

HOT & COLD BEVERAGES

HOT BEVERAGES

| | Serving Size | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) | Caffeine (mg) |
|--|--------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|---------------|
| Original Blend Coffee (Black) SMALL | 286 mL | 3 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0.3 | 0 | 0 | 0 | 0 | 140 |
| Original Blend Coffee (Black) MEDIUM | 425 mL | 4 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0.5 | 0 | 0 | 0 | 0 | 205 |
| Original Blend Coffee (Black) LARGE | 563 mL | 5 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 270 |
| Original Blend Coffee (Black) X-LRG | 678 mL | 5 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 330 |
| Dark Roast Coffee (Black) SMALL | 286 mL | 3 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0.3 | 0 | 0 | 0 | 0 | 130 |
| Dark Roast Coffee (Black) MEDIUM | 425 mL | 4 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0.5 | 0 | 0 | 0 | 0 | 195 |
| Dark Roast Coffee (Black) LARGE | 563 mL | 5 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 260 |
| Dark Roast Coffee (Black) X-LARGE | 678 mL | 5 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 315 |
| Decaffeinated Coffee SMALL | 286 mL | 3 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0.3 | 0 | 0 | 0 | 0 | 6 |
| Decaffeinated Coffee MEDIUM | 425 mL | 4 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0.5 | 0 | 0 | 0 | 0 | 9 |
| Decaffeinated Coffee LARGE | 563 mL | 5 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 12 |
| Decaffeinated Coffee X-LARGE | 678 mL | 5 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 1 | 1 | 0 | 0 | 2 | 0 | 15 |
| Steeped Tea made with Whole Leaf SMALL | 286 mL | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 90 |
| Steeped Tea made with Whole Leaf MEDIUM | 425 mL | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 125 |
| Steeped Tea made with Whole Leaf LARGE | 563 mL | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 175 |
| Steeped Tea made with Whole Leaf X-LARGE | 678 mL | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 210 |
| Specialty Tea SMALL | 286 mL | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-50 |
| Specialty Tea MEDIUM | 425 mL | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-50 |
| Specialty Tea LARGE | 563 mL | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-50 |
| Specialty Tea LARGE | 678 mL | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-50 |
| Hot Chocolate (SMALL) | 286 mL | 240 | 6 | 5 | 0.2 | 0 | 320 | 45 | 2 | 38 | 2 | 0 | 0 | 2 | 15 | 15 |
| Hot Chocolate (MEDIUM) | 425 mL | 300 | 7 | 6 | 0.2 | 0 | 460 | 57 | 3 | 49 | 2 | 0 | 0 | 2 | 20 | 20 |
| Hot Chocolate (LRG) | 563 mL | 420 | 10 | 9 | 0.3 | 0 | 630 | 79 | 4 | 67 | 3 | 0 | 0 | 2 | 25 | 30 |
| Hot Chocolate (X-LRG) | 678 mL | 530 | 13 | 11 | 0.4 | 0 | 810 | 101 | 5 | 86 | 4 | 0 | 0 | 2 | 35 | 35 |
| White Hot Chocolate (SMALL) | 286 mL | 260 | 9 | 9 | 0 | 0 | 250 | 42 | 0 | 35 | 1 | 0 | 0 | 15 | 2 | 0 |
| White Hot Chocolate (MEDIUM) | 425 mL | 380 | 14 | 13 | 0 | 0 | 370 | 63 | 0 | 52 | 2 | 0 | 0 | 25 | 4 | 0 |
| White Hot Chocolate (LRG) | 563 mL | 500 | 18 | 17 | 0 | 5 | 480 | 82 | 0 | 68 | 3 | 0 | 0 | 35 | 4 | 0 |
| White Hot Chocolate (X-LRG) | 678 mL | 570 | 21 | 19 | 0 | 5 | 550 | 94 | 0 | 78 | 3 | 0 | 0 | 40 | 6 | 0 |
| Latte | 425 mL | 150 | 6 | 3.5 | 0.1 | 20 | 140 | 13 | 0 | 13 | 10 | 10 | 0 | 35 | 0 | 205 |
| Caramel Latte | 425 mL | 270 | 7 | 4 | 0.1 | 25 | 180 | 41 | 0 | 38 | 11 | 10 | 0 | 35 | 0 | 205 |
| Vanilla Latte | 425 mL | 200 | 6 | 3.5 | 0.1 | 20 | 140 | 28 | 0 | 27 | 10 | 10 | 0 | 35 | 0 | 205 |
| Mocha Latte | 425 mL | 240 | 6 | 3.5 | 0.1 | 20 | 390 | 37 | 1 | 35 | 11 | 10 | 0 | 35 | 10 | 215 |
| Americano | 425 mL | 1 | 0.1 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0.1 | 0 | 0 | 0 | 0 | 205 |
| Cappuccino | 425 mL | 120 | 4.5 | 3 | 0.1 | 20 | 120 | 11 | 0 | 11 | 8 | 10 | 0 | 30 | 0 | 205 |
| French Vanilla (SMALL) | 286 mL | 250 | 8 | 7 | 0.1 | 5 | 210 | 41 | 1 | 31 | 4 | 0 | 0 | 10 | 2 | 60 |
| French Vanilla (MEDIUM) | 425 mL | 310 | 10 | 9 | 0.1 | 5 | 270 | 52 | 2 | 40 | 5 | 0 | 0 | 15 | 2 | 80 |
| French Vanilla (LARGE) | 563 mL | 430 | 13 | 12 | 0.1 | 5 | 370 | 71 | 2 | 55 | 7 | 0 | 0 | 20 | 4 | 110 |
| French Vanilla (X-LARGE) | 678 mL | 550 | 17 | 15 | 0.1 | 5 | 480 | 91 | 3 | 70 | 9 | 0 | 2 | 25 | 6 | 135 |

