

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	calories from fat	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	30	3.5	2	0	15	15	9	0	9	1	2	0	2	0	140
Decaffeinated Coffee**	10oz	75	30	3.5	2	0	15	15	9	0	9	1	2	0	2	0	10
Steeped Tea***	10oz	50	5	1	0	0	5	20	10	0	10	1	0	0	6	0	86
Hot Chocolate	10oz	240	50	6	5	0	0	360	45	2	36	2	0	0	2	10	21
French Vanilla	10oz	240	70	7	7	0	0	240	39	0	31	4	0	0	15	2	78
English Toffee	10oz	220	50	6	5	0	0	240	40	0	30	3	0	0	15	2	78
Iced Cappuccino	12oz	300	140	15	8	0	50	85	41	0	40	0	0	0	0	0	120
Iced Cappuccino – Milk	12oz	180	15	1.5	1	0	5	45	39	0	35	3	4	2	10	2	120
Café Mocha	10oz	160	60	7	6	0	0	160	25	1	21	1	0	0	0	6	92
Hot Smoothie	10oz	260	90	10	9	0	5	200	39	2	28	5	0	0	10	0	0
Flavor Shot	1ml	5	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0

single sugar, single cream *single sugar, single milk

Timbits, Tim's Own and Bagel B.E.L.T. are all trademarks of The TDL Marks Corporation.

BREAKFAST

BREAKFAST

Bagel B.E.L.T.™	1	450	130	14	6	0	185	950	58	3	10	21	25	20	15	25	
Hash Brown	1	100	45	5	0.5	0	0	210	12	1	0	1	0	2	2	2	
BREAKFAST SANDWICHES*																	
Sausage, Egg, Cheese	1	540	320	35	18	0.5	210	1000	35	1	4	19	8	0	10	10	
Bacon, Egg, Cheese	1	420	210	23	14	0.5	185	790	34	1	4	16	8	0	10	10	
Egg, Cheese	1	370	170	19	13	0.5	175	720	34	1	4	13	8	0	10	10	

LUNCH

LUNCH

'TIM'S OWN' SANDWICHES*

Ham & Swiss (with lettuce, tomato & Tim's Own dressing)	1	440	110	12	5	0	50	1690	56	3	7	28	8	25	25	25
Turkey Bacon Club (with lettuce, tomato, bacon & honey mustard)	1	440	70	8	2.5	0	25	1730	63	2	16	30	2	15	4	25
Chicken Salad (with lettuce & tomato)	1	380	80	9	1	0	35	890	55	3	6	21	10	35	4	25
Egg Salad (with lettuce)	1	390	120	13	3	0	245	780	52	2	7	17	2	2	4	30
B.L.T. (with lettuce, tomato, bacon & mayonnaise)	1	450	160	18	5	0	30	850	53	2	9	18	4	15	2	30
Toasted Chicken Club (with lettuce, tomato, bacon & honey mustard)	1	460	60	7	2.5	0	50	1170	70	2	14	30	10	10	4	35
Country Bun only – white	1	240	10	1	0	0	0	510	49	2	5	9	0	0	2	25
Country Bun only – whole wheat	1	230	10	1	0	0	0	490	46	4	4	10	2	0	2	2

SOUPS & CHILI

Chicken Noodle	10oz	120	20	2	1	0	20	880	18	1	2	5	15	25	2	25
Hearty Vegetable	10oz	70	0	0	0	0	0	930	14	3	2	4	0	6	4	6
Vegetable Beef Barley	10oz	110	15	1.5	0	0	5	980	21	2	2	4	15	30	2	30
Turkey Rice	10oz	120	15	1.5	0	0	0	1000	21	1	2	3	10	35	2	35
Split Pea with Ham	10oz	150	20	2.5	2.5	0	5	970	27	5	3	8	15	6	2	35
Cream of Broccoli	10oz	160	80	9	4	0	20	820	16	1	6	6	20	4	15	2
Hearty Potato Bacon	10oz	250	120	13	6	0	30	790	23	1	5	6	35	2	15	4
Beef Stew	10oz	236	70	8	3	0	30	1208	25	3	3	17	60	20	4	10
Chili	10oz	300	140	16	6	0	50	920	18	5	5	21	0	6	6	20
Minestrone	10oz	120	36	3	0	0	0	940	24	2	4	4	15	35	4	35
Creamy Field Mushroom	10oz	150	30	3	2	0	0	1080	28	1	3	3	0	0	2	4

