

Prepared Foods

Sandwiches, Panini, Wraps†

	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
● BLT Sandwich	202 g	360	14	4	0	20	810	44	5	3	10	2	40	2	25
● Chicken Salad Sandwich	252 g	330	9	1.5	0.1	30	950	45	5	3	20	2	50	2	25
● Ham & Swiss Sandwich	262 g	370	11	5	0.2	50	1160	46	5	3	24	4	45	20	30
● Turkey, Bacon Club Sandwich	264 g	400	11	4	0	50	1260	52	5	5	26	2	40	2	25
● Bacon, Tomato & Cheese Panini	230 g	600	30	10	0.3	40	1390	62	7	4	26	10	8	20	25
● Grilled Cheese Panini	174 g	490	18	9	0.4	45	1320	60	7	3	24	15	0	30	20
● Tuscan Chicken Panini	274 g	560	21	6	0.3	75	1470	62	7	5	34	8	10	15	25
● BBQ Chicken Wrap Snacker	123 g	190	4.5	0.5	0	25	630	25	3	4	12	0	8	2	8
● Chicken Ranch Wrap Snacker	123 g	190	6	1	0	25	620	22	3	1	12	0	6	4	8
● Chicken Salad Wrap Snacker	103 g	190	7	1	0.1	20	540	22	3	1	10	2	4	2	8

Breakfast

Breakfast Sandwiches

● Biscuit, Bacon, Egg, Cheese	152 g	410	22	13	0.4	175	1030	34	2	4	19	10	0	15	20
● Biscuit, Bacon, Egg White, Cheese	152 g	360	17	11	0.3	25	930	33	2	3	18	8	0	10	20
● Biscuit, Sausage, Egg, Cheese	177 g	490	31	16	0.4	190	1130	34	2	4	20	10	0	15	20
● Biscuit, Sausage, Egg White, Cheese	177 g	430	26	14	0.3	40	1030	32	2	3	19	6	0	10	15
● Biscuit, Egg, Cheese	140 g	350	17	11	0.4	165	890	34	2	4	15	10	0	15	20
● Biscuit, Egg White, Cheese	140 g	300	12	9	0.3	15	790	32	2	3	14	6	0	10	15
● English Muffin, Bacon, Egg, Cheese	139 g	330	15	7	0.3	175	750	30	1	3	17	10	0	20	15
● English Muffin, Bacon, Egg White, Cheese	139 g	280	10	5	0.2	25	640	29	1	2	17	6	0	15	10
● English Muffin, Sausage, Egg, Cheese	164 g	410	24	10	0.3	190	850	30	1	3	19	10	0	20	15
● English Muffin, Sausage, Egg White, Cheese	164 g	360	19	8	0.2	40	740	29	1	2	18	4	0	15	10
● English Muffin, Egg, Cheese	127 g	270	10	5	0.3	165	610	30	1	3	13	10	0	20	15
● English Muffin, Egg White, Cheese	127 g	220	5	3.5	0.2	15	500	29	1	2	13	4	0	15	10

Breakfast Panini

● Multigrain Flatbread, Bacon, Egg, Cheese	132 g	330	17	7	0.2	175	830	28	4	4	18	10	10	20	15
● Multigrain Flatbread, Bacon, Egg White, Cheese	132 g	280	12	5	0.2	25	720	27	4	3	17	6	10	10	15
● Multigrain Flatbread, Sausage, Egg, Cheese	157 g	410	26	10	0.2	190	930	28	4	4	19	35	10	15	20
● Multigrain Flatbread, Sausage, Egg White, Cheese	157 g	350	21	9	0.2	40	820	26	4	3	18	4	10	10	10

Grilled Breakfast Wraps

● Sausage, Egg, Cheese	147 g	390	26	9	0.2	185	860	24	3	1	17	8	0	15	10
● Bacon, Egg, Cheese	122 g	310	17	6	0.2	175	760	24	3	1	15	8	0	15	10
● Egg, Cheese	110 g	250	12	4	0.2	160	620	24	3	1	12	8	0	15	10

