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.

Strawberry Banana with Yogurt

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

Sandwiches* 'Tim's Own®' Sandwiches Ham & Swiss 390 254a Turkey Bacon Club 252g Chicken Salad Egg Salad Toasted Chicken Club Turkey Caesar Chicken Caesar 244a 370 Tim Hortons Chicken Wrap Snackers BBQ Chicken Chicken Ranch Breakfast* Bagel BELT™ Hashbrown **Breakfast Sandwiches** Sausage, Egg, Cheese Bacon, Egg, Cheese Egg, Cheese English Muffin, Egg, Sausage, Cheese 164g English Muffin, Egg, Bacon, Cheese English Muffin, Egg, Cheese Breakfast Sausage & Biscuit Breakfast Wraps Sausage, Egg, Cheese Bacon, Egg, Cheese Egg and Cheese Oatmeal Mixed Berries Soups & Chili Chicken Noodle Hearty Vegetable Beef Barley with Portobello Mushroom 284ml Turkey and Wild Rice Cream of Broccoli Hearty Potato Bacon Minestrone Creamy Field Mushroom Chicken Vegetable & Rice Beverages Coffee (1 cream, 1 sugar) Steeped Tea (1 milk, 1 sugar) Hot Chocolate French Vanilla Cappuccino Iced Cappuccino Iced Cappuccino (Milk) Iced Coffee (Cream) Iced Coffee (Milk) Café Mocha Flavour Shot Real Fruit Smoothies Mixed Berry (No Yogurt) Strawberry Banana (No Yogurt) Mixed Berry with Yogurt



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 2YI

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.





Recycled www.fsc.org © 1996 Forest Stewardship Council **Nutrition Guide** A balanced lifestyle includes staying active and making healthy eating choices. Canadian Edition

Snacks & Baked Goods

Donuts	
Yeast Donuts	

Apple Fritter	95g	300	11	5	0.1	0	350	49	2	16	4	0	4	4	20
Blueberry Fritter	110g	330	10	4.5	0.1	0	340	55	2	22	6	0	0	2	15
Dutchie	72g	250	10	4.5	0.1	0	210	38	1	16	4	0	0	2	15
Chocolate Dip	62g	210	8	3.5	0.1	0	190	32	1	9	4	0	0	2	10
Maple Dip	62g	210	8	3.5	0.1	0	190	32	1	9	4	0	0	2	10
Honey Dip	62g	210	8	3.5	0.1	0	190	33	1	11	4	0	0	2	10
Cake Donuts															
Old Fashion Plain	58g	260	19	9	0.1	10	230	20	1	7	3	0	0	2	6
Old Fashion Glazed	75g	320	19	9	0.1	10	230	35	1	22	3	0	0	2	6
Chocolate Glazed	75g	260	10	4.5	0.1	5	300	39	2	20	4	0	0	2	15
Sour Cream Plain	58g	270	17	8	0.1	10	230	27	1	10	3	0	0	2	6
Filled Donuts															
Boston Cream	89g	250	8	3.5	0.1	0	260	40	1	13	4	0	0	2	15
Strawberry Vanilla	89g	310	8	3.5	0.1	0	220	55	1	28	4	0	0	2	15
Strawberry	78g	230	8	3.5	0.1	0	220	36	1	12	4	0	0	2	15
Blueberry	78g	230	8	3.5	0.1	0	210	36	1	11	4	0	0	2	15
Canadian Maple	89g	260	8	3.5	0.1	0	260	43	1	17	4	0	0	2	15
Other															
Walnut Crunch	80g	360	23	10	0.1	5	320	35	1	19	4	0	0	2	15
Honey Cruller	80a	320	19	9	0.4	50	220	37	0	23	1	0	0	2	4

Timbits[®]

Yeast Timbits	
Honey Dip	

Apple Fritter
Cake Timbits

Dutchie

Cake Timbits
Old Fashion Plain
Sour Cream Glazed
Chocolate Glazed

Filled Timbits

Raspberry	21g	60	2	1	0	0	50	10	0	4	1
Lemon	21g	60	2	1	0	0	50	9	0	4	1
Strawberry	21g	60	2	1	0	0	55	10	0	4	1
Blueberry	21g	60	2	1	0	0	50	10	0	4	1

Cookies

COOKICS															
Chocolate Chunk	52g	230	9	6	0.1	20	260	35	1	19	2	8	0	2	10
Peanut Butter	52g	280	16	7	0.1	20	260	27	2	16	6	8	0	2	8
Oatmeal Raisin Spice	52g	220	8	5	0.1	25	200	35	1	21	3	8	0	2	8
Triple Chocolate	52g	250	13	8	0.1	30	220	31	2	20	3	10	0	2	15
Caramel Chocolate Pecan	52g	230	11	5	0.1	20	290	32	1	17	3	8	0	2	10
White Chocolate Macadamia Nut	52g	240	12	6	0.1	20	270	31	1	17	3	8	0	2	8
Trail Mix Cookie with Fruit and Nuts	52g	220	8	3	0.1	5	160	35	4	20	3	4	0	2	10

Healthful Hints

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



Choose a low fat option

- Try a soup that is low in fat like our Chicken Noodle
- Our Low Fat Muffins contain only 2.5g of fat
- Any size Iced Cappuccino made with milk or chocolate milk contains less than 2.5g of fat
- Low in Fat 3g of fat or less



Choose a source of fibre

- Try our chili, it's a source of fibre
- Bran and Whole Grain muffins are high in fibre
- Choose a Whole Wheat Homestyle Bun and add 2g of fibre to your sandwich
- A source of fibre 2g of fibre or more



Choose a source of Calcium

- Yogurt & Berries is a source of calcium
- Add Cheddar or Swiss Cheese to your sandwich
- Iced Capp, Cappuccino and Iced Coffee are sources of calcium
- • Source of Calcium 5% or more of the daily value

To help you select menu items that are low in fat or are sources of fibre or calcium, look for the corresponding colour to the boxes above next to items listed in this guide.

