



The following nutrition information is calculated using software provided by USFoods with additional information obtained through product manufacturers, the USDA and other data. Valid at participating Tiffin Indian Restaurants only. Some items may vary by location or may occur due to individual dish preparation, guest substitutions or regional availability of products. All meat and produce information is based on raw, cleaned ingredients. We have made every effort to be as accurate as possible, however manufacturers frequently change formulations and it may take some time to update our records to reflect these changes. Tiffin cannot guarantee that the information posted here is 100% accurate and current and, as such, cannot be responsible for individual reactions to any items listed here. We suggest you use this information as a guideline for your individual nutritional needs.

Effective: June 1, 2016.

**Calorie counts are based on menu items as served**

<b>Appetizers</b>											
	Calories	Protein (gm)	Total Fat (gm)	Calories from Fat	Sat Fat (gm)	Trans Fat (gm)	Cholest. (mg)	Sodium (mg)	Ttl Carb (gm)	Fiber (gm)	Sugar (gm)
Aloo Papri Chaat	393	14	8	70	3	0	5	759	69	10	7
Aloo Tikki	399	13	1	13	0	0	0	67	84	10	10
Bombay Bhel	876	23	46	19	0	0	1	1153	95	7	39
Cauliflower Bezule	610	13	46	411	22	0	0	274	32	15	6
Chili Chicken	510	28	37	340	6	0	108	1135	12	2	6
Eggplant Chaat	366	10	1	10	1	0	4	460	76	7	6
Fish Kali Mirch	224	30	5	7	1	0	59	612	17	4	3
Gohbi Manchurian	371	7	28	260	4	0	0	711	22	6	10
Onion Bhaji	340	16	4	9	0	0	0	731	60	11	15
Samosa Chaat	547	13	15	144	3	0	5	943	87	6	21
Vegetable Samosa	418	11	13	127	2	0	0	589	60	5	2
<b>Biryani</b>											
	Calories	Protein (gm)	Total Fat (gm)	Calories from Fat	Sat Fat (gm)	Trans Fat (gm)	Cholest. (mg)	Sodium (mg)	Ttl Carb (gm)	Fiber (gm)	Sugar (gm)
Biryani with Chicken	1142	54	27	245	7	0	137	1677	169	4	14
Biryani with Lamb	1206	39	39	367	13	0	109	1793	173	4	14
Biryani with Paneer	1035	28	33	293	16	0	79	1271	161	2	11
Biryani with Salmon	1171	51	35	319	9	0	127	1309	161	2	11
Biryani with Shrimp	1035	51	20	181	6	0	287	1463	163	2	11
Biryani with Vegetable	905	18	17	153	6	0	29	1251	171	6	13