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 U.S. stores and may be subject to change at any time.

Tim Hortons

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Nutrition Guide



timhortons.com

ALWAYS
Tim Hortons
FRESH

DONUTS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
YEAST DONUTS	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 %																																																																																							
Apple Fritter	300	11	5	0	350	49	2	16	4	0	4	4	15																																																																																								
Blueberry Fritter	330	10	4.5	0	340	55	2	22	6	0	0	4	15																																																																																								
Chocolate Dip	210	9	3.5	0	190	30	1	8	4	0	0	2	10																																																																																								
Maple Dip	210	8	3.5	0	200	31	1	9	4	0	0	2	10																																																																																								
Honey Dip	210	8	3.5	0	190	33	1	11	4	0	0	2	10																																																																																								
CAKE DONUTS																																																																																																					
Old Fashion Plain	260	19	9	0	230	20	1	7	3	0	0	2	4																																																																																								
Old Fashion Glazed	320	19	9	0	230	35	1	22	3	0	0	2	4																																																																																								
Chocolate Glazed	260	10	4.5	0	300	39	2	20	4	0	0	4	10																																																																																								
Sour Cream Plain	270	17	8	0	230	27	1	10	3	0	0	2	4																																																																																								
FILLED DONUTS																																																																																																					
Boston Cream	250	9	4	0	260	38	1	12	4	0	0	2	10																																																																																								
Angel Cream	310	13	4.5	2	220	46	1	21	4	0	0	2	10																																																																																								
Strawberry	230	8	3.5	0	220	36	1	12	4	0	0	2	10																																																																																								
Blueberry	230	8	3.5	0	210	36	1	11	4	0	0	2	10																																																																																								
Canadian Maple	260	9	4	0	260	41	1	16	4	0	0	2	10																																																																																								
OTHER																																																																																																					
Walnut Crunch	360	23	10	0	320	35	1	19	4	0	0	2	10																																																																																								
Honey Cruller	320	19	9	0	220	37	0	23	1	0	0	2	4																																																																																								

TIMBITS®		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
YEAST TIMBITS	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 %																																																																																							
Honey Dip	60	2	1	0	50	9	0	4	1	0	0	0	2																																																																																								
Apple Fritter	50	1.5	1	0	55	9	0	4	1	0	0	0	2																																																																																								
CAKE TIMBITS																																																																																																					
Old Fashion Plain	70	5	2.5	0	60	5	0	2	1	0	0	0	2																																																																																								
Sour Cream Glazed	90	4	4.5	2	65	12	0	7	1	0	0	0	2																																																																																								
Chocolate Glazed	70	2.5	1	0	75	10	0	5	1	0	0	0	2																																																																																								
FILLED TIMBITS																																																																																																					
Banana Cream	60	2	1	0	65	9	0	3	1	0	0	0	2																																																																																								
Lemon	60	2	1	0	50	9	0	4	1	0	0	0	2																																																																																								
Blueberry	60	2	1	0	50	10	0	4	1	0	0	0	2																																																																																								
Strawberry	60	2	1	0	55	10	0	4	1	0	0	0	2																																																																																								


