

Sandwiches, Panini, Wraps & Cold Beverages

Sandwiches, Panini, Wraps‡

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)	Caffeine (mg)
● Italiano Grilled Bagel Sandwich	278 g	640	240	27	11	0	85	2320	64	4	6	36	20	6	40	60	
● Turkey, Bacon Club Sandwich	250 g	510	240	27	9	0	80	1650	36	2	2	28	8	25	25	20	
● Angus Steak & Cheese Panini	186 g	400	160	17	7	0	65	1120	35	2	2	27	6	2	30	20	
● Grilled Cheese Panini	140 g	460	260	29	18	1	80	1360	39	2	3	14	25	0	35	10	
● Tuscan Chicken Panini	251 g	420	130	15	5	0	65	1170	42	3	3	30	15	20	30	20	
● Chicken Fajita Grilled Wrap	270 g	430	170	19	8	0	70	1060	39	3	4	28	10	40	35	15	
● Steak Fajita Grilled Wrap	270 g	430	180	20	8	0	60	1140	40	3	4	26	8	40	35	25	

Other

Kettle Cooked Potato Chips	40 g	220	120	14	1	0	0	110	22	1	0	2	0	10	2	4	
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Cold Beverages‡

Iced Capp™ (Cream)	12 oz	310	140	16	10	0	55	40	40	0	37	3	10	2	8	2	110
● Iced Capp™ (Milk)	12 oz	180	15	1.5	1	0	5	45	39	0	35	3	4	2	10	2	110
● Iced Capp™ (Chocolate Milk)	12 oz	200	5	1	0	0	5	75	45	0	44	3	0	0	10	2	110
Flavored Iced Capp™ (Cream)	12 oz	320	140	16	10	0	55	40	41	0	37	3	10	2	8	2	110
Iced Coffee (Cream)	16 oz	80	35	4	2	0	15	30	10	0	10	0	0	4	0	130	
● Iced Coffee (Milk)	16 oz	45	5	0	0	0	0	20	9	0	9	1	0	0	4	0	130
● Iced Coffee (Chocolate Milk)	16 oz	50	0	0	0	0	0	25	11	0	11	1	0	0	4	0	130
Flavored Iced Coffee (Cream)	16 oz	80	35	4	2	0	15	30	11	0	10	0	0	0	4	0	130
● Iced Latte	16 oz	210	50	6	3.5	0	25	150	29	0	28	10	0	0	40	0	40
● Flavored Iced Latte	16 oz	210	50	6	3.5	0	25	150	30	0	28	10	0	0	40	0	40
Mocha Iced Capp™	12 oz	410	190	21	14	0.5	50	60	54	1	47	3	10	2	8	6	110
Mocha Iced Coffee	16 oz	210	80	9	7	0	15	50	29	1	23	2	0	0	4	6	130
● Iced Mocha Latte	16 oz	320	70	8	6	0	10	270	54	1	45	10	0	0	25	15	40
● Strawberry Banana Fruit Smoothie with Greek Yogurt	12 oz	170	0	0	0	0	0	45	37	0	34	5	0	0	8	0	0
● Frozen Lemonade (Original)	12 oz	140	0	0	0	0	0	15	34	0	32	0	0	2	0	0	0
Frozen Hot Chocolate	12 oz	420	180	21	14	0.5	55	220	57	1	50	3	10	2	10	8	5
Frozen Strawberries & Cream	12 oz	390	190	21	15	0.5	60	80	47	0	42	3	10	2	10	0	0
Frozen Vanilla & Cream	12 oz	390	190	21	15	0.5	60	85	48	0	43	3	10	2	10	0	0

‡ All nutrition information is based on small size hot and cold beverages, standard build sandwiches, panini and wraps with standard ingredient servings.

Hot Bowls & Hot Beverages

Hot Bowls

● Chili	10 oz	300	140	16	6	0	50	1180	18	5	5	21	0	10	6	15	
● Mac & Cheese	10 oz	490	240	27	10	0	40	1120	48	1	7	16	35	0	30	10	
● Broccoli Cheddar Soup	10 oz	180	80	9	4	0	15	680	16	2	6	8	20	25	20	2	
● Chicken Noodle Soup	10 oz	120	10	1.5	0	0	5	710	21	1	2	5	2	40	2	4	
● Clam Chowder	10 oz	190	60	7	2	0	20	680	23	1	6	9	2	25	15	10	
● Hearty Vegetable Soup	10 oz	80	5	0	0	0	0	590	14	2	3	4	20	20	4	4	
Italian Wedding Soup	10 oz	130	35	4	1.5	0	10	500	18	1	1	6	15	2	4	6	
● Potato Bacon Cheddar Soup	10 oz	260	140	15	8	0	35	820	22	1	5	7	35	2	15	4	

