Turkey <i>(Turkey &amp; Cheese)</i>	234	400	10	3	0.1	20	1170	57	6	3	21	8	15	10	30	
Egg Salad	202	380	10	2.5	0	275	790	53	5	2	18	15	10	6	35	
Mediterranean Feta <i>(Roasted Vegetables &amp; Feta)</i>	239	420	15	5	0.2	20	1200	56	7	3	17	15	40	15	30	
Mighty Tempeh	285	550	19	4	0.2	10	700	64	14	3	28	25	25	25	70	
Spicy B.L.A.T.	220	490	21	3.5	0.2	25	870	56	8	2	15	8	20	2	30	
Tuna Salad	216	420	14	1.5	0	20	740	58	5	4	15	8	50	4	30	
Turkey & Brie	221	440	13	6	0.2	45	1130	56	5	2	24	10	4	15	30	
Ham & Brie	231	440	13	6	0.2	55	1500	56	5	3	25	10	4	10	30	

The nutritional information includes whole wheat panini.

## Cultures Club

Chicken Salad	207	290	4	1	0	35	1080	39	5	6	21	8	35	6	25	
Egg Salad	207	330	11	3	0	275	870	37	5	6	17	15	20	8	25	
Ham & Swiss	197	290	6	3	0.1	25	1500	39	5	7	19	6	15	10	20	
Seafood Salad	207	300	4	1	0	5	1170	48	5	7	15	8	30	8	20	
Tuna Salad	207	330	11	1.5	0	15	710	40	5	6	13	10	60	6	25	
Turkey & Swiss	197	310	7	3	0.1	15	1250	39	5	6	20	6	15	15	20	

## Cultures Bagel

Smoked Salmon	226	450	15	6	0	50	950	59	3	4	21	15	15	10	25	
---------------	-----	-----	----	---	---	----	-----	----	---	---	----	----	----	----	----	--

\*excludes cream cheese

The nutritional information is based on sesame bagel.

## Cultures Bowls

Bali	413	710	25	4	0	0	520	92	16	15	26	45	30	25	50	
California	535	640	26	4.5	0	210	950	77	6	14	24	70	35	6	20	
Mediterranean	463	460	17	2	0.1	30	680	55	7	5	21	10	25	8	25	✓
Miami	445	500	16	2	1	10	810	74	8	24	11	100	130	8	20	
Pacific	400	590	39	3	0	10	820	50	5	7	13	4	20	8	20	✓
Pan-Asian	568	660	25	4.5	0	35	680	84	7	18	25	10	50	8	20	
Southwest	467	620	27	6	0	55	990	74	7	18	23	100	50	15	20	
Zen	397	460	16	2	1	40	1210	66	4	21	18	80	35	4	15	

