

Always Fresh

The menu at Tim Hortons continuously evolves to meet the changing needs and tastes of our guests.

Our diverse offering includes a variety of healthy options, made-to-order, including homestyle soups and sandwiches, Yogurt & Berries, low-fat muffins, and bagels with light cream cheese.

We have made significant progress in the area of reducing trans fats in all of our products. Our primary objective is to continue to provide Tim Hortons' guests with the same great tasting, quality products without sacrificing flavor or freshness.

At Tim Hortons, we want our guests to have all the information to make educated decisions when ordering.

Through this guide and our online nutrition calculator, guests have access to detailed nutritional information for some of our more popular menu items.

For further nutrition, ingredient or allergy information, please see the back panel.

Prepared Food & Beverages

serving size, calories, calories from fat, total fat (g), saturated fat (g), trans fat (g), cholesterol (mg), sodium (mg), carbohydrates (g), fiber (g), sugars (g), protein (g), vitamin A %, vitamin C %, calcium %, iron %, caffeine (mg)

Sandwiches*

*Tim's Own® Sandwiches

● Turkey Caesar	257g	370	100	11	2	0	35	1320	48	3	3	18	0	30	2	25
● Ham & Swiss	279g	400	110	12	5	0	60	1310	48	3	4	24	6	25	25	25
● Turkey Bacon Club	267g	380	60	7	2	0	35	1340	55	3	7	20	0	30	2	25
● Chicken Salad	264g	350	80	9	1	0	30	880	48	4	3	20	2	30	2	25
● Egg Salad	218g	360	110	13	3	0	240	760	45	3	3	16	6	15	4	25
● BLT	223g	420	160	18	5	0	25	830	47	3	4	17	0	25	2	25
● Toasted Chicken Club	281g	390	60	7	2	0	50	1000	52	3	6	29	0	25	2	25

Tim Hortons Chicken Wrap Snackers

BBQ Chicken	99g	180	50	6	2	0	30	600	19	2	3	13	0	4	8	6
Chicken Ranch	99g	190	70	8	2.5	0	35	620	17	2	1	13	0	2	8	6

Breakfast*

● Oatmeal – Maple	308g	220	25	2.5	0.5	0	0	220	49	4	20	5	0	0	4	10
● Oatmeal – Mixed Berry	327g	210	25	2.5	0.5	0	0	220	44	5	14	6	0	10	4	10
● Oatmeal – Apple Cinnamon	325g	300	50	5	2	0	0	300	62	5	29	6	2	6	4	10
Hashbrown	47g	100	45	5	0.5	0	0	210	12	1	0	1	0	2	2	2

Breakfast Sandwiches

Bagel BELT	266g	460	140	16	6	0	190	1020	59	3	10	21	8	15	15	20
● Sausage, Egg, Cheese	191g	560	330	37	19	0.5	215	1070	36	2	3	20	8	0	15	10
● Bacon, Egg, Cheese	159g	440	220	25	14	0.5	190	860	35	2	4	17	8	0	15	10
● Egg, Cheese	149g	390	190	21	13	0.5	180	780	35	2	3	14	8	0	15	10
● English Muffin, Sausage, Egg, Cheese	174g	450	250	27	11	0	215	1000	33	1	2	19	8	0	25	10
● English Muffin, Bacon, Egg, Cheese	142g	330	140	15	6	0	190	790	33	1	3	17	8	0	25	10
● English Muffin, Hickory Smoked Ham, Egg, Cheese	156g	300	100	12	5	0	195	960	33	1	2	18	8	0	25	15
● English Muffin, Egg, Cheese	132g	280	100	11	5	0	180	710	32	1	2	14	8	0	25	10
Breakfast Sausage & Biscuit	117g	420	240	27	14	0	35	580	32	1	2	11	0	0	0	8
● Sausage Breakfast Wrap	135g	390	250	28	9	0	210	840	18	2	0	16	6	0	10	8
● Bacon Breakfast Wrap	102g	270	140	16	5	0	180	630	18	2	1	13	6	0	10	8
● Egg & Cheese Breakfast Wrap	92g	220	110	12	3.5	0	175	550	17	2	0	10	6	0	10	8

