

Nutritional and Allergen information

UK & IRELAND

Tim Hortons®

Contents

Allergen Statement	3
Nutritional Information (UK & Ireland)	4
Allergen Information (UK & Ireland)	10

Food allergies and intolerances

Some of our products may contain nuts, sesame seeds
and other allergens.

Due to the way the products are handled and prepared
it is likely that allergens are present in our food.

If you would like more information on the contents of
our food please ask a member of the store team who
will be happy to help.

Nutritional information (UK & Ireland)

PRODUCT	PORTION	ENERGY			FAT				CARBOHYDRATES				FIBRE	PROTEIN		SALT	
		kj	kcal	%RI (Adult)	Total		of which Saturates		Total		of which Sugars		per portion (g)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)
		per portion	per portion		per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)					
BAKED GOODS																	
Chocolate Dip Donut	64 g	979	234	12	9.87	14	4.16	21	31.53	12	10.46	12	0.86	4.06	8	0.49	8
Double Chocolate Donut	71 g	1201	287	14	16.9	24	7.5	38	30.67	12	13.56	15	0.15	3.42	7	0.59	10
Old Fashioned Glazed Donut	76 g	1248	298	15	14.36	21	6.76	34	39.18	15	22.79	25	0.97	3.34	7	0.56	9
Vanilla Dip Donut	76 g	1154	276	14	9.01	13	4.67	23	44.37	17	22.95	26	0.67	3.91	8	0.53	9
Maple Dip Donut	64g	973	233	12	9.37	13	4.28	21	32.47	12	12.44	14	0.67	3.9	8	0.56	9
Strawberry Vanilla Donut	84 g	1130	270	14	7.22	10	3.36	17	46.74	18	25.29	28	0.66	3.85	8	0.5	8
Boston Cream Donut	81 g	1002	239	12	8.99	13	3.87	19	34.74	13	13.42	15	0.79	4.06	8	0.6	10
Canadian Maple Donut	82 g	1013	242	12	8.74	12	4.03	20	36.06	14	15.52	17	0.65	3.93	8	0.66	11
Apple Fritter Donut	98 g	1337	319	16	10.35	15	4.61	23	50.09	19	19.76	22	1.58	5.7	11	0.73	12
Apple Fritter Timbit	13g	175	41	2	1.86	3	0.84	4	5.3	2	0.6	1	0.24	0.9	2	0.7	12
Honey Cruller	47g	1097	260	13	16	23	7.7	39	27.08	10	12.09	13	0.22	1.98	4	0.46	8
Chocolate Glazed Timbits	21 g	336	80	4	3.86	6	1.75	9	10.58	4	6.03	7	0.01	0.91	2	0.16	3
Honey Dip Timbits	15 g	199	48	2	1.25	2	0.55	3	8.23	3	4.41	5	0.14	0.74	1	0.07	1
Birthday Cake Timbits	24 g	392	94	5	4.24	6	2.16	11	13.06	5	8.52	9	0.28	0.93	2	0.16	3
Old Fashioned Glazed Timbits	21 g	336	80	4	3.75	5	1.76	9	10.79	4	6.25	7	0.28	0.92	2	0.16	3
Chocolate Filled Timbits	18 g	268	64	3	2.25	3	0.78	4	9.98	4	5.66	6	0.2	0.83	2	0.07	1
Strawberry Filled Timbits	18 g	225	54	3	1.25	2	0.55	3	9.77	4	5.62	6	0.13	0.75	2	0.07	1
Chocolate Chip Muffin	100g	1891	452	23	18.54	26	5.19	26	65.07	25	40.11	45	2.15	6.1	12	0.84	14
Blueberry Muffin	100g	1532	366	18	18.6	26	1.8	9	44.7	17	17.4	19	0.7	4.6	9	0.46	8
Chocolate Lava Muffin	114g	1909	456	23	22.2	32	4.3	21	56.54	22	31	30	2.05	6.52	13	0.57	10
White Chocolate Chunk Cookie	51 g	999	239	12	11.02	16	7.04	35	31.88	12	19.07	21	1.27	2.65	5	0.35	6
Double Chocolate Chunk Cookie	51 g	969	232	12	10.56	15	5.66	28	30.96	12	18.51	21	1.38	2.55	5	0.33	6
Triple Chocolate Chunk Cookie	51 g	999	239	12	10.66	15	6.38	32	32.28	12	21.57	24	1.68	2.55	5	0.33	6

