ATTENTION: ALLERGY SUFFERERS

We thank all of our customers for choosing Tim Hortons, however we strongly recommend that customers with food allergies or intolerances refrain from consuming any Tim Hortons products prior to contacting our toll-free phone number or address below.

For further nutrition, ingredient or allergy information please call:
1-888-601-1616
or write to:

The TDL Group Ltd.
Customer Nutrition,
Ingredient and Allergy Inquiries
Research & Development Department
874 Sinclair Rd
Oakville, Ontario
Canada
L6K 2Y1

Nutritional information in this brochure was obtained through:

- Analysis by ESHA Genesis R & D Nutritional Software; and
- Information provided by suppliers.

A selection of the more popular Tim Hortons menu items are included.

Tim Hortons

Only applicable in the U.S.
Information may be subject to change at any time.

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	NUTRITION GUIDE											% DAILY VALUE			
BAGELS & CREAM CHEESE	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
BAGELS															
plain	1	290	20	2	0	0	600	57	3	8	11	0	0	0	20
sesame seed	1	300	25	3	0	0	570	57	4	7	11	0	0	0	15
poppy seed	1	300	25	3	0	0	500	58	4	8	11	0	0	2	15
blueberry	1	300	20	2	0	0	520	59	3	10	11	0	0	0	20
multigrain	1	300	25	3	0	0	655	58	6	6	12	0	0	2	20
onion	1	295	20	2	0	0	530	58	3	8	11	0	0	2	15
everything	1	300	20	2	0	0	560	57	3	8	12	0	0	2	15
cinnamon raisin	1	300	20	2	0	0	390	58	4	12	11	0	0	2	15
whole wheat & honey	1	300	20	2	0	0	590	59	6	11	11	0	0	2	20
CREAM CHEESE															
plain	1.5oz	140	130	14	10	45	140	1	0	1	3	9	0	3	0
plain light	1.5oz	90	60	7	5	20	200	3	0	3	4	8	0	5	0
garden vegetable	1.5oz	150	120	13	9	40	230	3	0	1	3	11	0	3	0
strawberry	1.5oz	150	110	12	8	35	150	7	0	7	1	9	0	6	0

All of the Tim Hortons bagels listed above contain 3 grams or less of fat per serving, making them low fat choices.

BAKED GOODS															
butter croissant	1	210	100	11	6	30	370	25	1	3	5	6	0	0	0
cheese croissant	1	240	110	12	5	20	370	27	1	3	6	4	0	4	4
plain tea biscuit	3oz	220	60	6	2	0	590	36	1	3	5	0	0	2	8
raisin tea biscuit	3oz	250	50	6	2	0	570	47	2	15	5	0	0	2	10
southern country raspberry biscuit	6oz	470	170	19	5	0	1050	68	2	19	7	0	8	15	15
southern country cranberry biscuit	6oz	470	170	19	5	0	1050	68	2	21	7	0	4	15	15
cherry cheese danish	1	380	210	23	9	45	410	33	1	11	7	6	10	4	8

	NUTRITION GUIDE											% DAILY VALUE			
COOKIES	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
chocolate chip	1	150	60	7	3	20	140	21	1	12	2	2	0	2	4
peanut butter	1	170	90	10	3	20	190	17	1	8	3	2	0	2	4
peanut butter chocolate chunk	1	170	90	10	4	15	150	18	1	11	3	2	0	2	4
oatmeal raisin	1	150	50	6	2	15	140	22	1	13	2	2	0	2	4
plain macaroon	1	140	70	8	7	0	60	14	3	11	1	0	0	0	4
oatcakes	1	190	90	10	4	0	150	22	1	10	2	0	0	2	4
BEVERAGES															
coffee *	10oz	80	35	4	2	12	20	10	0	10	1	3	0	2	0
decaffeinated coffee *	10oz	80	35	4	2	12	20	10	0	10	1	3	0	2	0
tea *	10oz	45	0	0	0	0	20	9	0	9	1	0	0	2	0
hot chocolate	10oz	200	50	6	2	0	370	44	0	43	2	0	0	0	0
English toffee cappuccino	10oz	130	45	5	4	0	120	20	0	16	3	0	0	8	3
French vanilla cappuccino	10oz	130	45	5	4	0	120	20	0	16	3	0	0	8	3
café mocha	10oz	250	90	10	4	0	330	34	0	3	3	0	0	0	2
cappuccino ice	16oz	430	210	23	14	80	50	54	0	52	3	15	2	10	0
apple juice	284ml	140	0	0	0	0	16	36	0	34	0	0	100	2	6
orange juice	300ml	140	0	0	0	0	14	35	0	33	2	4	100	2	2
fruit punch	300ml	150	0	0	0	0	10	38	0	36	0	0	100	2	2
iced tea	14oz	130	0	0	0	0	0	34	0	34	0	0	0	0	0
Coke	14oz	170	0	0	0	0	12	44	0	44	0	0	0	0	0
Diet Coke	14oz	1	0	0	0	0	20	0	0	0	0	0	0	0	0
Sprite	14oz	160	0	0	0	0	49	41	0	41	0	0	0	0	0
milk (2%)	14oz	210	70	8	5	30	210	20	0	20	14	10	6	50	2
chocolate milk (1%)	14oz	280	40	5	3	15	270	46	0	39	15	10	6	50	6

