

## NUTRITION MENU

*Tim Hortons*<sup>®</sup>

At PEACE ARCH HOSPITAL

The information in this guide is effective as of March 2021 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by our ESHA R&D SQL<sup>®</sup> software and information provided by our suppliers.

# NUTRITION INFORMATION

## Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

Product	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
<b>Donuts</b>															
<b>Yeast Donuts</b>															
Apple Fritter	101	310	8	3.5	0	0	330	53	2	19	7	0	4	4	15
Chocolate Dip	64	200	6	2.5	0	0	210	34	1	13	4	0	0	2	10
Honey Dip	72	220	6	2.5	0	0	210	39	1	19	4	0	0	2	10
Maple Dip	64	5	6	2.5	0	0	210	34	1	14	4	0	0	2	10
Sea Salted Caramel Dream	85.18	279	9.27	4.29	0.06	3.97	387.4	42.82	0.7	17.53	5.77	0	0	0	0
Sugar Loop	56	180	6	2.5	0	0	210	28	1	8	4	0	0	2	10
Vanilla Dip with Coloured Sprinkles	73	250	6	2.5	0	0	210	44	1	22	4	0	0	2	10
<b>Cake Donuts</b>															
Chocolate Glazed	76	280	14	6	0.1	5	320	37	1	19	4	0	0	2	15
Chocolate Marble Donut	60	290	14	6	0.1	5	320	39	1	19	4	0	0	2.47	16
Double Chocolate	67	260	14	6	0.1	5	320	32	1	14	4	0	0	2	15
Old Fashion Glazed	75	260	10	5	0.1	15	270	39	1	21	3	0	0	4	10
Old Fashion Dip	65	240	10	5	0.1	15	270	33	1	15	3	0	0	4	10
Sour Cream Glazed	75	320	16	8	0.1	10	220	40	1	23	3	0	0	2	8
Old Fashion Plain	58	210	10	5	0.1	15	260	25	1	8	3	0	0	4	10
Sour Cream Plain	58	270	16	8	0.1	10	210	27	1	11	3	0	0	2	8

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<b>Filled Donuts</b>															
Boston Cream	81	220	6	2.5	0	0	250	37	1	15	5	0	0	2	10
Chocolate Éclair	61	290	9	6	0.1	0	230	47	1	20	5	0.012	0	1.81	14.12
Chocolate Hazelnut Éclair Dream	107.8	389.3	9.13	5.41	0.05	0.05	236.5	46.52	1.06	19.12	5.51	0	0	0	0
Canadian Maple	81	210	6	2.5	0	0	250	37	1	16	5	0	0	2	10
Coconut Cream	50	230	7	3.5	0	0	250	39	1	16	5	0	0	1.39	12.43
Long John	61	260	6	4	0	0	160	47	1	27	4	0.028	0	1.27	10
Maple Éclair	61	290	9	6	0.1	0	230	46	1	20	5	0.012	0	1.78	14
Maple Swirl	50	230	6	2.5	0	0	250	41	1	19	5	0	0	1.38	12
Strawberry Filled	74	200	5	2	0	0	230	34	1	14	5	0	0	2	15
Strawberry Vanilla	81	230	5	2	0	0	230	41	1	20	5	0	0	2	15
<b>Other</b>															
Chocolate Cruller	53	330	18	9	0.3	50	200	39	0	24	2	0.742	0	1.47	1.79
Honey Cruller	70	280	18	9	0.3	50	200	27	0	12	2	0	0	2	2
Maple Cruller	53	330	18	9	0.3	50	200	39	0	24	2	0.742	0	1.45	1.57
<b>Tim bits™</b>															
Yeast Tim bits															
Apple Fritter	22	70	1.5	1	0	0	40	13	0	8	1	0	0	0	2
Honey Dip	19	60	1	0.5	0	0	30	12	0	7	1	0	0	0	2