Cold Beverages

| | | | | | | | | | | | | | | | | |
|----------------------------|--------|-----|----|----|-----|----|----|----|---|----|---|----|---|----|---|-----|
| Iced Capp® (Cream, SMALL) | 380 mL | 250 | 11 | 6 | 0.4 | 45 | 50 | 33 | 0 | 33 | 2 | 8 | 0 | 10 | 2 | 90 |
| Iced Capp® (Cream, MEDIUM) | 515 mL | 360 | 15 | 9 | 0.5 | 60 | 70 | 48 | 0 | 47 | 3 | 10 | 0 | 15 | 2 | 120 |
| Iced Capp® (Cream, LARGE) | 648 mL | 470 | 20 | 12 | 1 | 80 | 90 | 63 | 0 | 62 | 4 | 15 | 0 | 15 | 2 | 150 |

COLD BEVERAGES

Cold Beverages (cont.)

| | Serving Size | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) | Caffeine (mg) |
|---|--------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|---------------|
| Iced Capp® Light (Milk, SMALL) | 380 mL | 150 | 1.5 | 1 | 0 | 5 | 35 | 32 | 0 | 32 | 3 | 2 | 0 | 8 | 2 | 90 |
| Iced Capp® Light (Milk, MEDIUM) | 515 mL | 218 | 2 | 1 | 0.1 | 8 | 47 | 46 | 0 | 46 | 3.5 | 0 | 0 | 11 | 1 | 120 |
| Iced Capp® Light (Milk, LARGE) | 648 mL | 286 | 2 | 1 | 0.1 | 10 | 61 | 61 | 0 | 60 | 5 | 0 | 0 | 14 | 2 | 150 |
| Mocha Iced Capp® (Cream, SMALL) | 380 mL | 290 | 11 | 7 | 0.4 | 45 | 60 | 42 | 0 | 38 | 2 | 8 | 0 | 10 | 6 | 90 |
| Mocha Iced Capp® (Cream, MEDIUM) | 515 mL | 410 | 16 | 10 | 0.5 | 60 | 90 | 61 | 1 | 56 | 3 | 10 | 0 | 15 | 10 | 125 |
| Mocha Iced Capp® (Cream, LARGE) | 648 mL | 540 | 21 | 13 | 1 | 80 | 115 | 80 | 1 | 73 | 5 | 15 | 0 | 20 | 10 | 155 |
| Iced Coffee (Cream, SMALL) | 380 mL | 120 | 7 | 4 | 0.3 | 25 | 60 | 12 | 0 | 8 | 1 | 6 | 0 | 6 | 0 | 60 |
| Iced Coffee (Cream, MEDIUM) | 515 mL | 160 | 7 | 4 | 0.3 | 25 | 90 | 22 | 0 | 13 | 2 | 6 | 0 | 6 | 0 | 130 |
| Iced Coffee (Cream, LARGE) | 648 mL | 260 | 11 | 7 | 0.4 | 45 | 135 | 33 | 0 | 21 | 3 | 8 | 0 | 10 | 0 | 160 |
| Iced Coffee (Milk, SMALL) | 380 mL | 70 | 1 | 0.5 | 0 | 5 | 55 | 12 | 0 | 8 | 2 | 2 | 0 | 8 | 0 | 60 |
| Iced Coffee (Milk, MEDIUM) | 515 mL | 108 | 1 | 1 | 0 | 5.1 | 78 | 22 | 0 | 14 | 2.3 | 2 | 0 | 7 | 0 | 130 |
| Iced Coffee (Milk, LARGE) | 648 mL | 163 | 2 | 1 | 0 | 7.2 | 117 | 33 | 0 | 20 | 3.5 | 3 | 0 | 10 | 0 | 160 |
| Mocha Iced Coffee (Cream, SMALL) | 380 mL | 160 | 7 | 4.5 | 0.3 | 25 | 75 | 21 | 0 | 13 | 2 | 6 | 0 | 6 | 6 | 60 |
