



# NUTRITIONAL VALUES AND ALLERGEN INFORMATION

Product	Serving Size	Calorie Count (Cal)	Fat (g)	Fat DV (%)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mmol)	Notes	Allergens
Garlic Sauce	40	200	23	30	2	1	0	1	0	0	1	125	GF, VEG	E
Hummus	40	50	4	5	1	0	0	3	1	0	2	270	GF, VEG, VG	SS, CH
Mixed Cabbage	30	60	4	5	0	0	5	2	0	1	0	75	GF, VEG	E, MM, MS
Tzatziki Sauce	30	120	10	13	4	0	15	3	0	2	5	140	GF, VEG	D
Spicy Garlic Sauce	20	100	11	14	1	0	0	0	0	0	0	65	GF, VEG	E
Tahini Sauce	30	45	0	1	1	0	0	0	1	0	0	35	GF, VEG, VG	SS, CH
Habanero Sauce (Medium)	15	110	13	17	1	0	5	1	0	0	0	60	GF	E
Habanero Sauce (Hot)	30	220	25	33	2	1	5	1	0	0	1	150	GF	E
Pomegranate Molasses (20g)	5	18	0	0	0	0	0	5	1	4	0	56	GF, VEG, VG	
Salad Dressing	25	70	6	8	1	0	0	4	0	3	0	290	GF, VEG, VG	S, MM, ME
Lettuce	30	1	0	0	0	0	0	0	0	0	0	0	GF, VEG, VG	
Tomatoes	20	0	0	0	0	0	0	0	0	0	0	0	GF, VEG, VG	
Onions	20	0	0	0	0	0	0	0	0	0	0	0	GF, VEG, VG	
Pickles	20	0	0	0	0	0	0	0	0	0	0	0	GF, VEG, VG	MSUL
Turnips	25	0	0	0	0	0	0	1	1	0	0	3	GF, VEG, VG	MSUL
Pineapples	30	7	0	0	0	0	0	2	0	1	0	1	GF, VEG, VG	MSUL
Parsley	3	0	0	0	0	0	0	0	0	0	0	1	GF, VEG, VG	
Fried Onions	10	40	3	4	0	0	0	7	0	0	0	1	VEG, VG	G, MP, MS, ME
Feta Cheese	10	20	2	2	1	0	5	0	0	0	1	75	GF, VEG	D
Pita Chips	20	60	5	6	0	0	0	4	0	0	1	25	VEG, VG	G, MSUL
Garlic Dip	200	1,360	150	200	11	4	0	5	0	0	4	840	GF, VEG	E
Hummus Dip	200	540	34	46	5	0	0	15	6	0	18	2,720	GF, VEG, VG	CH, SS
Chicken Tenders (3 pcs)	156	430	24	32	3	1	180	1	0	0	51	190		G, S
Beef Bacon	28	30	2	2	1	0	6	0	0	0	2	109		MSUL
Mango Chipotle Fries (Small)	225	206	6	7	1	4	0	34	12	16	3	449		G, MD, MS, MSUL
Mango Chipotle Fries (Large)	350	412	12	15	1	9	0	68	24	32	6	897		G, MD, MS, MSUL
Beef Samosas (3 Pcs)	300	500	10	13	4	1	50	90	0	0	20	1,700		D, G, ME
Veggie Samosas (3 Pcs)	295	450	3	4	0	0	0	93	3	3	12	1,200		D, G, ME
Half Dozen Falafels (6 Pcs)	270	300	12	16	2	0	0	38	14	0	15	2,320	VEG, VG	CH, SS
Dozen Falafels (12 Pcs)	540	600	23	31	3	0	0	76	27	0	30	4,640	VEG, VG	CH, SS
Fattoush Salad	150	50	0	0	0	0	0	12	3	6	2	75	VEG	D, Gluten, S, ME, MM
Chicken Shawarma Wrap - Original (Regular)	350	729	30	39	3	1	89	82	4	6	31	891		SS, CH, S, E, M, G, MSUL
Chicken Shawarma Wrap - Original (Extreme)	460	1,033	45	61	5	1	99	115	5	7	38	1,208		SS, CH, S, E, M, G, MSUL
Chicken Shawarma Wrap - Old School (Regular)	375	729	30	39	3	1	89	83	5	6	31	894		S, SS, G, E, M
Chicken Shawarma Wrap - Old School (Extreme)	283	1,033	45	61	5	1	99	116	6	7	38	1,211		S, SS, G, E, M
Chicken Shawarma Wrap - Authentic (Regular)	300	824	45	58	4	1	89	82	3	6	29	941		S, SS, G, E, M
Chicken Shawarma Wrap - Authentic (Extreme)	470	888	27	36	8	0	129	120	4	11	45	1,243		S, SS, G, E, M
Gyro Wrap (Regular)	355	876	48	66	14	1	78	87	3	6	29	1,425		M, G, S, E
Gyro Wrap (Extreme)	485	1,256	63	91	23	2	135	130	8	14	50	2,254		M, G, S, E
Falafel Wrap (Regular)	355	541	12	16	1	0	0	98	11	2	18	1,824	VEG, VG	SS, CH, G, M, MSUL
Falafel Wrap (Extreme)	540	942	24	33	3	0	0	149	19	3	32	3,395	VEG, VG	SS, CH, G, M, MSUL
Butter Chicken Shawarma Wrap (Regular)	365	762	36	47	6	1	108	86	3	7	31	1,879		D, G, M, E
Butter Chicken Shawarma Wrap (Extreme)	475	926	37	49	6	1	118	119	4	8	38	1,611		D, G, M, E
Jamaican Jerk Chicken Wrap (Regular)	385	713	33	42	3	1	89	90	3	7	30	1,824		G, M, S, E, MP
Jamaican Jerk Chicken Wrap (Extreme)	535	1,024	47	62	4	1	99	132	4	9	38	2,132		G, M, S, E, MP
Arabian Bites	297	684	30	38	3	1	89	82	3	6	29	855		G, M, E, MD, MS, MSS
Greek Halloumi Wrap	338	886	39	44	5	1	19	96	5	7	40	1,752	VEG	D, G, S