*single sugar, single cream **single sugar, single milk

Tim Hortons NUTRITION GUIDE

ALWAYS FRESH

At Tim Hortons, our menu has expanded over the years to meet with growing consumer tastes. But our promise to offer only "ALWAYS FRESH" product has remained the same.
Tim Hortons bakery items are made fresh twice daily, and our legendary coffee is brewed fresh every 20 minutes. This guide will help you make informed menu choices at Tim Hortons, with nutrition information on some of our more popular menu items. For further nutrition, ingredient or allergy information, please see back panel for details.

DONUTS	NUTRITION GUIDE											% DAILY VALUE			
	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
YEAST															
apple fritter	1	300	130	14	5	0	280	40	2	14	5	0	2	2	10
dutchie	1	280	110	13	4	0	240	39	1	18	4	0	0	2	8
chocolate dip	1	230	90	10	3	0	270	33	0	11	4	0	0	2	6
maple dip	1	250	90	10	3	0	280	36	0	15	4	0	0	2	8
honey dip	1	230	90	10	3	0	250	32	0	10	4	0	0	2	6
CAKE															
old fashion plain	1	220	110	12	4	15	260	24	0	8	3	0	0	2	4
old fashion glazed	1	270	110	12	4	15	260	39	0	22	3	0	0	2	4
chocolate glazed	1	350	200	22	7	10	340	35	1	19	3	0	0	2	8
sour cream plain	1	280	170	18	6	20	230	25	0	11	3	0	0	2	4
FILLED															
Boston cream	1	230	70	8	3	0	320	36	0	13	4	0	0	2	8
angel cream	1	280	120	13	4	0	280	36	0	15	4	0	0	2	8
strawberry	1	220	70	8	3	0	310	33	0	10	4	0	4	2	6
blueberry	1	220	70	8	3	0	260	33	0	11	4	0	2	2	6
Canadian maple	1	230	70	8	3	0	320	36	0	13	4	0	0	2	8
OTHER															
honey stick	1	280	130	15	5	30	350	34	0	13	4	0	0	2	6
sugar twist	1	230	90	10	3	0	280	32	0	9	5	0	0	2	8
walnut crunch	1	320	160	18	5	10	410	36	2	17	5	0	0	2	10

Tim Hortons donuts and Timbits are cooked in 100% hydrogenated vegetable oil

TIMBITS	NUTRITION GUIDE											% DAILY VALUE			
	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vit A	Vit C	Calcium	Iron
YEAST															
honey dip	1	50	10	1	0	0	70	10	0	3	1	0	0	0	2
dutchie	1	60	15	2	0	0	60	10	0	5	1	0	0	0	2
CAKE															
old fashion plain	1	45	15	2	0	5	70	7	0	2	1	0	0	0	2
chocolate glazed	1	70	30	3	1	5	95	9	0	5	1	0	0	0	2
FILLED															
banana cream	1	45	10	1	0	0	70	8	0	2	1	0	0	0	2
lemon	1	50	15	2	0	0	75	9	0	3	1	0	2	0	2
spiced apple	1	50	10	1	0	0	75	9	0	3	1	0	0	0	2
strawberry	1	50	10	1	0	0	80	9	0	3	1	0	0	0	2
MUFFINS															
wild blueberry	1	330	100	11	2	15	520	54	2	27	4	0	4	6	8
chocolate chip plain	1	390	130	15	4	20	550	62	2	32	5	0	0	6	10
carrot whole wheat	1	410	200	22	2	10	580	52	4	24	5	60	8	4	15
blueberry bran	1	300	90	9	2	10	690	51	5	21	5	0	6	6	15
raisin bran	1	360	90	10	2	10	750	66	6	36	6	0	2	10	25
oatbran 'n apple	1	350	110	12	3	0	430	58	4	24	5	0	2	4	10
oatbran carrot 'n raisin	1	340	100	11	2	0	390	57	4	26	5	60	2	4	15
oatmeal raisin	1	430	100	11	2	20	520	80	3	48	6	0	4	4	15
low fat honey	1	290	20	2	0	0	700	66	6	33	5	0	4	10	15
low fat cranberry	1	260	15	2	0	0	610	60	6	30	5	0	6	10	15
low fat carrot	1	260	15	2	0	0	620	60	6	30	5	100	6	10	15

