

# Prepared Foods

|  | Serving Size | Calories (kcal) | Calories from Fat (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) |
|--|--------------|-----------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|------------------|------------------|----------------|-------------|
| <b>Sandwiches, Panini, Wraps†</b>                  |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| ● BLT Sandwich                                     | 213 g        | 360             | 120                      | 13            | 3.5               | 0             | 25               | 860         | 44               | 5         | 3          | 17          | 0                | 45               | 2              | 20          |
| ● Chicken Salad Sandwich                           | 264 g        | 340             | 80                       | 9             | 1                 | 0             | 30               | 860         | 46               | 6         | 3          | 21          | 2                | 50               | 2              | 20          |
| ● Ham & Swiss Sandwich                             | 279 g        | 390             | 110                      | 12            | 5                 | 0             | 55               | 1270        | 46               | 5         | 4          | 25          | 6                | 45               | 25             | 20          |
| ● Turkey, Bacon Club Sandwich                      | 277 g        | 420             | 100                      | 11            | 3.5               | 0             | 50               | 1530        | 53               | 5         | 6          | 26          | 0                | 50               | 2              | 20          |
| ● Bacon, Tomato & Cheese Panini                    | 238 g        | 600             | 260                      | 29            | 8                 | 0             | 60               | 1380        | 61               | 7         | 4          | 24          | 15               | 10               | 15             | 20          |
| ● Buffalo Chicken Panini                           | 203 g        | 520             | 140                      | 16            | 6                 | 0             | 65               | 1520        | 62               | 7         | 5          | 36          | 20               | 10               | 20             | 20          |
| ● Grilled Cheese Panini                            | 172 g        | 490             | 170                      | 19            | 9                 | 0             | 40               | 1240        | 58               | 6         | 4          | 22          | 10               | 0                | 30             | 15          |
| ● Pesto Chicken Panini                             | 235 g        | 560             | 190                      | 21            | 7                 | 0             | 65               | 1330        | 60               | 7         | 4          | 36          | 8                | 4                | 25             | 20          |
| ● Tuscan Chicken Panini                            | 287 g        | 580             | 200                      | 22            | 7                 | 0             | 70               | 1290        | 63               | 7         | 6          | 36          | 15               | 10               | 20             | 20          |
| ● BBQ Chicken Wrap Snacker                         | 99 g         | 180             | 50                       | 6             | 2                 | 0             | 30               | 600         | 19               | 2         | 3          | 13          | 0                | 4                | 8              | 6           |
| ● Chicken Ranch Wrap Snacker                       | 99 g         | 190             | 70                       | 7             | 2.5               | 0             | 30               | 590         | 17               | 2         | 1          | 13          | 0                | 2                | 8              | 6           |
| ● Chicken Salad Wrap Snacker                       | 92 g         | 160             | 60                       | 6             | 0.5               | 0             | 15               | 420         | 17               | 2         | 1          | 9           | 2                | 4                | 2              | 6           |
| <b>Breakfast</b>                                   |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| <b>Breakfast Sandwiches</b>                        |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| ● Biscuit, Bacon, Egg, Cheese                      | 157 g        | 420             | 200                      | 23            | 13                | 0             | 190              | 1110        | 33               | 2         | 4          | 19          | 10               | 0                | 15             | 20          |
| ● Biscuit, Bacon, Egg White, Cheese                | 156 g        | 350             | 150                      | 17            | 11                | 0             | 25               | 960         | 32               | 2         | 4          | 19          | 4                | 0                | 15             | 15          |
| ● Biscuit, Sausage, Egg, Cheese                    | 187 g        | 530             | 310                      | 34            | 17                | 0             | 215              | 1180        | 33               | 2         | 4          | 19          | 10               | 0                | 15             | 20          |
| ● Biscuit, Sausage, Egg White, Cheese              | 187 g        | 450             | 250                      | 28            | 15                | 0             | 45               | 1070        | 32               | 2         | 3          | 20          | 4                | 0                | 15             | 15          |
| ● Biscuit, Egg, Cheese                             | 145 g        | 360             | 160                      | 18            | 11                | 0             | 175              | 930         | 33               | 2         | 4          | 14          | 10               | 0                | 15             | 15          |
| ● Biscuit, Egg White, Cheese                       | 144 g        | 290             | 110                      | 12            | 9                 | 0             | 15               | 790         | 32               | 2         | 3          | 14          | 4                | 0                | 15             | 15          |
