

## 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 baked fresh throughout the day, 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.



BEVERAGES

BEVERAGES	10oz	75	3.5	2	0.1	15	15	9	0	9	1	2	0	2	0
Coffee**	10oz	75	3.5	2	0.1	15	15	9	0	9	1	2	0	2	0
Steeped Tea***	10oz	50	1	0.5	0	5	20	10	0	10	1	2	0	4	0
Hot Chocolate	10oz	220	4.5	1.5	2	0	380	47	2	41	1	0	0	15	0
French Vanilla Cappuccino	10oz	250	8	7	0.1	5	240	41	1	31	4	0	0	10	2
English Toffee Cappuccino	10oz	240	7	6	0.1	5	220	41	2	30	4	0	0	15	8
Iced Cappuccino	10oz	250	11	6	0.4	45	50	33	0	33	2	8	0	10	2
Iced Cappuccino - Milk	10oz	150	1.5	1	0	5	35	32	0	32	3	2	0	8	2
Café Mocha	10oz	180	8	6	1	0	170	27	1	24	1	0	0	8	0
Hot Smoothee	10oz	260	10	9	0.3	5	200	39	2	28	5	0	0	10	0
Flavour Shot	1ml	4	0	0	0	0	0	1	0	0	0	0	0	0	0

\*\*single sugar, single cream

\*\*\*single sugar, single milk

LUNCH

'TIM'S OWN' SANDWICHES*	1	440	12	5	0.2	50	1690	56	3	7	28	8	25	25	30
Ham & Swiss (with lettuce, tomato, & Tim's Own dressing)	1	440	12	5	0.2	50	1690	56	3	7	28	8	25	25	30
Turkey Breast (with lettuce, tomato, & Tim's Own dressing)	1	390	5	1.5	0	10	1480	59	4	6	27	2	25	8	30
Turkey Bacon Club (with lettuce, tomato, bacon & honey mustard)	1	440	8	2.5	0.1	25	1730	63	2	16	30	2	15	4	25
Chicken Salad (with lettuce & tomato)	1	380	9	1.5	0.2	40	980	54	3	6	20	8	35	4	30
Egg Salad (with lettuce)	1	390	13	3	0.1	245	780	52	2	7	17	2	2	4	30
B.L.T. (with lettuce, tomato, bacon & mayonnaise)	1	450	18	5	0.1	30	850	53	2	9	18	4	15	2	30
Toasted Chicken Club (with lettuce, tomato, bacon & honey mustard)	1	440	7	2.5	0	40	1070	70	2	14	25	6	10	4	45
Country Bun - white	1	240	1	0.3	0	0	510	49	2	5	9	0	0	2	25
Country Bun - whole wheat	1	230	1	0.3	0	0	490	46	4	4	10	2	0	2	20

\*All nutritional information is based on regular sized sandwiches and standard ingredient servings.

## SOUPS & CHILI

Chicken Noodle	10oz	120	2	1	0.2	20	880	18	1	2	5	15	25	2	25
Hearty Vegetable	10oz	70	0.4	0.1	0	0	1060	14	3	2	4	0	6	4	6
Vegetable Beef Barley	10oz	110	1.5	0.3	0	5	980	21	2	2	4	15	30	2	30
Turkey Rice	10oz	120	1.5	0.2	0	0	1000	21	1	2	3	10	35	2	35
Split Pea with Ham	10oz	150	2.5	2.5	0	5	970	27	5	3	8	15	6	2	35
Cream of Broccoli	10oz	160	9	4	0.1	20	820	16	1	6	6	30	4	15	4
Potato Bacon	10oz	180	6	1.5	0.5	0	1260	30	2	5	3	20	20	4	4
Beef Noodle	10oz	130	1.5	0.4	0	10	1030	23	1	3	6	15	6	2	30
Minestrone	10oz	120	3	0.4	0	0	940	24	2	4	4	15	35	4	35
Creamy Field Mushroom	10oz	150	3	2	0	0	1080	28	1	3	3	0	0	2	4
Chili	10oz	300	19	7	1	90	1320	17	4	4	26	4	10	6	25
Baked Beans	8oz	270	5	1.5	0	5	1140	47	12	14	10	0	6	10	25

BREAKFAST

BREAKFAST SANDWICHES*	1	500	34	20	0.5	185	920	32	1	3	18	4	0	10	15
Sausage, Egg, Cheese	1	500	34	20	0.5	185	920	32	1	3	18	4	0	10	15
Bacon, Egg, Cheese	1	400	24	17	0.5	165	740	31	1	3	16	4	0	10	15
Egg, Cheese	1	350	20	15	0.5	155	670	31	1	3	13	4	0	10	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 Customer Service 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:  
**www.timhortons.com**

or write to:  
The TDL Group Corp.  
Customer Nutrition,  
Ingredient & Allergy Inquiry  
Research & Development  
874 Sinclair Road, Oakville, ON  
Canada L6K 2Y1

- Nutritional information in this brochure was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional Software, and information provided by suppliers.
- Baked goods may vary by size.