Hot Beverages‡

● Original Blend Coffee	10 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	140
● Dark Roast Coffee	10 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	135
● Decaffeinated Coffee	10 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Original Blend Coffee (1 Cream, 1 Sugar)	10 oz	75	30	3.5	2	0	15	15	9	0	9	1	2	0	2	0	140
● Steeped Tea made with Whole Leaf	10 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	90
● Specialty Tea	10 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-50
● Tea (1 Milk, 1 Sugar)	10 oz	45	0	0	0	0	10	9	0	9	1	0	0	0	2	0	60
Hot Chocolate	10 oz	240	50	6	5	0	0	320	45	2	38	2	0	0	2	10	15
● Apple Cider	10 oz	210	0	0	0	0	0	5	52	0	52	0	0	0	0	0	0
● Latte	10 oz	80	0	0	0	0	5	120	12	0	12	8	0	4	30	0	35
● Flavored Latte	10 oz	140	0	0	0	0	5	120	27	0	26	8	0	4	30	0	35
● Mocha Latte	10 oz	190	60	6	5	0	5	160	26	0	24	7	0	2	25	0	65
● Cappuccino	10 oz	70	0	0	0	0	5	105	11	0	10	7	0	2	25	0	75
● French Vanilla Cappuccino	10 oz	240	70	7	7	0	0	240	39	0	31	4	0	0	15	2	60
● English Toffee Cappuccino	10 oz	220	50	6	5	0	0	240	40	0	30	3	0	0	15	2	60
Coffee Mocha	10 oz	170	50	6	5	0	0	170	27	1	23	1	0	0	0	8	90

Other

● Espresso Shot	41 mL	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	45
● Flavor Shot	1 mL	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Whipped Topping & Drizzle	24 g	80	45	5	5	0	0	5	7	0	6	0	0	0	0	0	0

Balanced Options

It's not easy to make balanced choices, especially when life's so busy and it seems we're constantly on the go. Tim Hortons believes **balance** is an important part of **living well** – that eating well and enjoying what you eat can and should go together – and that having **choices** can make all the difference. That's why we offer a **variety** of fresh, wholesome and tasty foods and beverages all day long. From our fresh premium blend coffee to our wide selection of meals and snacks, you have a range of **nutritious** and **delicious** options available to help you find balance even when you are on the go.

At Tim Hortons, we want our guests to have all the information they need to make **educated choices** when ordering. Through this guide, our online nutrition calculator and TimmyMe™ mobile app, guests have access to detailed **nutrition information** for their favorite Tim Hortons menu items.

To help you select menu items that are low in fat or good sources of fiber or calcium, look for the color dots in this guide, which correspond to the boxes on the Helpful Hints panel.

Snacks & Baked Goods

Breakfast

Lunch

Beverages

Helpful Hints



ATTENTION: Allergy Alert!

Although we take precautions, it is impossible to guarantee that our products have not come into contact with peanuts, nuts or other allergens.

If you have a food allergy we recommend that you refrain from eating our products.

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 see the front panel or write to:

The TDL Group Corp., Guest Services
226 Wyecroft Road, Oakville, Ontario, Canada L6K 3X7

The nutrition information contained in this guide is based on standard product formulations and was obtained through analysis by our nutritional software, entitled ESHA Genesis R&D, and information provided by our suppliers. 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. Baked goods may vary in size. This guide includes a selection of Tim Hortons' standard menu items and may not include all found in-restaurant.

The information in this guide is effective as of **December 2015**. Updated versions will be printed periodically. To receive the most up-to-date information please visit www.timhortons.com. Information is applicable to products in U.S. restaurants and may be subject to change at any time.

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For further nutrition, ingredient, or allergy information, please call:
1 888 601 1616

Or visit our website at: **TimHortons.com/USNutrition**

Or download our free app: **TimmyME**

Available for iPhone®, Android™, BlackBerry® and Windows Phone®.

USA Edition

Donuts & Timbits®

Donuts & Timbits®

Snacks & Baked Goods

Snacks & Baked Goods

- Try our Oatmeal, it's low in fat
- Any size Iced Capp™ frozen beverage made with milk or chocolate milk contains 3g of fat or less
- Try one of our low fat soup varieties, such as Chicken Noodle or Hearty Vegetable
- Made with or without yogurt, any size Fruit Smoothie is fat-free

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- Low in fat – 3g of fat or less

- Try our Chili, it's a good source of fiber
- Our Oatmeal made with mixed berries or maple is a good source of fiber
- Choose a 12 Grain Bagel, it has 6g of fiber

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- Good source of fiber – 2.5g of fiber or more

- Greek Yogurt Parfait is a good source of calcium
- Try our Right Start Turkey Sausage Breakfast Sandwich, it's a good source of calcium
- Our hot Lattes and Cappuccinos are good sources of calcium

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- Good source of calcium – 10% or more of the daily value

Breakfast & Snacks

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