

## 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.

For further nutrition, ingredient or allergy information please call: **1-888-601-1616**  
from Mon.-Fri., 8:30 a.m. to 5:00 p.m.  
(Eastern Time Zone)

or write to:

**The TDL Group Ltd.**  
Customer Nutrition,  
Ingredient and Allergy Inquiries  
Research & Development Department  
228 Wycroft Road, Oakville, Ontario  
Canada  
L6K 3X7

Nutritional information in this brochure was obtained through:

- Analysis by SGS Food Laboratories, an independent testing laboratory
- Analysis by ESHA Genesis R&D Nutritional Software
- Information provided by suppliers

Included is a selection of the more popular Tim Hortons menu items.

Only applicable in Canada.

Information may be subject to change at any time.

Data current as of 05/01

**Tim Hortons**  
www.timhortons.com

## BAGELS & CREAM CHEESE

	NUTRITION FACTS								
	serving size	calories (kcal)	kilojoules	protein (g)	total fat (g)	carbohydrate (g)	sodium (mg)	potassium (mg)	dietary fibre (g)
<b>BAGELS</b>									
plain	1	297	1240	9	2	56	569	89	3
sesame seed	1	305	1280	9	3	56	556	100	3
poppy seed	1	304	1270	10	3	56	556	109	3
blueberry	1	299	1250	9	2	57	547	78	2
multigrain	1	303	1268	12	3	58	655	192	5
onion	1	294	1230	9	2	56	565	122	3
everything	1	305	1280	10	3	55	567	121	3
cinnamon raisin	1	301	1260	9	2	59	404	143	3
whole wheat & honey	1	289	1210	10	3	54	558	148	5
chocolate chunk	1	318	1330	10	4	58	537	99	3
müesli & fruit	1	277	1160	10	2	55	551	90	3
<b>CREAM CHEESE</b>									
plain	1.5 oz	140	586	2	13	3	167	102	
plain light	1.5 oz	102	427	3	8	3	162	67	
herb & garlic	1.5 oz	135	565	2	13	2	176	45	
strawberry light	1.5 oz	110	460	2	7	9	150	56	

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

## BAKED GOODS

butter croissant	1	210	879	5	11	25	420	86	1
cheese croissant	1	240	1004	6	12	27	374	60	1
plain tea biscuit	3 oz	233	975	5	7	38	565	65	1
raisin tea biscuit	3 oz	271	1133	5	7	48	581	218	2
Southern country raspberry biscuit	6 oz	490	2050	8	20	71	1051	141	3
Southern country cranberry biscuit	6 oz	475	1986	7	19	70	1028	121	3
cherry cheese danish	1	380	1588	7	23	33	526	40	1