| Mocha Iced Coffee (Cream, MEDIUM) | 515 mL | 220 | 7 | 4.5 | 0.3 | 25 | 110 | 35 | 1 | 22 | 2 | 6 | 0 | 6 | 8 | 135 |
| Mocha Iced Coffee (Cream, LARGE) | 648 mL | 330 | 12 | 7 | 0.4 | 45 | 160 | 50 | 1 | 31 | 3 | 8 | 0 | 10 | 10 | 165 |
| Iced Latte | 515 mL | 100 | 4 | 2.5 | 0.1 | 15 | 100 | 9 | 0 | 9 | 7 | 8 | 0 | 25 | 0 | 205 |
| Caramel Iced Latte | 515 mL | 220 | 5 | 3 | 0.1 | 20 | 140 | 37 | 0 | 34 | 8 | 8 | 0 | 25 | 0 | 205 |
| Vanilla Iced Latte | 515 mL | 160 | 4 | 2.5 | 0.1 | 15 | 100 | 24 | 0 | 23 | 7 | 8 | 0 | 25 | 0 | 205 |
| Mocha Iced Latte | 515 mL | 200 | 4.5 | 2.5 | 0.1 | 15 | 350 | 33 | 1 | 31 | 8 | 8 | 0 | 25 | 10 | 215 |
| Strawberry Banana Fruit Smoothie with Greek Yogurt (SMALL) | 380 mL | 140 | 1 | 0.5 | 0 | 5 | 30 | 30 | 0 | 27 | 3 | 0 | 0 | 10 | 0 | 0 |
| Strawberry Banana Fruit Smoothie with Greek Yogurt (MEDIUM) | 515 mL | 200 | 1.5 | 1 | 0 | 5 | 45 | 44 | 0 | 40 | 5 | 0 | 0 | 15 | 2 | 0 |
| Strawberry Banana Fruit Smoothie with Greek Yogurt (LARGE) | 648 mL | 270 | 1.5 | 1 | 0 | 5 | 60 | 58 | 1 | 52 | 7 | 0 | 0 | 20 | 2 | 0 |
| Frozen Lemonade (Original, SMALL) | 380 mL | 120 | 0.1 | 0 | 0 | 0 | 10 | 28 | 0 | 26 | 0 | 0 | 2 | 0 | 0 | 0 |
| Frozen Lemonade (Original, MEDIUM) | 515 mL | 160 | 0.1 | 0 | 0 | 0 | 15 | 40 | 0 | 37 | 0 | 0 | 2 | 0 | 0 | 0 |
| Frozen Lemonade (Original, LARGE) | 648 mL | 210 | 0.2 | 0 | 0 | 0 | 20 | 52 | 0 | 49 | 0 | 0 | 2 | 0 | 0 | 0 |
| Frozen Raspberry Lemonade (SMALL) | 380 mL | 120 | 0.1 | 0 | 0 | 0 | 10 | 28 | 0 | 26 | 0 | 0 | 2 | 0 | 0 | 0 |
| Frozen Raspberry Lemonade (MEDIUM) | 515 mL | 170 | 0.1 | 0 | 0 | 0 | 15 | 41 | 0 | 37 | 0 | 0 | 2 | 0 | 0 | 0 |
| Frozen Raspberry Lemonade (LARGE) | 648 mL | 220 | 0.2 | 0 | 0 | 0 | 20 | 53 | 0 | 49 | 0 | 0 | 2 | 0 | 0 | 0 |
| Other | | | | | | | | | | | | | | | | |
| Espresso Shot | 30 mL | 1 | 0.1 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 125 |
| Whipped Topping | 21 g | 80 | 5 | 5 | 0 | 0 | 20 | 8 | 0 | 8 | 0.4 | 0 | 0 | 0 | 0 | 0 |



Balanced Options

It's not easy to make balanced choices, especially when life's so busy and it seems we're constantly on the go.

