

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.

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

Sandwiches*

'Tim's Own®' Sandwiches

	serving size	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	fibre (g)	sugars (g)	protein (g)	vitamin A %	vitamin C %	calcium %	iron %	caffeine (mg)
● Ham & Swiss	262g	390	12	5	0.2	45	1450	49	3	4	23	4	20	20	35	
Turkey Bacon Club	254g	370	7	2	0	35	1410	54	3	6	21	0	20	2	30	
Chicken Salad	252g	340	9	1.5	0.1	30	970	47	3	3	19	2	30	2	30	
Egg Salad	218g	360	13	3	0	240	760	45	3	3	16	0	15	4	35	
BLT	212g	420	18	5	0	25	830	47	3	4	17	0	20	2	30	
Toasted Chicken Club	252g	370	7	2	0	40	900	51	3	5	24	0	20	2	30	
Turkey Caesar	244g	360	11	2	0.1	30	1380	48	3	3	18	0	15	0	30	
Chicken Caesar	244g	370	12	2	0.1	35	880	45	3	2	21	0	20	2	30	

Tim Hortons Chicken Wrap Snackers

● BBQ Chicken	123g	190	4.5	0.5	0	25	630	25	3	4	12	0	8	2	8	
● Chicken Ranch	123g	190	6	1	0	25	650	23	3	1	12	0	6	4	8	

Breakfast*

● Bagel BELT™	261g	460	15	6	0.2	170	1000	59	3	10	21	10	15	20	30	
Hashbrown	47g	100	5	0.5	0	0	210	12	1	0	1	0	2	0	2	

Breakfast Sandwiches

● Sausage, Egg, Cheese	181g	530	34	18	0.5	195	1010	36	1	3	19	10	0	15	15	
● Bacon, Egg, Cheese	154g	430	24	15	0.5	170	840	35	1	4	17	10	0	15	15	
● Egg, Cheese	144g	380	20	13	0.5	165	760	35	1	3	14	10	0	15	15	
● English Muffin, Egg, Sausage, Cheese	164g	430	25	10	0.2	195	940	33	1	2	19	10	0	20	15	
● English Muffin, Egg, Bacon, Cheese	137g	330	15	6	0.2	170	770	33	1	2	17	10	0	20	15	
● English Muffin, Egg, Cheese	127g	280	11	5	0.2	165	700	32	1	2	14	10	0	20	15	
Breakfast Sausage & Biscuit	111g	390	25	13	0.3	30	550	32	1	2	10	0	0	0	10	

Breakfast Wraps

● Sausage, Egg, Cheese	154g	420	28	9	0.1	260	940	23	2	0	18	2	0	10	10	
● Bacon, Egg, Cheese	127g	320	18	5	0.1	235	760	23	2	1	16	2	0	10	15	
● Egg and Cheese	117g	270	14	4	0.1	230	690	22	2	0	13	2	0	10	10	

Oatmeal

● Maple	308g	220	2.5	0.5	0	0	220	49	4	20	5	0	0	4	15	
● Mixed Berries	327g	210	2.5	0.5	0	0	220	44	5	14	6	0	10	4	15	

Soups & Chili

● Chili	284ml	300	19	7	1	90	1320	17	4	4	26	4	10	6	25	
● Chicken Noodle	284ml	110	1.5	0.5	0	10	730	19	1	5	5	6	4	2	4	
● Hearty Vegetable	284ml	70	0.4	0.1	0	0	850	13	2	3	4	25	20	4	6	
● Beef Barley with Portobello Mushroom	284ml	110	2	1	0.1	5	650	18	3	3	5	6	20	2	6	
● Turkey and Wild Rice	284ml	120	1	0.3	0	5	850	23	1	4	5	2	10	2	2	
● Cream of Broccoli	284ml	160	9	4	0.1	20	710	15	1	6	6	30	4	15	4	
● Hearty Potato Bacon	284ml	230	13	6	0.2	30	770	22	1	5	6	15	2	10	4	
● Minestrone	284ml	120	1.5	0.5	0	5	660	25	3	8	4	6	8	6	6	
● Creamy Field Mushroom	284ml	150	3	2	0	0	870	29	1	3	2	0	0	2	4	
● Chicken Vegetable & Rice	284ml	120	1.5	0.4	0	5	720	23	2	2	5	6	20	2	2	

Beverages

Coffee (1 cream, 1 sugar)	10oz	75	3.5	2	0.1	15	15	9	0	9	1	2	0	2	0	100
Sleeped Tea (1 milk, 1 sugar)	10oz	50	1	0.5	0	5	20	10	0	10	1	2	0	4	0	59
Hot Chocolate	10oz	240	6	5	0.2	0	360	45	2	38	2	0	0	2	15	15
● French Vanilla Cappuccino	10oz	250	8	7	0.1	5	240	41	1	31	4	0	0	10	2	56
● Iced Cappuccino	10oz	250	11	6	0.4	45	50	33	0	33	2	8	0	10	2	120
● Iced Cappuccino (Milk)	10oz	150	1.5	1	0	5	35	32	0	32	3	2	0	8	2	120
● Iced Coffee (Cream)	10oz	110	6	3.5	0.2	25	55	12	0	8	1	4	0	6	0	40
● Iced Coffee (Milk)	10oz	70	1	0.5	0	5	55	12	0	8	2	2	0	8	0	40
Café Mocha	10oz	190	8	7	0.3	0	170	29	1	24	1	0	0	0	10	66
Flavour Shot	1ml	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0

Real Fruit Smoothies

● Mixed Berry (No Yogurt)	10oz	130	0	0	0	0	30	33	0	30	0	0	4	0	0	
● Strawberry Banana (No Yogurt)	10oz	130	0	0	0	0	30	33	0	30	0	0	35	2	0	
● Mixed Berry with Yogurt	10oz	150	1	0.5	0	5	55	35	0	32	2	0	4	6	0	
● Strawberry Banana with Yogurt	10oz	150	1	0.5	0	5	55	34	0	31	2	0	35	6	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:

The TDL Group Corp., 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-restaurant.

The information in this guide is effective as of **March, 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 Canadian 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.