## NUTRITION FACTS

### COOKIES

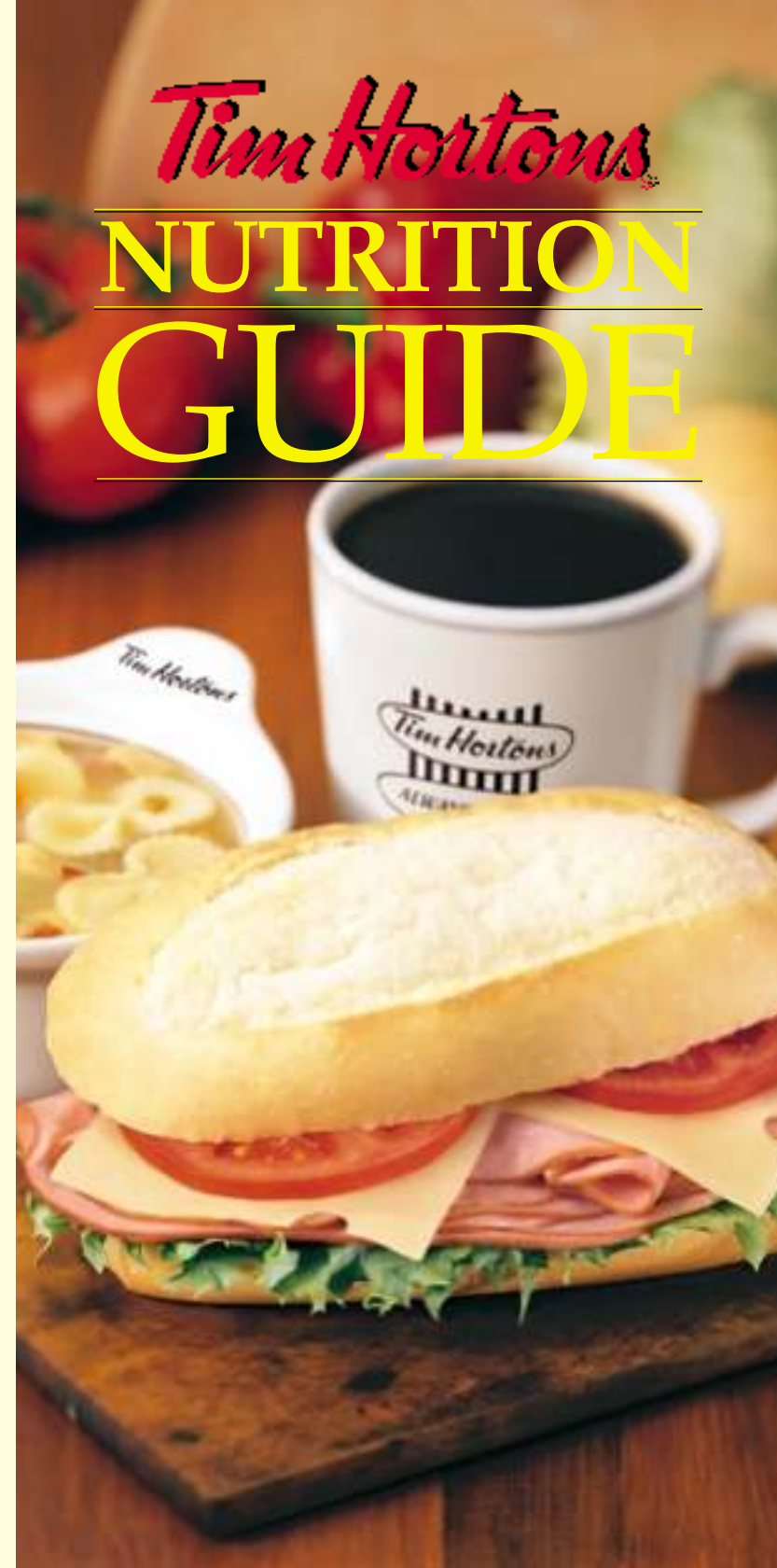
	serving size	calories (kcal)	kilojoules	protein (g)	total fat (g)	carbohydrate (g)	sodium (mg)	potassium (mg)	caffeine (mg)
apple cinnamon	1	134	561	2	5	20	124	29	
chocolate chunk	1	154	644	2	7	20	108	41	
peanut butter	1	154	644	3	8	20	126	43	
peanut butter chocolate chunk	1	176	736	3	9	21	128	68	
oatmeal raisin	1	151	632	2	6	22	140	73	
plain macaroon	1	146	611	2	8	18	45	76	
oatcakes	1	195	816	3	9	25	129	52	