Tim Hortons® believes balance is an important part of living well – that eating well and enjoying what you eat can and should go together – and that having choices can make all the difference. That's why we offer a variety of fresh, wholesome and tasty foods and beverages all day long. From our fresh premium blend coffee to our wide selection of meals and snacks, you have a range of nutritious and delicious options available to help you find balance even when you are on the go.

At Tim Hortons®, we want our guests to have all the information they need to make educated choices when ordering. Through this guide, and our online nutrition calculator guests have access to detailed nutrition information for their favourite Tim Hortons® menu items.



ATTENTION: Allergy Alert!

Although we take precautions, it is impossible to guarantee that our products have not come into contact with peanuts, nuts or other allergens.

If you have a food allergy we recommend that you refrain from eating our products.

Your welfare is our first concern.

We encourage anyone with food sensitivities, allergies, or special dietary needs to check with Tim Hortons® Guest Services to obtain the most up-to-date information.

Informed Dining

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca.

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)

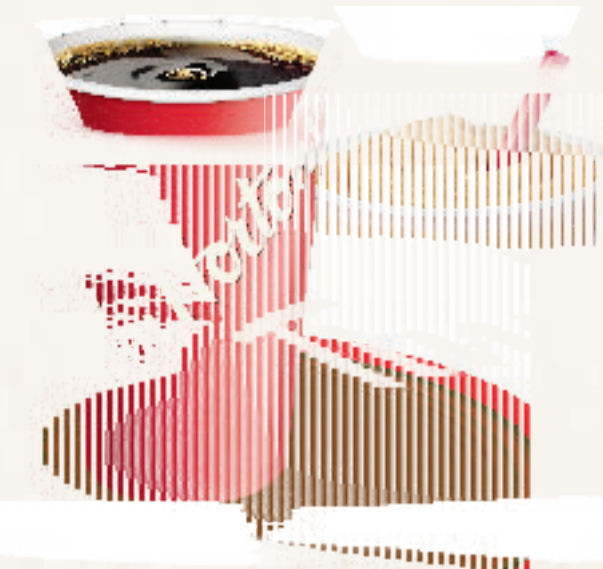
The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia. The Province of British Columbia assumes no responsibility or liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

The nutrition information contained in this guide is based on standard product formulations and was obtained through analysis by our nutritional software, entitled ESHA Genesis R&D, and information provided by our suppliers. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at restaurant level, and/or season of the year. Regional variations may occur. Certain menu items may vary from restaurant to restaurant and may not be available at all locations. Baked goods may vary in size. This guide includes a selection of Tim Hortons' standard menu items and may not include all found in-restaurant.

The information in this guide is effective as of November 2018. Updated versions will be printed periodically.

To receive the most up-to-date information please visit www.timhortons.com. Information is applicable to products in restaurants in Canada and may be subject to change at any time.

Tim Hortons® NUTRITION GUIDE



For further nutrition, ingredient, or allergy information, please call:

1 888 601 1616

Or visit our website at:

TimHortons.com/Nutrition

DONUTS, TIMBITS® & BAKED GOODS

DONUTS

| | Serving Size | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-----------------------|--------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|
| Yeast Donuts | | | | | | | | | | | | | | | |
| Apple Fritter | 101 g | 310 | 8 | 3.5 | 0 | 0 | 330 | 53 | 2 | 19 | 7 | 0 | 4 | 4 | 15 |
| Caramel Apple Fritter | 115 g | 340 | 8 | 3.5 | 0 | 0 | 390 | 61 | 2 | 26 | 7 | 0 | 4 | 4 | 15 |
| Chocolate Dip | 64 g | 200 | 6 | 2.5 | 0 | 0 | 210 | 34 | 1 | 13 | 4 | 0 | 0 | 2 | 10 |
| Honey Dip | 72 g | 220 | 6 | 2.5 | 0 | 0 | 210 | 39 | 1 | 19 | 4 | 0 | 0 | 2 | 10 |
| Maple Dip | 64 g | 200 | 6 | 2.5 | 0 | 0 | 210 | 34 | 1 | 14 | 4 | 0 | 0 | 2 | 10 |
| Vanilla Dip | 73 g | 250 | 6 | 2.5 | 0 | 0 | 210 | 44 | 1 | 22 | 4 | 0 | 0 | 2 | 10 |