Soups & Chili

● Chicken Noodle	10oz	110	20	2.5	1	0	15	650	19	1	2	4	4	25	2	4
● Hearty Vegetable	10oz	70	0	0	0	0	0	850	14	3	2	4	30	6	4	6
● Beef Barley w Portobello Mushroom	10oz	110	20	2	1	0	5	650	18	3	3	5	4	20	2	6
● Turkey and Wild Rice	10oz	120	15	1.5	0	0	5	850	24	1	1	3	4	30	2	4
● Split Pea with Ham	10oz	160	20	2.5	0.5	0	5	780	28	5	3	8	2	2	2	35
● Cream of Broccoli	10oz	160	80	9.5	4	0	20	710	15	1	6	6	20	4	15	2
● Hearty Potato Bacon	10oz	230	120	13	6	0	30	770	23	1	5	6	35	2	15	4
● Chili	10oz	300	140	16	6	0	50	1210	18	5	5	21	0	6	6	20
● Minestrone	10oz	130	15	1.5	0	0	0	660	25	2	4	3	15	35	4	6

Beverages

Coffee (1 cream, 1 sugar)	10oz	75	30	3.5	2	0	15	15	9	0	9	1	2	0	2	0	140
Steeped Tea (1 milk, 1 sugar)	10oz	50	5	1	0	0	5	20	10	0	10	1	0	0	6	0	59
Hot Chocolate	10oz	240	50	6	5	0	0	360	45	2	38	2	0	0	2	10	21
● French Vanilla	10oz	240	70	7	7	0	0	240	39	0	31	4	0	0	15	2	78
● Iced Cappuccino	12oz	310	140	16	10	0	55	40	40	0	37	3	10	2	8	2	120
● Iced Cappuccino (Milk)	12oz	180	15	1.5	1	0	5	45	39	0	35	3	4	2	10	2	120
● Iced Coffee (Cream & Sugar)	16oz	80	35	4	2	0	15	30	10	0	10	0	0	0	4	0	95
Café Mocha	10oz	170	50	6	5	0	0	170	27	1	23	1	0	0	0	8	92
● Flavor Shot	1ml	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
● Mixed Berry Fruit Smoothie (No Yogurt)	12oz	160	0	0	0	0	0	35	40	0	36	0	0	6	2	0	
● Strawberry Banana Fruit Smoothie (No Yogurt)	12oz	160	0	0	0	0	0	35	40	0	36	0	0	40	2	0	
● Mixed Berry Fruit Smoothie with Yogurt	12oz	210	10	1	0.5	0	5	75	48	0	43	2	0	6	8	0	
● Strawberry Banana Fruit Smoothie with Yogurt	12oz	210	10	1	0.5	0	5	75	48	0	43	2	0	40	8	0	

* All nutritional information is based on regular sized sandwiches and standard ingredient servings



ATTENTION: Allergy Alert!

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

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

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 call:

1-888-601-1616

or visit our website at:

timhortons.com

or write to:

Tim Hortons Inc., Guest Services
874 Sinclair Road, Oakville, Ontario, Canada L6K 2Y1

The nutrition information contained in this guide is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from restaurant to restaurant and may not be available at all locations. This guide includes a selection of Tim Hortons' most popular items and may not include all found in the restaurant.

The information in this guide is effective as of **January, 2011**. Updated versions will be printed periodically. To receive the most up-to-date information please visit timhortons.com. Information is applicable to products in U.S. restaurants and may be subject to change at any time.

● Nutritional Information in this brochure was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional software, and information provided by our suppliers.

● Baked goods may vary in size.



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Nutrition Guide

A balanced lifestyle includes staying active and making healthy eating choices.

Snacks & Baked Goods

Donuts

Yeast Donuts

	serving size	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugars (g)	protein (g)	vitamin A %	vitamin C %	calcium %	iron %
Apple Fritter	95g	300	90	11	5	0	350	49	2	16	4	0	4	4	15	
Blueberry Fritter	110g	330	90	10	4.5	0	340	55	2	22	6	0	0	4	15	
Chocolate Dip	62g	210	80	8	3.5	0	190	30	1	7	4	0	0	2	10	
Maple Dip	62g	210	70	8	3.5	0	190	30	1	8	4	0	0	2	10	
Honey Dip	62g	210	70	8	3.5	0	190	33	1	11	4	0	0	2	10	