### BEVERAGES

coffee *	10 oz	78	326	0.6	4	10	20	163	106
decaffeinated coffee *	10 oz	78	326	0.6	4	10	20	163	6
tea **	10 oz	47	197	0.7	0.4	9	22	139	33
hot chocolate	10 oz	184	770	2	5	34	276	357	15
English toffee cappuccino	10 oz	129	540	3	5	21	118	146	56
French vanilla cappuccino	10 oz	129	540	3	5	21	119	146	56
iced cappuccino (with 2% milk)	10 oz	150	630	3	1.5	32	35	110	87
iced cappuccino (with cream)	10 oz	230	966	2	11	30	25	85	87
café mocha	10 oz	120	502	1	5	18	110	143	70
apple juice	284ml	140	586	0	0	36	16	300	
orange juice	300ml	140	586	2	0	35	14	557	
fruit punch	300ml	150	628	0	0	38	10	107	
iced tea	15 oz	128	535	0	0	33	10	27	13
Coke	15 oz	182	761	0	0	46	12	0	46
Diet Coke	15 oz	1	4	0	0	0	20	0	56
Sprite	15 oz	170	711	0	0	41	50	1	0
milk (2%)	250ml	129	540	9	5	12	110	340	
chocolate milk (1%)	250ml	171	718	9	3	28	149	421	

\*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 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 FACTS							
	serving size	calories (kcal)	kilojoules	protein (g)	total fat (g)	carbohydrate (g)	sodium (mg)	potassium (mg)
<b>YEAST</b>								
apple fritter	1	341	1427	6	15	47	289	62
blueberry fritter	1	339	1424	6	12	51	287	65
dutchie	1	306	1280	5	13	42	238	123
chocolate dip	1	233	975	4	10	31	205	44
maple dip	1	236	987	4	10	32	206	42
honey dip	1	231	967	4	10	31	205	35
<b>CAKE</b>								
old fashion plain	1	215	900	4	12	23	237	68
old fashion glazed	1	248	1038	4	12	31	237	69
chocolate glazed	1	374	1565	4	22	40	273	128
sour cream plain	1	285	1192	3	19	26	209	50
sour cream glazed	1	318	1335	3	19	34	210	50
<b>FILLED</b>								
Boston cream	1	257	1075	4	8	42	344	62
apple dumpling	1	276	1154	6	9	44	302	90
strawberry	1	271	1133	4	8	46	372	63
blueberry	1	275	1150	4	8	47	319	52
Canadian maple	1	258	1078	4	8	42	345	61
<b>OTHER</b>								
honey stick	1	356	1488	4	15	51	322	74
sugar twist	1	221	924	4	10	29	200	40
walnut crunch	1	345	1442	5	18	42	326	165

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

## NUTRITION FACTS

### TIMBITS

	serving size	calories (kcal)	kilojoules	protein (g)	total fat (g)	carbohydrate (g)	sodium (mg)	potassium (mg)	dietary fibre (g)
<b>YEAST</b>									
honey dip	1	41	172	1	2	6	41	8	
dutchie	1	41	172	1	2	6	35	14	
<b>CAKE</b>									
old fashion plain	1	42	176	1	2	6	63	17	
sour cream glazed	1	53	222	1	3	6	35	8	
chocolate glazed	1	53	222	1	3	6	39	18	
<b>FILLED</b>									
banana cream	1	36	151	1	1	6	40	8	
lemon	1	38	159	1	1	6	40	9	
spiced apple	1	38	159	1	1	6	35	8	
strawberry	1	39	163	1	1	6	43	10	

### MUFFINS

blueberry plain	1	320	1339	5	11	51	467	93	2
chocolate chip plain	1	425	1778	5	16	65	521	100	2
fruit explosion	1	350	1470	4	10	62	520	80	2
carrot whole wheat	1	408	1707	6	20	51	672	194	4
blueberry bran	1	313	1310	6	11	49	587	173	5
raisin bran	1	360	1506	7	11	60	633	335	5
oatbran 'n apple	1	338	1414	6	11	53	378	142	4
oatbran carrot 'n raisin	1	335	1402	6	11	53	353	179	4
oatmeal raisin	1	408	1707	5	11	72	418	269	2
low fat honey	1	283	1184	6	2	61	673	155	6
low fat cranberry	1	280	1172	5	2	65	544	154	7
low fat carrot	1	281	1176	7	2	67	608	173	6

