

# 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 balanced options such as made-to-order sandwiches, homestyle soups, yogurt & berries, low fat muffins, bagels with light cream cheese, oatmeal and real fruit smoothies.

One of our key nutrition initiatives is to reduce sodium across some of our menu items. To date, we have achieved an average 28% reduction across our soup varieties and are developing new products with lower sodium.

At Tim Hortons, we want our guests to have all the information to make educated decisions when ordering. Through this guide, our online nutrition calculator, and our Timmy Me™ mobile app, 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.

Breakfast

Lunch

Beverages

## Prepared Foods & Beverages

	Serving Size	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
<b>Beverages</b>																	
Coffee (1 Cream, 1 Sugar)	10oz	70	30	3.5	2	0	15	20	9	0	9	1	0	0	4	0	100
Steeped Tea (1 Milk, 1 Sugar)	10oz	40	5	0	0	0	10	8	0	8	1	0	0	2	0	60	
Hot Chocolate	10oz	240	50	6	5	0	360	45	2	38	2	0	0	2	10	15	
French Vanilla Cappuccino	10oz	240	70	7	7	0	240	39	0	31	4	0	0	15	2	60	
Iced Cappuccino (Cream)	12oz	310	140	16	10	0	55	40	40	0	37	3	10	2	8	2	110
Iced Cappuccino (Milk)	12oz	180	15	1.5	1	0	5	45	39	0	35	3	4	2	10	2	110
Iced Coffee (Cream & Sugar)	16oz	70	30	3.5	2	0	15	25	9	0	9	1	0	0	4	0	95
Café Mocha	10oz	170	50	6	5	0	170	27	1	23	1	0	0	0	8	70	
Real Brewed Iced Tea (Sweetened)	16oz	100	0	0	0	0	15	26	0	25	0	0	0	0	0	95	
Flavor Shot	1ml	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Mixed Berry Fruit Smoothie	12oz	160	0	0	0	0	15	40	1	36	0	0	0	2	2	0	
Mixed Berry Fruit Smoothie with Yogurt	12oz	210	10	1	0.5	0	5	50	48	1	43	2	0	8	2	0	
Strawberry Banana Fruit Smoothie	12oz	160	0	0	0	0	15	40	0	36	0	0	0	2	0	0	
Strawberry Banana Fruit Smoothie with Yogurt	12oz	210	10	1	0.5	0	5	50	48	0	43	2	0	8	0	0	
Frozen Lemonade	12oz	140	0	0	0	0	15	34	0	32	0	0	2	0	0	0	
<b>Espresso &amp; Latte Beverages</b>																	
Espresso Shot	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	45
Latte	10oz	80	0	0	0	0	5	125	13	0	12	8	0	4	30	0	40
Flavoured Latte	10oz	110	0	0	0	0	5	125	20	0	19	8	0	4	30	0	40
Flavoured Latte Supreme	10oz	190	50	5	5	0	5	140	27	0	26	8	0	4	30	0	40
Cappuccino	10oz	70	0	0	0	0	5	105	11	0	10	7	0	2	25	0	70
Mocha Latte	10oz	180	60	6	5	0	5	150	25	0	24	7	0	2	20	0	65
Tea Latte	10oz	45	0	0	0	0	5	75	7	0	7	5	0	2	15	0	0-50
Iced Latte	16oz	180	50	6	3.5	0	25	150	22	0	21	10	0	0	40	0	40
Mocha Iced Latte	16oz	320	80	8	7	0	10	250	52	1	44	10	0	0	25	10	40
Flavoured Iced Latte Supreme	16oz	260	100	11	8	0	25	150	30	0	28	11	0	0	40	0	40
<b>Breakfast</b>																	
Bagel BELT™	266g	460	140	16	6	0	190	1020	59	3	10	21	8	15	15	20	
Oatmeal – Maple	308g	220	25	2.5	0.5	0	0	220	49	4	20	5	0	0	4	10	
Oatmeal – Mixed Berries	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	
Hash Brown	47g	100	45	5	0.5	0	0	210	12	1	0	1	0	2	2	2	
<b>Breakfast Sandwiches</b>																	
Biscuit, Sausage, Egg, Cheese	191g	560	330	37	19	0.5	215	1070	36	2	3	20	8	0	15	10	
Biscuit, Bacon, Egg, Cheese	159g	440	220	25	14	0.5	190	860	35	2	4	17	8	0	15	10	
Biscuit, Ham, Egg, Cheese	173g	410	190	21	13	0.5	195	1030	35	2	4	18	8	0	15	15	
Biscuit, 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	440	250	28	11	0	215	1000	28	3	2	19	8	0	20	10	
English Muffin, Bacon, Egg, Cheese	142g	320	140	16	6	0	190	790	28	3	3	17	8	0	20	10	
English Muffin, Ham, Egg, Cheese	156g	300	110	13	5	0	195	970	28	3	2	17	8	0	20	15	
English Muffin, Egg, Cheese	132g	270	110	12	5	0	180	710	27	3	2	14	8	0	20	10	
Breakfast Sausage & Biscuit	117g	420	240	27	14	0	35	580	32	1	2	11	0	0	0	8	
<b>Breakfast Wraps</b>																	
Bacon, Egg, Cheese	102g	270	140	16	5	0	180	630	18	2	1	13	6	0	10	8	
Sausage, Egg, Cheese	135g	390	250	28	9	0	210	840	18	2	0	16	6	0	10	8	
Egg & Cheese	92g	220	110	12	3.5	0	175	550	17	2	0	10	6	0	10	8	
<b>Hot Bowls</b>																	
Chicken Noodle Soup	10oz	100	25	2.5	1	0	15	650	15	1	2	4	2	25	2	4	
Hearty Vegetable Soup	10oz	80	5	0	0	0	0	590	14	2	3	4	20	20	4	4	
Turkey and Wild Rice Soup	10oz	130	15	1.5	0	0	5	660	25	1	1	3	4	30	2	4	
Split Pea with Ham Soup	10oz	160	20	2.5	0.5	0	5	640	28	5	3	7	2	2	2	35	
Cream of Broccoli Soup	10oz	150	60	7	2.5	0	10	680	16	2	6	6	15	25	15	2	
Hearty Potato Bacon Soup	10oz	230	120	13	6	0	30	770	22	1	5	6	35	2	15	4	
Minestrone Soup	10oz	120	15	1.5	0	0	0	670	25	2	4	3	10	35	4	6	
Chili	10oz	300	140	16	6	0	50	1210	18	5	5	21	0	10	6	15	



### 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 download our free app:



Available for iPhone, Android and BlackBerry.

Or write to:

**The TDL Group Corp., Guest Services**  
874 Sinclair Road, Oakville, Ontario, Canada L6K 2Y1

\*Message and data rates may apply. Check your carrier for details.

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 restaurant level, and/or season of the year. Regional variations may occur. 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 **May 2012**. Updated versions will be printed periodically. To receive the most up-to-date information please visit [timhortons.com](http://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, and information provided by our suppliers.

- Baked goods may vary in size.



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# Nutrition Guide