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					per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)					
BAGELS AND PASTRIES																	
Everything Bagel	113 g	1306	312	16	5.47	8	0.76	4	56.44	22	2.76	3	3.16	10.34	21	0.95	16
Everything Bagel (with Cream Cheese)	127 g	1445	345	17	8.52	12	2.81	14	57.01	22	3.32	4	3.19	11.12	22	1.06	18
Plain Bagel	113 g	1258	301	15	3.18	5	0.43	2	58.01	22	2.27	3	2.46	9.89	20	0.92	15
Plain Bagel (with Cream Cheese)	127 g	1398	334	17	6.22	9	2.48	12	58.58	23	2.84	3	2.49	10.67	21	1.03	17
Cinnamon Raisin Bagel	113 g	1354	324	16	4	6	4.37	22	63.28	24	8.18	9	2.93	9.71	19	0.98	16
Cinnamon Raisin Bagel (with Cream Cheese)	127 g	1493	357	18	7.05	10	6.43	32	63.85	25	8.75	10	2.96	10.49	21	1.1	18
Croissant	57 g	967	231	12	12.24	17	7.8	39	25.1	10	3.76	4	0.8	4.72	9	0.46	8
BREAKFAST																	
Toasted Teacake	82g	1142	265	13	10.7	15	6.6	33	37.08	14	14.08	15	2.4	5.6	11.2	0.6	10
Toast (Plain)	80 g	910	218	11	1.92	3	0.72	4	41.92	16	3.6	4	2.16	7.04	14	0.68	11
Toast (with Butter)	95 g	1362	325	16	13.81	20	7.95	40	42.04	16	3.7	4	2.16	7.13	14	0.78	13
Toast (with Jam)	100 g	1113	266	13	1.94	3	0.72	4	53.84	21	15.4	17	2.28	7.1	14	0.7	12
Bacon Muffin	127g	969	198	10	13.54	19	5.92	30	18.62	7	1.3	1	1.43	12.06	24	0.89	15
Sausage Muffin	135g	1101	225	11	15.39	22	6.72	34	21.15	8	1.48	2	1.63	13.71	27	1.01	17
Sausage with Egg & Cheese Muffin	169 g	1597	382	19	21.37	31	9.34	47	29.38	11	2.05	2	2.26	19.04	38	1.41	23
Double Sausage with Egg & Cheese Muffin	206 g	2121	507	25	32.1	46	14.15	71	30.31	12	2.35	3	2.63	25.33	51	1.88	31
Bacon with Egg & Cheese Muffin	150 g	1261	301	15	13.48	19	5.64	28	28.48	11	1.78	2	1.98	17.5	35	1.37	23
Double Bacon with Egg & Cheese Muffin	168 g	1448	346	17	16.32	23	6.76	34	28.49	11	1.79	2	2.07	22.25	45	1.81	30
Egg and Cheese Muffin	132 g	1074	257	13	10.64	15	4.53	23	28.46	11	1.76	2	1.89	12.75	26	0.94	16
Brioche with British Sausage	169 g	1732	414	21	27.29	39	11.77	59	25.93	10	4.6	5	0.9	19.26	39	2.13	36
Brioche with bacon	137 g	1361	325	16	17.75	25	8.55	43	25.33	10	4.62	5	0.99	18.01	36	1.65	27
Breakfast Wrap (Farmer's Wrap)	224 g	2464	589	29	37.34	53	16.55	83	38.88	15	3.41	4	2.52	23.2	46	2.13	36
Hash Brown	44 g	331	79	4	3.96	6	1.98	10	9.68	4	0.44	0	0.44	0.88	2	0.53	9
Porridge - January Launch	210g	976	237	12	14.5	20	2.52	16	32	13	10.1	11	3.4	7.3	15	0.1	2
Porridge with Mixed Berries - January launch	238g	1014	246	12	14.5	20	2.55	11	34.8	13	10.5	11	4.9	7.6	15	0.1	2
Greek Yogurt with Mixed Berries & Granola	198 g	945	226	11	5.7	8	2.55	13	30.9	12	16.44	18	3.8	11.14	22	0.33	5