Greek Halloumi Bowl	383	660	43	58	6	1	19	22	5	9	32	1,596	VEG	D, G, S
Chicken and Rice Bowl	443	617	32	43	4	1	89	51	3	0	27	1,502		G, S, SS, M, MSUL
Gyro and Rice Bowl	453	782	50	70	14	1	78	61	3	4	26	2,092		D, S, E, MG
Falafel and Rice Bowl	483	492	15	22	2	0	0	71	11	0	15	2,536	VEG	SS, CH, MSUL
Butter Chicken and Rice Bowl	463	668	39	51	6	1	108	60	3	5	27	2,046		D, G, M, S, E
Mixed Shawarma Wrap (Regular)	368	679	15	20	1	1	77	103	5	5	34	1,153		S, SS, G, D, E, M, MSUL
Mixed Shawarma Wrap (Extreme)	495	795	20	27	4	0	105	110	6	6	42	1,604		S, SS, G, D, E, M, MSUL
Mixed Shawarma Bowl (Regular)	543	1,339	12	16	3	0	77	235	3	2	43	651		SS, CH, D, S, G, M, MSUL
Mixed Shawarma Bowl (Extreme)	767	1,807	17	23	4	0	105	339	4	2	58	1,072		SS, CH, D, S, G, M, MSUL
Classic Poutine (No Meat)	500	1,342	70	21	16	14	79	98	33	45	24	5,753	VEG	D, G, S, MSUL
Chicken Shawarma Poutine	630	1,468	74	26	17	14	168	99	33	45	43	6,037		D, G, S, M, MSUL
Gyro Poutine	630	1,657	94	57	25	15	142	107	34	47	39	6,582		D, G, S, MSUL
Messy Fries	533	943	36	46	7	13	104	114	33	61	31	2,385	VEG	D, E, G, M, S, MSUL
Habibi Bowl	423	692	38	49	6	0	104	64	2	2	31	1,582		D, S, E, M, G, MSS, MSUL
Jamaican Jerk Chicken Rice Bowl	493	526	23	30	3	0	89	65	3	6	25	2,432		E, S, G, M, MSUL, MP
Royal Shawarma Tray	2,750	5,627	246	318	26	35	445	251	104	148	175	8,010		S, SS, G, E, M
Family Special	7,455	5,032	260	363	58	6	628	565	129	29	205	12,481		S, SS, G, E, M
Falafel Piece	45	50	2	3	0	0	0	6	2	0	2	390	VEG, VG	SS, CH
Beef Samosa Piece	30	50	1	1	0	0	5	9	0	0	2	170		D, G, ME
Veggie Samosa Piece	33	50	0	0	0	0	0	10	0	0	1	135	VEG	D, G, ME
Fattoush Salad (100g)	100	20	0	1	0	0	0	4	2	2	1	10	VEG	D, G, S, ME, MM
Saj Bread	102	340	3	3	0	0	0	75	2	2	9	390	VEG	S, S, MD
Rice (Large)	300	369	8	10	1	0	0	73	3	0	8	1,586	VEG, VG	MG, MD, MS, MSS
Falafel Pieces (3 pcs)	135	150	6	8	1	0	0	19	7	0	7	1,160	VEG, VG	SS, CH
Falafel Pieces (5 pcs)	225	250	10	15	1	0	0	30	10	0	10	1,950	VEG, VG	SS, CH
Chicken Shawarma (Meat Only - Regular)	130	126	4	5	1	0	89	1	0	0	19	284		S, G, M
Chicken Shawarma (Meat Only - Large)	175	140	4	6	1	0	99	1	0	0	21	316		S, G, M
Gyro (Meat Only - Small)	130	315	24	36	9	1	63	9	1	2	15	829		S, MD, MG
Gyro (Meat Only - Large)	175	525	40	61	16	2	105	16	5	7	26	1,383		S, MD, MG
Jamaican Jerk Sauce	30	0	0	0	0	0	0	4	1	4	0	1,013	VEG, VG	
Butter Chicken Sauce	50	96	7	9	3	0	19	9	1	5	1	579		MD, MG, MS
Cheese Curds (80g)	40	293	22	0	14	1	79	3	0	0	0	560	VEG	D
Gravy (150g) - J Scoop	110	473	32	0	0	0	0	0	0	0	16	3,938		G, S
Garlic Sauce (50g)	40	340	38	50	3	1	0	1	0	0	1	210	VEG	E
Hummus (60g)	40	156	11	13	2	0	0	10	4	0	6	816	VEG, VG	CH, SS
Tzatziki Sauce (50g)	40	120	10	13	4	0	15	3	0	2	5	140	VEG	D
Tahini Sauce (60g)	30	159	14	19	2	0	0	0	4	0	5	124	VEG, VG	S
Pomegranate Molasses (20g)	5	60	0	0	0	0	0	15	3	14	0	187	VEG, VG	
Italian Dressing (30g)	25	70	6	8	1	0	0	4	0	3	0	290	VEG, VG	S, MM
Messy Sauce (30g)	40	40	0	0	0	0	0	9	0	8	0	277	VEG, VG	M, MG, MS
Crispy Spice Wrap	334	710	20	27	6	0	0	102	34	3	34	1,751		S, G, D, M
Tandoori Wrap (LTO)	393	698	18	25	13	0	114	100	5	4	38	1,067		S, G, D, M
Tandoori Bowl (LTO)	608	1462	23	31	3	0	114	259	4	1	49	968		S, G, D, M
Beef Shawarma Wrap	338	859	33	45	7	0	64	92	10	3	43	1,198		G, SSS, ME, MM
Beef Shawarma Bowl	338	950	48	63	8	0	63	98	14	2	45	2,749		G, SSS, ME, MM
Fries (Small)	225	206	6	7	1	4	0	34	12	16	3	449		G, MD, MS, MSUL
Fries (Large)	350	412	12	15	1	9	0	68	24	32	6	897		G, MD, MS, MSUL
Blueberry Flame Wrap	388	945	47	63	4	1	115	99	4	8	36	1,341		G, M, E, MD, MS, MSS

