

Tim Hortons

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 made fresh twice daily, 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.

Nutrition Information

	Serving Size	Calories	Kilojoules	Protein (g)	Fat (g)	Carbohydrates (g)	Sodium (mg)	Potassium (mg)	Dietary Fibre (g)						
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DONUTS

YEAST															
Apple fritter	1	341	1427	6	15	47	289	62							
Dutchie	1	306	1280	5	13	42	238	123							
Chocolate dip	1	233	975	4	10	31	205	44							
Maple dip	1	236	987	4	10	32	206	42							
Honey dip	1	231	967	4	10	31	205	35							
CAKE															
Old fashion plain	1	215	900	4	12	23	237	68							
Old fashion glazed	1	248	1038	4	12	31	237	69							
Chocolate glaze	1	374	1565	4	22	40	273	128							
Sour cream plain	1	285	1192	3	19	26	209	50							
FILLED															
Boston cream	1	257	1075	4	8	42	344	62							
Apple dumpling	1	276	1154	6	9	44	302	90							
Strawberry	1	271	1133	4	8	46	372	63							
Blueberry	1	275	1150	4	8	47	319	52							
Canadian maple	1	258	1078	4	8	42	345	61							
OTHER															
Honey stick	1	356	1488	4	15	51	322	74							
Sugar twist	1	221	924	4	10	29	200	40							
Walnut crunch	1	345	1442	5	18	42	326	165							

Tim Hortons donuts and Timbits are cooked in 100% vegetable oil.

TIMBITS

YEAST															
Honey dip	1	41	172	1	2	6	41	8							
Dutchie	1	41	172	1	2	6	35	14							
CAKE															
Old fashion plain	1	42	176	1	2	6	63	17							
Chocolate glazed	1	53	222	1	3	6	39	18							
FILLED															
Banana cream	1	36	151	1	1	6	40	8							
Lemon	1	38	159	1	1	6	40	9							
Spiced apple	1	38	159	1	1	6	35	8							
Strawberry	1	39	163	1	1	6	43	10							

MUFFINS

Blueberry plain	1	320	1339	5	11	51	467	93	2						
Chocolate chip plain	1	425	1778	5	16	65	521	100	2						
Carrot whole wheat	1	408	1707	6	20	51	672	194	4						
Blueberry bran	1	313	1310	6	11	49	587	173	5						
Raisin bran	1	360	1506	7	11	60	633	335	5						
Oatbran 'n apple	1	338	1414	6	11	53	378	142	4						
Oatbran carrot 'n raisin	1	335	1402	6	11	53	353	179	4						
Oatmeal raisin	1	408	1707	5	11	72	418	269	2						
Low fat honey	1	283	1184	6	2	61	673	155	6						
Low fat cranberry	1	280	1172	5	2	65	544	154	7						
Low fat carrot	1	281	1176	7	2	67	608	173	6						

Tim Hortons low fat muffins all contain 3 grams of fat per serving or less, and are also high in dietary fibre.

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	Serving Size	Calories	Kilojoules	Protein (g)	Fat (g)	Carbohydrates (g)	Sodium (mg)	Potassium (mg)	Dietary Fibre (g)										
BAGELS & CREAM CHEESE																			
BAGELS																			
Plain	1	290	1213	11	2	57	600	101	3										
Sesame seed	1	297	1243	11	3	57	568	101	4										
Poppy seed	1	299	1251	11	3	58	502	98	4										
Blueberry	1	297	1243	11	2	59	519	108	3										
Multigrain	1	303	1268	12	3	58	655	192	5										
Onion	1	294	1230	11	2	58	531	134	3										
Everything	1	298	1247	12	2	57	560	132	3										
Cinnamon raisin	1	298	1247	11	2	58	390	158	4										
Whole wheat & honey	1	301	1259	11	2	59	589	180	6										
Chocolate chunk	1	301	1260	9	4	58	564	35	2										
Muesli & fruit	1	277	1160	10	2	55	551	90	3										
CREAM CHEESE																			
Plain	1.5 oz.	140	586	2	13	3	167	102											
Plain light	1.5 oz.	102	427	3	8	3	162	67											
Herb & garlic	1.5 oz.	135	565	2	13	2	176	45											
Strawberry light	1.5 oz.	110	460	2	7	9	150	56											
All of Tim Hortons bagels listed above (except chocolate chunk) contain 3 grams or less of fat per serving, making them low fat choices.																			
BAKED GOODS																			
Butter croissant	1	210	879	5	11	25	420	86	1										
Cheese croissant	1	240	1004	6	12	27	374	60	1										
Plain tea biscuit	3 oz.	233	975	5	7	38	565	65	1										
Raisin tea biscuit	3 oz.	271	1133	5	7	48	581	218	2										
Southern country raspberry biscuit	6 oz.	490	2050	8	20	71	1051	141	3										
Southern country cranberry biscuit	6 oz.	475	1986	7	19	70	1028	121	3										
Cherry cheese danish	1	380	1588	7	23	33	526	40	1										
COOKIES																			
Apple cinnamon	1	134	561	2	5	20	124	29											
Chocolate chunk	1	154	644	2	7	20	108	41											
Peanut butter	1	154	644	3	8	20	126	43											
Peanut butter chocolate chunk	1	176	736	3	9	21	128	68											
Oatmeal raisin	1	151	632	2	6	22	140	73											
Plain macaroon	1	146	611	2	8	18	45	76											
Oatcakes	1	195	816	3	9	25	129	52											
BEVERAGES																			
Coffee*	10 oz.	78	326	0.6	4	10	20	163	106										
Decaffeinated coffee*	10 oz.	78	326	0.6	4	10	20	163	6										
Tea*	10 oz.	47	197	0.7	0.4	9	22	139	33										
Hot chocolate	10 oz.	184	770	2	5	34	276	357	15										
English toffee cappuccino	10 oz.	129	540	3	5	21	118	146	56										
French vanilla cappuccino	10 oz.	129	540	3	5	21	119	146	56										
Iced cappuccino (with 2% milk)	10 oz.	158	663	2.5	1.4	34	36	109	75										
Iced cappuccino (with cream)	10 oz.	254	1066	2	13	33	48	85	75										
Café mocha	10 oz.	120	502	1	5	18	110	143	70										
Apple juice	284 ml	140	586	0	0	36	16	300											
Orange juice	300 ml	140	586	2	0	35	14	557											
Market vegetable cocktail	295 ml	70	294	2	1	14	880	580											
Fruit punch	300 ml	150	628	0	0	38	10	107											
Iced tea	15 oz.	128	535	0	0	33	10	27	13										
Coke	15 oz.	182	761	0	0	46	12	0	46										
Diet Coke	15 oz.	1	4	0	0	0	20	0	56										
Sprite	15 oz.	170	711	0	0	41	50	1	0										
Milk (2%)	15 oz.	207	866	14	8	20	207	638											
Chocolate milk (1%)	15 oz.	310	1302	16	5	50	280	790											