| ● English Muffin, Bacon, Egg, Cheese               | 144 g        | 340             | 140                      | 16            | 7                 | 0             | 190              | 820         | 30               | 1         | 3          | 17          | 10               | 0                | 15             | 15          |
| ● English Muffin, Bacon, Egg White, Cheese         | 144 g        | 280             | 90                       | 10            | 4.5               | 0             | 25               | 680         | 29               | 1         | 2          | 17          | 4                | 0                | 15             | 10          |
| ● English Muffin, Sausage, Egg, Cheese             | 174 g        | 450             | 250                      | 27            | 11                | 0             | 215              | 890         | 30               | 1         | 3          | 18          | 10               | 0                | 20             | 15          |
| ● English Muffin, Sausage, Egg White, Cheese       | 174 g        | 390             | 190                      | 21            | 9                 | 0             | 50               | 750         | 28               | 2         | 2          | 18          | 4                | 0                | 15             | 10          |
| ● English Muffin, Egg, Cheese                      | 132 g        | 280             | 100                      | 11            | 5                 | 0             | 175              | 650         | 30               | 1         | 3          | 13          | 10               | 0                | 15             | 10          |
| ● English Muffin, Egg White, Cheese                | 132 g        | 220             | 45                       | 5             | 3                 | 0             | 15               | 510         | 28               | 1         | 2          | 13          | 4                | 0                | 15             | 8           |
| <b>Breakfast Panini</b>                            |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| ● Multigrain Flatbread, Bacon, Egg, Cheese         | 137 g        | 340             | 160                      | 17            | 7                 | 0             | 190              | 900         | 27               | 3         | 4          | 18          | 10               | 10               | 15             | 15          |
| ● Multigrain Flatbread, Bacon, Egg White, Cheese   | 137 g        | 270             | 100                      | 11            | 4.5               | 0             | 25               | 760         | 26               | 4         | 3          | 17          | 4                | 0                | 15             | 10          |
| ● Multigrain Flatbread, Sausage, Egg, Cheese       | 167 g        | 450             | 260                      | 29            | 11                | 0             | 215              | 970         | 27               | 3         | 4          | 18          | 10               | 10               | 15             | 15          |
| ● Multigrain Flatbread, Sausage, Egg White, Cheese | 167 g        | 370             | 210                      | 23            | 9                 | 0             | 50               | 830         | 26               | 4         | 3          | 18          | 4                | 10               | 15             | 10          |
| <b>Grilled Breakfast Wraps</b>                     |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| ● Sausage, Egg, Cheese                             | 135 g        | 390             | 250                      | 28            | 9                 | 0             | 210              | 840         | 18               | 2         | 0          | 16          | 6                | 0                | 10             | 8           |
| ● Bacon, Egg, Cheese                               | 104 g        | 280             | 150                      | 16            | 5                 | 0             | 185              | 720         | 17               | 2         | 1          | 14          | 6                | 0                | 10             | 8           |
| ● Egg, Cheese                                      | 92 g         | 220             | 110                      | 12            | 3.5               | 0             | 175              | 550         | 17               | 2         | 0          | 10          | 6                | 0                | 10             | 8           |
| <b>Other</b>                                       |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| ● Hash Brown                                       | 35 g         | 100             | 45                       | 5             | 0.5               | 0             | 0                | 210         | 12               | 1         | 0          | 1           | 0                | 2                | 2              | 2           |
| ● Oatmeal - Maple                                  | 308 g        | 220             | 25                       | 2.5           | 0.5               | 0             | 0                | 220         | 49               | 4         | 20         | 5           | 0                | 0                | 4              | 10          |
| ● Oatmeal - Mixed Berries                          | 327 g        | 210             | 25                       | 3             | 0.5               | 0             | 0                | 220         | 44               | 6         | 14         | 6           | 0                | 10               | 4              | 10          |
| ● Bagel BELT® (Plain Bagel)                        | 268 g        | 490             | 160                      | 17            | 7                 | 0             | 190              | 1200        | 63               | 3         | 6          | 23          | 10               | 15               | 20             | 25          |
| ● Sausage Bagel BELT™ (Plain Bagel)                | 298 g        | 610             | 260                      | 29            | 11                | 0             | 215              | 1260        | 63               | 3         | 6          | 24          | 15               | 10               | 20             | 25          |
| ● Sausage and Biscuit                              | 113 g        | 370             | 210                      | 24            | 12                | 0             | 30               | 700         | 29               | 2         | 3          | 12          | 0                | 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 trademarks of Tim Hortons USA Inc.