Curry Pots	Protein	Total Fat	Calories	Sat Fat	Trans Fat	Cholest.	Sodium	Ttl Carb	Fiber	Sugar	
	Calories	(gm)	(gm)	from Fat	(gm)	(gm)	(mg)	(mg)	(gm)	(gm)	(gm)
Chettinad with Chicken	1035	28	33	293	16	0	79	1271	161	2	11
Chettinad with Lamb	1171	51	35	319	9	0	127	1309	161	2	11
Chettinad with Paneer	1035	51	20	181	6	0	287	1463	163	2	11
Chettinad with Salmon	905	18	17	153	6	0	29	1251	171	6	13
Chettinad with Shrimp	1001	48	68	612	33	0	259	724	42	13	10
Chettinad with Vegetables	871	15	65	585	33	0	0	513	50	17	12
Kadai with Chicken	578	41	29	276	5	0	108	874	35	7	15
Kadai with Lamb	641	27	41	397	11	0	80	989	39	7	16
Kadai with Paneer	470	16	35	323	13	0	50	468	27	5	12
Kadai with Salmon	606	38	37	349	7	0	98	505	27	5	12
Kadai with Shrimp	470	38	22	211	3	0	259	659	29	5	12
Kadai with Vegetable	340	6	19	183	3	0	0	448	37	9	14
Kerala Pepper with Chicken	581	41	30	280	10	0	139	1144	35	7	14
Kerala Pepper with Lamb	645	27	42	402	16	0	111	1260	39	7	15
Kerala Pepper with Paneer	474	15	36	328	19	0	81	738	27	6	11
Kerala Pepper with Salmon	610	38	38	354	12	0	129	776	27	6	11
Kerala Pepper with Shrimp	474	38	23	215	9	0	290	930	29	6	11
Kerala Pepper with Vegetable	344	5	20	188	9	0	31	718	37	10	13
Korma with Chicken	977	45	66	583	28	0	275	1471	40	5	20
Korma with Lamb	1040	31	78	704	34	0	247	1586	44	5	20
Korma with Paneer	869	19	71	631	36	0	217	1065	32	4	17
Korma with Salmon	1005	42	74	657	30	0	265	1102	32	4	17
Korma with Shrimp	870	42	58	518	27	0	426	1256	34	4	17
Korma with Vegetable	739	9	55	491	26	0	167	1045	42	8	19
Makhani with Chicken	861	37	53	480	25	0	293	1925	48	4	29
Makhani with Lamb	963	27	64	593	30	0	231	1868	58	5	32
Makhani with Paneer	792	16	58	520	32	0	202	1346	46	4	29
Makhani with Salmon	928	38	60	545	26	0	249	1384	46	4	29
Makhani with Shrimp	792	38	45	407	23	0	410	1538	48	4	29
Makhani with Vegetable	662	6	42	380	22	0	152	1326	56	8	31
Saag with Chicken	770	42	49	435	21	0	224	1379	29	6	13
Saag with Lamb	833	28	61	556	27	0	196	1495	33	6	14
Saag with Paneer	662	17	55	483	29	0	166	973	21	5	10
Saag with Salmon	798	39	57	508	23	0	214	1011	21	5	10

<b>Curry Pots</b>											
	<b>Calories</b>	<b>Protein (gm)</b>	<b>Total Fat (gm)</b>	<b>Calories from Fat</b>	<b>Sat Fat (gm)</b>	<b>Trans Fat (gm)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Ttl Carb (gm)</b>	<b>Fiber (gm)</b>	<b>Sugar (gm)</b>
Saag with Shrimp	663	39	42	370	20	0	375	1165	23	5	10
Saag with Vegetable	532	7	39	343	19	0	116	953	31	9	12
Tikka Masala with Chicken	809	42	45	415	18	0	208	1738	50	6	27
Tikka Masala with Lamb	885	28	59	487	24	0	184	1734	53	6	27
Tikka Masala with Paneer	745	17	52	476	26	0	152	1491	49	6	27
Tikka Masala with Salmon	1385	45	100	926	28	0	212	1784	64	7	37
Tikka Masala with Shrimp	584	7	36	340	16	0	117	1451	50	6	27
Tikka Masala with Vegetable	615	7	36	336	16	0	102	1471	59	10	29
Traditional Curry with Chicken	500	41	21	197	3	0	109	1284	34	5	15
Traditional Curry with Lamb	563	26	33	319	9	0	81	1400	38	5	16
Traditional Curry with Paneer	392	15	27	245	12	0	51	878	26	4	12
Traditional Curry with Salmon	528	38	29	271	5	0	99	916	26	4	12
Traditional Curry with Shrimp	393	38	14	132	2	0	259	1070	28	4	12
Traditional Curry with Vegetable	262	5	11	105	2	0	1	858	36	8	14
Vindaloo with Chicken	580	49	25	235	5	0	157	1751	36	5	12
Vindaloo with Lamb	643	35	37	356	11	0	129	1867	40	5	12
Vindaloo with Paneer	473	24	31	283	13	0	99	1345	28	4	9
Vindaloo with Salmon	609	46	33	309	7	0	147	1383	28	4	9
Vindaloo with Shrimp	473	46	18	170	4	0	308	1537	30	4	9
Vindaloo with Vegetables	343	14	15	143	3	0	49	1325	38	8	11
<b>Tandoor</b>											
	<b>Calories</b>	<b>Protein (gm)</b>	<b>Total Fat (gm)</b>	<b>Calories from Fat</b>	<b>Sat Fat (gm)</b>	<b>Trans Fat (gm)</b>	<b>Cholest. (mg)</b>	<b>Sodium (mg)</b>	<b>Ttl Carb (gm)</b>	<b>Fiber (gm)</b>	<b>Sugar (gm)</b>
Boti Kebab	479	35	34	226	12	0	122	455	5	1	1
Lasooni Tikka	568	60	26	237	5	0	175	1718	19	3	1
Malai Tikka	728	58	40	354	18	0	241	677	16	2	6
Paneer Shashlik	413	24	35	268	20	0	96	183	5	1	2
Salmon Tikka	683	33	53	491	10	0	92	295	13	1	9
Tandoori Chicken	1080	66	86	773	25	0	400	949	4	1	0
Tandoori Shrimp	387	50	9	72	3	0	319	446	24	4	9
Tandoori Vegetables	409	9	25	228	4	0	5	813	42	10	10