	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit-A (%)	Vit-C (%)	Calcium (%)	Iron (%)	Gluten-Free*	
<b>Soups</b>																	
	Broccoli & Cheese	250	140	4.5	3.5	0.1	5	670	18	1	6	4	2	15	10	2	✓
	Butternut Squash Bisque	250	150	4.0	3.0	0.1	5	480	27	2	6	3	50	18	4	2	✓
	Chicken Noodle	250	80	1.5	0.4	0	5	660	13	1	2	4	10	2	2	4	
	Chicken with Rice	250	80	1.5	0.5	0	5	740	14	1	1	3	25	10	2	4	
	Clam Chowder	250	180	6.0	5.0	0.1	10	660	26	1	5	5	0	6	8	4	
	Cream of Broccoli	250	130	4.0	3.0	0.1	5	480	19	1	6	4	2	10	8	2	✓
	Cream of Carrot	250	130	3.5	1.5	0	5	480	22	2	9	4	50	15	6	4	✓
	Cream of Cauliflower & Cheese	250	140	7.0	4.5	0.1	20	740	16	1	5	3	4	25	10	2	
	Cream of Chicken	250	150	7.0	2.5	0.1	15	850	18	1	7	6	20	4	10	4	
	Cream of Mushroom	250	130	4.0	3.0	0.1	5	610	19	1	5	4	0	2	8	4	✓
	Cream of Potato & Leek	250	160	4.0	3.0	0.1	5	580	27	1	6	5	0	8	10	4	✓
	Cream of Vegetable	250	170	8.0	4.5	0.1	20	800	21	1	6	4	20	30	10	4	
	Creamy Tomato & Roasted Red Pepper	250	100	1.5	1	0	5	590	18	2	10	4	15	35	10	4	✓
	French Canadian Pea	250	160	1.5	1.0	0	0	480	27	6	2	10	15	2	4	10	
	Harvest Vegetable	250	70	0	0	0	0	470	14	3	4	2	20	25	4	4	✓
	Italian Style Wedding	250	120	3.5	1	0	10	680	17	1	1	6	4	2	2	8	
	Lentil Roasted Garlic	250	170	2	0	0	0	630	29	7	3	9	10	6	4	20	
	Louisiana Spicy Chicken	250	100	2.5	0.5	0	10	830	16	2	4	5	30	30	4	6	
	Minestrone	250	90	0.5	0	0	0	570	17	2	4	0	15	25	4	6	
	Pasta Fagioli	250	170	3	0.5	0	0	780	28	6	5	8	6	15	6	15	
	Red Thai Chicken Curry	250	150	6	5	0.1	5	470	20	1	3	4	6	20	4	4	✓
	Vegetable Beef & Barley	250	80	1.0	0.4	0	5	680	15	2	2	3	8	10	2	6	
	Vegetable Florentine	250	90	1	0.5	0	5	590	17	1	5	3	20	45	4	6	
	Vegetarian Vegetable	125	70	0	0	0	0	820	16	3	8	2	10	8	4	4	

## Prepared Side Salads

	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit-A (%)	Vit-C (%)	Calcium (%)	Iron (%)	Gluten-Free*
3-Bean Salad	310	410	23	15	0	0	470	42	10	3	11	30	80	6	25	✓
8-Veggie Salad	236	110	6	0.5	0	0	690	15	3	5	3	90	190	4	6	✓
Apple & Cranberry Quinoa Salad	170	190	6	0.5	0	0	220	33	3	110	4	30	15	2	20	✓
Apple & Radish Salad	230	260	17	1	0	0	190	27	5	19	1	8	35	2	4	✓
Asian Noodle Salad	183	280	9	1	0	0	700	42	3	12	6	30	60	4	10	
Beet Salad	125	140	10	1	0	0	100	12	2	2	2	2	20	2	6	✓
Bowtie Pesto Salad	100	240	14	1.5	0	5	260	25	2	1	6	4	8	8	8	
Broccoli & Cauliflower Salad	101	40	2	0.2	0	0	55	6	2	2	2	20	90	2	4	✓
Caesar Salad	63	30	1.5	0.2	0	0	60	4	1	1	2	15	25	2	6	
Carrot & Raisin Salad	120	160	12	1	0	0	300	14	3	8	1	150	20	4	4	✓
Couscous Salad	110	280	5	0.3	0	0	75	49	3	0	8	2	25	2	6	
Edamame & Corn Salad	151	190	8	1	0	0	250	19	6	3	11	15	90	6	20	✓
Fruit Salad	191	70	0.4	0.1	0	0	25	17	1	15	1	25	70	2	2	✓
Fusilli	57	110	4	0.2	0	0	70	16	2	1	3	6	10	0	4	
Greek Salad	125	60	4.5	1	0	5	160	5	1	3	2	6	25	2	4	✓
Kale Apple Slaw Salad	85	70	3	0.2	0	0	80	12	2	8	1	30	60	4	4	✓
Kale-bouli Salad	83	70	4.5	0.5	0	0	55	8	2	1	2	45	70	4	6	
Mango Salad	86	110	8	0.5	0	0	30	11	1	9	1	25	50	2	2	✓
Orzo & Sun-dried Tomato Pasta Salad	264	450	16	3.5	0.1	10	760	65	5	5	14	20	20	8	30	
Southwestern Quinoa Salad	154	150	4.5	0.5	0	0	25	24	2	2	4	4	50	2	20	✓
Spinach Salad *excludes dressing	46	15	0	0	0	0	45	4	2	0	1	10	25	2	8	✓^
Strawberry & Spinach Salad *exclude dressing	166	60	0.3	0	0	0	120	14	6	5	2	25	100	6	20	✓^
Sun-dried Tomato Barley Salad	191	390	7	0.5	0	0	310	69	16	8	16	8	50	8	35	
Tabouleh Salad	102	130	10	1	0	0	270	8	3	1	2	45	120	6	25	

^Gluten free if salads are served with any dressings with the exception of the Asian Sesame & Creamy Sesame vinaigrette.