Other

● Hash Brown	54 g	120	7	0.5	0.1	0	320	16	1	0	1	0	2	2	2
● Oatmeal - Maple	308 g	220	2.5	0.5	0	0	220	49	4	20	5	0	0	4	15
● Oatmeal - Mixed Berries	327 g	210	3	0.5	0	0	220	44	6	14	6	0	10	4	15
● Bagel BELT® (Plain Bagel)	263 g	500	17	7	0.2	175	1110	65	3	6	23	10	15	20	30
● Sausage Bagel BELT™ (Plain Bagel)	288 g	570	26	10	0.2	190	1210	65	3	6	24	10	15	20	30
● Sausage and Biscuit	107 g	350	22	11	0.2	25	660	29	2	3	11	2	0	2	15



† All nutritional information is based on small size hot and cold beverages, regular size sandwiches on whole wheat buns and panini on multigrain bread with standard ingredient servings. Tim Hortons, Timbits and Bagel BELT are registered trademarks of The TDL Marks Corporation, used under license.

Hot & Cold Beverages

Hot Beverages‡

● Coffee (Black)	286 mL	0	0	0	0	0	0	0	0	0	0	0	0	0	140
● Coffee (1 Cream, 1 Sugar)	286 mL	70	3.5	2	0.1	15	20	9	0	9	1	2	0	4	115
● Decaffeinated Coffee	286 mL	0	0	0	0	0	0	0	0	0	0	0	0	0	6
● Tea (Black)	286 mL	0	0	0	0	0	0	0	0	0	0	0	0	0	0-60
● Tea (1 Milk, 1 Sugar)	286 mL	40	0.4	0.3	0	0	10	8	0	8	1	0	0	2	0-60
● Hot Chocolate	286 mL	240	6	5	0.2	0	320	45	2	38	2	0	0	2	15 15
● White Hot Chocolate	286 mL	260	9	9	0	0	250	42	0	35	1	0	0	15	2 0
● Apple Cider	286 mL	210	0	0	0	0	5	52	0	52	0	0	0	0	0 0
● Latte	286 mL	80	0.2	0.1	0	5	120	12	0	11	8	0	2	25	0 35
● Flavoured Latte	286 mL	100	0.2	0.1	0	5	115	19	0	18	7	0	2	25	0 35
● Chocolate Latte	286 mL	180	6	5	0.3	5	135	24	0	22	6	0	2	20	2 65
● Tea Latte	286 mL	50	0.1	0.1	0	5	80	7	0	7	5	0	2	20	0 0-50
● Cappuccino	286 mL	60	0.2	0.1	0	5	95	10	0	9	6	0	2	20	0 70
● French Vanilla Cappuccino	286 mL	250	8	7	0.1	5	210	41	1	31	4	0	0	10	2 60
● English Toffee Cappuccino	286 mL	240	7	6	0.1	5	180	41	2	30	4	0	0	15	8 60
● Café Mocha	286 mL	190	8	7	0.3	0	170	29	1	24	1	0	0	0	10 90
● Americano	286 mL	4	0	0	0	0	10	1	0	0	0.3	0	0	0	0 95

