

Tahini's  ALLERGEN CHART - CANADA															
PRODUCT	GLUTEN	SOY	MILK	EGG	CHICKPEAS	SESAME	MUSTARD	WHEAT	CRUSTACEANS	MOLLUSCS	FISH	TREENUTS	PEANUTS	SULPHITES	NOTES
Garlic Sauce				✓											GF, VEG
Hummus					✓	✓									GF, VEG, VG
Mixed Cabbage		M		✓			M								GF, VEG
Tzatziki Sauce			✓												GF, VEG
Spicy Garlic Sauce				✓											GF, VEG
Tahini Sauce					✓	✓									GF, VEG, VG
Habanero Sauce				✓											GF
Pomegranate Molasses															GF, VEG, VG
Lettuce															GF, VEG, VG
Tomatoes															GF, VEG, VG
Onions															GF, VEG, VG
Pickles														M	GF, VEG, VG
Turnips														M	GF, VEG, VG
Pineapples														M	GF, VEG, VG
Parsley															VEG, VG
Fried Onions	✓	M		M									M		VEG
Feta Cheese			✓												GF, VEG, VG
Pita Chips	✓							✓						M	VEG
Garlic Dip				✓											VEG, VG
Hummus Dip	✓				✓	✓		✓							
Chicken Tenders	✓	✓		✓											
Chipotle Mango Fries	✓	✓	M	✓		✓	✓	✓	✓		✓	✓	✓	✓	
Falafels					✓	✓									GF, VEG
Fattoush Salad	✓	✓	✓	M			M								VEG
Chicken Shawarma Wrap Original	✓	✓		✓		✓	✓	✓						M	
Chicken Shawarma Wrap Old School	✓	✓		✓		✓	✓	✓							
Chicken Shawarma Wrap Authentic	✓	✓		✓		✓	✓	✓							
Gyro Wrap	✓	✓	✓	✓			✓	✓							
Falafel Wrap	✓				✓	✓	✓	✓						M	VEG, VG
Butter Chicken Shawarma	✓		✓	✓			✓	✓							
Jamaican Jerk Wrap	✓	✓		✓		✓	✓	✓					M		
Arabian Bites	✓	M	M	✓		✓	✓	✓							
Greek Halloumi Wrap & Bowl	✓	✓	✓	✓		✓		✓							VEG
Chicken and Rice Bowl	✓	✓				✓	✓							M	
Gyro and Rice Bowl	✓	✓	✓	✓				✓							
Falafel and Rice Bowl					✓	✓								M	VEG
Butter Chicken and Rice Bowl	✓	✓	✓	✓			✓								
Mixed Shawarma Wrap	✓	✓	✓	✓		✓	✓	✓						M	
Mixed Shawarma Bowl	✓	✓	✓	✓	✓	✓	✓	✓						M	
Classic Poutine	✓	✓	✓											M	
Chicken Shawarma Poutine	✓	✓	✓				✓							M	
Gyro Poutine	✓	✓	✓					✓						M	VEG
Messy Fries	✓	✓	✓	✓			✓							M	
Habibi Bowl	✓	✓	✓	✓		M	✓	✓						M	
Jamaican Jerk Chicken Rice Bowl	✓	✓		✓		✓	✓						M	M	
Royal Shawarma Tray	✓	✓		✓		✓	✓	✓							
Family Special	✓	✓	✓	✓		✓	✓	✓							
Falafel Piece					✓	✓									GF, VEG, VG
Beef Samosa	✓		✓	M				✓							
Veggie Samosa	✓		✓	M				✓							VEG
Saj Bread	✓	✓	M					✓							VEG, VG
Basmati Rice	M	M	M			M									
Chicken Shawarma	✓	✓					✓								
Gyro (Meat Only)	✓	✓	M					✓							
Jamaican Jerk Sauce		✓				✓									
Butter Chicken Sauce	M	M	✓				✓								
Gravy	✓	✓													
Italian Dressing		✓					M								GF, VEG, VG
Messy Sauce	M	M					✓								
Crispy Spice Wrap	✓	✓	✓	✓	✓	✓	✓	✓							
Tandoori Wrap & Bowl	✓	✓	✓	✓		✓	✓	✓							
Beef Shawarma	✓	✓		M		✓	✓								
Original Crispy Fries	✓	M	M	✓										M	
Blueberry Flame Wrap	✓			✓			✓	✓							
Chicken Shawarma Ramen	✓	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓		
Halloumi Veggie Ramen	✓	✓	✓	✓		✓		✓	✓		✓	✓	✓		
Habibi Churro Bites (8 pcs)	✓	✓	✓	✓				✓							