## Meal-Size Salads

Asian Chicken Salad	290	440	19	2	0	40	1300	47	5	18	21	35	130	8	20	
Atlantic Salmon Salad	232	430	26	4.5	0.2	55	670	31	4	21	22	60	6	6	10	✓
California Salad	327	310	16	4	0	145	970	14	5	6	27	100	60	6	15	✓
Chicken Caesar Salad	267	410	29	4.5	0	100	1380	13	2	3	25	25	40	4	15	
Chicken Kale-Caesar Salad	276	300	19	2	0	75	910	14	3	4	20	60	130	10	15	
Komodo Salad	307	390	22	4	1	10	940	37	10	18	18	180	60	25	45	
Mediterranean Salad	317	510	46	6	0.5	30	830	16	4	10	10	35	70	15	15	
Nicoise Salad	311	510	40	3	0	115	660	15	2	6	26	60	60	4	10	✓
Palm Springs Salad																
Seafood Salad	372	320	17	5	0.2	20	1310	32	4	7	16	45	140	20	15	

	Serving Size (mL)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit-A (%)	Vit-C (%)	Calcium (%)	Iron (%)	Gluten-Free*	
<b>Smoothies</b>																	
	Blueberry Whirl	370	250	3	1.5	0	5	135	50	1	45	10	10	15	25	6	
	Go-Mango	370	260	3	1.5	0	5	135	52	2	48	10	10	30	30	8	
	Gotcha Matcha	370	260	3.5	1.5	0	10	160	50	0	48	11	10	0	30	6	
	Mango Tango	370	270	3	1.5	0	5	135	53	1	51	10	15	25	30	6	
	Pina Cobana	370	360	3.5	1.5	0	10	160	73	1	67	12	10	20	35	8	
	Strawberry Madness	370	250	3	1.5	0	5	130	51	1	46	9	8	30	25	8	
	Strawnana	370	260	3	1.5	0	5	135	51	1	45	10	10	40	30	8	
	Tropical Mango	370	260	3	1.5	0	5	135	51	1	49	10	15	20	25	6	
	Very Berry	370	250	3	1.5	0	5	135	48	2	43	10	10	25	30	8	

<b>Fro-Yo</b>																	
	Vanilla Cup	200g	260	4	2	0	10	120	52	0	50	8	4	0	20	8	
	Vanilla Cone*	130g	169	3	2	0	6	78	34	0	33	5	3	0	13	5	
	Strawberry Cup	200g	280	3	2	0	10	110	56	0	54	6	4	0	20	4	
	Strawberry Cone*	130g	182	2	1	0	6	72	36	0	35	4	3	0	13	3	
	Berries & Granola	240g	290	5	2	0	10	140	58	2	50	8	4	20	20	10	
	Coco-Mango	230g	290	5	3.5	0	10	115	56	1	53	8	6	20	20	8	
	Honey Almond	205g	320	6	2	0	10	115	61	1	58	9	4	0	20	8	
	Peanut Butter & Banana	240g	370	10	4	0	10	180	66	2	54	11	6	4	20	10	
	Plain	185g	240	3.5	2	0	10	110	48	0	46	7	4	0	20	8	

\*Excludes cone

<b>Beverages</b>																	
	Kiju Organic Apple Juice	200	90	0	0	0	0	0	22	0	18	0	0	80	2	0	