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<b>Cake Tim bits</b>															
Birthday Cake	21	80	3	1.5	0	5	60	12	0	8	1	0	0	0	2
Chocolate Glazed	25	90	3	1.5	0	0	85	14	0	8	1	0	0	0	4
Chocolate Snow Ball	15.5	70	3.5	1.5	0	0	85	8	0	3	1	0	0	0.64	4.14
Chocolate Toasted Coconut	15.5	80	4	2	0	0	85	10	0	5	1	0	0	0.6	3.93
Old Fashion Glazed	24	80	2.5	1	0	5	75	14	0	9	1	0	0	0	2
Old Fashion Plain	15	50	2.5	0	0	5	75	7	0	2	1	0	0	0	2
Snow Ball	15.2	60	2.5	1	0	5	75	8	0	3	1	0	0	0.845	2.43
Sour Cream Glazed	21	90	4.5	2	0	5	55	11	0	7	1	0	0	0	2
Toasted Coconut	15.2	90	3.5	1.5	0	5	75	15	1	9	1	0	0	0.87	2.64
Honey Cruller	9	70	3	1.5	0	10	35	10	0	7	0.2	0	0	0.18	0.064
<b>Filled Tim bits</b>															
Raspberry	18	45	1	0.5	0	0	35	8	0	4	1	0	0	0	2
Strawberry	18	50	1	0.5	0	0	35	8	0	4	1	0	0	0	2
Venetian Cream	9.6	45	1.5	0.5	0	0	40	7	0	2	1	0	0	0.3	2.21
<b>Muffins</b>															
Carrot Cake with Walnuts	115	350	13	2.5	0.2	30	360	53	2	27	5	45	4	10	15
Chocolate Chip	115	420	16	4.5	0.1	35	330	66	2	35	6	0	0	4	30
Fruit Explosion	122	340	10	1.5	0.1	30	470	58	2	25	5	0	6	6	15
Raisin Bran	115	370	12	2	0.1	20	370	63	4	36	5	0	0	4	20
Whole Grain Pecan Banana Bread	115	350	11	1.5	0.1	30	400	60	5	27	6	0	0	4	20
Wild Blueberry	115	340	11	2	0.1	30	430	57	2	25	5	0	0	2	15

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<b>Other Baked Goods</b>															
Cinnamon Roll - Frosted	108	370	14	5	0.1	0	280	56	2	23	7	0	0	4	15
Cinnamon Roll - Glazed	96	320	12	5	0.1	0	250	47	2	15	7	0	0	4	15
Croissant - Cheese	75	290	15	7	0.1	5	300	29	1	4	7	10	8	6	15
Croissant - Plain	68	260	14	6	0.1	0	250	29	1	4	5	8	8	2	15
Danish - Cherry Cheese	89	300	16	7	0.2	0	410	36	1	14	4	0	15	0	10
Danish - Maple Pecan	85	370	21	7	0.1	5	250	43	2	14	5	6	8	2	15
Tea Biscuit - Cheese	80	260	11	3.5	0.2	10	540	31	1	5	8	4	0	10	15
Tea Biscuit - Raisin	80	250	8	1.5	0	0	430	39	2	12	5	0	0	4	15
<b>Cookies</b>															
Chocolate Chunk	52	240	10	6	0.4	25	250	34	1	19	3	0	0	2	15
Double Chocolate	52	250	12	8	0.4	35	200	32	2	20	3	0.006	0.25	1.75	17.71
Oatmeal Raisin Spice	52	210	8	4.5	0.1	20	190	32	1	19	3	8	0	2	8
Peanut Butter	52	280	17	8	0.4	25	240	27	2	16	6	0	0	2	8