# Hot & Cold Beverages

|   | Serving Size | Calories (kcal) | Calories from Fat (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) |
|---|--------------|-----------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|------------------|------------------|----------------|-------------|
| <b>Hot Beverages†</b>                             |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| ● Coffee (Black)                                  | 10 oz        | 0               | 0                        | 0             | 0                 | 0             | 0                | 0           | 0                | 0         | 0          | 0           | 0                | 0                | 0              | 140         |
| ● Coffee (1 Cream, 1 Sugar)                       | 10 oz        | 75              | 30                       | 3.5           | 2                 | 0             | 15               | 15          | 9                | 0         | 9          | 1           | 2                | 0                | 2              | 115         |
| ● Decaffeinated Coffee                            | 10 oz        | 0               | 0                        | 0             | 0                 | 0             | 0                | 0           | 0                | 0         | 0          | 0           | 0                | 0                | 0              | 6           |
| ● Tea (Black)                                     | 10 oz        | 0               | 0                        | 0             | 0                 | 0             | 0                | 0           | 0                | 0         | 0          | 0           | 0                | 0                | 0              | 0-60        |
| ● Tea (1 Milk, 1 Sugar)                           | 10 oz        | 45              | 0                        | 0             | 0                 | 0             | 10               | 9           | 0                | 9         | 1          | 0           | 0                | 2                | 0              | 0-60        |
| ● Hot Chocolate                                   | 10 oz        | 240             | 50                       | 6             | 5                 | 0             | 0                | 320         | 45               | 2         | 38         | 2           | 0                | 0                | 2              | 10          |
| ● White Hot Chocolate                             | 10 oz        | 260             | 80                       | 9             | 9                 | 0             | 0                | 250         | 42               | 0         | 35         | 1           | 0                | 0                | 20             | 2           |
| ● Apple Cider                                     | 10 oz        | 210             | 0                        | 0             | 0                 | 0             | 0                | 5           | 52               | 0         | 52         | 0           | 0                | 0                | 0              | 0           |
| ● Latte   | 10 oz        | 80              | 0                        | 0             | 0                 | 0             | 5                | 120         | 12               | 0         | 12         | 8           | 0                | 4                | 30             | 0           |
| ● Flavored Latte                                  | 10 oz        | 110             | 0                        | 0             | 0                 | 0             | 5                | 125         | 20               | 0         | 19         | 8           | 0                | 4                | 30             | 0           |
| ● Mocha Latte                                     | 10 oz        | 190             | 60                       | 6             | 5                 | 0             | 5                | 160         | 26               | 0         | 24         | 7           | 0                | 2                | 25             | 0           |
| ● Tea Latte                                       | 10 oz        | 45              | 0                        | 0             | 0                 | 0             | 5                | 75          | 7                | 0         | 7          | 5           | 0                | 2                | 15             | 0           |
| ● Cappuccino                                      | 10 oz        | 70              | 0                        | 0             | 0                 | 0             | 5                | 105         | 11               | 0         | 10         | 7           | 0                | 2                | 25             | 0           |
| ● French Vanilla Cappuccino                       | 10 oz        | 240             | 70                       | 7             | 7                 | 0             | 0                | 240         | 39               | 0         | 31         | 4           | 0                | 0                | 15             | 2           |
| ● English Toffee Cappuccino                       | 10 oz        | 220             | 50                       | 6             | 5                 | 0             | 0                | 240         | 40               | 0         | 30         | 3           | 0                | 0                | 15             | 2           |
| ● Café Mocha                                      | 10 oz        | 170             | 50                       | 6             | 5                 | 0             | 0                | 170         | 27               | 1         | 23         | 1           | 0                | 0                | 8              | 90          |
| ● Americano                                       | 10 oz        | 5               | 0                        | 0             | 0                 | 0             | 0                | 10          | 1                | 0         | 0          | 0           | 0                | 0                | 0              | 95          |
| <b>Cold Beverages†</b>                            |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| ● Iced Capp (Cream)                               | 12 oz        | 310             | 140                      | 16            | 10                | 0             | 55               | 40          | 40               | 0         | 37         | 3           | 10               | 2                | 8              | 2           |
| ● Iced Capp (Milk)                                | 12 oz        | 180             | 15                       | 1.5           | 1                 | 0             | 5                | 45          | 39               | 0         | 35         | 3           | 4                | 2                | 10             | 2           |
| ● Iced Capp (Chocolate Milk)                      | 12 oz        | 200             | 5                        | 1             | 0                 | 0             | 5                | 75          | 45               | 0         | 44         | 3           | 0                | 0                | 10             | 2           |
| ● Flavored Iced Capp (Cream)                      | 12 oz        | 320             | 140                      | 16            | 10                | 0             | 55               | 40          | 41               | 0         | 37         | 3           | 10               | 2                | 8              | 2           |
| ● Iced Coffee (Cream)                             | 16 oz        | 80              | 35                       | 4             | 2                 | 0             | 15               | 30          | 10               | 0         | 10         | 0           | 0                | 4                | 0              | 130         |
| ● Iced Coffee (Milk)                              | 16 oz        | 45              | 5                        | 0             | 0                 | 0             | 0                | 20          | 9                | 0         | 9          | 1           | 0                | 0                | 4              | 0           |
| ● Iced Coffee (Chocolate Milk)                    | 16 oz        | 50              | 0                        | 0             | 0                 | 0             | 0                | 25          | 11               | 0         | 11         | 1           | 0                | 0                | 4              | 0           |
| ● Flavored Iced Coffee (Cream)                    | 16 oz        | 80              | 35                       | 4             | 2                 | 0             | 15               | 30          | 11               | 0         | 10         | 0           | 0                | 4                | 0              | 130         |
| ● Iced Latte                                      | 16 oz        | 210             | 50                       | 6             | 3.5               | 0             | 25               | 150         | 29               | 0         | 28         | 10          | 0                | 0                | 40             | 0           |
| ● Flavored Iced Latte                             | 16 oz        | 210             | 50                       | 6             | 3.5               | 0             | 25               | 150         | 30               | 0         | 28         | 10          | 0                | 0                | 40             | 0           |
| ● Mocha Iced Capp                                 | 12 oz        | 410             | 190                      | 21            | 14                | 0.5           | 50               | 60          | 54               | 1         | 47         | 3           | 10               | 2                | 8              | 6           |
| ● Mocha Iced Coffee                               | 16 oz        | 210             | 80                       | 9             | 7                 | 0             | 15               | 50          | 29               | 1         | 23         | 2           | 0                | 0                | 4              | 6           |
| ● Iced Mocha Latte                                | 16 oz        | 320             | 70                       | 8             | 6                 | 0             | 10               | 270         | 54               | 1         | 45         | 10          | 0                | 0                | 25             | 15          |
| ● Mixed Berry Fruit Smoothie with Yogurt          | 12 oz        | 210             | 10                       | 1             | 0.5               | 0             | 5                | 50          | 48               | 1         | 43         | 2           | 0                | 0                | 8              | 2           |
| ● Mixed Berry Fruit Smoothie without Yogurt       | 12 oz        | 160             | 0                        | 0             | 0                 | 0             | 0                | 15          | 40               | 1         | 36         | 0           | 0                | 0                | 2              | 2           |
| ● Strawberry Banana Fruit Smoothie with Yogurt    | 12 oz        | 210             | 10                       | 1             | 0.5               | 0             | 5                | 50          | 48               | 0         | 43         | 2           | 0                | 0                | 8              | 0           |
| ● Strawberry Banana Fruit Smoothie without Yogurt | 12 oz        | 160             | 0                        | 0             | 0                 | 0             | 0                | 15          | 40               | 0         | 36         | 0           | 0                | 0                | 2              | 0           |
| ● Frozen Lemonade                                 | 12 oz        | 140             | 0                        | 0             | 0                 | 0             | 0                | 15          | 34               | 0         | 32         | 0           | 0                | 2                | 0              | 0           |
| <b>Other</b>                                      |              |                 |                          |               |                   |               |                  |             |                  |           |            |             |                  |                  |                |             |
| ● Whipped Topping and Drizzle                     | 24 g         | 80              | 45                       | 5             | 5                 | 0             | 0                | 5           | 7                | 0         | 6          | 0           | 0                | 0                | 0              | 0           |
| ● Flavor Shot                                     | 1 mL         | 0               | 0                        | 0             | 0                 | 0             | 0                | 0           | 1                | 0         | 0          | 0           | 0                | 0                | 0              | 0           |
| ● Espresso Shot                                   | 41 mL        | 0               | 0                        | 0             | 0                 | 0             | 0                | 0           | 1                | 0         | 0          | 0           | 0                | 0                | 0              | 45          |