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SANDWICHES AND SIDES																	
Crispy Chicken Sandwich	242 g	1939	463	23	16.37	23	1.96	10	57.14	22	4.73	5	2.96	21.24	42	1.77	30
Tuscan Chicken Panini	263 g	2115	506	25	17.94	26	7.19	36	51.61	20	2.76	3	2.84	34.56	69	2.83	47
Cheese Melt Toastie	166g	2038	487	24	26.1	37	15	75	42.6	61	3.6	4	0.8	24.5	49	2.7	45
Ham & Cheese Melt Toastie	189g	1432	339	17	5.1	7	1.9	10	48	18	9.6	11	1	24.7	49	3.2	53
Tuna Cheese Melt - January launch	195g	1645	380	19	8.3	12	1.2	6	61.7	24	19.9	22	1.7	13.9	28	2.7	45
Crispy Chicken Wrap	228 g	1923	460	23	19.18	27	3.47	17	50.62	19	3.72	4	2.49	20.62	41	1.42	24
Crispy Chicken Bacon Ranch Wrap	210 g	1375	329	16	11.64	17	3.59	18	30.33	12	3.67	4	2.56	24.94	50	1.74	29
Grilled Chicken Wrap	164g	1431	340	17	10.2	15	3.2	16	32	12	5	6	2	28	56	2	33
Grilled Chicken and Bacon Ranch Wrap	175g	1414	337	17	13	19	3	15	33	13	4	4	2	22	44	2	33
Tuna Wrap - January launch	165g	1431	340	17	5.1	7	1.9	10	48	18	9.6	11	1	24.7	49	3.2	53
Steak and Cheese Panini	227 g	2421	579	29	23.93	34	10.8	54	52.46	20	2.85	3	2.99	35.26	71	2.75	46
Potato Wedges	172 g	1089	260	13	11.89	17	1.38	7	32.74	13	1.21	1	3.79	3.79	8	1.9	32
Veggie Chipotle Wrap	205 g	1534	367	18	19.19	27	4.61	23	37.62	14	7.2	8	4.72	9.31	19	1.57	26
HOT BEVERAGES																	
Original Blend Coffee - small	12 oz	12	3	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.01	0
Original Blend Coffee - medium	16 oz	17	4	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.02	0
Original Blend Coffee - large	20 oz	21	5	0	0.02	0	0.01	0	0	0	0	0	0	0.61	1	0.03	0
Dark Roast Coffee - small	12 oz	12	3	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.01	0
Dark Roast Coffee - medium	16 oz	17	4	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.02	0
Dark Roast Coffee - large	20 oz	21	5	0	0.02	0	0.01	0	0	0	0	0	0	0.61	1	0.03	0
Decaf Coffee - small	12 oz	12	3	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.01	0
Decaf Coffee - medium	16 oz	17	4	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.02	0
Decaf Coffee - large	20 oz	21	5	0	0.02	0	0.01	0	0	0	0	0	0	0.61	1	0.03	0
Latte (standard) - small	12 oz	415	99	5	3.31	5	2.2	11	9.92	4	9.92	11	0	7.5	15	0.24	4
Latte (standard) - medium	16 oz	559	134	7	4.46	6	2.97	15	13.37	5	13.37	15	0	10.1	20	0.32	5
Latte (standard) - large	20 oz	686	164	8	5.46	8	3.64	18	16.39	6	16.39	18	0	12.38	25	0.39	7