<b>Pastries</b>																	
	3 Cheese Quiche	215	570	35	13	7	155	960	42	4	7	22	20	0	40	20	
	Broccoli & Cheese Quiche	107	200	14	7	0.1	125	750	7	0	2	12	15	25	20	6	
	Chicken Broccoli Quiche	127	220	14	8	0.1	135	880	8	0	2	16	15	30	20	8	
	Chicken Pie	250	400	20	6	2.5	35	930	20	5	8	35	15	0	4	15	
	Ham & Cheese Quiche	137	230	15	8	0.1	140	1330	7	0	2	18	10	0	20	8	
	Lorraine Quiche	162	330	18	7	0.2	180	580	25	1	5	15	7.7	0	8	10	
	Provençale Quiche	215	520	36	12	8	115	890	33	4	4	17	15	0	20	25	
	Spinach Quiche	94	190	14	7	0.1	125	760	7	0	1	11	15	2	20	6	
	Vegetable Quiche	162	310	18	7	0.2	170	480	26	1	5	12	8.6	6	8	10	

	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit-A (%)	Vit-C (%)	Calcium (%)	Iron (%)	Gluten-Free*
<b>Breakfast</b>																
Bagel (cream cheese)	134	360	10	5	0	25	680	57	2	3	12	8	0	10	20	
Bagel (plain)	113	290	3	0.5	0	0	620	56	2	3	10	0	0	8	25	
Baja Morning	254	570	26	10	0	250	990	62	5	3	25	25	8	30	30	
Easy Morning	202	510	20	9	0	250	970	58	2	3	24	20	0	30	25	
Good Morning (bacon)	213	560	24	10	0	265	1170	58	2	3	27	20	0	30	25	
Good Morning (ham)	250	540	21	9	0	265	1550	59	2	4	31	20	0	30	30	
Good Morning (sausage)	260	680	34	13	0.1	270	1470	63	2	4	32	20	0	30	30	
Power Morning (bacon)	253	630	30	11	0	265	1180	61	4	3	28	20	6	30	30	
Power Morning (ham)	290	610	27	10	0	265	1560	62	4	4	32	20	6	30	30	
Power Morning (sausage)	300	750	40	14	0.1	270	1470	66	4	4	32	25	6	30	35	
Toast	71	170	3	0.4	0	0	240	33	1	3	6	0	0	4	15	
Toast (cheese)	99	280	12	6	0	30	420	33	1	3	13	8	0	25	15	

The nutritional info is based on sesame bagel. Does not include coffee unless otherwise stated.

## Snacks

Banana Bread	100	310	14	1.5	0	50	120	45	1	27	5	2	4	2	35	
Carrot Pineapple	100	330	15	1.5	0.1	50	140	42	2	26	5	60	4	2	35	
Lemon Poppyseed	100	330	15	1.5	0.1	70	390	45	1	22	5	4	2	10	15	
Marble Chocolate	100	380	20	3	0.3	65	390	44	1	26	5	4	2	4	15	
Scone (Cheese)	118	350	15	7	0	15	880	43	1	6	10	4	0	15	20	
Scone (Cranberry)	118	300	11	3.5	0	0	800	45	2	6	6	0	4	4	20	
Scone (Raisin)	118	340	11	3.5	0	0	800	54	2	10	7	0	0	4	25	

## Breads & Wraps

Bagel (Plain)	113	280	2	0	0	0	630	57	2	3	10	0	0	6	20	
Bagel (Sesame Seed)	113	290	3	0.5	0	0	620	56	2	3	10	0	0	8	25	
Bagel (Multigrain)	113	300	6	0.5	0	0	640	53	4	3	10	0	0	6	30	
Bagel (Harvest Wheat)	113	280	2.5	0	0	0	500	57	5	6	9	0	0	6	25	
Bagel (Everything)	113	290	3	0.5	0	0	550	56	2	3	10	0	0	8	25	
Bagel (Cinnamon & Raisin)	113	290	1.5	0	0	0	410	59	3	8	9	0	0	6	20	
Ciabatta (White)	100	240	1	0.3	0	0	540	48	2	1	9	0	0	2	30	
Ciabatta (Whole Wheat)	100	240	1.5	0.3	0	0	630	47	4	1	9	0	0	2	25	
Dark Wheat Bread	84	200	2	0.5	0	0	660	34	4	4	8	0	0	4	15	
Panini (Multigrain)	115	270	2.5	0.5	0	0	610	52	4	1	10	0	0	2	25	
Panini (White)	115	260	1	0.2	0	0	650	53	2	1	10	0	0	2	25	
Panini (Whole Wheat)	115	260	1	0.3	0	0	580	51	5	1	10	0	0	2	25	
Wrap (Plain)	100	300	7	2	0	0	560	52	2	2	9	2	2	20	25	
Wrap (Spinach & Pesto)	100	300	7	2	0	0	590	52	2	2	9	0	4	25	20	
Wrap (Tomato Basil)	100	300	7	2	0	0	600	52	2	2	9	4	2	20	25	
Wrap (Whole Wheat)	100	290	7	2	0	0	560	48	5	2	10	0	0	25	20	