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<b>Hot Bowls</b>															
Chili	284 ml	290	16	7	0	60	1180	20	5	5	18	4	10	8	25
Bistro French Onion Soup	284 ml	230	9	4.5	0.2	20	960	26	1	6	10	6	2	20	8
Cauliflower Cheese Soup	284 ml	170	12	7	0.5	40	850	12	1	2	6	20	20	15	4
Classic Chicken Noodle Soup	284 ml	110	1.5	0.5	0	10	650	19	1	5	5	6	8	2	4
Cream of Broccoli Soup	284 ml	150	3	2	0	0	680	16	2	6	6	25	25	15	4
Creamy Field Mushroom Soup	284 ml	150	3	2	0	0	650	29	1	3	2	0	0	2	4
Creamy Sundried Tomato Soup	284 ml	210	13	7	0.5	40	740	19	1	8	5	8	10	15	10
East Coast Clam Chowder	284 ml	190	7	2	0.2	20	680	23	1	6	9	4	25	15	15
Harvest Vegetable Soup	284 ml	80	0.5	0.1	0	0	590	14	2	3	4	25	20	4	6
Hearty Potato Bacon Soup	284 ml	230	13	6	0.2	30	760	22	1	5	6	15	2	10	4
Italian Wedding Soup	284 ml	160	3	1.5	0.1	5	650	28	1	7	4	4	2	2	8
Turkey and Wild Rice Soup	284 ml	120	1	0.3	0	5	650	23	1	4	5	2	10	2	2



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<b>Hot Beverages</b>															
Original Blend, Decaffeinated Coffee & Dark Roast Coffee Small (Black)	286	3	0	0	0	0	5	0	0	0	0.3	0	0	0	0
Original Blend, Decaffeinated Coffee & Dark Roast Coffee Medium (Black)	425	4	0	0	0	0	10	0	0	0	0.5	0	0	0	0
Original Blend, Decaffeinated Coffee & Dark Roast Coffee Large (Black)	563	5	0	0	0	0	10	0	0	0	1	0	0	2	0
Original Blend, Decaffeinated Coffee & Dark Roast Coffee Xlarge (Black)	678	5	0	0	0	0	15	0	0	0	1	0	0	2	0
Bagged & Whole Leaf Steeped Tea Small	286	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Bagged & Whole Leaf Steeped Tea Medium	425	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Bagged & Whole Leaf Steeped Tea Large	563	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Bagged & Whole Leaf Steeped Tea Xlarge	678	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Tea Latte	281	150	6	3.5	0.1	20	135	13	0	13	10	11.24	0	33.72	0
Hot Chocolate Small	286	240	6	5	0.2	0	360	45	2	38	2	0	0	2	15
Hot Chocolate Medium	425	300	7	6	0.2	0	460	57	3	49	2	0	0	2	20
Hot Chocolate Large	563	420	10	9	0.3	0	630	79	4	67	3	0	0	2	25
Hot Chocolate Xlarge	678	530	13	11	0.4	0	810	101	5	86	4	0	0	2	35

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<b>Hot Beverages</b>															
White Hot Chocolate Small	286	260	9	9	0	0	250	42	0	35	1	0	0	15	2
White Hot Chocolate Medium	425	380	14	13	0	0	370	63	0	52	2	0	0	25	4
White Hot Chocolate Large	563	500	18	17	0	5	480	82	0	68	3	0	0	35	4
White Hot Chocolate Xlarge	678	570	21	19	0	5	550	94	0	78	3	0	0	40	6
French Vanilla Cappuccino Small	286	250	8	7	0.1	5	210	41	1	31	4	0	0	10	2
French Vanilla Cappuccino Medium	425	310	10	9	0.1	5	270	52	2	40	5	0	0	15	2
French Vanilla Cappuccino Large	563	430	13	12	0.1	5	370	71	2	55	7	0	0	20	4
French Vanilla Cappuccino Xlarge	678	550	17	15	0.1	5	480	91	3	70	9	0	2	25	6
Café Mocha Small	286	190	8	7	0.3	0	170	29	1	24	1	0	0	0	10
Café Mocha Medium	425	270	11	10	0.4	0	240	40	2	34	2	0	0	2	15
Café Mocha Large	563	300	12	10	0.4	0	300	47	2	0	2	0	0	2	15
Café Mocha Xlarge	678	330	12	11	0.4	0	350	51	2	43	2	0	0	2	15
<b>Cold Beverages</b>															
Iced Capp™ Small	380	250	11	6	0.4	45	50	33	0	33	2	8	0	10	2
Iced Capp™ Medium	515	360	15	9	0.5	60	70	48	0	47	3	10	0	15	2
Iced Capp™ Large	648	470	20	12	1	80	90	63	0	62	4	15	0	15	2
Iced Coffee Small	380	120	7	4	0.3	25	60	12	0	8	1	6	0	6	0
Iced Coffee Medium	515	160	7	4	0.3	25	90	22	0	13	2	6	0	6	0
Iced Coffee Large	648	260	11	7	0.4	45	135	33	0	21	3	8	0	10	0