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					per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)					
Latte (Chocolate Sauce) - small	12 oz	575	137	7	15.67	22	2.28	11	19.1	7	18.26	20	0.38	7.74	15	0.27	5
Latte (Chocolate Sauce) - medium	16 oz	879	210	11	29.18	42	3.12	16	31.73	12	30.05	33	0.76	10.59	21	0.39	6
Latte (Chocolate Sauce) - large	20 oz	1166	279	14	42.57	61	3.86	19	43.95	17	41.42	46	1.15	13.12	26	0.49	8
Latte (Hazelnut Syrup) - small	12 oz	540	129	6	3.31	5	2.2	11	17.34	7	17.25	19	0	7.5	15	0.24	4
Latte (Hazelnut Syrup) - medium	16 oz	808	193	10	4.46	6	2.97	15	28.21	11	28.04	31	0	10.1	20	0.32	5
Latte (Hazelnut Syrup) - large	20 oz	1060	253	13	5.46	8	3.64	18	38.67	15	38.41	43	0	12.38	25	0.39	7
Latte (Caramel Sauce) - small	12 oz	591	141	7	3.54	5	2.35	12	19.91	8	17.71	20	0.02	7.6	15	0.27	5
Latte (Caramel Sauce) - medium	16 oz	912	218	11	4.91	7	3.27	16	33.35	13	28.96	32	0.04	10.31	21	0.39	7
Latte (Caramel Sauce) - large	20 oz	1215	290	15	6.15	9	4.09	20	46.38	18	39.78	44	0.06	12.7	25	0.5	8
Chai Latte - small	12 oz	662	158	8	3.18	5	2.11	11	25.16	10	23.39	26	0.04	7.22	14	0.27	4
Chai Latte - medium	16 oz	895	214	11	4.33	6	2.88	14	33.83	13	31.47	35	0.05	9.85	20	0.36	6
Chai Latte - large	20 oz	1128	270	13	5.49	8	3.65	18	42.5	16	39.55	44	0.07	12.48	25	0.46	8
French Vanilla - small	12 oz	1142	273	14	5.6	8	4.9	25	56	22	41.3	46	2.38	4.9	10	0.71	12
French Vanilla - medium	16 oz	1371	328	16	6.72	10	5.88	29	67.2	26	49.56	55	2.86	5.88	12	0.86	14
French Vanilla - large	20 oz	1599	382	19	7.84	11	6.86	34	78.4	30	57.82	64	3.33	6.86	14	1	17
Cappuccino - small	12 oz	316	75	4	2.52	4	1.68	8	7.55	3	7.55	8	0	5.7	11	0.18	3
Cappuccino - medium	16 oz	460	110	6	3.67	5	2.44	12	11	4	11	12	0	8.31	17	0.26	4
Cappuccino - large	20 oz	587	140	7	4.67	7	3.12	16	14.02	5	14.02	16	0	10.59	21	0.33	6
Café Mocha - small	12 oz	575	137	7	15.67	22	2.28	11	19.1	7	18.26	20	0.38	7.74	15	0.27	5
Café Mocha - medium	16 oz	879	210	11	29.18	42	3.12	16	31.73	12	30.05	33	0.76	10.59	21	0.39	6
Café Mocha - large	20 oz	1166	279	14	42.57	61	3.86	19	43.95	17	41.42	46	1.15	13.12	26	0.49	8
Flat White	12 oz	505	121	6	4.03	6	2.68	13	12.08	5	12.08	13	0	9.13	18	0.29	5
Espresso - Single Shot	4 oz	4	1	0	0	0	0	0	0	0	0	0	0	<0.5	1	0	0
Hot Chocolate - small	12 oz	1128	269	13	5.6	8	4.9	25	56.7	22	44.1	49	2.38	3.5	7	0.29	5
Hot Chocolate - medium	16 oz	1353	323	16	6.72	10	5.88	29	68.04	26	52.92	59	2.86	4.2	8	0.36	6
Hot Chocolate - large	20 oz	1579	377	19	7.84	11	6.86	34	79.38	31	61.74	69	3.33	4.9	10	0.41	7
Signature Tea (all flavours) - small	12 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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Signature Tea (all flavours) - medium	16 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Tea (all flavours) - large	20 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Steeped Tea - small	12 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Steeped Tea - medium	16 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Steeped Tea - large	20 oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
COLD BEVERAGES																	
Iced Capp Supreme (standard) - small	12 oz	1262	302	15	22.71	32	13.47	67	27.53	11	26.3	29	0.09	3.06	6	0.08	1
Iced Capp Supreme (standard) - medium	16 oz	1653	395	20	28.08	40	16.91	85	38.03	15	36.32	40	0.09	4.08	8	0.1	2
Iced Capp Supreme (standard) - large	20 oz	2048	490	24	33.65	48	20.47	102	48.28	19	46.11	51	0.09	5.13	10	0.12	2
Iced Capp Supreme (Chocolate Syrup) - small	12 oz	1422	340	17	35.07	50	13.55	68	36.71	14	34.64	38	0.47	3.3	7	0.11	2
Iced Capp Supreme (Chocolate Syrup) - medium	16 oz	1973	472	24	52.8	75	17.06	85	56.39	22	52.99	59	0.86	4.57	9	0.16	3
Iced Capp Supreme (Chocolate Syrup) - large	20 oz	2529	604	30	70.76	101	20.69	103	75.84	29	71.14	79	1.24	5.87	12	0.22	4
Iced Capp Supreme (Hazelnut Syrup) - small	12 oz	1386	331	17	22.71	32	13.47	67	34.95	13	33.63	37	0.09	3.06	6	0.08	1
Iced Capp Supreme (Hazelnut Syrup) - medium	16 oz	1902	455	23	28.08	40	16.91	85	52.87	20	50.99	57	0.09	4.08	8	0.1	2
Iced Capp Supreme (Hazelnut Syrup) - large	20 oz	2422	579	29	33.65	48	20.47	102	70.56	27	68.13	76	0.09	5.13	10	0.12	2
Iced Capp Supreme (Caramel Sauce) - small	12 oz	1438	344	17	22.94	33	13.62	68	37.52	14	34.09	38	0.11	3.16	6	0.11	2
Iced Capp Supreme (Caramel Sauce) - medium	16 oz	2006	479	24	28.54	41	17.21	86	58.01	22	51.9	58	0.13	4.29	9	0.17	3
Iced Capp Supreme (Caramel Sauce) - large	20 oz	2577	616	31	34.34	49	20.92	105	78.27	30	69.5	77	0.15	5.45	11	0.23	4
Iced Capp Supreme with Oreo - small	12 oz	1347	322	16	21.39	31	14.12	71	29.52	11	27.02	30	0.23	3.35	7	0.14	2
Iced Capp Supreme with Oreo - medium	16 oz	1856	444	22	28.02	40	18.22	91	43.9	17	39.49	44	0.44	4.71	9	0.24	4
Iced Capp Supreme with Oreo - large	20 oz	2370	566	28	34.85	50	22.44	112	58.07	22	51.75	58	0.66	6.11	12	0.33	6
Iced Capp (standard) - small	12 oz	884	211	11	12.28	18	7.86	39	23.34	9	22.29	25	0	2.33	5	0.05	1
Iced Capp (standard) - medium	16 oz	1275	305	15	17.66	25	11.29	56	33.84	13	32.31	36	0.01	3.36	7	0.07	1
Iced Capp (standard) - large	20 oz	1671	399	20	23.22	33	14.86	74	44.1	17	42.1	47	0.01	4.41	9	0.09	1
Frozen Hot Chocolate - small	8oz	1065	254	13	14	20	10.1	50	30.3	12	28.5	32	0	1.62	3	0.09	2
Frozen Hot Chocolate - medium	12oz	1636	391	20	21.6	31	15.6	78	46.5	18	43.8	48	0	2.5	5	0.14	2
Frozen Hot Chocolate - large	16oz	2265	539	27	28.1	40	20.3	100	68.9	27	64	71	0	4.12	8	0.21	4