# 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 good sources of fiber or calcium, look for the color dots in this guide, which correspond to the boxes on the Helpful Hints panel.



# Snacks & Baked Goods

## Donuts

| Item                               | Serving Size | Calories (kcal) | Calories from Fat (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             | 70                       | 8             | 3.5               | 0             | 0                | 330         | 48               | 2         | 15         | 7           | 0                | 4                | 4              | 15          |
| Blueberry Fritter                  | 107 g        | 310             | 60                       | 7             | 3                 | 0             | 0                | 360         | 55               | 1         | 21         | 7           | 0                | 0                | 2              | 15          |
| Caramel Apple Fritter              | 103 g        | 300             | 70                       | 8             | 3.5               | 0             | 0                | 390         | 52               | 2         | 17         | 7           | 0                | 4                | 4              | 15          |
| Chocolate Dip                      | 60 g         | 190             | 60                       | 7             | 2.5               | 0             | 0                | 210         | 29               | 1         | 8          | 5           | 0                | 0                | 2              | 10          |
| Dutchie                            | 72 g         | 230             | 60                       | 6             | 3                 | 0             | 0                | 200         | 38               | 0         | 15         | 5           | 0                | 0                | 2              | 10          |
| Game Day (Vanilla Dip)             | 75 g         | 270             | 80                       | 9             | 3.5               | 0             | 0                | 220         | 45               | 1         | 22         | 4           | 0                | 0                | 2              | 10          |
| Honey Dip                          | 62 g         | 190             | 50                       | 6             | 2.5               | 0             | 0                | 210         | 31               | 1         | 11         | 4           | 0                | 0                | 2              | 10          |
| Maple Dip                          | 60 g         | 190             | 60                       | 6             | 2.5               | 0             | 0                | 210         | 29               | 1         | 9          | 4           | 0                | 0                | 2              | 10          |
| Vanilla Dip with Colored Sprinkles | 75 g         | 270             | 80                       | 9             | 3.5               | 0             | 0                | 220         | 45               | 1         | 22         | 4           | 0                | 0                | 2              | 10          |