More Hints

- Try 2% milk or 1% chocolate milk instead of cream in your beverage
- Add flavour without calories to your beverage with our calorie-free Flavour Shots
- Order your Breakfast Sandwich on a low-fat Bagel like Wheat 'N Honey
- Try one of our light cream cheeses on your bagel
- Treat yourself to three filled or yeast Timbits for a snack with fewer than 200 calories

For additional nutrition information, please visit: timhortons.com

Snacks & Baked Goods

Muffins	
Banana Nut	

	Blueberry	115g	340	11	2	0.2	40	570	53	2	25	5	0	0	4	
	Chocolate Chip	115g	410	15	5	0.3	35	430	62	2	37	5	0	0	4	
	Triple Chocolate	115g	450	16	6	0.3	10	430	67	2	43	5	0	0	4	
•	Cranberry Blueberry Bran	115g	340	12	2	0.2	20	460	54	5	25	5	0	2	4	
•	Raisin Bran	115g	410	13	2.5	0.2	20	490	69	5	40	6	0	0	6	
	Fruit Explosion	122g	360	11	2	0.2	40	580	56	2	27	5	0	4	4	
	Strawberry Sensation	122g	360	11	2	0.2	35	560	58	2	28	5	0	8	4	
•	Whole Grain Carrot Orange	115g	370	13	2.5	0.2	25	470	59	4	30	5	50	4	4	
•	Low Fat Double Berry	115g	290	2.5	0.5	0.1	0	500	59	2	30	4	0	2	4	
•	Whole Grain Raspberry	115g	400	16	4	0.3	25	490	60	4	29	6	0	2	6	
•	Whole Grain Blueberry	115g	380	15	2.5	0.2	20	530	58	5	27	6	0	0	4	

Bagels

	Cusama Chassa															
•	Cheddar Cheese	85g	220	2.5	1	0	5	410	41	2	3	9	0	0	4	2
• •	Wheat 'N Honey	114g	300	3	0.4	0	0	600	60	4	6	10	0	0	0	1
0	12 Grain	114g	330	9	1	0	0	580	52	6	6	10	0	0	6	2
•	Cinnamon Raisin	114g	270	1	0.2	0	0	350	55	3	12	10	0	0	4	2
•	Everything	114g	280	2	0.3	0	0	460	53	3	7	10	0	0	4	2
•	Onion	114g	260	1.5	0.2	0	0	460	53	3	8	9	0	0	4	2
	Blueberry	114g	270	1	0	0	0	470	55	2	7	10	0	0	2	2
•	Sesame Seed	114g	270	2.5	0.4	0	0	430	53	3	7	9	0	0	2	3
	Гіані	114y	200	1.0	0.2	U	U	430	JZ	2	1	9	U	U	2	

Cream Cheese

•	Plain	43g	144	14	9	0.5	50	179	2	0	2	3	15	0	6
	Light Plain	43g	100	8	5	0.2	30	216	2	0	2	4	10	0	4
	Light Strawberry	43g	100	6	4	0.2	25	170	8	0	7	3	8	2	4
	Herb and Garlic	43g	141	13	8	0.4	47	228	2	0	2	3	15	0	6

Specialty Baked Goods

Plain Croissant	68g	270	14	6	0.1	0	370	31	2	4	6	0	0	4	10
Cheese Croissant	75g	320	20	10	0.4	25	440	25	2	3	10	4	0	15	10
Plain Tea Biscuit	76g	240	9	1.5	0.1	0	560	35	1	5	5	0	0	2	15
Raisin Tea Biscuit	90g	280	9	1.5	0.1	0	550	46	2	15	6	0	0	4	20
Cinnamon Roll – Frosted	119g	470	25	12	0.2	0	380	59	2	22	4	2	0	4	20
Cinnamon Roll – Glazed	108g	420	23	11	0.2	0	360	50	2	15	4	2	0	4	20
Chocolate Danish	108g	490	27	11	0.2	10	240	56	3	27	7	0	0	4	25
Maple Pecan Danish	103g	410	21	8	0.2	0	260	49	2	20	5	0	0	2	10
Cherry Cheese Danish	107g	350	13	5	0.1	0	310	53	1	23	5	0	0	4	10

Yogurt & Berries

• • •	Creamy Vanilla with Berries	170g	160	2.5	1.5	0	10	45	33	2	25	4	2	20	10	2
• • •	Strawberry with Berries	170a	140	2.5	1.5	0	10	50	27	2	20	4	2	20	10	2