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

## NUTRITION FACTS

### 'TIM'S OWN' SANDWICHES\*

	serving size	calories (kcal)	kilojoules	protein (g)	total fat (g)	carbohydrate (g)	sodium (mg)	potassium (mg)	dietary fibre (g)
<b>BLACK FOREST HAM &amp; SWISS</b> <i>(with lettuce, tomato and our special creamy dressing)</i>									
	1	470	1974	27	18	51	1580	460	2
<b>HARVEST TURKEY BREAST</b> <i>(with lettuce, tomato and our special creamy dressing)</i>									
	1	380	1604	21	10	52	1500	460	2
<b>FIRESIDE ROAST BEEF</b> <i>(with lettuce, tomato and our special creamy dressing)</i>									
	1	380	1596	21	11	50	1440	390	2
<b>ALBACORE TUNA SALAD</b> <i>(with lettuce and tomato)</i>									
	1	370	1554	20	10	50	1140	370	3
<b>CHUNKY CHICKEN SALAD</b> <i>(with lettuce and tomato)</i>									
	1	380	1596	23	9	50	790	250	3
<b>GARDEN VEGETABLE</b> <i>(plain cream cheese with cucumber, tomato, lettuce and our special creamy dressing)</i>									
	1	451	1894	10	23	51	760	330	3
<b>WHOLE WHEAT COUNTRY BUN</b>									
	1	210	882	8	1	43	470	160	5
<b>WHITE COUNTRY BUN</b>									
	1	220	924	8	0.5	45	480	65	2

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

\* Nutritional numbers are based on a sandwich prepared on a white bun, and tuna and chicken salad made with light mayonnaise

downloaded from: [Quizol PDF](#)

## NUTRITION FACTS

### CHILI & BEANS

	serving size	calories (kcal)	kilojoules	protein (g)	total fat (g)	carbohydrate (g)	sodium (mg)	potassium (mg)	dietary fibre (g)
chili	10 oz	244	1021	17	9	24	1108	795	3
baked beans (Quebec only)	10 oz	275	1151	7	11	38	1294	427	6
<b>SOUPS</b>									
"Tim's Own" chicken noodle	10 oz	110	462	5	3	16	920	85	1
vegetable beef barley	10 oz	110	462	5	2	18	850	190	2
minestrone	10 oz	146	611	5	2	28	1086	235	4
hearty vegetable	10 oz	124	518	3	3	19	1112	248	
turkey & wild rice	10 oz	120	504	4	2	25	920	270	2
cream of broccoli	10 oz	235	987	9	11	26	1260	460	1
cream of mushroom	10 oz	223	933	6	10	27	942	396	3
clam chowder	10 oz	243	1016	9	9	31	1359	354	
beef noodle	10 oz	130	546	8	1.6	23	1010	200	1
Italian florentine	10 oz	160	672	4	5	27	1060	130	

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

\*Contains free glutamates which may have the same effect as MSG.

### PIES, CAKES & TARTS

	serving size	calories (kcal)	kilojoules	protein (g)	total fat (g)	carbohydrate (g)	sodium (mg)	potassium (mg)	dietary fibre (g)
<b>PIES (1/4 pie)</b>									
apple pie	1	488	2042	6	22	66	179	187	2
cherry pie	1	494	2065	5	21	71	166	213	
lemon meringue	1	441	1856	5	15	71	307	64	
<b>CAKES (1/8 cake)</b>									
Black Forest	1	480	2016	5	27	54	480	200	1
Tim's Own coffee cake caramel topping	1/2 oz	450	1890	5.4	22	59	600	190	3
double chocolate delight	1	462	1940	6	20	65	500	320	3
<b>TARTS</b>									
raisin butter tart	1	348	1450	4	15	51	200	110	1
fresh strawberry tart*	1	193	808	2	6	33	139	122	1

\*seasonal product April to September