Cold Beverages‡

● Iced Capp™ (Cream)	286 mL	250	11	6	0.4	45	50	33	0	33	2	8	0	10	2 90
● Iced Capp™ (Milk)	286 mL	150	1.5	1	0	5	35	32	0	32	3	2	0	8	2 90
● Iced Capp™ (Chocolate Milk)	286 mL	160	0.5	0.4	0	5	60	36	0	36	3	2	0	6	2 90
● Flavoured Iced Capp™ (Cream)	286 mL	250	11	6	0.4	45	50	34	0	33	2	8	0	10	2 90
● Iced Coffee (Cream)	286 mL	110	6	3.5	0.2	25	55	12	0	8	1	4	0	6	0 60
● Iced Coffee (Milk)	286 mL	70	1	0.5	0	5	55	12	0	8	2	2	0	8	0 60
● Iced Coffee (Chocolate Milk)	286 mL	80	0.5	0.3	0	0	80	16	0	11	2	2	0	6	0 60
● Flavoured Iced Coffee (Cream)	286 mL	110	6	3.5	0.2	25	55	13	0	8	1	4	0	6	0 60
● Iced Latte	286 mL	90	2	1	0	5	75	14	0	14	4	4	0	10	0 30
● Flavoured Iced Latte	286 mL	90	2	1	0	5	75	15	0	14	4	4	0	10	0 30
● Iced Chocolate Latte	286 mL	180	6	6	0.2	5	100	26	1	22	4	4	0	10	6 30
● Mocha Iced Capp™	286 mL	290	11	7	0.4	45	60	42	0	38	2	8	0	10	6 90
● Mocha Iced Coffee	286 mL	150	6	3.5	0.2	25	70	20	0	13	2	4	0	6	6 60
● Mixed Berry Fruit Smoothie with Yogurt	286 mL	150	1	0.5	0	5	40	35	1	32	2	0	0	6	2 0
● Mixed Berry Fruit Smoothie without Yogurt	286 mL	130	0	0	0	0	10	33	1	30	0	0	0	2	2 0
● Strawberry Banana Fruit Smoothie with Yogurt	286 mL	150	1	0.5	0	5	35	34	0	31	2	0	0	6	0 0
● Strawberry Banana Fruit Smoothie without Yogurt	286 mL	130	0	0	0	0	10	33	0	30	0	0	0	2	0 0
● Frozen Lemonade	286 mL	120	0.1	0	0	0	10	28	0	26	0	0	2	0	0 0

Other

● Espresso Shot	41 mL	2	0	0	0	0	2	1	0	0	0.1	0	0	0	45
● Flavour Shot	1 mL	0	0	0	0	0	0	1	0	0	0	0	0	0	0
● Whipped Topping and Drizzle	24 g	80	5	5	0.2	0	5	7	0	6	0.3	0	0	0	2 0



Always Fresh

Tim Hortons understands the **importance** of good nutrition and is **committed** to offering our guests great tasting food, which includes a **variety** of nutritious options. We continue to evolve our menu in order to meet our guests' **changing needs** and desires by offering **choices** that can **fit** into a healthy lifestyle. Whether it's our coffee, fresh baked goods, or our homestyle soups and sandwiches, there is something for **everyone**.

Along with offering better-for-you menu options, one of our key nutrition initiatives is to **reduce sodium** across some of our menu items. To date, we have achieved an average sodium reduction of **31%** across our soup varieties, **10%** in our chili and **49%** in our deli meats. We have achieved an average sodium reduction of **22%** across our muffin varieties and **15%** in our classic hot beverages, as well. We are also continuously working to develop **new products** with lower sodium.

At Tim Hortons, we want our guests to have all the information they need to make **educated choices** when ordering. Through this guide, our trayliners, online nutrition calculator and Timmy Me™ mobile app, guests have access to detailed **nutritional information** for some of our more popular menu items.

To help you select menu items that are reduced-sodium, low in fat, or sources of fibre or calcium, look for the colour dots in this guide, which correspond to the boxes on the Helpful Hints panel.



ATTENTION: Allergy Alert!

Although we take precautions, it is impossible to guarantee that our products have not come into contact with peanuts, nuts or other allergens.

If you have a food allergy we recommend that you refrain from eating our products.

Your welfare is our first concern.

We encourage anyone with food sensitivities, allergies, or special dietary needs to check with Tim Hortons Guest Services to obtain the most up-to-date information.

For further nutrition, ingredient or allergy information, please see the front panel or write to:

The TDL Group Corp., Guest Services
874 Sinclair Road, Oakville, Ontario, Canada L6K 2Y1

Informed Dining

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca.