Cake Donuts

| | | | | | | | | | | | | | | | |
|---------------------------|------|-----|----|---|-----|----|-----|----|---|----|---|---|---|---|----|
| Chocolate Glazed | 76 g | 280 | 14 | 6 | 0.1 | 5 | 320 | 37 | 1 | 19 | 4 | 0 | 0 | 2 | 15 |
| Chocolate Toasted Coconut | 82 g | 320 | 16 | 9 | 0.1 | 5 | 330 | 41 | 2 | 22 | 4 | 0 | 0 | 2 | 15 |
| Double Chocolate | 67 g | 260 | 14 | 6 | 0.1 | 5 | 320 | 32 | 1 | 14 | 4 | 0 | 0 | 2 | 15 |
| Old Fashion Dip | 65 g | 240 | 10 | 5 | 0.1 | 15 | 270 | 33 | 1 | 15 | 3 | 0 | 0 | 4 | 10 |
| Old Fashion Glazed | 75 g | 260 | 10 | 5 | 0.1 | 15 | 270 | 37 | 1 | 19 | 3 | 0 | 0 | 4 | 10 |
| Old Fashion Plain | 58 g | 210 | 10 | 5 | 0.1 | 15 | 260 | 25 | 1 | 8 | 3 | 0 | 0 | 4 | 10 |
| Sour Cream Glazed | 75 g | 320 | 16 | 8 | 0.1 | 10 | 220 | 40 | 1 | 23 | 3 | 0 | 0 | 2 | 8 |
| Sour Cream Plain | 58 g | 270 | 16 | 8 | 0.1 | 10 | 210 | 27 | 1 | 11 | 3 | 0 | 0 | 2 | 8 |

Filled Donuts

| | | | | | | | | | | | | | | | |
|--------------------|------|-----|---|-----|---|---|-----|----|---|----|---|---|---|---|----|
| Boston Cream | 81 g | 220 | 6 | 2.5 | 0 | 0 | 250 | 37 | 1 | 15 | 5 | 0 | 0 | 2 | 10 |
| Canadian Maple | 81 g | 210 | 6 | 2.5 | 0 | 0 | 250 | 37 | 1 | 16 | 5 | 0 | 0 | 2 | 10 |
| Raspberry | 74 g | 200 | 5 | 2 | 0 | 0 | 220 | 33 | 1 | 12 | 4 | 0 | 0 | 2 | 10 |
| Strawberry Vanilla | 81 g | 230 | 5 | 2 | 0 | 0 | 230 | 41 | 1 | 20 | 5 | 0 | 0 | 2 | 15 |

Other

| | | | | | | | | | | | | | | | |
|---------------|------|-----|----|---|-----|----|-----|----|---|----|---|---|---|---|---|
| Honey Cruller | 70 g | 280 | 18 | 9 | 0.3 | 50 | 200 | 27 | 0 | 12 | 2 | 0 | 0 | 2 | 2 |
|---------------|------|-----|----|---|-----|----|-----|----|---|----|---|---|---|---|---|

TIMBITS®

Yeast Timbits

| | | | | | | | | | | | | | | | |
|---------------|------|----|-----|-----|---|---|----|---|---|---|---|---|---|---|---|
| Apple Fritter | 17 g | 50 | 1.5 | 1 | 0 | 0 | 40 | 9 | 0 | 4 | 1 | 0 | 0 | 0 | 2 |
| Honey Dip | 14 g | 45 | 1 | 0.5 | 0 | 0 | 30 | 8 | 0 | 4 | 1 | 0 | 0 | 0 | 2 |

Cake Timbits

| | | | | | | | | | | | | | | | |
|---------------------------|------|----|-----|-----|---|---|----|----|---|---|---|---|---|---|---|
| Birthday Cake | 21 g | 80 | 3 | 1.5 | 0 | 5 | 60 | 12 | 0 | 8 | 1 | 0 | 0 | 0 | 2 |
| Chocolate Glazed | 25 g | 90 | 3 | 1.5 | 0 | 0 | 85 | 14 | 0 | 8 | 1 | 0 | 0 | 0 | 4 |
| Old Fashion Glazed | 24 g | 80 | 2.5 | 1 | 0 | 5 | 75 | 14 | 0 | 9 | 1 | 0 | 0 | 0 | 2 |
| Old Fashion Plain | 15 g | 50 | 2.5 | 1 | 0 | 5 | 75 | 7 | 0 | 2 | 1 | 0 | 0 | 0 | 2 |
| Old Fashion Sugar | 16 g | 60 | 2.5 | 1 | 0 | 5 | 75 | 8 | 0 | 3 | 1 | 0 | 0 | 0 | 2 |
| Sour Cream Glazed | 21 g | 90 | 4.5 | 2 | 0 | 5 | 55 | 11 | 0 | 7 | 1 | 0 | 0 | 0 | 2 |
| Sour Cream Plain | 15 g | 70 | 4.5 | 2 | 0 | 5 | 55 | 7 | 0 | 3 | 1 | 0 | 0 | 0 | 2 |
| Chocolate Toasted Coconut | 21 g | 80 | 4 | 2 | 0 | 0 | 85 | 10 | 0 | 5 | 1 | 0 | 0 | 0 | 4 |

Filled Timbits

| | | | | | | | | | | | | | | | |
|----------------|------|----|-----|-----|---|---|----|---|---|---|---|---|---|---|---|
| Raspberry | 18 g | 45 | 1 | 0.5 | 0 | 0 | 35 | 8 | 0 | 4 | 1 | 0 | 0 | 0 | 2 |
| Strawberry | 18 g | 50 | 1 | 0.5 | 0 | 0 | 35 | 8 | 0 | 4 | 1 | 0 | 0 | 0 | 2 |
| Venetian Cream | 18 g | 45 | 1.5 | 0.5 | 0 | 0 | 40 | 7 | 0 | 2 | 1 | 0 | 0 | 0 | 2 |

Other Timbits

| | | | | | | | | | | | | | | | |
|---------------|------|----|---|-----|-----|----|----|----|---|---|-----|---|---|---|---|
| Honey Cruller | 19 g | 70 | 3 | 1.5 | 0.1 | 10 | 35 | 10 | 0 | 7 | 0.2 | 0 | 0 | 0 | 0 |
|---------------|------|----|---|-----|-----|----|----|----|---|---|-----|---|---|---|---|

MUFFINS

| | | | | | | | | | | | | | | | |
|--------------------------------|-------|-----|----|-----|-----|----|-----|----|---|----|---|----|---|----|----|
| Chocolate Chip | 115 g | 420 | 16 | 4.5 | 0.1 | 35 | 330 | 66 | 2 | 35 | 6 | 0 | 0 | 4 | 30 |
| Fruit Explosion | 122 g | 340 | 10 | 1.5 | 0.1 | 30 | 470 | 58 | 2 | 25 | 5 | 0 | 6 | 6 | 15 |
| Raisin Bran | 115 g | 370 | 12 | 2 | 0.1 | 20 | 370 | 63 | 4 | 36 | 5 | 0 | 0 | 4 | 20 |
| Carrot Cake with Walnuts | 115 g | 350 | 13 | 2.5 | 0.2 | 30 | 360 | 53 | 2 | 27 | 5 | 45 | 4 | 10 | 15 |
| Whole Grain Pecan Banana Bread | 115 g | 350 | 11 | 1.5 | 0.1 | 30 | 400 | 60 | 5 | 27 | 6 | 0 | 0 | 4 | 20 |
| Wild Blueberry | 115 g | 340 | 11 | 2 | 0.1 | 30 | 430 | 57 | 2 | 25 | 5 | 0 | 0 | 2 | 15 |

OTHER BAKED GOODS

| | | | | | | | | | | | | | | | |
|-------------------------|-------|-----|----|---|-----|---|-----|----|---|----|---|----|----|---|----|
| Cinnamon Roll - Frosted | 108 g | 370 | 14 | 5 | 0.1 | 0 | 280 | 56 | 2 | 23 | 7 | 0 | 0 | 4 | 15 |
| Cinnamon Roll - Glazed | 96 g | 320 | 12 | 5 | 0.1 | 0 | 250 | 47 | 2 | 15 | 7 | 0 | 0 | 4 | 15 |
| Croissant - Cheese | 75 g | 290 | 15 | 7 | 0.1 | 5 | 300 | 29 | 1 | 4 | 7 | 10 | 8 | 6 | 15 |
| Croissant - Plain | 68 g | 260 | 14 | 6 | 0.1 | 0 | 250 | 29 | 1 | 4 | 5 | 8 | 8 | 2 | 15 |
| Danish - Cherry Cheese | 89 g | 300 | 16 | 7 | 0.2 | 0 | 410 | 36 | 1 | 14 | 4 | 0 | 15 | 0 | 10 |

SANDWICHES & BAKED GOODS

OTHER BAKED GOODS

| | | | | | | | | | | | | | | | |
|----------------------------|-------|-----|----|-----|-----|----|-----|----|---|----|---|----|---|----|----|
| Danish - Maple Pecan | 85 g | 370 | 21 | 7 | 0.1 | 5 | 250 | 43 | 2 | 14 | 5 | 6 | 8 | 2 | 15 |
| Homestyle Biscuit | 70 g | 210 | 8 | 6 | 0.2 | 0 | 420 | 29 | 2 | 3 | 6 | 2 | 0 | 2 | 15 |
| Tea Biscuit - Cheese | 80 g | 260 | 11 | 3.5 | 0.2 | 10 | 540 | 31 | 1 | 5 | 8 | 4 | 0 | 10 | 15 |
| Banana Chocolate Chip Loaf | 100 g | 380 | 16 | 2.5 | 0.1 | 25 | 440 | 56 | 1 | 32 | 4 | 15 | 0 | 4 | 15 |
| Lemon Poppyseed Loaf | 100 g | 340 | 14 | 2.5 | 0.1 | 40 | 320 | 49 | 2 | 25 | 5 | 0 | 4 | 2 | 15 |
| Tea Biscuit - Raisin | 80 g | 250 | 8 | 1.5 | 0 | 0 | 430 | 39 | 2 | 12 | 5 | 0 | 0 | 4 | 15 |

COOKIES

Classic Cookies

| | | | | | | | | | | | | | | | |
|----------------------|------|-----|----|-----|-----|----|-----|----|---|----|---|---|---|---|----|
| Chocolate Chunk | 52 g | 240 | 10 | 6 | 0.4 | 25 | 250 | 34 | 1 | 19 | 3 | 0 | 0 | 2 | 15 |
| Oatmeal Raisin Spice | 52 g | 210 | 8 | 4.5 | 0.1 | 20 | 190 | 32 | 1 | 19 | 3 | 8 | 0 | 2 | 8 |
| Peanut Butter | 52 g | 280 | 17 | 8 | 0.4 | 25 | 240 | 27 | 2 | 16 | 6 | 0 | 0 | 2 | 8 |

GREEK YOGURT PARFAIT

| | | | | | | | | | | | | | | | |
|---------|-------|-----|---|-----|---|---|----|----|---|----|----|---|----|----|----|
| Vanilla | 198 g | 270 | 5 | 0.3 | 0 | 0 | 90 | 40 | 3 | 25 | 15 | 6 | 15 | 35 | 40 |
|---------|-------|-----|---|-----|---|---|----|----|---|----|----|---|----|----|----|

BAGELS

Classic Bagels

| | | | | | | | | | | | | | | | |
|-----------------|-------|-----|---|-----|---|---|-----|----|---|----|----|---|---|---|----|
| 12 Grain | 113 g | 330 | 9 | 1.5 | 0 | 0 | 450 | 55 | 6 | 8 | 10 | 0 | 0 | 6 | 25 |
| Cinnamon Raisin | 113 g | 300 | 2 | 0.3 | 0 | 0 | 390 | 63 | 3 | 11 | 9 | 0 | 0 | 6 | 25 |
| Everything | 113 g | 300 | 3 | 0.5 | 0 | 0 | 410 | 60 | 3 | 6 | 10 | 0 | 0 | 4 | 25 |
| Plain | 113 g | 290 | 2 | 0.4 | 0 | 0 | 440 | 58 | 2 | 4 | 9 | 0 | 0 | 4 | 25 |
| Sesame Seed | 113 g | 300 | 3 | 0.5 | 0 | 0 | 420 | 59 | 3 | 5 | 11 | 0 | 0 | 4 | 25 |