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 store to store and may not be available at all locations. This guide includes a selection of Tim Hortons' most popular items and may not include all products found in-store.

The information in this guide is effective as of September 1, 2007. Updated versions will be printed periodically. To receive the most up-to-date information please visit [www.timhortons.com](http://www.timhortons.com). Information is applicable to product in Canadian stores and may be subject to change at any time.

**Tim Hortons**

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# Nutrition Guide



[www.timhortons.com](http://www.timhortons.com)

ALWAYS  
**Tim Hortons**  
FRESH

Canadian Edition

DONUTS		servings	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 %
<b>YEAST DONUTS</b>																
Apple Fritter	1	300	11	5	0.1	0	350	49	2	16	4	0	4	4	20	
Blueberry Fritter	1	330	10	4.5	0.1	0	340	55	2	22	6	0	0	2	15	
Dutchie	1	250	10	4.5	0.1	0	210	38	1	16	4	0	0	2	15	
Chocolate Dip	1	210	8	3.5	0.1	0	190	32	1	9	4	0	0	2	10	
Maple Dip	1	210	8	3.5	0.1	0	190	32	1	9	4	0	0	2	10	
Honey Dip	1	210	8	3.5	0.1	0	190	33	1	11	4	0	0	2	10	
<b>CAKE DONUTS</b>																
Old Fashion Plain	1	260	19	9	0.1	10	230	20	1	7	3	0	0	2	6	
Old Fashion Glazed	1	320	19	9	0.1	10	230	35	1	22	3	0	0	2	6	
Chocolate Glazed	1	260	10	4.5	0.1	5	300	39	2	20	4	0	0	2	15	
Sour Cream Plain	1	270	17	8	0.1	10	230	27	1	10	3	0	0	2	6	
<b>FILLED DONUTS</b>																
Boston Cream	1	250	8	3.5	0.1	0	260	40	1	13	4	0	0	2	15	
Strawberry Vanilla	1	310	8	3.5	0.1	0	220	55	1	28	4	0	0	2	15	
Strawberry	1	230	8	3.5	0.1	0	220	36	1	12	4	0	0	2	15	
Blueberry	1	230	8	3.5	0.1	0	210	36	1	11	4	0	0	2	15	
Canadian Maple	1	260	8	3.5	0.1	0	260	43	1	17	4	0	0	2	15	
<b>OTHER</b>																
Walnut Crunch	1	360	23	10	0.1	5	320	35	1	19	4	0	0	2	15	
Honey Cruller	1	320	19	9	0.4	50	220	37	0	23	1	0	0	2	4	

TIMBITS®		servings	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 %
<b>YEAST TIMBITS</b>																
Honey Dip	1	60	2	1	0	0	50	9	0	4	1	0	0	0	4	
Dutchie	1	50	2	1	0	0	40	9	0	4	1	0	0	0	2	
Apple Fritter	1	50	1.5	1	0	0	55	9	0	4	1	0	0	0	2	
<b>CAKE TIMBITS</b>																
Old Fashion Plain	1	70	5	2.5	0	5	60	5	0	2	1	0	0	0	2	
Sour Cream Glazed	1	90	4.5	2	0	5	65	12	0	7	1	0	0	0	2	
Chocolate Glazed	1	70	2.5	1	0	0	75	10	0	5	1	0	0	0	4	
<b>FILLED TIMBITS</b>																
Raspberry	1	60	2	1	0	0	50	10	0	4	1	0	0	0	4	
Lemon	1	60	2	1	0	0	50	9	0	4	1	0	0	0	4	
Strawberry	1	60	2	1	0	0	55	10	0	4	1	0	0	0	4	
Blueberry	1	60	2	1	0	0	50	10	0	4	1	0	0	0	4	

COOKIES		servings	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 %
Chocolate Chip	1	150	6	2.5	0.1	15	140	23	0	14	1	2	0	0	6	
Peanut Butter	1	160	8	2.5	0.2	15	160	19	1	10	3	2	0	2	6	
Peanut Butter Chocolate Chunk	1	160	8	3	0.2	10	135	20	1	12	3	2	0	2	6	
Oatmeal Raisin	1	140	5	1.5	0	15	135	22	1	12	2	2	0	2	6	
Oatcakes	1	180	8	2.5	0	0	190	25	2	9	3	0	0	2	15	
M&M® with Chocolate Chips	1	160	8	2	0	5	135	20	0	11	2	0	0	2	6	

## HEALTHFUL HINTS



### Exercise Your Tastebuds.

These delicious sandwiches have 8 grams of fat or less:

- Toasted Chicken Club
- Turkey Breast
- Turkey Bacon Club
- Ham & Swiss (with honey mustard)\*



### Start With A Warm Up.

These homestyle soups have 3 grams of fat or less:

- Chicken Noodle
- Hearty Vegetable
- Minestrone
- Turkey & Wild Rice
- Beef Noodle
- Chicken Vegetable Rice
- Vegetable Beef Barley
- Split Pea with Ham



### Think Berry Good Thoughts.

Our Yogurt & Berries has 2.5 grams of fat or less.\*\*

- A delicious mix of creamy yogurt, strawberries, blueberries, blackberries & raspberries
- Available with creamy vanilla or strawberry yogurt
- A source of calcium



### Take Time to Chill.

A small (10 oz) Iced Capp made with 2% milk contains only 1.5 grams of fat.