COOKIES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
YEAST TIMBITS	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	230	9	6	0	20	260	35	1	19	2	4	0	2	10																																																																																							
Peanut Butter	280	16	7	0	20	260	27	2	16	6	6	0	2	6																																																																																							
Triple Chocolate	250	13	8	0	30	220	31	2	20	3	8	0	2	10																																																																																							
Oatmeal Raisin Spice	220	8	5	0	25	200	35	1	21	3	6	0	2	6																																																																																							
Caramel Chocolate Pecan	230	11	5	0	20	290	32	1	17	3	6	0	2	8																																																																																							
White Chocolate Macadamia Nut	240	12	6	0	20	270	31	1	17	3	6	0	2	6																																																																																							

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
- Chicken Vegetable Rice
- Split Pea
- Hearty Vegetable
- Turkey & Wild Rice
- Vegetable Beef Barley



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 1 full cup of fruit.†
- Our bran muffins, chili and whole wheat buns are all sources of fibre.
- Try our light cream cheese 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.

†According to the USDA's Dietary Guidelines for Americans 2005.



MUFFINS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
YEAST DONUTS	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 %																																																																																							
Blueberry	330	11	1.5	0	15	580	55	2	27	4	0	0	6	10																																																																																							
Chocolate Chip Plain	430	16	5	0	15	580	69	2	40	5	0	0	6	15																																																																																							
Blueberry Bran	300	10	1	0	10	770	53	5	25	6	0	6	4	25																																																																																							
Cranberry Blueberry Bran	290	10	1.5	0	10	710	51	5	24	5	0	8	4	15																																																																																							
Raisin Bran	360	10	1.5	0	10	790	65	6	37	6	0	6	6	20																																																																																							
Cranberry Fruit	350	12	1.5	0	15	560	59	2	31	4	0	6	6	10																																																																																							
Fruit Explosion	360	11	1.5	0	15	550	61	2	32	4	0	4	6	10																																																																																							
Strawberry Sensation	350	11	1.5	0	15	580	61	1	31	4	0	10	6	15																																																																																							
Wheat Carrot	400	19	2.5	0	10	660	55	4	26	6	15	10	4	15																																																																																							
Whole Grain Raspberry	400	17	4	0	15	580	58	5	26	5	0	4	6	25																																																																																							
Low Fat Blueberry	290	2.5	0.5	0	0	750	62	2	32	4	0	0	6	15																																																																																							
Low Fat Cranberry	290	2.5	0.5	0	0	750	62	2	31	4	0	4	6	15																																																																																							

BAGELS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
YEAST DONUTS	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	260	15	1.5	0	0	450	52	2	7	9	0	0	2	20																																																																																							
Sesame Seed	270	25	2.5	0	0	430	53	3	7	9	0	0	2	30																																																																																							
Poppy Seed	270	20	2	0	0	440	53	3	7	9	0	0	4	20																																																																																							
Blueberry	270	10	1	0	0	470	55	2	7	10	0	0	2	20																																																																																							
Onion	260	15	1.5	0	0	460	53	3	8	9	0	0	4	20																																																																																							
Everything	280	20	2	0	0	460	53	3	7	10	0	0	4	20																																																																																							
Cinnamon Raisin	270	10	1	0	0	350	55	3	12	10	0	0	4	20																																																																																							
Twelve Grain	330	8	9	1	0	580	52	6	6	10	0	0	8	20																																																																																							
Wheat 'n Honey	300	27	3	0.4	0	600	60	4	6	10	0	0	0	15																																																																																							
CREAM CHEESE																																																																																																					
Plain	1.5oz	130	110	12	7	0.5	50	180	2	0	2	2	10	0	4	0																																																																																					
Light Plain	1.5oz	85	60	6	4	0	20	200	3	0	3	4	10	0	10	0																																																																																					
Light Strawberry	1.5oz	100	60	6	4	0	25	170	8	0	7	3	8	2	4	0																																																																																					
Herb and Garlic	1.5oz	140	120	13	8	0	45	230	2	0	2	2	10	0	6	0																																																																																					

SPECIALTY BAKED GOODS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	5
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