## Cake Donuts

|                           |      |     |     |    |    |   |    |     |    |   |    |   |   |   |   |    |
|---------------------------|------|-----|-----|----|----|---|----|-----|----|---|----|---|---|---|---|----|
| Chocolate Glazed          | 76 g | 280 | 120 | 14 | 6  | 0 | 5  | 320 | 37 | 1 | 19 | 4 | 0 | 0 | 2 | 10 |
| Chocolate Mint            | 73 g | 290 | 140 | 16 | 7  | 0 | 5  | 330 | 35 | 1 | 16 | 4 | 0 | 0 | 2 | 10 |
| Chocolate Peanut Crunch   | 74 g | 300 | 150 | 17 | 7  | 0 | 5  | 320 | 32 | 2 | 13 | 5 | 0 | 0 | 4 | 15 |
| Chocolate Toasted Coconut | 80 g | 310 | 150 | 16 | 9  | 0 | 5  | 330 | 39 | 2 | 20 | 4 | 0 | 0 | 2 | 15 |
| Chocolate White Coconut   | 80 g | 320 | 160 | 18 | 10 | 0 | 5  | 340 | 38 | 2 | 18 | 4 | 0 | 0 | 2 | 15 |
| Cinnamon Sugar            | 60 g | 220 | 90  | 10 | 5  | 0 | 15 | 270 | 28 | 1 | 10 | 3 | 0 | 0 | 4 | 8  |
| Double Chocolate          | 70 g | 270 | 130 | 15 | 6  | 0 | 5  | 330 | 32 | 2 | 13 | 4 | 0 | 0 | 2 | 15 |
| Old Fashion Dip           | 68 g | 250 | 100 | 11 | 5  | 0 | 15 | 270 | 33 | 1 | 15 | 4 | 0 | 0 | 4 | 8  |
| Old Fashion Glazed        | 77 g | 270 | 90  | 10 | 5  | 0 | 15 | 270 | 41 | 1 | 23 | 3 | 0 | 0 | 4 | 8  |
| Old Fashion Plain         | 58 g | 210 | 90  | 10 | 5  | 0 | 15 | 260 | 25 | 1 | 8  | 3 | 0 | 0 | 4 | 8  |
| Old Fashion Sugar         | 65 g | 240 | 90  | 10 | 5  | 0 | 15 | 270 | 33 | 1 | 15 | 3 | 0 | 0 | 4 | 8  |
| Peanut Crunch             | 79 g | 300 | 120 | 14 | 5  | 0 | 15 | 270 | 39 | 1 | 20 | 5 | 0 | 0 | 4 | 8  |
| Sour Cream Cinnamon       | 60 g | 270 | 150 | 16 | 8  | 0 | 10 | 210 | 29 | 1 | 12 | 3 | 0 | 0 | 4 | 6  |
| Sour Cream Glazed         | 81 g | 340 | 150 | 16 | 8  | 0 | 10 | 220 | 46 | 1 | 29 | 3 | 0 | 0 | 4 | 6  |
| Sour Cream Plain          | 58 g | 270 | 150 | 16 | 8  | 0 | 10 | 210 | 27 | 1 | 11 | 3 | 0 | 0 | 4 | 6  |
| Sour Cream Sugar          | 63 g | 290 | 150 | 16 | 8  | 0 | 10 | 220 | 33 | 1 | 16 | 3 | 0 | 0 | 4 | 6  |
| Toasted Coconut           | 79 g | 290 | 120 | 13 | 7  | 0 | 15 | 280 | 40 | 1 | 22 | 4 | 0 | 0 | 4 | 8  |
| White Coconut             | 79 g | 300 | 130 | 14 | 8  | 0 | 15 | 280 | 39 | 2 | 20 | 4 | 0 | 0 | 4 | 8  |