- Try it with one of our flavours, such as Butter Caramel or French Vanilla.

## MORE HINTS

- Try your coffee with 2% milk instead of cream.
- Consider our apple or orange juice, each contains 2 full servings of fruit.†
- Our bran muffins, chili and whole wheat buns are all sources of fibre.
- Try one of our light cream cheeses on your bagel.
- Each of our low fat muffins contain 3 grams of fat or less.

A balanced lifestyle includes staying active and making healthy eating choices.

All nutritional information is based on regular sized sandwiches and standard ingredient servings. \*Without dressing. \*\*Based on a 170g serving. †As per Canada's Food Guide to Healthy Eating.



MUFFINS		servings	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 %
Banana Nut	1	390	17	2	0.1	15	510	56	2	26	6	0	2	6	15	
Blueberry	1	330	11	1.5	0	15	580	55	2	27	4	0	0	4	15	
Chocolate Chip	1	430	16	5	0.3	15	580	69	2	40	5	0	0	6	20	
Blueberry Bran	1	300	10	1	0	10	770	53	5	25	6	0	6	4	25	
Cranberry Blueberry Bran	1	290	10	1.5	0	10	710	51	5	24	5	0	8	4	20	
Raisin Bran	1	360	10	1.5	0	10	790	65	6	37	6	0	6	6	25	
Cranberry Fruit	1	350	12	1.5	0	15	560	59	2	31	4	0	6	6	15	
Fruit Explosion	1	360	11	1.5	0	15	550	61	2	32	4	0	4	6	15	
Strawberry Sensation	1	350	11	1.5	0	15	580	61	1	31	4	0	10	6	15	
Wheat Carrot	1	400	19	2.5	0	10	660	55	4	26	6	15	10	4	20	
Low Fat Cranberry	1	290	2.5	0.5	0	0	750	62	2	31	4	0	4	4	15	
Low Fat Blueberry	1	290	2.5	0.5	0	0	750	62	2	32	4	0	0	4	15	

BAGELS		servings	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 %
Plain	1	260	1.5	0.2	0	0	450	52	2	7	9	0	0	2	20	
Sesame Seed	1	270	2.5	0.4	0	0	430	53	3	7	9	0	0	2	30	
Poppy Seed	1	270	2	0.3	0	0	440	53	3	7	9	0	0	4	20	
Blueberry	1	270	1	0	0	0	470	55	2	7	10	0	0	2	20	
Onion	1	260	1.5	0.2	0	0	460	53	3	8	9	0	0	4	20	
Everything	1	280	2	0.3	0	0	460	53	3	7	10	0	0	4	20	
Cinnamon Raisin	1	270	1	0.2	0	0	350	55	3	12	10	0	0	4	20	
Flax Seed	1	310	5	0	0	0	580	58	6	5	10	0	0	2	15	
Twelve Grain	1	330	9	1	0	0	580	52	6	6	10	0	0	6	25	
Sun Dried Tomato	1	310	3.5	0.5	0	0	550	59	2	4	9	0	0	2	20	
<b>CREAM CHEESE</b>																
Plain	1.5oz	144	14	9	0.5	50	179	2	0	2	3	15	0	6	0	
Light Plain	1.5oz	100	8	5	0.2	30	216	2	0	2	4	10	0	4	0	
Herb and Garlic	1.5oz	141	13	8	0.4	47	228	2	0	2	3	15	0	6	0	
Light Garden Vegetable	1.5oz	86	7	3.5	0.1	22	165	4	0	3	3	10	8	6	0	

SPECIALTY BAKED GOODS		servings	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 %
Butter Croissant	1	340	18	4.5	4.5	0	380	38	1	7	7	4	15	2	15	
Cheese Croissant	1	370	20	7	5	15	410	37	0	6	9	4	4	10	25	
Plain Tea Biscuit	1	250	9	2	0	0	590	35	1	4	5	0	0	4	15	
Raisin Tea Biscuit	1	290	10	2	0	0	590	45	2	12	6	0	0	4	20	
Cinnamon Roll- Frosted	1	470	25	12	0.5	0	380	57	2	20	4	2	0	4	20	
Cinnamon Roll- Glazed	1	420	23	11	0.2	0	360	50	2	15	4	2	0	4	20	
Chocolate Danish	1	430	24	9	0.3	10	220	51	1	27	4	0	10	4	4	
Maple Pecan Danish	1	380	20	7	0.3	20	230	46	1	21	4	0	10	2	2	
Cherry Cheese Danish	1	330	13	6	0.3	15	230	46	1	24	5	2	0	2	10	

YOGURT & BERRIES		servings	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 %
Low Fat Creamy Vanilla Yogurt with Berries	170g															