

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” products 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	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)
Coffee**	10oz	75	3.5	2	0.1	15	15	9	0	9	1	2	0	2	0	100
Steeped Tea***	10oz	50	1	0.5	0	5	20	10	0	10	1	2	0	4	0	59
Hot Chocolate	10oz	220	4.5	1.5	2	0	380	47	2	41	1	0	0	15	0	15
French Vanilla Cappuccino	10oz	250	8	7	0.1	5	240	41	1	31	4	0	0	10	2	56
English Toffee Cappuccino	10oz	240	7	6	0.1	5	220	41	2	30	4	0	0	15	8	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
Café Mocha	10oz	180	8	6	1	0	170	27	1	24	1	0	0	8	0	66
Hot Smoothie	10oz	260	10	9	0.3	5	200	39	2	28	5	0	0	10	0	0
Flavour Shot	1ml	4	0	0	0	0	0	1	0	0	0	0	0	0	0	0

single sugar, single cream *single sugar, single milk

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BREAKFAST

BREAKFAST																
Bagel B.E.L.T.™	1	440	14	6	0.2	165	940	59	3	10	21	10	20	15	30	
Hash Brown	1	100	5	0.5	0	0	210	12	1	0	1	0	2	0	2	
BREAKFAST SANDWICHES*																
Sausage, Egg, Cheese	1	510	33	18	0.5	185	950	35	1	3	18	4	0	10	15	
Bacon, Egg, Cheese	1	410	23	14	0.5	165	780	35	1	4	16	4	0	10	15	
Egg, Cheese	1	360	19	13	0.5	155	700	34	1	3	13	4	0	10	15	

LUNCH

'TIM'S OWN' SANDWICHES*																
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 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 only – white	1	240	1	0.3	0	0	510	49	2	5	9	0	0	2	25	
Country Bun only – whole wheat	1	230	1	0.3	0	0	490	46	4	4	10	2	0	2	20	

BEVERAGES

SLOW ROAST SANDWICHES*																
Slow Roast Beef	1	390	8	2.5	0.1	55	870	53	3	2	26	2	4	4	35	

*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	930	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	
Hearty Potato Bacon	10oz	250	13	6	0.2	30	790	23	1	5	6	0	2	10	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	
Chicken Vegetable & Rice	10oz	130	2	0.5	0.2	5	870	23	2	2	5	15	25	4	8	
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	

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:
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 August, 2008. 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 stores and may be subject to change at any time.

Tim Hortons

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Nutrition Guide



timhortons.com

ALWAYS
Tim Hortons
FRESH

Canadian Edition

DONUTS		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 %
YEAST DONUTS																
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	
CAKE DONUTS																
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	
FILLED DONUTS																
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	
OTHER																
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®		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 %
YEAST TIMBITS																
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	
CAKE TIMBITS																
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	
FILLED TIMBITS																
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		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 %
Chocolate Chunk	1	230	9	6	0.1	20	260	35	1	19	2	8	0	2	10	
Peanut Butter	1	280	16	7	0.1	20	260	27	2	16	6	8	0	2	8	
Oatmeal Raisin Spice	1	220	8	5	0.1	25	200	35	1	21	3	8	0	2	8	
Triple Chocolate	1	250	13	8	0.1	30	220	31	2	20	3	10	0	2	15	
Caramel Chocolate Pecan	1	230	11	5	0.1	20	290	32	1	17	3	8	0	2	10	
White Chocolate Macadamia Nut	1	240	12	6	0.1	20	270	31	1	17	3	8	0	2	8	

HEALTHFUL HINTS



Exercise Your Tastebuds.

These delicious sandwiches have **8 grams of fat or less:***

- Turkey Bacon Club
- Toasted Chicken Club
- Ham & Swiss with honey mustard**



Start With A Warm Up.

These homestyle soups have **3 grams of fat or less:**

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



Think Berry Good Thoughts.

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

- A delicious mix of low fat yogurt with strawberries, blueberries, blackberries and 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. To find out more about ingredients or nutritional information, please visit our interactive [Nutrition Calculator at timhortons.com](http://timhortons.com).

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

Substitute Honey Mustard for standard dressing. *Based on a 170g serving.

†As per Canada's Food Guide to Healthy Eating.



MUFFINS		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 %
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	
Whole Grain Raspberry	1	400	17	4	0.1	15	580	58	5	26	5	0	4	6	30	
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		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 %
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	
Twelve Grain	1	330	9	1	0	0	580	52	6	6	10	0	0	6	25	
Wheat 'n Honey	1	300	3	0.4	0	0	600	60	4	6	10	0	0	0	15	
CREAM CHEESE																
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	
Light Strawberry	1.5oz	100	6	4	0.2	25	170	8	0	7	3	8	2	4	0	
Herb and Garlic	1.5oz	141	13	8	0.4	47	228	2	0	2	3	15	0	6	0	

SPECIALTY BAKED GOODS		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 %
Plain Croissant	1	200	11	5	0	0	210	21	0	2	5	0	0	4	8	
Cheese Croissant	1	230	14	8	0	15	290	19	1	1	8	2	0	8	8	
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	340	16	8	0.1	15	180	42	2	25	6	0	0	4	10	
Maple Pecan Danish	1	290	12	4.5	0.1	15	190	37	0	18	5	0	0	4	6	
Cherry Cheese Danish	1	230	10	4.5	0.2	15	200	27	0	10	5	0	0	4	6	

YOGURT & BERRIES		serving size	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (
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