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia. The Province of British Columbia assumes no responsibility or liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

The nutrition information contained in this guide is based on standard product formulations and was obtained through analysis by our nutritional software, entitled ESHA Genesis R&D, and information provided by our suppliers. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at restaurant level, and/or season of the year. Regional variations may occur. Certain menu items may vary from restaurant to restaurant and may not be available at all locations. Baked goods may vary in size. This guide includes a selection of Tim Hortons' most popular items and may not include all found in-restaurant.

The information in this guide is effective as of **December 2013**. Updated versions will be printed periodically. To receive the most up-to-date information please visit www.timhortons.com. Information is applicable to products in Canadian restaurants and may be subject to change at any time.



Nutrition Guide



For further nutrition, ingredient, or allergy information, please call:

1-888-601-1616

Or visit our website at:

www.timhortons.com/NutriCalc

Or download our free app:



Available for iPhone, Android and BlackBerry.

Canadian Edition

Snacks & Baked Goods

Donuts

Yeast Donuts	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Apple Fritter	95 g	290	8	3.5	0	0	330	48	2	15	7	0	4	4	15
Blueberry Fritter	107 g	310	7	3	0.1	0	360	55	1	21	7	0	0	2	15
Caramel Apple Fritter	103 g	300	8	3.5	0	0	390	52	2	17	7	0	4	4	15
Chocolate Dip	60 g	190	6	2.5	0	0	210	31	1	10	4	0	0	2	10
Dutchie	72 g	230	6	3	0	0	200	38	1	15	5	0	0	2	15
Game Day (Vanilla Dip)	75 g	250	6	2.5	0	0	210	46	1	24	4	0	0	2	10
Honey Dip	62 g	190	6	2.5	0	0	210	31	1	11	4	0	0	2	10
Maple Dip	60 g	190	6	2.5	0	0	210	31	1	11	4	0	0	2	10
Vanilla Dip with Coloured Sprinkles	75 g	250	6	2.5	0	0	210	46	1	24	4	0	0	2	10

Cake Donuts

Chocolate Glazed	76 g	280	14	6	0.1	5	320	37	1	19	4	0	0	2	15
Chocolate Mint	73 g	280	14	6	0.1	5	320	36	1	17	4	0	0	2	15
Chocolate Peanut Crunch	74 g	300	17	7	0.1	5	320	32	2	13	5	0	0	2	15
Chocolate Toasted Coconut	80 g	310	16	9	0.1	5	330	39	2	20	4	0	0	2	15
Chocolate White Coconut	80 g	320	18	10	0.1	5	340	38	2	18	4	0	0	2	15
Cinnamon Sugar	60 g	220	10	5	0.1	15	270	28	1	10	3	0	0	4	10
Double Chocolate	70 g	270	14	6	0.1	5	320	35	1	16	4	0	0	2	15
Old Fashion Dip	68 g	250	10	5	0.1	15	270	36	1	17	3	0	0	4	10
Old Fashion Glazed	77 g	270	10	5	0.1	15	270	41	1	23	3	0	0	4	10
Old Fashion Plain	58 g	210	10	5	0.1	15	260	25	1	8	3	0	0	4	10
Old Fashion Sugar	65 g	240	10	5	0.1	15	270	33	1	15	3	0	0	4	10
Peanut Crunch	79 g	300	14	5	0.1	15	270	39	1	20	5	0	0	4	10
Sour Cream Cinnamon	60 g	270	16	8	0.1	10	210	29	1	12	3	0	0	4	8
Sour Cream Glazed	81 g	340	16	8	0.1	10	220	46	1	29	3	0	0	2	8
Sour Cream Plain	58 g	270	16	8	0.1	10	210	27	1	11	3	0	0	2	8
Sour Cream Sugar	63 g	290	16	8	0.1	10	220	33	1	16	3	0	0	2	8
Toasted Coconut	79 g	290	13	7	0.1	15	280	40	1	22	4	0	0	4	10
White Coconut	79 g	300	14	8	0.1	15	280	39	2	20	4	0	0	4	10