* single sugar, single cream ** single sugar, single milk

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TIM'S OWN SANDWICHES*														
BLACK FOREST HAM & SWISS (with lettuce, tomato and our special creamy dressing)	1	560	2352	33	18	51	1480	450	2					
HARVEST TURKEY BREAST (with lettuce, tomato and our special creamy dressing)	1	380	1596	21	10	50	1230	330	2					
FIRESIDE ROAST BEEF (with lettuce, tomato and our special creamy dressing)	1	380	1596	21	11	47	1370	420	2					
ALBACORE TUNA SALAD (With lettuce and tomato)	1	370	1554	20	10	49	1140	330	3					
CHUNKY CHICKEN SALAD (With lettuce and tomato)	1	410	1722	22	13	49	990	320	3					
GARDEN VEGETABLE (Plain cream cheese with cucumber, tomato, lettuce and our special creamy dressing)	1	450	1890	11	23	50	740	220	3					
All "Tim's Own" Sandwiches are made fresh for you on our freshly baked country bun. *Nutritional numbers are based on a sandwich prepared on a white bun, and tuna and chicken salad made with light mayonnaise.														
CHILI & BEANS														
Chili	10 oz.	244	1021	17	9	24	1108	795	3					
Baked beans (Quebec only)	10 oz.	275	1151	7	11	38	1294	427	6					
SOUPS														
"Tim's Own" chicken noodle	10 oz.	110	462	5	3	16	920	85	1					
Vegetable beef barley	10 oz.	110	462	5	2	18	850	190	2					
Minestrone	10 oz.	146	611	5	2	28	1086	235	4					
Hearty vegetable	10 oz.	124	518	3	3	19	1112	248						
Turkey & wild rice	10 oz.	120	504	4	2	25	920	270	2					
Cream of broccoli	10 oz.	235	987	9	11	26	1260	460	1					
Cream of mushroom	10 oz.	223	933	6	10	27	942	396	3					
Clam chowder	10 oz.	243	1016	9	9	31	1359	354						
Tim Hortons soups do not contain any added monosodium glutamate (MSG)*. *Contains free glutamates which may have the same effect as MSG.														
PIES, CAKES & TARTS														
PIES (1/4 pie)														
Apple pie	1	488	2042	6	22	66	179	187	2					
Cherry pie	1	494	2065	5	21	71	166	213						
Banana cream pie	1	363	1519	1	19	48	278	116	1					
Lemon meringue	1	441	1856	5	15	71	307	64						
CAKES (1/8 cake)														
Black Forest	1	324	1356	4	13	48	390	168	2					
Celebration (white)	1	403	1686	4	14	66	320	105	1					
Chocolot fantasy	1	543	2272	12	36	43	177	433	1					
Shadow (white & chocolate)	1	393	1644	4	15	59	364	160	1					
TARTS														
Raisin butter tart	1	348	1450	4	15	51	200	110	1					
Fresh strawberry tart*	1	193	808	2	6	33	139	122	1					

*seasonal product April to September