## Filled Donuts

|                    |      |     |    |   |     |   |   |     |    |   |    |   |   |   |   |    |
|--------------------|------|-----|----|---|-----|---|---|-----|----|---|----|---|---|---|---|----|
| Banana Cream       | 74 g | 190 | 50 | 6 | 2.5 | 0 | 0 | 250 | 31 | 1 | 9  | 4 | 0 | 0 | 2 | 10 |
| Blueberry          | 74 g | 200 | 50 | 5 | 2   | 0 | 0 | 230 | 34 | 1 | 12 | 4 | 0 | 0 | 2 | 10 |
| Boston Cream       | 81 g | 220 | 60 | 6 | 2.5 | 0 | 0 | 250 | 35 | 1 | 13 | 5 | 0 | 0 | 2 | 10 |
| Canadian Maple     | 81 g | 210 | 50 | 6 | 2.5 | 0 | 0 | 250 | 35 | 1 | 14 | 5 | 0 | 0 | 2 | 10 |
| Cherry             | 74 g | 200 | 50 | 6 | 2.5 | 0 | 0 | 210 | 33 | 1 | 11 | 5 | 0 | 0 | 2 | 10 |
| Lemon              | 74 g | 190 | 50 | 5 | 2.5 | 0 | 0 | 220 | 31 | 1 | 10 | 4 | 0 | 0 | 2 | 10 |
| Raspberry          | 74 g | 200 | 50 | 5 | 2   | 0 | 0 | 220 | 33 | 1 | 12 | 4 | 0 | 0 | 2 | 10 |
| Spiced Apple       | 73 g | 190 | 50 | 5 | 2   | 0 | 0 | 220 | 31 | 1 | 10 | 4 | 0 | 0 | 2 | 10 |
| Strawberry         | 74 g | 200 | 50 | 5 | 2   | 0 | 0 | 230 | 34 | 1 | 14 | 5 | 0 | 0 | 2 | 10 |
| Strawberry Bloom   | 75 g | 250 | 80 | 9 | 4.5 | 0 | 0 | 180 | 38 | 1 | 17 | 4 | 0 | 2 | 8 |    |
| Strawberry Vanilla | 94 g | 290 | 70 | 8 | 3.5 | 0 | 0 | 240 | 51 | 1 | 29 | 5 | 0 | 0 | 2 | 10 |
| Venetian Cream     | 74 g | 190 | 50 | 6 | 2.5 | 0 | 0 | 250 | 30 | 1 | 9  | 5 | 0 | 0 | 2 | 10 |

## Other

|                  |      |     |     |    |     |   |    |     |    |   |    |   |   |   |   |    |
|------------------|------|-----|-----|----|-----|---|----|-----|----|---|----|---|---|---|---|----|
| Game Day Supreme | 93 g | 260 | 50  | 6  | 2.5 | 0 | 0  | 250 | 48 | 1 | 25 | 5 | 0 | 0 | 2 | 10 |
| Honey Cruller    | 81 g | 310 | 170 | 18 | 9   | 0 | 50 | 200 | 37 | 0 | 22 | 2 | 0 | 0 | 2 | 2  |
| Long John        | 78 g | 250 | 60  | 7  | 3   | 0 | 0  | 220 | 43 | 1 | 15 | 5 | 0 | 0 | 2 | 10 |
| Walnut Crunch    | 80 g | 360 | 200 | 22 | 10  | 0 | 5  | 340 | 38 | 2 | 20 | 4 | 0 | 0 | 2 | 15 |

## Cookies

|                               |      |     |     |    |     |   |    |     |    |   |    |   |   |   |   |    |
|-------------------------------|------|-----|-----|----|-----|---|----|-----|----|---|----|---|---|---|---|----|
| Caramel Chocolate Pecan       | 52 g | 220 | 90  | 10 | 5   | 0 | 20 | 270 | 30 | 1 | 15 | 3 | 6 | 0 | 2 | 6  |
| Chocolate Chunk               | 52 g | 210 | 80  | 9  | 5   | 0 | 20 | 240 | 32 | 1 | 17 | 2 | 4 | 0 | 2 | 8  |
| Ginger Molasses               | 53 g | 210 | 70  | 7  | 4.5 | 0 | 35 | 150 | 35 | 1 | 19 | 2 | 4 | 0 | 4 | 10 |
| Oatcakes                      | 37 g | 180 | 90  | 9  | 3.5 | 0 | 0  | 190 | 22 | 2 | 10 | 2 | 0 | 0 | 0 | 6  |
| Oatmeal Raisin Spice          | 52 g | 210 | 70  | 8  | 4.5 | 0 | 20 | 190 | 32 | 1 | 19 | 3 | 6 | 0 | 2 | 6  |
| Peanut Butter                 | 52 g | 250 | 140 | 15 | 6   | 0 | 20 | 240 | 24 | 2 | 14 | 5 | 4 | 0 | 2 | 6  |
| Smile Cookie                  | 75 g | 300 | 110 | 12 | 7   | 0 | 25 | 370 | 47 | 1 | 27 | 3 | 6 | 0 | 2 | 10 |
| Trail Mix with Fruit and Nuts | 52 g | 210 | 60  | 7  | 2.5 | 0 | 5  | 150 | 32 | 4 | 18 | 3 | 4 | 0 | 2 | 8  |
| Triple Chocolate              | 52 g | 230 | 110 | 12 | 7   | 0 | 25 | 200 | 29 | 2 | 19 | 2 | 6 | 0 | 2 | 10 |
| White Chocolate Macadamia Nut | 52 g | 220 | 100 | 11 | 5   | 0 | 20 | 240 | 29 | 1 | 15 | 2 | 4 | 0 | 2 | 6  |