Filled Donuts

Banana Cream	74 g	190	6	2.5	0	0	250	31	1	9	4	0	0	2	10
Blueberry	74 g	200	5	2	0	0	230	34	1	12	4	0	0	2	10
Boston Cream	81 g	220	6	2.5	0	0	250	37	1	15	5	0	0	2	10
Canadian Maple	81 g	210	6	2.5	0	0	250	37	1	16	5	0	0	2	10
Cherry	74 g	200	6	2.5	0	0	210	33	1	11	5	0	0	2	10
Lemon	74 g	190	5	2.5	0.1	0	220	31	1	10	4	0	0	2	10
Raspberry	74 g	200	5	2	0	0	220	33	1	12	4	0	0	2	10
Spiced Apple	74 g	190	5	2.5	0	0	220	32	1	11	4	0	0	2	10
Strawberry	74 g	200	5	2	0	0	230	34	1	14	5	0	0	2	15
Strawberry Bloom	75 g	230	7	3.5	0	0	180	39	1	18	4	0	2	2	10
Strawberry Vanilla	94 g	270	5	2	0	0	230	52	1	31	5	0	0	2	15
Venetian Cream	74 g	190	6	2.5	0	0	250	30	1	9	5	0	0	2	10

Other

Game Day Supreme	93 g	260	6	2.5	0	0	250	48	1	25	5	0	0	2	10
Honey Cruller	81 g	310	18	9	0.3	50	200	37	0	22	2	0	0	2	2
Long John	78 g	250	7	3	0	0	220	43	1	15	5	0	0	2	15
Walnut Crunch	80 g	360	22	10	0.1	5	340	38	2	20	4	0	0	2	15

Cookies

Caramel Chocolate Pecan	52 g	250	12	6	0.4	30	280	32	1	16	3	0	0	2	10
Chocolate Chunk	52 g	240	10	6	0.4	25	250	34	1	19	3	0	0	2	15
Ginger Molasses	53 g	210	7	4.5	0.2	35	150	35	1	19	2	6	0	4	10
Oatcakes	37 g	180	9	3.5	0.1	0	190	22	2	10	2	0	0	0	8
Oatmeal Raisin Spice	52 g	210	8	4.5	0.1	20	190	32	1	19	3	8	0	2	8
Peanut Butter	52 g	280	17	8	0.4	25	240	27	2	16	6	0	0	2	8
Smile Cookie	56 g	250	10	6	0.4	25	250	38	1	22	3	0	0	2	15
Trail Mix with Fruit and Nuts	52 g	220	8	3	0.1	10	170	34	4	20	4	2	2	2	10
Triple Chocolate	52 g	230	12	7	0.1	25	200	29	2	19	2	10	0	2	15
White Chocolate Macadamia Nut	52 g	250	13	7	0.4	25	250	32	1	16	3	0	0	2	8

Snacks & Baked Goods

Timbits®

Yeast Timbits	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Apple Fritter	17 g	50	1.5	1	0	0	40	9	0	4	1	0	0	0	2
Dutchie	16 g	50	1.5	1	0	0	35	9	0	4	1	0	0	0	2
Honey Dip	14 g	45	1	0.5	0	0	30	8	0	4	1	0	0	0	2