PRODUCT	PORTION	ENERGY			FAT				CARBOHYDRATES				FIBRE	PROTEIN		SALT	
		kj	kcal	%RI (Adult)	Total		of which Saturates		Total		of which Sugars		per portion (g)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)
					per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)	per portion (g)	%RI (Adult)					
Iced Capp Light - small	8oz	423	101	5	0.66	1	0.66	1	21.33	8	21.33	8	0	1.6	3	0.05	1
Iced Capp Light - medium	12oz	635	152	8	1	1	1	1	32	12	32	12	0	2.3	5	0.08	1
Iced Capp Light - large	16oz	846	202	10	1.4	2	1.4	2	42.66	16	42.66	16	0	3.2	6	0.1	2
Strawberry Banana Smoothie - small	12 oz	734	175	9	0.49	1	0.27	1	39.96	15	38.65	43	0.91	1.82	4	0.11	2
Strawberry Banana Smoothie - medium	16 oz	1043	249	12	0.94	1	0.53	3	55.43	21	53.67	60	1.22	3.47	7	0.19	3
Strawberry Banana Smoothie - large	20 oz	1390	332	17	1.39	2	0.79	4	73.08	28	70.78	79	1.6	5.14	10	0.27	4
Original Lemonade - small	12 oz	483	116	6	0.04	0	0.01	0	28.05	11	27.26	30	0.26	0.1	0	0.04	1
Original Lemonade - medium	16 oz	746	178	9	0.08	0	0.02	0	42.95	17	41.74	46	0.52	0.2	0	0.06	1
Original Lemonade - large	20 oz	996	238	12	0.12	0	0.03	0	57.04	22	55.43	62	0.78	0.3	1	0.08	1
Raspberry Cooler - small	12 oz	526	126	6	0.06	0	0	0	30.05	12	29.26	33	1.28	0.28	1	0.04	1
Raspberry Cooler - medium	16 oz	743	178	9	0.08	0	0.01	0	42.54	16	41.41	46	1.7	0.37	1	0.06	1
Raspberry Cooler - large	20 oz	973	233	12	0.1	0	0.01	0	55.84	21	54.35	60	2.13	0.46	1	0.07	1
Raspberry Cooler - medium	16 oz	743	178	9	0.08	0	0.01	0	42.54	16	41.41	46	1.7	0.37	1	0.06	1
Raspberry Cooler - large	20 oz	973	233	12	0.1	0	0.01	0	55.84	21	54.35	60	2.13	0.46	1	0.07	1