NUTRITIONAL SYMBOLS & NOTES			INFORMATION SOURCES & ALLERGY NOTES	
VEGAN	VG	Note “M” - Processed in a facility where trace elements of the allergen are present	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 chart 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 presentation, individual food items may come in contact with each other, which is not reflected in this chart. 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 sealed in packages. Therefore, we unfortunately cannot guarantee a 100% allergy-free environment.	
VEGETARIAN	VEG			
GLUTEN-FREE	GF			

updated August 2026

REMEMBER: BEFORE PLACING YOUR ORDER, PLEASE INFORM THE RESTAURANT TEAM MEMBERS IF YOU OR ANY PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

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



NUTRITIONAL VALUES

Product	Serving Size	Calorie Count (Cals)	Fat (g)	Fat DV (%)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)
Garlic Sauce	40	200	23	30	2	1	0	1	0	0	1	125
Hummus	40	50	4	5	1	0	0	3	1	0	2	270
Mixed Cabbage	30	60	4	5	0	0	5	2	0	1	0	75
Tzatziki Sauce	30	120	10	13	4	0	15	3	0	2	5	140
Spicy Garlic Sauce	20	100	11	14	1	0	0	0	0	0	0	65
Tahini Sauce	30	45	0	1	1	0	0	0	1	0	2	35
Habanero Sauce (Medium)	15	110	13	17	1	0	5	1	0	0	0	75
Habanero Sauce (Hot)	30	220	25	33	2	1	5	1	0	0	1	150
Pomegranate Molasses (20g)	5	18	0	0	0	0	0	5	1	4	0	56
Lettuce	30	1	0	0	0	0	0	0	0	0	0	0
Tomatoes	20	0	0	0	0	0	0	0	0	0	0	0
Onions	20	0	0	0	0	0	0	0	0	0	0	0
Pickles	20	0	0	0	0	0	0	0	0	0	0	0
Turnips	25	0	0	0	0	0	0	1	1	0	0	3
Pineapples	30	7	0	0	0	0	0	2	0	1	0	1
Parsley	3	0	0	0	0	0	0	0	0	0	0	1
Fried Onions	10	40	3	4	0	0	0	7	0	0	1	10
Feta Cheese	10	20	2	2	1	0	5	0	0	0	1	75
Pita Chips	20	60	5	6	0	0	0	4	0	0	1	25
Garlic Dip	200	1,360	150	200	11	4	0	5	0	0	4	840
Hummus Dip	200	540	34	46	5	0	0	15	6	0	18	2,720
Chicken Tenders (3 pcs)	156	430	24	32	3	1	180	1	0	0	51	190
Chipotle Mango Fries (Regular)	225	206	6	7	1	4	0	34	12	16	3	449
Chipotle Mango Fries (Large)	350	412	12	15	1	9	0	68	24	32	6	897
Beef Samosas (3 Pcs)	300	500	10	13	4	1	50	90	0	0	20	1,700
Veggie Samosas (3 Pcs)	295	450	3	4	0	0	0	93	3	3	12	1,200
Half Dozen Falafels (6 Pcs)	270	300	12	16	2	0	0	38	14	0	15	2,320
Dozen Falafels (12 Pcs)	540	600	23	31	3	0	0	76	27	0	30	4,640
Fattoush Salad	150	50	0	0	0	0	0	12	3	6	2	75
Chicken Shawarma Wrap - Original (Regular)	350	729	30	39	3	1	89	82	4	6	31	891
Chicken Shawarma Wrap - Original (Extreme)	460	1,033	45	61	5	1	99	115	5	7	38	1,208
Chicken Shawarma Wrap - Old School (Regular)	375	729	30	39	3	1	89	83	5	6	31	894
Chicken Shawarma Wrap - Old School (Extreme)	283	1,033	45	61	5	1	99	116	6	7	38	1,211
Chicken Shawarma Wrap - Authentic (Regular)	300	824	45	58	4	1	89	82	3	6	29	941
Chicken Shawarma Wrap - Authentic (Extreme)	470	888	27	36	8	0	129	120	4	11	45	1,243
Gyro Wrap (Regular)	355	876	48	66	14	1	78	87	3	6	29	1,425
Gyro Wrap (Extreme)	485	1,256	63	91	23	2	135	130	8	14	50	2,254
Falafel Wrap (Regular)	355	541	12	16	1	0	0	98	11	2	18	1,824
Falafel Wrap (Extreme)	540	942	24	33	3	0	0	149	19	3	32	3,395
Butter Chicken Shawarma Wrap (Regular)	365	762	36	47	6	1	108	86	3	7	31	1,379
Butter Chicken Shawarma Wrap (Extreme)	475	926	37	49	6	1	118	119	4	8	38	1,611