Dressings & Condiments	Serving Size (g)	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit-A (%)	Vit-C (%)	Calcium (%)	Iron (%)	Gluten-Free*
Asian Sesame Vinaigrette	15	45	3	0.3	0	0	105	4	0	3	0.2	0	0	0	0	
Balsamic	15	60	5	0.4	0	0	85	2	0	1	0.1	0	0	0	0	✓
Caesar	15	90	10	0.5	0	5	60	1	0	0	0.2	0	0	2	0	✓
Chipotle Mayo	10	30	2.5	0.4	0	0	80	2	0	2	0.1	--	2	--	0	
Cranberry Mayo	10	30	2.5	0.2	0	5	0	1	0	1	0	0	0	0	0	
Creamy Sesame Vinaigrette	15	50	3.5	0.4	0.2	0	210	5	0	3	0.4	0	0	0	0	
Greek Feta, light	15	50	5	0.5	0.1	5	80	1	0	0	0.4	0	0	0	0	✓
Honey Dijon	15	60	6	0.4	0	0	105	2	0	2	0.1	0	0	0	0	✓
Jalapeno Lime Aioli	15	100	10	1	0.2	10	85	1	0	0	0.1	0	0	0	0	
Mayonnaise, light	15	40	4	0.3	0	5	135	1	0	0	0	0	0	0	0	✓
Poppy Seed	15	80	8	0.5	0	0	85	2	0	1	0.1	0	0	0	0	✓
Ranch	15	70	8	0.5	0	10	80	1	0	0	0.4	0	0	0	0	✓
Raspberry Vinaigrette	15	20	1	0.1	0	0	45	3	0	2	0	0	0	0	0	✓
Roasted Red Pepper Hummus	15	35	2.5	0.4	0	0	60	2	1	0	1	0	0	0	4	✓
Salted Butter	10	70	8	4.5	0.2	25	80	0	0	0	0.1	8	0	0	0	
Spring Herb & Garlic Vinaigrette	15	20	2	0.2	0	0	135	1	0	0	0.1	0	2	0	0	✓

## Cheeses

Brie	30	90	7	4.5	0.2	30	190	2	0	0	6	6	-	10	0	✓
Cheddar	30	120	10	6	-	30	190	0	0	1	7	6	0	20	2	
Cream Cheese, plain	21	70	6	4	0.2	25	95	1	0	1	2	6	0	2	0	
Feta	30	80	7	3.5	0.3	20	260	0	0	0	6	8	0	15	0	✓
Swiss	30	110	8	5	-	30	80	1	0	0	9	6	0	3	0	
Goat Cheese	45	120	9	5	0.3	40	180	2	0	0	8	10	0	4	0	✓

## Fillings

Chicken Salad	85	110	1.5	0.3	0	40	790	4	0	1	17	6	20	2	8	
Crab Salad	71	80	1.5	0.3	0	5	480	12	0	2	5	4	15	2	2	
Egg Salad	83	130	10	2.5	0	305	230	2	0	1	9	15	8	4	8	
Tuna Salad	71	110	9	0.5	0	15	45	4	0	0	4	6	40	2	6	

The nutrition information listed here 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.

\*IMPORTANT: The gluten-free menu items are made from gluten-free ingredients. The food might have contact with other items containing gluten during preparation.