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<b>Cold Beverages</b>															
Mocha Iced Capp™ (Cream) Small	380	290	11	7	0.4	45	60	42	0	38	2	8	0	10	6
Mocha Iced Capp™ (Cream) Medium	515	410	16	10	0.5	60	90	61	1	56	3	10	0	15	10
Mocha Iced Capp™ (Cream) Large	648	540	21	13	1	80	115	80	1	73	5	15	0	20	10
Mocha Iced Coffee (Cream) Small	380	160	7	4.5	0.3	25	75	21	0	13	2	6	0	6	6
Mocha Iced Coffee (Cream) Medium	515	220	7	4.5	0.3	25	110	35	1	22	2	6	0	6	8
Mocha Iced Coffee (Cream) Large	648	330	12	7	0.4	45	160	50	1	31	3	8	0	10	10
Tropical & Mixed Berry Real Fruit Chill™ Small	380	140	0	0	0	0	35	35	0	32	0	0	0	2	0
Tropical & Mixed Berry Real Fruit Chill™ Medium	515	200	0	0	0	0	50	50	0	47	0	0	0	4	0
Tropical & Mixed Berry Real Fruit Chill™ Large	648	260	0	0	0	0	65	66	0	61	0	0	0	4	0
Frozen Lemonade Original Small	380	110	0.01	0	0	0	10	27	0	26	0	0	2	0	0
Frozen Lemonade Original Medium	515	160	0.01	0	0	0	15	40	0	37	0	0	2	0	0
Frozen Lemonade Original Large	648	210	0.02	0	0	0	20	52	0	49	0	0	2	0	0
Frozen Lemonade Raspberry Small	380	120	0.1	0	0	0	10	28	0	26	0	0	2	0	0
Frozen Lemonade Raspberry Medium	515	170	0.1	0	0	0	15	41	0	37	0	0	2	0	0
Frozen Lemonade Raspberry Large	648	220	0.2	0	0	0	20	53	0	49	0	0	2	0	0

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<b>Cold Beverages</b>															
Fruit Smoothie with Greek Yogurt Strawberry Banana Small	380	140	1	0.5	0	5	30	30	0	27	3	0	0	10	0
Fruit Smoothie with Greek Yogurt Strawberry Banana Medium	515	200	1.5	1	0	5	45	44	0	40	5	0	0	15	2
Fruit Smoothie with Greek Yogurt Strawberry Banana Large	648	270	1.5	1	0	5	60	58	1	52	7	0	0	20	2
Fruit Smoothie with Greek Yogurt Tropical Fruit & Mixed Berry Fruit	380	150	1	0.5	0	5	55	32	0	30	3	0	0	10	0
Fruit Smoothie with Greek Yogurt Tropical Fruit & Mixed Berry Fruit	515	220	1.5	1	0	5	80	47	0	43	5	0	0	15	0
Fruit Smoothie with Greek Yogurt Tropical Fruit & Mixed Berry Fruit	648	290	1.5	1	0	5	105	62	0	57	7	0	0	20	0
<b>Other Beverages</b>															
Espresso Shot	41	5	0	0	0	0	5	1	0	0	0.1	0	0	0	0
Whipped Topping and Drizzle	24	80	5	5	0	0	5	7	0	6	0.3	0	0	0	2