Jamaican Jerk Chicken Wrap (Regular)	385	713	33	42	3	1	89	90	3	7	30	1,824
Jamaican Jerk Chicken Wrap (Extreme)	535	1,024	47	62	4	1	99	132	4	9	38	2,132
Arabian Bites	297	684	30	38	3	1	89	82	3	6	29	855
Greek Halloumi Wrap	338	886	39	44	5	1	19	96	5	7	40	1,752
Greek Halloumi Bowl	383	660	43	58	6	1	19	22	5	9	32	1,596
Chicken and Rice Bowl	443	617	32	43	4	1	89	51	3	0	27	1,502
Gyro and Rice Bowl	453	782	50	70	14	1	78	61	3	4	26	2,092
Falafel and Rice Bowl	483	492	15	22	2	0	0	71	11	0	15	2,536
Butter Chicken and Rice Bowl	463	668	39	51	6	1	108	60	3	5	27	2,046
Mixed Shawarma Wrap (Regular)	368	679	15	20	1	1	77	103	5	5	34	1,153
Mixed Shawarma Wrap (Extreme)	495	796	20	27	4	0	105	110	6	6	42	1,604
Mixed Shawarma Bowl (Regular)	543	1,339	12	16	3	0	77	235	3	2	43	651
Mixed Shawarma Bowl (Extreme)	767	1,807	17	23	4	0	105	339	4	2	58	1,072
Classic Poutine (No Meat)	500	1,342	70	21	16	14	79	98	33	45	24	5,753
Chicken Shawarma Poutine	630	1,468	74	26	17	14	168	99	33	45	43	6,037
Gyro Poutine	630	1,657	94	57	25	15	142	107	34	47	39	6,582
Messy Fries	533	943	36	46	7	13	104	114	33	61	31	2,385
Habibi Bowl	423	692	38	49	6	0	104	64	2	2	31	1,582
Jamaican Jerk Chicken Rice Bowl	493	526	23	30	3	0	89	65	3	6	25	2,432
Royal Shawarma Tray	2,750	5,627	246	318	26	35	445	651	104	148	175	8,010
Family Special	7,455	5,032	260	363	58	6	628	565	129	29	205	12,481
Falafel Piece	45	50	2	3	0	0	0	6	2	0	2	390
Beef Samosa Piece	30	50	1	1	0	0	5	9	0	0	2	170
Veggie Samosa Piece	33	50	0	0	0	0	0	10	0	0	1	135
Fattoush Salad (100g)	100	20	0	1	0	0	0	4	2	2	1	10
Saj Bread	102	340	3	3	0	0	0	75	2	2	9	390
Rice (Large)	300	369	8	10	1	0	0	73	3	0	8	1,586
Falafel Pieces (3 pcs)	135	150	6	8	1	0	0	19	7	0	7	1,160
Falafel Pieces (5 pcs)	225	250	10	15	1	0	0	30	10	0	10	1,950
Chicken Shawarma (Meat Only - Regular)	130	126	4	5	1	0	89	1	0	0	19	284
Chicken Shawarma (Meat Only - Large)	175	140	4	6	1	0	99	1	0	0	21	316
Gyro (Meat Only - Small)	130	315	24	36	9	1	63	9	1	2	15	829
Gyro (Meat Only - Large)	175	525	40	61	16	2	105	16	5	7	26	1,383
Jamaican Jerk Sauce	30	0	0	0	0	0	0	4	1	4	0	1,013
Butter Chicken Sauce	50	96	7	9	3	0	19	9	1	5	1	579
Gravy (158g) - 1 Scoop	110	473	32	0	0	0	0	0	0	0	16	3,938
Garlic Sauce (50g)	40	340	38	50	3	1	0	1	0	0	1	210
Hummus (60g)	40	156	11	13	2	0	0	10	4	0	6	816
Tzatziki Sauce (50g)	40	120	10	13	4	0	15	3	0	2	5	140
Tahini Sauce (60g)	30	159	14	19	2	0	0	0	4	0	5	124
Pomegranate Molasses (20g)	5	60	0	0	0	0	0	15	3	14	0	187
Italian Dressing (30g)	25	70	6	8	1	0	0	4	0	3	0	290
Messy Sauce (30g)	40	40	0	0	0	0	0	9	0	8	0	277
Crispy Spice Wrap	334	710	20	27	6	0	0	102	34	3	34	1751
Tandoori Wrap (LTO)	393	698	18	25	13	0	114	100	5	4	38	1067
Tandoori Bowl (LTO)	608	1462	23	31	3	0	114	259	4	1	49	968
Beef Shawarma Wrap	338	859	33	45	7	0	64	92	10	3	43	1198
Beef Shawarma Bowl	603	990	48	63	8	0	63	98	14	2	45	2749
Original Crispy Fries (Regular)	225	206	6	7	1	4	0	34	12	16	3	449
Original Crispy Fries (Large)	350	412	12	15	1	9	0	68	24	32	6	897
Blueberry Flame Wrap	388	945	47	63	4	1	115	99	4	8	36	1,341
Chicken Shawarma Ramen	289	850	40	53	22	0	135	19	1	8	22	1,850
Halloumi Veggie Ramen	274	920	45	60	21	0	75	20	1	9	21	2,200
Habibi Churro Bites (8 pcs)	132	420	20	26	20	0	0	28	0	18	2	180

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