# Snacks & Baked Goods

## Timbits®

| Item          | Serving Size | Calories (kcal) | Calories from Fat (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              | 15                       | 1.5           | 1                 | 0             | 0                | 40          | 9                | 0         | 4          | 1           | 0                | 0                | 0              | 2           |
| Dutchie       | 16 g         | 50              | 15                       | 1.5           | 1                 | 0             | 0                | 35          | 9                | 0         | 4          | 1           | 0                | 0                | 0              | 2           |
| Honey Dip     | 14 g         | 45              | 10                       | 1             | 0.5               | 0             | 0                | 30          | 8                | 0         | 4          | 1           | 0                | 0                | 0              | 2           |

## Cake Timbits

|                           |      |    |    |     |     |   |    |    |    |   |   |   |   |   |   |   |
|---------------------------|------|----|----|-----|-----|---|----|----|----|---|---|---|---|---|---|---|
| Chocolate Glazed          | 19 g | 70 | 30 | 3   | 1.5 | 0 | 0  | 85 | 10 | 0 | 5 | 1 | 0 | 0 | 0 | 2 |
| Chocolate Peanut Crunch   | 21 g | 80 | 35 | 4   | 1.5 | 0 | 0  | 85 | 10 | 1 | 5 | 1 | 0 | 0 | 0 | 4 |
| Chocolate Toasted Coconut | 21 g | 80 | 35 | 4   | 2   | 0 | 0  | 85 | 10 | 0 | 5 | 1 | 0 | 0 | 0 | 4 |
| Chocolate White Coconut   | 21 g | 80 | 40 | 4   | 2.5 | 0 | 0  | 85 | 10 | 1 | 5 | 1 | 0 | 0 | 0 | 2 |
| Cinnamon Sugar            | 16 g | 60 | 25 | 2.5 | 1   | 0 | 5  | 75 | 8  | 1 | 3 | 1 | 0 | 0 | 0 | 2 |
| Honey Cruller             | 15 g | 60 | 30 | 3   | 1.5 | 0 | 10 | 35 | 8  | 0 | 5 | 0 | 0 | 0 | 0 | 0 |
| Old Fashion Glazed        | 19 g | 70 | 25 | 2.5 | 1   | 0 | 5  | 75 | 10 | 0 | 5 | 1 | 0 | 0 | 0 | 2 |
| Old Fashion Plain         | 15 g | 50 | 25 | 2.5 | 1   | 0 | 5  | 75 | 7  | 0 | 2 | 1 | 0 | 0 | 0 | 2 |
| Old Fashion Sugar         | 16 g | 60 | 25 | 2.5 | 1   | 0 | 5  | 75 | 8  | 0 | 3 | 1 | 0 | 0 | 0 | 2 |
| Peanut Crunch             | 21 g | 80 | 30 | 3.5 | 1   | 0 | 5  | 75 | 11 | 1 | 5 | 1 | 0 | 0 | 2 | 2 |
| Sour Cream Cinnamon       | 17 g | 80 | 40 | 4.5 | 2   | 0 | 5  | 55 | 8  | 0 | 4 | 1 | 0 | 0 | 0 | 2 |
| Sour Cream Glazed         | 21 g | 90 | 40 | 4.5 | 2   | 0 | 5  | 55 | 12 | 0 | 7 | 1 | 0 | 0 | 0 | 2 |
| Sour Cream Plain          | 15 g | 70 | 40 | 4.5 | 2   | 0 | 5  | 55 | 7  | 0 | 3 | 1 | 0 | 0 | 0 | 2 |
| Sour Cream Sugar          | 17 g | 70 | 40 | 4.5 | 2   | 0 | 5  | 55 | 8  | 0 | 4 | 1 | 0 | 0 | 0 | 2 |
| Toasted Coconut           | 20 g | 70 | 30 | 3.5 | 1.5 | 0 | 5  | 75 | 11 | 1 | 6 | 1 | 0 | 0 | 0 | 2 |
| White Coconut             | 20 g | 80 | 30 | 3.5 | 2   | 0 | 5  | 75 | 11 | 1 | 5 | 1 | 0 | 0 | 0 | 2 |