Cake Donuts

Old Fashion Plain	58g	260	170	19	9	0	10	230	20	1	7	3	0	0	2	4
Old Fashion Glazed	75g	320	170	19	9	0	10	230	35	1	22	3	0	0	2	4
Chocolate Glazed	75g	260	90	10	4.5	0	5	300	39	2	20	4	0	0	4	10
Sour Cream Plain	58g	270	150	17	8	0	10	230	27	1	10	3	0	0	2	4

Filled Donuts

Boston Cream	89g	250	80	9	4	0	0	260	37	1	11	4	0	0	2	10
Vanilla Cream	89g	320	120	13	5	0	0	230	46	1	21	4	0	0	2	10
Strawberry	78g	230	70	8	3.5	0	0	220	36	1	12	4	0	0	2	10
Blueberry	78g	230	70	8	3.5	0	0	210	36	1	11	4	0	0	2	10
Canadian Maple	89g	260	80	9	4	0	0	260	41	1	15	4	0	0	2	10

Other

Walnut Crunch	80g	360	210	23	10	0	5	320	35	1	19	4	0	0	2	10
Honey Cruller	80g	320	170	19	9	0	50	220	37	0	23	1	0	0	2	4

Timbits®

Yeast Timbits

Honey Dip	17g	60	15	2	1	0	0	50	9	0	4	1	0	0	0	2
Apple Fritter	17g	50	15	1.5	1	0	0	55	9	0	4	1	0	0	0	2

Cake Timbits

Old Fashion Plain	16g	70	45	5	2.5	0	5	60	5	0	2	1	0	0	0	2
Sour Cream Glazed	19g	90	40	4.5	2	0	5	65	12	0	7	1	0	0	0	2
Chocolate Glazed	19g	70	25	2.5	1	0	0	75	10	0	5	1	0	0	0	2

Filled Timbits

Banana Cream	21g	60	20	2	1	0	0	65	9	0	3	1	0	0	0	2
Lemon	21g	60	20	2	1	0	0	50	9	0	4	1	0	0	0	2
Blueberry	21g	60	20	2	1	0	0	50	10	0	4	1	0	0	0	2
Strawberry	21g	60	20	2	1	0	0	55	10	0	4	1	0	0	0	2

Cookies

Chocolate Chunk	52g	230	80	9	6	0	20	260	35	1	19	2	4	0	2	10
Peanut Butter	52g	280	150	16	7	0	20	260	27	2	16	6	6	0	2	6
Triple Chocolate	52g	250	120	13	8	0	30	220	31	2	20	3	8	0	2	10
Oatmeal Raisin Spice	52g	220	70	8	5	0	25	200	35	1	21	3	6	0	2	6
Caramel Chocolate Pecan	52g	230	90	11	5	0	20	290	32	1	17	3	6	0	2	8
White Chocolate Macadamia Nut	52g	240	110	12	6	0	20	270	31	1	17	3	6	0	2	6
Trail Mix Cookie with Fruit and Nuts	52g	220	70	8	3	0	5	160	35	4	20	3	4	0	2	10

Healthful Hints

A balanced lifestyle includes staying active and making healthy eating choices.



Choose a low fat option

- Try a soup that is low in fat like our Chicken Noodle
- Our Low Fat Muffins contain only 2.5g of fat
- Any size Iced Cappuccino made with milk or chocolate milk contains less than 2.5g of fat



•• Low in Fat – 3g of fat or less



Choose a source of fiber

- Try our chili, it's a source of fiber
- Bran and Whole Grain muffins are a good source of fiber
- Choose a Whole Wheat Homestyle Bun and add 2g of fiber to your sandwich



•• A source of Fiber – 2.5g of fiber or more



Choose a source of Calcium

- Yogurt & Berries is a source of calcium
- Add Cheddar or Swiss Cheese to your sandwich
- Iced Capp and Cappuccino are sources of calcium



•• Source of Calcium – 10% or more the daily value

To help you select menu items that are low in fat or sources of fiber or calcium, look for the corresponding color to the boxes above next to items listed in this guide.

