

NUTRITION MENU

Tim Hortons[®]

At BC CHILDREN'S & WOMEN'S 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[®] 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)
Donuts															
Yeast Donuts															
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
Cake Donuts															
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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Filled Donuts															
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
Other															
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
Tim bits™															
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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Cake Tim bits															
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
Filled Tim bits															
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
Muffins															
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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Other Baked Goods															
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
Cookies															
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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Hot Bowls															
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
Chili	426 ml	435	24	10.5	0	90	1770	30	7.5	7.5	27	6	15	12	37.5
Bistro French Onion Soup	426 ml	345	13.5	6.75	0.3	30	1440	39	1.5	9	15	9	3	30	12
Cauliflower Cheese Soup	426 ml	255	18	10.5	0.75	60	1275	18	1.5	3	9	30	30	22.5	6
Classic Chicken Noodle Soup	426 ml	165	2.25	0.75	0	15	975	28.5	1.5	7.5	7.5	9	12	3	6
Cream of Broccoli Soup	426 ml	225	4.5	3	0	0	1020	24	3	9	9	38	37.5	22.5	6

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Hot Bowls															
Creamy Field Mushroom Soup	426 ml	225	4.5	3	0	0	975	43.5	1.5	4.5	3	0	0	3	6
Creamy Sundried Tomato Soup	426 ml	315	19.5	10.5	0.75	60	1110	28.5	1.5	12	7.5	12	15	22.5	15
East Coast Clam Chowder	426 ml	285	10.5	3	0.3	30	1020	34.5	1.5	9	13.5	6	37.5	22.5	22.5
Harvest Vegetable Soup	426 ml	120	0.75	0.15	0	0	885	21	3	4.5	6	38	30	6	9
Hearty Potato Bacon Soup	426 ml	345	19.5	9	0.3	45	1140	33	1.5	7.5	9	23	3	15	6
Italian Wedding Soup	426 ml	240	4.5	2.25	0.15	7.5	975	42	1.5	10.5	6	6	3	3	12
Turkey and Wild Rice Soup	426 ml	120	1.5	0.45	0	7.5	975	34.5	1.5	6	7.5	3	15	3	3
Chili	568 ml	580	32	14	0	120	2360	40	10	10	36	8	20	16	50
Bistro French Onion Soup	568 ml	460	18	9	0.04	40	1920	52	2	12	120	12	4	40	16
Cauliflower Cheese Soup	568 ml	340	24	14	1	80	1700	24	2	4	12	40	40	30	8
Classic Chicken Noodle Soup	568 ml	220	3	1	0	20	1300	38	2	10	10	12	16	4	8
Cream of Broccoli Soup	568 ml	300	6	8	0	0	1360	32	4	12	12	50	50	30	8
Creamy Field Mushroom Soup	568 ml	300	6	8	0	0	1300	58	2	6	4	0	0	4	8
Creamy Sundried Tomato Soup	568 ml	420	26	28	1	80	1480	38	2	16	10	16	20	30	20
East Coast Clam Chowder	568 ml	380	14	8	0.04	40	1360	46	2	12	18	8	50	30	30
Harvest Vegetable Soup	568 ml	160	1	0.02	0	0	1180	28	4	6	8	50	40	8	12
Hearty Potato Bacon Soup	568 ml	460	26	24	0.4	60	1520	44	2	10	12	30	4	20	8
Italian Wedding Soup	568 ml	320	6	6	0.2	10	1300	56	2	14	8	8	4	4	16
Turkey and Wild Rice Soup	568 ml	240	2	0.12	0	10	1300	46	2	8	10	4	20	4	4

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Hot Beverages															
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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Hot Beverages															
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
Cold Beverages															
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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Cold Beverages															
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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Cold Beverages															
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
Other Beverages															
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

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]

Menu Item	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
OnTheGo Items															
Yogurt (Vanilla) and Frozen Berries (MWG)	227	172	3	2	0.1	11	86	32	1.4	28	6	5	2	16	2
Yogurt (Vanilla) and Fresh Berries	227	173	3	2	0.1	11	86	32	1.2	28	6	5	4	16	1
Yogurt (Strawberry) and Fresh Berries (0% fat yogurt)	227	85	0.2	0	0	0	86	15	1.2	11	6	7	4	16	1
Spiced Pumpkin & Quinoa Yogurt Parfait (MWG)	301	322	7	2	0.1	8	222	59	4.7	34	9	205	1	15	18
Breakfast Yogurt Parfait-B,OTG	249	256	4	2	0.1	11	182	50	2.6	35	8	5	2	17	4
Bugs Bunny Parfait-B,V,OTG (MWG)	120	98	5	0.9	0.1	3	341	12	2.8	6	1	248	1	4	6
Chicken Salad on Whole Wheat-B	137	244	6	1	0	34	380	30	3.6	3	17	23	0	6	12
Chunky Chicken Salad Sandwich-OTG,B	177	341	8	1	0	34	601	49	4.7	0	19	27	2	1	31
Ham and Swiss on Whole Wheat	108	232	6	3	0	24	721	30	3.1	3	15	2	0	16	10
Shaved Ham and Cheese Sandwich (WW)	128	251	7	4	0.2	26	830	32	3.5	4	15	22	0	17	10
Fruit Cup-B,V,OTG (MWG) (cantaloupe,strawberries,pineapple,grapes)	326	153	0.6	0.1	0	0	17	39	4.2	32	2	60	22	4	7
Fruit Jelly Low Calorie (Cherry)	125ml	12	0	0	0	0	9	1	0	0	2	0	0	0	0
Fruit Jelly Low Calorie (Strawberry)	125ml	7	0	0	0	0	34	3	0	0	0.5	0	0	0	0
Country Garden Salad (Small)-V	161	183	15	2	0.2	0.1	281	11	2.1	7	2	116	2	4	6
Julienne Salad (Big Salad)-OTG	479	332	20	6	0.2	131	1280	18	4.3	9	23	129	3	28	25

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Menu Item	Serving Size (ml)	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)
Snacks															
Dark Chocolate Covered Goji Berries	40	205	11	6	0	0	50	224	2	18	3	0	6	2	10
Chili Club	35	132	3	0.5	0	0	175	24	1	3	4	0	0	0	5
Oriental Delight Mix	35	184	11	2	0	0	184	16	3	1	6	0	0	4	5
Crunchy Peanut Snack Mix	35	164	8	2	0	0	140	18	3	5	5	0	0	5	7
Natural Whole Almond	30	170	14	1	0	0	0	6	4	1	6	0	0	8	8
Tropical Mix	30	110	1	1	0	0	60	24	0	19	0	4	2	2	0
Organic Rice Cake (per 1 cake)	19	60	1	0	0	0	2	14	1	0	1	0	0	0	2
Sesame Bagel	113	317	3	0.6	0.2	0	654	59	2	4	10	0	0	0	0.3
Plain Bagel	113	300	3	0	0	0	659	60	2	4	10	0	0	0.1	0.3
Blueberry Bagel	113	317	4	0.8	0.2	0	515	58	2	4	10	0	0	4	20
Cheese Bagel	113	314	6	2	1	7	628	50	2	3	11	0	0	9	19
Everything Bagel	113	297	3	0.6	0	0	594	59	2	4	10	0	0	8	30
Multigrain Bagel	113	317	5	0.6	0	0	714	60	4	4	10	0	0	4	30
Whole Wheat And Honey Bagel	113	290	4	0.5	0	0	590	59	5	7	10	0	0	0.1	0.3