## Filled Timbits

|                |      |    |    |     |     |   |   |    |   |   |   |   |   |   |   |   |
|----------------|------|----|----|-----|-----|---|---|----|---|---|---|---|---|---|---|---|
| Lemon          | 18 g | 45 | 10 | 1   | 0.5 | 0 | 0 | 35 | 7 | 0 | 3 | 1 | 0 | 0 | 0 | 2 |
| Raspberry      | 18 g | 45 | 10 | 1   | 0.5 | 0 | 0 | 35 | 8 | 0 | 4 | 1 | 0 | 0 | 0 | 2 |
| Spiced Apple   | 18 g | 45 | 10 | 1   | 0.5 | 0 | 0 | 30 | 8 | 0 | 3 | 1 | 0 | 0 | 0 | 2 |
| Strawberry     | 18 g | 50 | 10 | 1   | 0.5 | 0 | 0 | 35 | 8 | 0 | 4 | 1 | 0 | 0 | 0 | 2 |
| Venetian Cream | 18 g | 45 | 10 | 1.5 | 0.5 | 0 | 0 | 40 | 7 | 0 | 2 | 1 | 0 | 0 | 0 | 2 |

## Muffins

|                           |       |     |     |     |     |   |    |     |    |   |    |   |    |    |   |    |
|---------------------------|-------|-----|-----|-----|-----|---|----|-----|----|---|----|---|----|----|---|----|
| Banana Nut                | 115 g | 390 | 160 | 18  | 2.5 | 0 | 35 | 400 | 52 | 2 | 27 | 6 | 2  | 15 | 6 | 15 |
| Blueberry                 | 115 g | 330 | 100 | 11  | 2   | 0 | 40 | 460 | 54 | 2 | 25 | 5 | 2  | 0  | 4 | 10 |
| Chocolate Chip            | 115 g | 410 | 140 | 16  | 5   | 0 | 35 | 430 | 62 | 2 | 36 | 5 | 2  | 0  | 4 | 15 |
| Cranberry Blueberry Bran  | 115 g | 280 | 110 | 13  | 2   | 0 | 20 | 410 | 53 | 4 | 24 | 5 | 0  | 2  | 6 | 15 |
| Fruit Explosion           | 122 g | 350 | 100 | 11  | 2   | 0 | 35 | 460 | 57 | 2 | 27 | 5 | 2  | 4  | 4 | 10 |
| Lemon Poppyseed           | 115 g | 390 | 140 | 16  | 3.5 | 0 | 40 | 450 | 56 | 1 | 26 | 6 | 2  | 0  | 8 | 15 |
| Low Fat Double Berry      | 115 g | 290 | 25  | 2.5 | 0.5 | 0 | 0  | 500 | 59 | 2 | 30 | 4 | 0  | 2  | 4 | 6  |
| Oatmeal Raisin Nut        | 115 g | 390 | 130 | 14  | 2.5 | 0 | 20 | 370 | 59 | 3 | 24 | 6 | 0  | 0  | 4 | 15 |
| Raisin Bran               | 115 g | 370 | 100 | 12  | 2   | 0 | 20 | 370 | 64 | 4 | 37 | 5 | 0  | 0  | 6 | 15 |
| Strawberry Sensation      | 122 g | 360 | 100 | 11  | 2   | 0 | 35 | 520 | 57 | 1 | 27 | 5 | 2  | 8  | 4 | 15 |
| Triple Chocolate          | 115 g | 400 | 140 | 15  | 5   | 0 | 30 | 380 | 63 | 2 | 38 | 5 | 0  | 0  | 6 | 15 |
| Whole Grain Blueberry     | 115 g | 350 | 120 | 14  | 2.5 | 0 | 20 | 430 | 53 | 5 | 24 | 5 | 0  | 0  | 4 | 15 |
| Whole Grain Carrot Orange | 115 g | 360 | 110 | 13  | 2   | 0 | 25 | 390 | 57 | 4 | 29 | 5 | 30 | 4  | 6 | 15 |
| Whole Grain Raspberry     | 115 g | 380 | 140 | 15  | 3.5 | 0 | 25 | 430 | 55 | 4 | 26 | 5 | 0  | 2  | 6 | 15 |

## Classic Bagels

|           |       |     |    |     |   |   |   |     |    |   |   |    |   |   |   |   |
|-----------|-------|-----|----|-----|---|---|---|-----|----|---|---|----|---|---|---|---|
| Blueberry | 113 g | 280 | 20 | 2.5 | 0 | 0 | 0 | 460 | 57 | 2 | 5 | 10 | 0 | 0 | 4 | 2 |
|-----------|-------|-----|----|-----|---|---|---|-----|----|---|---|----|---|---|---|---|