Balanced Options

It’s not easy to make balanced choices, especially when life’s so busy and it seems we’re constantly on the go. Tim Hortons believes balance is an important part of living well — that eating well and enjoying what you eat and want to go together — and that having choices can make all the difference. This guide is designed as a handy tool of fresh, wholesome and tasty foods and beverages all day long. From our fresh premium-blend coffee to our wide selection of meats and cereals, you have a range of nutritious and delicious options available to help you find balance once you set off on your day.

At Tim Hortons, we want our guests to have all the information they need to make educated choices when ordering. Through this guide, our online nutrition calculator and TimmyMe™ mobile app, guests have access to detailed nutrition information for their favourite Tim Hortons menu items.

To help you select menu items that are low in fiber sources of iron and calcium, look for the colour dots in this guide, which correspond to the House and the Important Parts of Your Meal.

ATTENTION: Allergy Alert!

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

If you have a food allergy we recommend that you contact with Toronto’s 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:

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226 Wyecroft Road, Oakville, Ontario Canada L6K 3X7

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<th>Description</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrate (g)</th>
<th>Dietary Fibre (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<th>Vitamin C (% DV)</th>
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<td>1080</td>
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**Helpful Hints**

- **Choose a low fat option**
  - Try our Chili, it’s a source of fibre
  - Several of our soup varieties are low in fat,
- **Choose a source of fibre**
  - Greek Yogurt Parfait is a source
  - Enjoy your sandwich on a Whole Wheat Bun;
  - Try our Fruit Smoothie made with Greek Yogurt
  - Several of our breakfast wraps are low in fat,

**More Hints**

- **Our Fruit Smoothie made with Greek Yogurt is**
  - A source of calcium
  - Greek Yogurt Parfait is a source
  - Enjoy your sandwich on a Whole Wheat Bun;
  - Try our Fruit Smoothie made with Greek Yogurt
  - Several of our breakfast wraps are low in fat,