

VILLA MADINA perfect shawarma 			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)	Potassium (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sesame	Sulphites
Main Dishes (protein only)	Chicken Shawarma	170 g	230	10	2	0	125	410	3	0	0	32	2	10											
	Beef Shawarma	170 g	270	14	5	0	60	280	3	0	0	32	2	20		✓							✓		
	Shish Taouk	142 g	200	7	1	0	80	220	1	0	0	31	0	6											✓
	Kefta Kabob	85 g	200	12	4.5	0	65	780	2	0	1	20	2	15											
	Vine Leaves	100 g	290	20	2	0	0	1040	25	5	0	4	4	0											
	Falafel	120 g	240	12	0.5	0	0	620	26	6	4	6	15	20											
	Chicken Shawarma & Falafel	230 g	350	16	2	0	125	720	16	3	2	35	10	20											
	Beef Shawarma & Falafel	230 g	390	20	5	0	60	590	16	3	2	35	10	30		✓							✓		
	Shish Taouk & Falafel	202 g	320	13	1	0	80	530	14	3	2	34	8	15											✓
	Kefta Kabob & Falafel	145 g	320	18	5	0	65	1090	15	3	3	23	10	25											
ROKBOX	Chicken - regular	532 g	1170	69	9	0.5	125	2360	102	2	2	32	18	2	28			✓						✓	
	Beef - regular	532 g	1210	72	11	1	85	2280	102	2	2	32	19	3	33		✓	✓						✓	
	Mixed - regular	532g	1190	70	10	1	105	2320	102	2	2	32	18	2	31			✓						✓	
	Chicken - super	834g	1870	110	15	1	185	2780	164	2	3	47	26	3	44				✓					✓	
	Beef - super	834g	1910	114	18	1.5	125	3660	164	2	3	47	28	4	50		✓	✓						✓	
	Mixed - super	834g	1890	112	16	1.5	155	3720	164	2	3	47	26	4	47				✓					✓	
Wraps	Chicken Shawarma	315 g	420	14	2.5	0	80	830	44	4	3	30	8	25									✓		
	Beef Shawarma	315 g	440	17	4.5	0	40	740	44	4	3	30	10	30		✓							✓		
	Falafel	263 g	340	8	1	0	0	870	55	7	5	12	15	30									✓		
Sides	Garlic Potatoes	125 g	140	5	0.4	0	0	470	23	3	0	3	2	8											
	Saffron Rice	125 g	250	11	1	0	0	570	34	0	0	4	0	10											
	Lentil Rice	125 g	250	11	0.5	0	0	30	34	1	0	4	2	15											
	Vegetable Couscous	125 g	200	10	0.5	0	0	520	27	2	3	4	2	10											
Salads	Tabouleh	125 g	120	9	1	0	0	480	8	2	3	2	6	20											
	Cabbage Salad	125 g	70	3.5	0.3	0	0	350	9	3	5	2	6	8											
	Red Beef Salad	125 g	130	9	0.5	0	0	520	13	2	2	2	2	6											
	Chick Pea Salad	125 g	190	9	0.5	0	0	480	24	5	0	5	4	15											
	Couscous Salad	125 g	200	10	0.5	0	0	520	27	2	3	4	2	10											
	Fattoush	125 g	90	5	0.4	0	0	60	10	2	3	2	2	6									✓		
	Greek Salad (no dressing)	125 g	60	4	2.5	0.1	10	230	6	2	3	3	8	10		✓									
	Chef Salad (no dressing)	125 g	20	0.3	0.1	0	0	15	4	0	2	1	4	10											
Sauces & Dips	Hummus	15 g	35	2.5	0.4	0	0	60	2	1	0	1	0	4										✓	
	Garlic Sauce	15 g	20	1.5	0.1	0	0	70	2	0	0	0.2	0	0											
	Babaganoush	55 g	80	7	1.5	0	0	230	3	2	0	3	2	6										✓	
	Tahini	15 g	40	3.5	0.5	0	0	45	2	0	0	1	0	2											
	Hot Sauce	15 g	20	1.5	0.1	0	0	40	3	1	0	1	0	2		✓				✓				✓	
	Renee's Greek Feta Salad Dressing	43 ml	260	28	2.5	0.4	20	220	1	0	0	1	2	2		✓	✓		✓				✓	✓	
	Renee's Caesar Salad Dressing	43 ml	230	25	2	0	20	200	1	0	0	1	0	4											
Condiments	Hot Pickled Peppers	15 g	5	0	0	0	0	230	1	0	0	0	0	0											
	Turnips	10 g	3	0	0	0	0	95	1	0	0	0	0	0											
	Cucumber Pickles	15 g	3	0	0	0	0	130	1	0	0	0	4	0											
	Pita Bread - white	1 ea	170	0.5	0.1	0	0	320	33	1	0	5	4	10									✓		
	Pita Bread - whole wheat	1 ea	170	1.5	0.3	0	0	340	35	5	0	6	0	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.