

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 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	10oz	75	3.5	2	0.1	15	15	9	0	9	1	2	0	2	0
Coffee**	10oz	75	3.5	2	0.1	15	15	9	0	9	1	2	0	2	0
Steeped Tea***	10oz	50	1	0.5	0	5	20	10	0	10	1	2	0	4	0
Hot Chocolate	10oz	220	4.5	1.5	2	0	380	47	2	41	1	0	0	15	0
French Vanilla Cappuccino	10oz	250	8	7	0.1	5	240	41	1	31	4	0	0	10	2
English Toffee Cappuccino	10oz	240	7	6	0.1	5	220	41	2	30	4	0	0	15	8
Iced Cappuccino	10oz	250	11	6	0.4	45	50	33	0	33	2	8	0	10	2
Iced Cappuccino – Milk	10oz	150	1.5	1	0	5	35	32	0	32	3	2	0	8	2
Café Mocha	10oz	180	8	6	1	0	170	27	1	24	1	0	0	8	0
Hot Smoothie	10oz	260	10	9	0.3	5	200	39	2	28	5	0	0	10	0
Flavour Shot	1ml	4	0	0	0	0	0	1	0	0	0	0	0	0	0

**single sugar, single cream

***single sugar, single milk

LUNCH

'TIM'S OWN' SANDWICHES*	1	440	12	5	0.2	50	1690	56	3	7	28	8	25	25	30
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 Breast (with lettuce, tomato, & Tim's Own dressing)	1	390	5	1.5	0	10	1480	59	4	6	27	2	25	8	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 – white	1	240	1	0.3	0	0	510	49	2	5	9	0	0	2	25
Country Bun – whole wheat	1	230	1	0.3	0	0	490	46	4	4	10	2	0	2	20

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

BREAKFAST

BREAKFAST SANDWICHES*	1	500	34	20	0.5	185	920	32	1	3	18	4	0	10	15
Sausage, Egg, Cheese	1	500	34	20	0.5	185	920	32	1	3	18	4	0	10	15
Bacon, Egg, Cheese	1	400	24	17	0.5	165	740	31	1	3	16	4	0	10	15
Egg, Cheese	1	350	20	15	0.5	155	670	31	1	3	13	4	0	10	15

LUNCH

SOUPS & CHILI	10oz	120	2	1	0.2	20	880	18	1	2	5	15	25	2	25
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	1060	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
Potato Bacon	10oz	180	6	1.5	0.5	0	1260	30	2	5	3	20	20	4	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
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

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Hot Chocolate	10oz	220	4.5	1.5	2	0	380	47	2	41	1	0	0	15	0
French Vanilla Cappuccino	10oz	250	8	7	0.1	5	240	41	1	31	4	0	0	10	2
English Toffee Cappuccino	10oz	240	7	6	0.1	5	220	41	2	30	4	0	0	15	8
Iced Cappuccino	10oz	250	11	6	0.4	45	50	33	0	33	2	8	0	10	2
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Café Mocha	10oz	180	8	6	1	0	170	27	1	24	1	0	0	8	0
Hot Smoothie	10oz	260	10	9	0.3	5	200	39	2	28	5	0	0	10	0
Flavour Shot	1ml	4	0	0	0	0	0	1	0	0	0	0	0	0	0

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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:
www.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 September 1, 2007. Updated versions will be printed periodically. To receive the most up-to-date information please visit www.timhortons.com. Information is applicable to product in Canadian stores and may be subject to change at any time.

Tim Hortons

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Nutrition Guide



www.timhortons.com

ALWAYS
Tim Hortons
FRESH

Canadian Edition