Specialty Bagels

| | | | | | | | | | | | | | | | |
|-----------------------------|-------|-----|-----|-----|-----|---|-----|----|---|----|----|---|---|----|----|
| Cheese and Chive | 122 g | 330 | 5 | 2 | 0.1 | 5 | 550 | 58 | 3 | 4 | 12 | 2 | 0 | 10 | 25 |
| Four Cheese | 122 g | 320 | 5 | 2 | 0.1 | 5 | 580 | 57 | 2 | 3 | 12 | 0 | 0 | 10 | 30 |
| Jalapeno Asiago Mozzarella | 123 g | 310 | 3.5 | 1.5 | 0.1 | 5 | 730 | 58 | 3 | 2 | 12 | 2 | 0 | 10 | 30 |
| Maple Cinnamon French Toast | 123 g | 350 | 4 | 1.5 | 0.2 | 5 | 540 | 67 | 2 | 15 | 10 | 0 | 0 | 8 | 25 |
| Sundried Tomato Asiago Parm | 123 g | 320 | 4.5 | 2 | 0.1 | 5 | 860 | 59 | 3 | 4 | 12 | 2 | 0 | 15 | 30 |

TOPPINGS & SPREADS

| | | | | | | | | | | | | | | | |
|--------------------------------------|-------|-----|-----|-----|-----|----|-----|----|---|----|-----|----|---|----|----|
| Plain Cream Cheese Spread | 43 g | 130 | 11 | 7 | 0.3 | 45 | 170 | 3 | 0 | 3 | 3 | 10 | 0 | 6 | 0 |
| Light Plain Cream Cheese Spread | 43 g | 100 | 8 | 5 | 0.3 | 30 | 220 | 2 | 0 | 2 | 4 | 10 | 0 | 4 | 0 |
| Light Strawberry Cream Cheese Spread | 43 g | 130 | 10 | 6 | 0.2 | 30 | 140 | 9 | 0 | 7 | 2 | 8 | 0 | 6 | 0 |
| Herb and Garlic Cream Cheese Spread | 43 g | 140 | 13 | 8 | 0.3 | 50 | 120 | 2 | 0 | 2 | 1 | 0 | 0 | 4 | 2 |
| Butter | 10 g | 70 | 8 | 5 | 0.3 | 20 | 85 | 0 | 0 | 0 | 0.1 | 6 | 0 | 0 | 0 |
| Margarine | 7 g | 50 | 6 | 1 | 0 | 0 | 50 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 |
| Strawberry Jam | 16 mL | 50 | 0 | 0 | 0 | 0 | 3 | 14 | 0 | 11 | 0.1 | 0 | 0 | 0 | 0 |
| Peanut Butter | 18 g | 100 | 9 | 1.5 | 0 | 0 | 75 | 4 | 1 | 2 | 4 | 0 | 0 | 0 | 2 |
| Sundried Tomato Asiago Parm | 123 g | 320 | 4.5 | 2 | 0.1 | 5 | 860 | 59 | 3 | 4 | 12 | 2 | 0 | 15 | 30 |

SANDWICHES, PANINI AND WRAPS

| | | | | | | | | | | | | | | | |
|---------------------------|-------|-----|----|-----|-----|----|------|----|---|---|----|----|----|----|----|
| BLT Sandwich | 206 g | 460 | 19 | 4 | 0 | 20 | 830 | 59 | 3 | 4 | 15 | 4 | 15 | 2 | 40 |
| Crispy Chicken Sandwich | 288 g | 530 | 15 | 1.5 | 0 | 30 | 1000 | 75 | 3 | 4 | 24 | 4 | 20 | 2 | 60 |
| Garden Vegetable Sandwich | 276 g | 430 | 15 | 5 | 0.3 | 25 | 670 | 64 | 3 | 6 | 12 | 4 | 20 | 6 | 45 |
| Ham & Cheddar Sandwich | 272 g | 500 | 19 | 7 | 0.2 | 55 | 1280 | 62 | 3 | 4 | 23 | 10 | 15 | 15 | 45 |
| Turkey Sandwich | 250 g | 430 | 11 | 1.5 | 0 | 40 | 920 | 59 | 3 | 4 | | | | | |