More Hints

- Try 2% milk or 1% chocolate milk instead of cream in your beverage
- Add flavor without calories to your beverage with our calorie-free Flavor Shots
- Order your Breakfast Sandwich on a low-fat Bagel like Wheat 'N Honey
- Try one of our light cream cheeses on your bagel
- Treat yourself to three filled or yeast Timbits for a snack with fewer than 200 calories

For additional nutrition information, please visit: timhortons.com

Snacks & Baked Goods

Muffins

	serving size	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fiber (g)	sugars (g)	protein (g)	vitamin A %	vitamin C %	calcium %	iron %
Blueberry	115g	340	100	11	2	0	40	570	53	2	25	5	2	0	4	8
Chocolate Chip	115g	410	140	15	5	0	35	430	62	2	37	5	0	0	4	8
• Cranberry Blueberry Bran	115g	340	110	12	2	0	20	460	54	5	25	5	0	2	6	10
• Raisin Bran	115g	410	120	13	2.5	0	20	490	69	5	40	6	0	0	6	15
Fruit Explosion	122g	360	100	11	2	0	40	580	56	2	27	5	2	4	4	8
Strawberry Sensation	122g	360	100	11	2	0	35	560	58	2	28	5	2	8	4	8
• Low Fat Double Berry	115g	290	25	2.5	0.5	0	0	500	59	2	30	4	0	2	4	6
Whole Grain Raspberry	115g	400	140	16	4	0	25	490	60	4	29	6	0	2	6	10
• Whole Grain Blueberry	115g	380	130	15	2.5	0	20	530	58	5	27	6	0	0	6	10
Triple Chocolate	115g	450	150	16	6	0	10	430	67	2	43	5	0	0	6	10
Apple Spice Muffin	122g	390	130	15	2.5	0	35	520	57	2	27	5	0	4	4	8

Bagels

• Plain	114g	260	15	1.5	0	0	0	450	52	2	7	9	0	0	2	20
• Cheddar Cheese	85g	220	25	2.5	1	0	5	410	41	2	3	9	0	0	4	20
• Sesame Seed	114g	270	25	2.5	0	0	0	430	53	3	7	9	0	0	2	30
• Blueberry	114g	270	10	1	0	0	0	470	55	2	7	10	0	0	2	20
• Onion	114g	260	15	1.5	0	0	0	460	53	3	8	9	0	0	4	20
• Everything	114g	280	20	2	0	0	0	460	53	3	7	10	0	0	4	20
• Cinnamon Raisin	114g	270	10	1	0	0	0	350	55	3	12	10	0	0	4	20
• 12 Grain	114g	330	80	9	1	0	0	580	52	6	6	10	0	0	8	20
• Wheat 'N Honey	114g	300	27	3	0.4	0	0	600	60	4	6	10	0	0	0	15

Cream Cheese

Plain	1.5oz	130	110	12	7	0.5	50	180	2	0	2	2	10	0	4	0
Light Plain	1.5oz	85	60	6	4	0	20	200	3	0	3	4	10	0	10	0
Strawberry	1.5oz	120	90	10	6	0.5	40	160	6	0	6	2	8	2	4	0
Garden Vegetable	1.5oz	120	100	11	7	0.5	45	230	3	0	2	2	10	2	4	0

Specialty Baked Goods

Plain Croissant	68g	270	120	14	6	0	0	370	31	2	4	6	0	0	4	10
• Cheese Croissant	75g	320	180	20	10	0	25	440	25	2	3	10	2	0	20	8
Plain Tea Biscuit	100g	250	80	9	2	0	0	590	35	1	4	5	0	0	4	10
Raisin Tea Biscuit	100g	290	90	10	2	0	0	590	45	2	12	6	0	0	4	15
Cinnamon Roll – Frosted	120g	470	220	25	12	0	0	380	59	2	22	4	2	0	4	15
Cinnamon Roll – Glazed	108g	420	210	23	11	0	0	360	50	2	15	4	2	0	4	15
Chocolate Danish	108g	490	240	27	11	0	10	240	56	3	27	7	0	0	4	20
Maple Pecan Danish	103g	410	190	21	8	0	0	260	49	2	20	5	0	0	2	10
Cherry Cheese Danish	107g	350	110	13	5	0	0	310	53	1	23	5	0	0	4	8

Yogurt & Berries

• Creamy Vanilla	6oz	160	20	2.5	1.5	0	10	80	32	2	26	4	2	20	15	2
• Strawberry	6oz	150	20	2.5	1.5	0	10	75	28	2	23	4	2	25	15	2