<b>Traditional Favorites</b>											
	Calories	Protein (gm)	Total Fat (gm)	Calories from Fat	Sat Fat (gm)	Trans Fat (gm)	Cholest. (mg)	Sodium (mg)	Ttl Carb (gm)	Fiber (gm)	Sugar (gm)
Aloo Gobhi	271	7	10	97	3	0	11	663	41	6	13
Baingan Bharta	245	5	13	111	7	0	49	887	27	9	11
Butter Chicken	896	38	56	504	25	0	292	1872	49	5	29
Chana Masala	682	19	34	333	5	0	1	1627	76	24	21
Dal Makhani	618	13	42	384	25	0	144	63	39	11	3
Dal Tadka	373	12	20	149	5	0	12	1511	35	12	7
Kaju Matar Paneer	1259	24	103	892	55	0	358	1020	46	8	20
Lamb Roganjosh	701	50	44	401	16	0	179	835	24	3	12
Malai Kofta	1196	11	94	808	48	0	317	923	62	6	18
Navratan Korma	876	10	76	659	34	0	215	725	28	6	12
<b>Breads</b>											
	Calories	Protein (gm)	Total Fat (gm)	Calories from Fat	Sat Fat (gm)	Trans Fat (gm)	Cholest. (mg)	Sodium (mg)	Ttl Carb (gm)	Fiber (gm)	Sugar (gm)
Cheese Kulcha	531	24	13	111	8	0	54	882	77	3	3
Lachha Paratha	371	11	7	61	2	0	5	559	67	12	4
Naan_Chili	380	14	2	14	1	0	22	573	73	3	3
Naan_Classic	379	14	2	14	1	0	22	572	72	3	3
Naan_Garlic	384	15	2	14	1	0	22	574	74	3	3
Naan_Onion	418	15	2	15	1	0	22	595	82	5	7
Naan_Peshawari	674	23	20	177	3	0	22	591	101	10	18
Tandoori Roti	344	10	5	44	1	0	0	559	65	12	4
<b>Rice</b>											
	Calories	Protein (gm)	Total Fat (gm)	Calories from Fat	Sat Fat (gm)	Trans Fat (gm)	Cholest. (mg)	Sodium (mg)	Ttl Carb (gm)	Fiber (gm)	Sugar (gm)
Basmati Rice	218	4	1	10	0	0	0	274	49	0	0
<b>Chutney</b>											
	Calories	Protein (gm)	Total Fat (gm)	Calories from Fat	Sat Fat (gm)	Trans Fat (gm)	Cholest. (mg)	Sodium (mg)	Ttl Carb (gm)	Fiber (gm)	Sugar (gm)
Mint Chutney	27	0	0	5	0	0	1	132	5	0	2
Onion Chutney	29	1	0	18	0	0	0	390	6	1	4
Tamarind Chutney	48	0	0	2	0	0	0	128	12	0	11
<b>Dessert</b>											
	Calories	Protein (gm)	Total Fat (gm)	Calories from Fat	Sat Fat (gm)	Trans Fat (gm)	Cholest. (mg)	Sodium (mg)	Ttl Carb (gm)	Fiber (gm)	Sugar (gm)
Rice Pudding	409	6	23	195	13	0	93	689	43	0	41