Tim Hortons low fat muffins all contain 3 grams of fat per serving or less, and are also high in dietary fibre.

'TIM'S OWN' SANDWICHES*	NUTRITION GUIDE											% DAILY VALUE			
	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vit A	Vit C	Calcium	Iron
BLACK FOREST HAM & SWISS *(with lettuce, tomato and our special creamy dressing)*	1	640	240	27	9	75	1540	53	2	4	33	6	20	45	8
HARVEST TURKEY BREAST *(with lettuce, tomato and our special creamy dressing)*	1	470	170	18	2	30	1460	53	2	4	22	8	15	2	6
FIRESIDE ROAST BEEF *(with lettuce, tomato and our special creamy dressing)*	1	470	170	19	3	35	1470	48	2	4	22	8	15	2	10
ALBACORE TUNA SALAD *(with lettuce and tomato)*	1	350	70	8	1	15	1100	49	3	5	21	8	15	2	6
CHUNKY CHICKEN SALAD *(with lettuce and tomato)*	1	380	90	10	1	45	770	50	3	5	23	10	20	2	20
GARDEN VEGETABLE *(Plain cream cheese with cucumber, tomato, lettuce and our special creamy dressing)*	1	460	210	24	11	45	730	50	3	6	12	8	15	2	2

All "Tim's Own" Sandwiches are made fresh for you on our freshly baked country bun.

SOUP & CHILI	NUTRITION GUIDE											% DAILY VALUE			
	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
'Tim's Own' chicken noodle	10oz	100	25	3	1	14	710	15	1	4	5	10	20	2	4
vegetable beef barley	10oz	110	15	2	0	9	840	18	2	5	5	15	30	6	6
minestrone	10oz	125	20	2	0	1	910	25	2	4	4	25	45	8	6
hearty vegetable	10oz	130	20	2	0	0	830	27	2	4	3	20	70	6	4
turkey & wild rice	10oz	120	20	2	0	6	330	22	1	1	22	10	25	2	4
cream of broccoli	10oz	190	60	7	2	5	1120	27	1	9	7	20	45	20	2
cream of mushroom	10oz	195	90	10	3	5	950	21	1	4	4	2	4	8	4
potato bacon	10oz	195	60	7	2	5	1100	29	1	3	4	10	45	25	4
chili	10oz	320	80	9	3	65	960	32	8	10	29	20	60	15	35

Tim Hortons soups do not contain any added Monosodium Glutamate (MSG).

PIES, CAKES & TARTS	NUTRITION GUIDE											% DAILY VALUE			
	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
PIES (1/4 pie)															
apple pie	1	540	280	31	6	0	230	62	3	26	4	0	15	2	0
cherry pie	1	570	280	31	6	0	320	70	2	35	4	0	20	2	0
banana cream pie	1	440	240	26	13	0	135	50	1	21	2	0	4	0	0
chocolate cream	1	490	280	31	16	10	170	52	1	23	2	2	0	0	0
CAKES (1/8 cake)															
Black Forest	1	500	190	21	14	0	790	75	3	44	4	0	4	6	10
celebration (white)	1	500	150	16	8	5	530	85	1	55	4	2	0	6	8
chocolot fantasy	1	420	140	15	7	35	630	72	3	51	5	2	0	4	10
shadow (white & chocolate)	1	430	170	19	10	35	470	63	2	43	4	2	0	4	8
TARTS															
raisin butter tart	1	330	100	11	3	15	200	54	1	25	3	0	0	2	8
fresh strawberry tart*	1	220	80	9	2	0	140	36	2	10	1	0	50	2	4

*seasonal product April to September