Cake Timbits

Chocolate Glazed	19 g	70	3	1.5	0	0	85	10	0	5	1	0	0	0	4
Chocolate Peanut Crunch	21 g	80	4	1.5	0	0	85	10	1	5	1	0	0	0	4
Chocolate Toasted Coconut	21 g	80	4	2	0	0	85	10	0	5	1	0	0	0	4
Chocolate White Coconut	21 g	80	4	2.5	0	0	85	10	1	5	1	0	0	0	4
Cinnamon Sugar	16 g	60	2.5	1	0	5	75	8	1	3	1	0	0	0	2
Honey Cruller	15 g	60	3	1.5	0.1	10	35	8	0	5	0	0	0	0	0
Old Fashion Glazed	19 g	70	2.5	1	0	5	75	10	0	5	1	0	0	0	2
Old Fashion Plain	15 g	50	2.5	1	0	5	75	7	0	2	1	0	0	0	2
Old Fashion Sugar	16 g	60	2.5	1	0	5	75	8	0	3	1	0	0	0	2
Peanut Crunch	21 g	80	3.5	1	0	5	75	11	1	5	1	0	0	0	2
Sour Cream Cinnamon	17 g	80	4.5	2	0	5	55	8	0	4	1	0	0	0	2
Sour Cream Glazed	21 g	90	4.5	2	0	5	55	12	0	7	1	0	0	0	2
Sour Cream Plain	15 g	70	4.5	2	0	5	55	7	0	3	1	0	0	0	2
Sour Cream Sugar	17 g	70	4.5	2	0	5	55	8	0	4	1	0	0	0	2
Toasted Coconut	20 g	70	3.5	1.5	0	5	75	11	1	6	1	0	0	0	2
White Coconut	20 g	80	3.5	2	0	5	75	11	1	5	1	0	0	0	2

Filled Timbits

Lemon	18 g	45	1	0.5	0	0	35	7	0	3	1	0	0	0	2
Raspberry	18 g	45	1	0.5	0	0	35	8	0	4	1	0	0	0	2
Spiced Apple	18 g	45	1	0.5	0	0	30	8	0	3	1	0	0	0	2
Strawberry	18 g	50	1	0.5	0	0	35	8	0	4	1	0	0	0	2
Venetian Cream	18 g	45	1.5	0.5	0	0	40	7	0	2	1	0	0	0	2

Muffins

Banana Nut	115 g	390	18	2.5	0.2	35	400	52	2	27	6	0	15	4	15
Blueberry	115 g	330	11	2	0.2	40	460	54	2	25	5	0	0	4	15
Chocolate Chip	115 g	410	16	5	0.3	35	430	62	2	36	5	0	0	4	15
Cranberry Blueberry Bran	115 g	280	13	2	0.3	20	410	53	4	24	5	0	2	4	20
Fruit Explosion	122 g	350	11	2	0.2	35	460	57	2	27	5	0	4	4	15
Lemon Poppyseed	115 g	390	16	3.5	0.3	40	450	56	1	26	6	2	0	6	15
Low Fat Double Berry	115 g	290	2.5	0.5	0.1	0	500	59	2	30	4	0	2	4	8
Oatmeal Raisin Nut	115 g	390	14	2.5	0.2	20	370	59	3	24	6	0	0	4	15
Raisin Bran	115 g	370	12	2	0.2	20	370	64	4	37	5	0	0	4	20
Strawberry Sensation	122 g	360	11	2	0.2	35	520	57	1	27	5	0	8	4	15
Triple Chocolate	115 g	400	15	5	0.3	30	380	63	2	38	5	0	0	4	20
Whole Grain Blueberry	115 g	350	14	2.5	0.3	20	430	53	5	24	5	0	0	4	20
Whole Grain Carrot Orange	115 g	360	13	2	0.2	25	390	57	4	29	5	45	4	4	15
Whole Grain Raspberry	115 g	380	15	3.5	0.3	25	430	55	4	26	5	0	2	6	15

Classic Bagels

Blueberry	113 g	280	2	0.4	0.1	0	450	58	2	6	9	0	0	4	25
Cheddar Cheese	85 g	210	3	1	0	5	450	40	2	2	9	2	0	8	20
Cinnamon Raisin	113 g	300	2	0.3	0	0	390	63	3	11	9	0	0	6	25
Everything	113 g	300	3.5	0.5	0	0	490	57	2	3	10	0	0	8	25
Onion	113 g	290	2	0.3	0	0	490	59	2	4	10	0	0	6	25
Plain	113 g	290	2	0.3	0	0	490	58	2	4	10	0	0	4	25
Sesame Seed	113 g	300	3.5												