NUTRITIONAL SYMBOLS & NOTES															
VEGAN		G	Gluten	CH	Chickpeas	Note "M" - Processed in a facility where trace elements of the allergen are present.									
		S	Soy	SS	Sesame										
VEGETARIAN		D	Dairy	M	Mustard										
		E	Egg	P	Peanut /Tree Nuts										
GLUTEN FREE				SUL	Sulphites										

### INFORMATION SOURCES & ALLERGY NOTES

The information in these charts is based on product information provided by Tahini's approved food suppliers. Every reasonable effort is made to keep this information current; however, it is possible that ingredient changes and substitutions may occur without our knowledge, or consent before this booklet can be updated. Accordingly, no warranty is expressed or implied regarding its accuracy. Specific promotional and regional items are not included as ingredients vary. During food preparation, individual food items may come into contact with each other, which is not reflected in this booklet. If you have a food allergy, please be aware that Tahini's products may contain, or have come into contact with, other possible allergens. Tahini's is a restaurant environment serving whole and prepared foods that are not in sealed packages. Therefore, we unfortunately cannot guarantee a 100% allergy-free environment.

**REMEMBER: BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF YOU OR ANY PERSON IN YOUR PARTY HAS A FOOD ALLERGY.**

Adults and the youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4-12) need an average of 1,500 calories a day. However, individual needs vary.