Allergen information (UK & Ireland)

PRODUCT	Cereals containing gluten						soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
	Wheat	Rye	Barley	Oats	Spelt	Kamut														
BAKED GOODS																				
Chocolate Dip Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Yes	No	No	No	Yes
Double Chocolate Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes
Old Fashioned Glazed Donut	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Vanilla Dip Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Maybe	No	No	No	No
Maple Dip Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	Mo	No	No	No	No	No	Yes
Strawberry Vanilla Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Maybe	No	No	No	No
Boston Cream Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Yes	No	No	No	Yes
Canadian Maple Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Apple Fritter Donut	Yes	No	No	No	No	No	Maybe	Maybe	Maybe	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Apple Fritter Timbit	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Honey Cruller	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Glazed Timbits	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Honey Dip Timbits	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Birthday Cake Timbits	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	No
Old Fashioned Glazed Timbits	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Filled Timbits	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Strawberry Filled Timbits	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Chocolate Chip Muffin	Yes	No	No	No	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	No	No	No	No	Yes
Blueberry Muffin	Yes	No	No	No	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Lava Muffin	Yes	No	No	No	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	No	No	No	No	Yes
White Chocolate Chunk Cookie	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Double Chocolate Chunk Cookie	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Maybe	Yes	No	No	No	No	No	No	No	Yes
Triple Chocolate Chunk Cookie	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes

PRODUCT	Cereals containing gluten						soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
	Wheat	Rye	Barley	Oats	Spelt	Kamut														
BAGELS AND PASTRIES																				
Everything Bagel	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Yes	Maybe	Maybe	No	No	No	No	No	No	No	Yes
Everything Bagel (with Cream Cheese)	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Yes	Yes	Maybe	No	No	No	No	No	No	No	Yes
Plain Bagel	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Maybe	Maybe	Maybe	No	No	No	No	No	No	No	Yes
Plain Bagel (with Cream Cheese)	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	No	No	No	No	No	No	No	Yes
Cinnamon Raisin Bagel	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Maybe	Maybe	Maybe	No	No	No	No	No	No	No	Yes
Cinnamon Raisin Bagel (with Cream Cheese)	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	No	No	No	No	No	No	No	Yes
Croissant	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
BREAKFAST																				
Toasted Teacake with Butter	Yes	No	No	No	No	No	Yes	No	No	Maybe	Yes	Maybe	No	No	No	No	No	No	No	Yes
Toast (Plain)	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Toast (with Cream Cheese)	Yes	No	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Toast (with Jam only)	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Bacon Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Sausage Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Sausage with Egg & Cheese Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Double Sausage with Egg & Cheese Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Bacon with Egg & Cheese Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Double Bacon with Egg & Cheese Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Egg and Cheese Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	Yes
Brioche with British Sausage	Yes	Maybe	Maybe	Maybe	Maybe	Maybe	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Brioche with bacon	Yes	Maybe	Maybe	Maybe	Maybe	Maybe	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Breakfast Wrap (Farmer's Wrap)	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Hash Brown	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Porridge	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Porridge with Mixed Berries	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Greek Yogurt with Mixed Berries & Granola	No	No	No	Yes	No	No	No	Yes	Maybe	No	Yes	No	No	No	No	No	No	No	No	Yes

PRODUCT	Cereals containing gluten						soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
	Wheat	Rye	Barley	Oats	Spelt	Kamut														
SANDWICHES AND SIDES																				
Crispy Chicken Sandwich	Yes	Yes	Yes	No	No	No	Maybe	No	No	Maybe	Maybe	Yes	No	No	Yes	No	Yes	No	No	No
Tuscan Chicken Panini	Yes	Yes	Yes	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	No	No	Maybe	No	Yes	No	No	No
Cheese Melt toastie	Yes	No	Maybe	No	No	No	Yes	No	No	Maybe	Yes	No	No	No	No	No	No	No	No	Yes
Ham & Cheese Melt Toastie	Yes	No	Maybe	No	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Tuna Melt	Yes	No	Yes	No	No	No	Yes	No	No	Maybe	Yes	Yes	Yes	Maybe	Maybe	No	Yes	No	No	No
Crispy Chicken Wrap	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	Yes	No	Maybe	No	No	No
Crispy Chicken Bacon Ranch Wrap	Yes	No	No	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	No
Grilled Chicken Wrap	Yes	No	No	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	No	No	Maybe	No	No	No
Grilled Chicken & Bacon Ranch Wrap	Yes	No	No	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	No
Tuna Wrap	Yes	No	Yes	No	No	No	Yes	No	No	Maybe	Yes	Yes	Yes	Maybe	Maybe	No	Yes	No	No	No
Steak and Cheese Panini	Yes	Yes	Yes	No	No	No	Yes	Maybe	No	Maybe	Yes	Maybe	No	No	Yes	No	Yes	No	No	No
Potato Wedges	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Veggie Chipotle Wrap	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes
HOT BEVERAGES																				
Original Blend Coffee	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Dark Roast Coffee	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Decaf Blend Coffee	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Latte (standard)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Latte (Chocolate Syrup)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Latte (Hazelnut Syrup)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Latte (Caramel Sauce)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Chai Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
French Vanilla	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Cappuccino	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Café Mocha	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Flat White	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes

PRODUCT	Cereals containing gluten						soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
	Wheat	Rye	Barley	Oats	Spelt	Kamut														
Espresso	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Hot Chocolate	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Signature Tea (all flavours)	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Steeped Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
COLD BEVERAGES																				
Iced Capp Supreme (standard)	Maybe	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Capp Supreme (Chocolate Syrup)	Maybe	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Capp Supreme (Hazelnut Syrup)	Maybe	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Capp Supreme (Caramel Sauce)	Maybe	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Capp Supreme with Oreo	Yes	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Capp (standard)	Maybe	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Frozen Hot Chocolate	No	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Capp Light	Maybe	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Strawberry Banana Smoothie	No	No	No	No	No	No	No	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Original Lemonade	No	No	No	No	No	No	No	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Raspberry Cooler	No	No	No	No	No	No	No	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes