

Nutritional and Allergen information

March 2021

UK & IRELAND

Tim Hortons®

Contents

Allergen Statement	3
Allergen Information (UK & Ireland)	4
Nutritional Information (UK & Ireland)	11

Food allergies and intolerances

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

The **Maybe** column tell us that there is a risk of allergen cross contamination either in the manufacturing process or whilst we make or display the product, the allergens are not included in the recipe.

The **Yes** column shows that the recipe does contain the allergens as part of the recipe.

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 ingredients of
our food please ask a member of the store team who
will be happy to help.

Allergen & Nutritional Information (UK & Ireland)

ALLERGENS	Wheat	Rye	Barley	Oats	Spelt	Kamut	soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
BAKED GOODS																				
Dotty Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes
Easter Egg Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Apple Pie Timbit	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Old Fashioned Timbit	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Dip Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Yes	No	No	No	Yes
Maple Moose Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Strawberry Dream Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	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	Yes
Maple Dip Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	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	Yes
Boston Cream Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Yes	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
Honey Cruller	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Truffle Timbit	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes
White Birthday Cake Timbit	Yes	No	No	No	No	No	Yes	Maybe	Maybe	No	No	Yes	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 Dip Timbits	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Honey Cruller Timbit	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes

Allergen & Nutritional Information (UK & Ireland)

ALLERGENS	Wheat	Rye	Barley	Oats	Spelt	Kamut	soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
Chocolate Birthday Cake 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
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
Rockie Road	Yes	No	No	Yes	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	No
BAGELS																				
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
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 Roll	Yes	No	No	No	No	No	No	No	No	No	Maybe	Maybe	No	No	No	No	No	No	No	No
Vegetarian Sausage, Egg & Cheese Muffin	Yes	Yes	Yes	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes
Vegetarian Breakfast Wrap	Yes	No	Yes	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes
Vegetarian Big Breakfast Wrap	Yes	No	Yes	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes

Allergen & Nutritional Information (UK & Ireland)

ALLERGENS	Wheat	Rye	Barley	Oats	Spelt	Kamut	soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
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
Sausage with Egg & Cheese Muffin Stack	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
Double Sausage with Egg & Cheese Muffin Stack	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
Bacon with Egg & Cheese Muffin Stack	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
Double Bacon with Egg & Cheese Muffin Stack	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
Original Breakfast Wrap	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Big Breakfast Wrap	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Breakfast bagel with sausage	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Breakfast bagel with bacon	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Yes	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 Berry Compote	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Bacon & Maple Syrup Pancakes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Maple Syrup Pancakes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate and Hazelnut spread Pancakes	Yes	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Rachel's Yogurt	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
SANDWICHES AND SIDES																				
Meatless Chicken Brioche	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes
Meatless Chicken <u>Vegan</u> Wrap	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes

Allergen & Nutritional Information (UK & Ireland)

ALLERGENS	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
Tims Crispy Chicken Sandwich	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	No
LTO Crispy Chicken BBQ Sandwich	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	No
Tims Crispy Chicken Stack Sandwich (with bacon)	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	No
Chicken Tenders	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Chicken & Mozzarella Panini	Yes	Yes	Yes	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	No	No	Maybe	No	Yes	No	No	No
Cheese Melt (including Timmies minis)	Yes	No	Maybe	No	No	No	Yes	No	No	Maybe	Yes	No	No	No	No	No	No	No	No	Yes
Cheese & Bacon Melt	Yes	No	Maybe	No	No	No	Yes	No	No	Maybe	Yes	No	No	No	No	No	No	No	No	No
Ham & Cheese Melt (including Timmies Mini)	Yes	No	Maybe	No	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Timmies Minis Ham Melt	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
Grilled Chicken Wrap	Yes	No	No	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	No	No	Maybe	No	No	No
Timmies Minis 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 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
Potato Wedges (including Timmies Minis)	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Onion Rings (Vegan as an individual item)	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Mozarella & Tomato Panini	Yes	No	No	No	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	No	No	Yes	No	No	Yes
Tomato and Basil Soup - VEGAN	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Timmies Minis Ham Sandwich	Yes	No	Maybe	No	No	No	Yes	No	No	Maybe	No	No	No	No	No	No	No	No	No	No
Timmies Minis Tuna Sandwich	Yes	No	Yes	No	No	No	Yes	No	No	Maybe	Yes	Yes	Yes	Maybe	Maybe	No	Yes	No	No	No
DIP POTS																				
BBQ	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Mayonnaise	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	Yes

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ALLERGENS	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
Aioli	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Smokey Tomato	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes
Sweet Chilli	No	No	No	No	No	No	No	No	No	Maybe	No	No	No	No	No	No	No	No	No	Yes
Vegan Mayonnaise	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Chipotle	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes
Heinz Ketchup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
HP Sauce	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
PANCAKES																				
Red Berry & White Chocolate Pancakes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes
Chocolate & Hazelnut spread pancakes	Yes	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Maple, Caramel and White Chocolate Pancakes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Easter Chocolate & Hazelnut spread pancakes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No	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
Caramel Macchiato	No	No	No	No	No	No	No	No	No	No	Yes	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 (Flavoured Syrup)	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
French Vanilla Latte	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
Espresso	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes

Allergen & Nutritional Information (UK & Ireland)

ALLERGENS	Wheat	Rye	Barley	Oats	Spelt	Kamut	soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
Hot Chocolate	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Syrup Flavoured Hot Milk Chocolate with cream	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
White Hot Chocolate with cream and marshmallows	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No
Signature Tea (all flavours)	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Brewed Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Soya Milk	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Coconut Milk	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Oat Milk	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Marshmallows	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
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 (Flavoured 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
Iced Caramel Macchiato	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Tim's Shake – Chocolate Easter	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Tim's Shake – Chocolate	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Tim's Shake – Strawberry	No	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Tim's Shake – Vanilla	No	No	No	No	No	No	Yes	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
Iced Latte	No	No	No	No	No	No	No	No	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

Allergen & Nutritional Information (UK & Ireland)

ALLERGENS	Wheat	Rye	Barley	Oats	Spelt	Kamut	soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
Mango & Passionfruit Cooler	No	No	No	No	No	No	No	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Iced French Vanilla	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes

Allergen & Nutritional Information (UK & Ireland)

NUTRITIONAL	Portion	kJ per portion	Kcal per portion	%RI (Adult)	Total Fat per portion	%RI (Adult)	Saturated fat Per portion (g)	%RI (Adult)	Carbohydrates per portion (g)	%RI (Adult)	Of which are sugars Per portion (g)	%RI (Adult)	Fibre Per portion (g)	Protein Per portion (g)	%RI (Adult)	Salt Per portion (g)	%RI (Adult)
BAKED GOODS																	
Maple & Chocolate Donut	74g	998	235	11.8	9.0	13	3.9	19	33.1	13	11.3	12.5	0.8	4.1	8	0.6	10
Dotty Donut	74g	1154	201	14	9.0	13	4.7	23	44.4	17	23.0	26	0.7	3.9	8	0.5	9
Easter Egg Donut	82g	896	214	11	7.4	11	3.5	18	46.7	18	28	31	0.6	4.1	8	0.8	13
Double Chocolate Donut	71g	1201	287	14	16.9	24	7.5	38	30.7	12	13.56	15	0.15	3.4	7	0.6	10
Chocolate Dip Donut	64g	979	234	12	9.9	14	4.2	21	31.5	12	10.5	12	0.9	4.1	8	0.4	8
Strawberry Dream Donut	98g	1761	380	19	17.6	25	8.0	40	60.0	23	38	42	0.7	4.4	9	0.6	10
Old Fashioned Glazed Donut	76g	1248	298	15	14.4	21	6.8	34	39.2	15	22.8	25	1.0	3.3	7	0.5	9
Vanilla Dip Donut	76g	1154	276	14	9.0	13	4.7	23	44.4	17	23.0	26	0.7	3.9	8	0.5	9
Maple Dip Donut	64g	973	233	12	9.4	13	4.3	21	32.5	12	12.4	14	0.7	3.9	8	0.6	10
Strawberry Vanilla Donut	84g	1130	270	14	7.2	10	3.4	17	46.7	18	25.3	28	0.7	3.9	8	0.5	8
Boston Cream Donut	81g	1002	239	12	9.0	13	3.9	19	34.8	13	13.4	15	0.8	4.1	8	0.6	10
Canadian Maple Donut	82g	1013	242	12	8.7	12	4.0	20	36.1	14	15.5	17	0.7	3.9	8	0.7	12
Apple Fritter Donut	98g	1337	319	16	10.4	15	4.6	23	50.1	19	19.8	22	1.6	5.7	11	0.7	12
Honey Cruller	47g	1097	260	13	16	23	7.7	39	27.1	10	12.1	13	0.2	2.0	4	0.5	8
Maple Moose Donut	90g	1309	313	16	13.2	19	6.0	30	43.0	17	18.5	21	2.3	4.8	10	0.7	12
Chocolate Truffle Timbit	25g	392	94	5	4.2	6	2.2	11	13.1	5	8.5	9	0.3	0.9	2	0.2	3
Apple Pie Timbit	20g	218	51	2.6	2	2.9	0.9	4.5	7.3	2.8	2.0	2.2	0.2	1.2	2.4	0.7	12
Old Fashioned Timbit	21g	336	80	4	3.9	6	1.8	9	10.6	4	6.0	7	0	0.9	2	0.2	3
White Cake Birthday Cake Timbit	25g	392	94	5	4.2	6	2.2	11	13.1	5	8.5	9	0.3	0.9	2	0.2	3

Allergen & Nutritional Information (UK & Ireland)

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Honey Dip Timbits	15g	199	48	2	1.3	2	0.6	3	8.2	3	4.4	5	0	0.7	1	0.1	1
Honey Cruller Timbits	15g	251	60	3	3	4	1.5	7.5	8.0	3	5	6	0	0	0	0.1	1
Chocolate Birthday Cake Timbits	25g	392	94	5	4.2	6	2.2	11	13.1	5	8.5	9	0.3	0.9	2	0.2	3
Apple Fritter Timbit	13g	175	41	2	1.9	3	0.8	4	5.3	2	0.6	1	0.2	0.9	2	0.7	12
Chocolate Filled Timbits	18g	268	64	3	2.3	3	0.8	4	9.9	4	5.7	6	0.2	0.8	2	0.1	1
Strawberry Filled Timbits	18g	225	54	3	1.3	2	0.6	3	9.8	4	5.6	6	0.1	0.8	2	0.1	1
Blueberry Muffin	100g	1532	366	18	18.6	26	1.8	9	44.7	17	17.4	19	0.7	4.6	9	0.5	8
Chocolate Lava Muffin	114g	1909	456	23	22.2	32	4.3	21	56.5	22	31	30	2.05	6.5	13	0.6	10
BAGELS AND PASTRIES																	
Everything Bagel	113g	1306	312	16	5.47	8	0.8	4	56.4	22	2.8	3	3.2	10.3	21	1.0	16
Everything Bagel (with Cream Cheese)	127g	1445	345	17	8.5	12	2.8	14	57.0	22	3.3	4	3.2	11.1	22	1.1	18
Plain Bagel	113g	1258	301	15	3.18	5	0.43	2	58.0	22	2.3	3	2.4	9.9	20	0.9	15
Plain Bagel (with Cream Cheese)	127g	1398	334	17	6.2	9	2.5	12	58.6	23	2.8	3	2.5	10.7	21	1.0	17
Cinnamon Raisin Bagel	113g	1354	324	16	4	6	4.4	22	63.3	24	8.2	9	2.9	9.7	19	1.0	16
Cinnamon Raisin Bagel (with Cream Cheese)	127g	1493	357	18	7.1	10	6.4	32	63.9	25	8.8	10	3.0	10.5	21	1.1	18
Croissant	57g	967	231	12	12.2	17	7.8	39	25.1	10	3.8	4	0.8	4.7	9	0.5	8
BREAKFAST																	
Toasted Teacake	82g	1142	265	13	10.7	15	6.6	33	37.1	14	14.1	15	2.4	5.6	11.2	0.6	10

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Toast (Plain)	80g	910	218	11	1.9	3	0.7	4	41.9	16	3.6	4	2.2	7.0	14	0.7	11
Toast (with Butter)	95g	1362	325	16	13.8	20	8.0	40	42.0	16	3.7	4	2.16	7.1	14	0.8	13
Toast (with Jam)	100g	1113	266	13	1.9	3	0.7	4	53.8	21	15.4	17	2.3	7.1	14	0.7	12
Bacon Roll	152g	2468	587	29.3	33.4	48	16.1	80	31.4	12	4.0	4.4	1.3	36.8	74	1.1	18
Vegetarian Sausage, Egg & Cheese Muffin (Moving Mountains)	201g	1744	416	21	20.4	29	10.4	52	35.2	13.5	5.4	6	4.2	20.2	40	2.4	40
Vegetarian Breakfast Wrap (Moving Mountains)	194g	3046	725	36	25.3	36	12.6	63	96.5	37	8.7	9.6	6.1	25.3	51	2.7	46
Vegetarian Big Breakfast Wrap (Moving Mountains)	259g	2390	572	29	31	44.2	13.8	69	51.4	19.8	6.4	7.1	5.7	19.5	39	2.9	48
Bacon Muffin	127g	969	198	10	13.5	19	5.9	30	18.6	7	1.3	1	1.4	12.1	24	0.9	15
Sausage Muffin	135g	1101	225	11	15.4	22	6.7	34	21.2	8	1.5	2	1.6	13.7	27	1.0	17
Sausage with Egg & Cheese Muffin	180g	1597	382	19	21.4	31	9.3	47	29.4	11	2.1	2	2.3	19.0	38	1.4	23
Sausage with Egg & Cheese Muffin Stack	254g	2354	563	28.2	28.8	41	13	65	40.8	16	3.7	4.1	4.4	23.0	46	2.3	39
Double Sausage with Egg & Cheese Muffin	217g	2121	507	25	32.1	46	14.2	71	30.3	12	2.4	3	2.6	25.3	51	1.9	31
Double Sausage with Egg & Cheese Muffin Stack	301g	2878	688	34	39.5	56	17.9	90	41.7	14.4	4.0	4.4	3	29.4	59	2.8	47
Bacon with Egg & Cheese Muffin	161g	1261	301	15	13.5	19	5.6	28	28.5	11	1.8	2	2.0	17.5	35	1.4	23
Bacon with Egg & Cheese Muffin Stack	245g	2081	482	24	20.9	29	9.3	46.5	40	15.3	3.4	3.8	2.4	21.6	43.2	2.3	38
Double Bacon with Egg & Cheese Muffin	179g	1448	346	17	16.3	23	6.8	34	28.5	11	1.8	2	2.1	22.3	45	1.8	30
Double Bacon with Egg & Cheese Muffin Stack	263g	2205	527	27	23.7	34	10.5	53	40	15.3	3.4	3.8	2.5	26.4	53	2.7	44
Egg and Cheese Muffin	143g	1074	257	13	10.64	15	4.53	23	28.5	11	1.76	2	1.9	12.8	26	1.0	16

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The Original Breakfast Wrap	235g	2464	589	29	37.3	53	16.6	83	38.9	15	3.4	4	2.5	23.2	46	2.1	36
Big Breakfast Wrap	280g	2785	743	37	43	61	18.7	93	52.6	20	5.1	6	3.0	28.9	56	3.2	50
Breakfast bagel with sausage	189g	1677	402	20	22.5	32	9.3	46	32.4	12.5	3.0	3.3	3.0	19.0	38	1.6	26.8
Breakfast bagel with bacon	160g	1281	321	17	13.5	19	5.1	26	29.4	11.2	2.4	2.6	2.9	17.5	35	1.9	31.2
Hash Brown	64g	544	130	4	4.0	6	2.0	10	9.7	4	0.4	0	0.4	0.9	2	0.5	9
Porridge	210g	976	237	12	14.5	20	2.5	16	32	13	10.1	11	3.4	7.3	15	0.1	2
Porridge with Mixed Berry Compote	238g	1014	246	12	14.5	20	2.6	11	34.8	13	10.5	11	4.9	7.6	15	0.1	2
Bacon & Maple Pancakes	175g	1800	426	21	9.7	14	2.13	11	69.5	27	33.0	37	1.7	14.5	29	2.10	35
Maple syrup Pancakes	150g	1557	368	18	6.2	9	0.8	4	69.3	27	33.0	37	1.6	8.0	16	1.1	18
Chocolate and Hazlenut Spread Pancakes	145g	1637	388	19	11.00	16	2.5	13	62.6	24	26.0	10	1.6	9.0	18	1.00	17
Bacon & Maple Pancakes Meal	219g	2131	505	25	13.7	20	4.1	21	79.0	30	33.5	13	2.2	15.4	30	2.6	28
Maple Syrup Pancakes Meal	194g	1888	447	22	13.7	20	2.76	17	78	30	33	13	2	9	18	1.7	21
Chocolate and hazelnut spread Pancakes Meal	189g	1968	467	23	15	21	4.5	22	73	29	26	18	2	10	20	1.5	19
Rachel's Yogurt and Granola	185g	960	227	11	5.7	8	2.4	13	34.6	12	25.1	18	3.8	9.6	19	0.4	5
SANDWICHES AND SIDES																	
Tims Crispy Chicken Sandwich	200g	2466	590	29.5	32.7	46.5	8.0	40	54.3	21	4.6	5	2.1	24.9	49.8	2.8	45.8
LTO Crispy Chicken BBQ Sandwich	240g	2566	692	34.6	37	52.8	8.4	22.2	67.8	26	6	6.6	2.2	26.6	53	2.9	50
Meatless Chicken Sandwich	200g	2697	569	28.5	25.7	28.5	9	45	54.00	20.7	4.0	4.5	3.00	26	52	3.3	55

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Meatless Chicken Stack Sandwich	274g	3454	750	37.5	33.1	47.2	12.7	63.5	55.4	21.3	5.6	6.2	3.4	30.1	60	4.1	68
Meatless Vegan Chicken Wrap	190g	1223	420	21	10	14.3	2.5	12.5	45.6	19	2.7	4	2.49	17.6	35.2	1.4	24
Tims Crispy Chicken Stack Sandwich	244g	2797	669	33.5	36.7	52	10	50	64.0	25	5.0	6	3.0	26	52	3.3	55
Tims Crispy Chicken Stack Sandwich with bacon	253g	2982	714	35.7	40	57	11.5	58	65.5	25.2	5.1	5.6	3.1	29.0	58	3.6	60
Chicken Tenders (3)	120g	995	236	12	7.9	11.3	1.43	7.15	21.4	8.2	0	0	1.56	20.8	41.5	1.3	22
Chicken tenders (5)	200g	1658	394	19.7	13.2	18.8	2.4	12	35.6	13.7	0	0	2.6	34.6	69	2.2	37
Chicken & Mozzarella Panini	263g	2115	506	25	17.9	26	7.19	36	51.6	20	2.8	3	2.8	34.6	69	2.8	47
Cheese Melt Toastie	166g	2038	487	24	19.7	26	10	55	42.6	14	3.6	4	0.8	24.5	49	2.7	45
Cheese & Bacon Melt Toastie	181g	2347	559	28	20.2	27	11	57	44.4	16	3.6	4	0.8	29.3	56	3.2	55
Ham & Cheese Melt Toastie	190g	1432	339	17	5.1	7	1.9	10	48	18	9.6	11	1	24.7	49	3.2	53
Tuna & Cheese Melt	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	228g	1923	460	23	19.2	27	3.47	17	50.6	19	3.7	4	2.49	20.6	41	1.4	24
Additional bacon	9g	185	45	2.2	3.2	4.5	1.15	5.8	1.2	5.9	0.1	0	0.1	2.9	5.8	0.3	5.4
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 Wrap	179g	1476	525	26	13	21	8	21	35	13.4	4.1	4.6	2.1	25	50	2.3	38
Tuna Wrap	165g	1431	340	17	5.1	7	1.9	10	48	18	9.6	11	1	24.7	49	3.2	53
Potato Wedges	172g	1089	260	13	11.9	17	1.38	7	32.7	13	1.21	1	3.8	3.8	8	1.9	32
Onion Rings x 7	105g	934	223	11.2	9.5	13.6	0.8	4	29.4	11.3	5.6	6.2	2.2	3.8	8	0.3	5

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Mozarella & Tomato Panini	188g	1804	431	22	10	14	2	10	63	25	2	2	1	20	42	2	33
Vegan Tomato and Basil Soup	250g	458	110	5.5	5	7.1	0.5	2.5	12.5	4.8	10	11.1	2	2	4.0	2	33.3
DESSERTS																	
Red Berry & White Chocolate Pancakes	185g	1720	407	20	9.1	13	2.8	14	71.6	28	32.6	36	2.5	8.6	17	1	17
Easter Pancakes	180g	2846	676	34	23	33	10	50	105	40	59	65	2	11	22	1.3	22
Chocolate & Hazelnut spread Pancakes	160g	2432	577	29	18.5	26	7	35	91	35	45	50	2	11	22	1.3	22
Maple, Caramel and White Choc Pancakes	190g	2035	481	24	9	13	3	15	90	35	51	50	1.7	8.3	17	1.2	20
HOT BEVERAGES																	
Original Blend Coffee – small	12oz	12	3	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.01	0
Original Blend Coffee – medium	16oz	17	4	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.02	0
Original Blend Coffee – large	20oz	21	5	0	0.02	0	0.01	0	0	0	0	0	0	0.61	1	0.03	0
Dark Roast Coffee – small	12oz	12	3	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.01	0
Dark Roast Coffee – medium	16oz	17	4	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.02	0
Dark Roast Coffee – large	20oz	21	5	0	0.02	0	0.01	0	0	0	0	0	0	0.61	1	0.03	0
Decaf Coffee – small (WMF)	12oz	12	3	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.01	0
Decaf Coffee – medium (WMF)	16oz	17	4	0	0.01	0	0.01	0	0	0	0	0	0	<0.5	1	0.02	0
Decaf Coffee – large (WMF)	20oz	21	5	0	0.02	0	0.01	0	0	0	0	0	0	0.61	1	0.03	0
Caramel Macchiato	12oz	538	128	6.4	3.3	5	2.2	11	16.7	6.4	15.9	17.6	0	7.5	15	0.24	4

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Caramel Macchiato	16oz	682	163	8.2	4.5	6	3.9	15	20.3	7.8	19.1	21.2	0	10.1	20	0.32	5
Caramel Macchiato	20oz	809	193	9.7	5.46	8	3.64	18	23.2	8.9	22.1	24.5	0	12.4	25	0.39	7
Latte (standard) – small	12oz	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	16oz	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	20oz	686	164	8	5.46	8	3.64	18	16.39	6	16.39	18	0	12.38	25	0.39	7
Latte (Chocolate Sauce) – small	12oz	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	16oz	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	20oz	1166	279	14	42.57	61	3.86	19	43.95	17	41.42	46	1.15	13.12	26	0.49	8
Chai Latte – small	12oz	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	16oz	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	20oz	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	12oz	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	16oz	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	20oz	1599	382	19	7.84	11	6.86	34	78.4	30	57.82	64	3.33	6.86	14	1	17
French Vanilla Latte– small	12oz	1146	274	14	5.6	8	4.9	25	56	22	41.3	46	2.38	5.4	11	0.7	12
French Vanilla Latte – medium	16oz	1375	329	16	6.7	10	5.9	29	67	26	49.6	55	2.9	6.4	13	0.9	14
French Vanilla Latte – large	20oz	1607	384	19	7.9	11	6.9	34	78.4	30	57.8	64	3.3	7.9	16	1	17
Cappuccino – small	12oz	316	75	4	2.52	4	1.68	8	7.6	3	7.6	8	0	5.7	11	0.18	3

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Cappuccino – medium	16oz	460	110	6	3.7	5	2.4	12	11	4	11	12	0	8.3	17	0.3	4
Cappuccino – large	20oz	587	140	7	4.7	7	3.1	16	14.0	5	14.0	16	0	10.6	21	0.3	6
Mocha – small	12 oz	1132	270	13	5.6	8	4.9	25	56.7	22	44.1	49	2.4	3.5	7	0.3	5
Mocha – medium	16oz	1357	324	16	6.7	10	5.9	29	68.0	26	52.9	59	2.9	4.2	8	0.4	6
Mocha – large	20oz	1583	378	19	7.8	11	6.9	34	79.4	31	61.7	69	3.3	4.9	10	0.4	7
Flat White	12oz	505	121	6	4.0	6	2.7	13	12.1	5	12.1	13	0	9.1	18	0.3	5
Espresso - Single Shot	4oz	4	1	0	0	0	0	0	0	0	0	0	0	<0.5	1	0	0
Hot Chocolate – small	12oz	1128	269	13	5.6	8	4.9	25	56.7	22	44.1	49	2.4	3.5	7	0.3	5
Hot Chocolate – medium	16oz	1353	323	16	6.7	10	5.9	29	68.0	26	52.9	59	2.9	4.2	8	0.4	6
Hot Chocolate – large	20oz	1579	377	19	7.8	11	6.9	34	79.4	31	61.7	69	3.3	4.9	10	0.4	7
Hot White Chocolate – small	12oz	1663	397	20.3	20.5	29	14.8	74	47.5	20.3	47.3	59.7	0.5	5.5	10.6	0.4	6
Hot White Chocolate – medium	16oz	2231	533	26.3	26.4	37	19	95	66	26.5	65	80	0.5	7.5	14.6	0.5	8.4
Hot White Chocolate – large	20oz	2679	639	32.3	31	44.3	22.5	112	80	33	80	95.5	0.8	9.1	17.9	0.6	10.3
Signature Tea (all flavours) – small	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Tea (all flavours) – medium	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Tea (all flavours) – large	20oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tea – small	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tea – medium	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tea – large	20oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Allergen & Nutritional Information (UK & Ireland)

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Marshmallows	10g	139	33	1.7	0	0	0	0	7.9	1	6.9	.5	0	0.3	1	0	0
COLD BEVERAGES																	
Iced Caramel Macchiato – small	12oz	538	128	6.4	3.3	5	2.2	11	16.7	6.4	15.9	17.6	0	7.5	15	0.24	4
Iced Caramel Macchiato – medium	16oz	682	163	8.2	4.5	6	3.9	15	20.3	7.8	19.1	21.2	0	10.1	20	0.32	5
Iced Caramel Macchiato –large	20oz	809	193	9.7	5.46	8	3.64	18	23.2	8.9	22.1	24.5	0	12.4	25	0.39	7
Iced Capp Supreme (standard) – small	12 oz	1262	302	15	22.7	32	13.47	67	27.5	11	26.3	29	0.1	3.06	6	0.08	1
Iced Capp Supreme (standard) – medium	16 oz	1653	395	20	28.1	40	16.9	85	38.0	15	36.3	40	0.1	4.08	8	0.1	2
Iced Capp Supreme (standard) – large	20 oz	2048	490	24	33.7	48	20.5	102	48.3	19	46.1	51	0.1	5.1	10	0.12	2
Iced Capp Supreme (Chocolate Syrup) – small	12 oz	1422	340	17	35.1	50	13.6	68	36.7	14	34.6	38	0.5	3.3	7	0.11	2
Iced Capp Supreme (Chocolate Syrup) – medium	16 oz	1973	472	24	52.8	75	17.1	85	56.4	22	53.00	59	0.9	4.6	9	0.16	3
Iced Capp Supreme (Chocolate Syrup) – large	20 oz	2529	604	30	70.8	101	20.7	103	75.8	29	71.1	79	1.2	5.9	12	0.22	4
Iced Capp Supreme (Flavoured Syrup) – small	12 oz	1487	354	17	22.7	32	13.5	67	34.9	13	33.6	37	0.09	3.1	6	0.08	1
Iced Capp Supreme (Flavoured Syrup) – medium	16 oz	2003	478	23	28.1	40	16.9	85	52.9	20	51.0	57	0.09	4.1	8	0.1	2
Iced Capp Supreme (Flavoured Syrup) – large	20 oz	2523	602	29	33.7	48	20.5	102	70.6	27	68.1	76	0.09	5.13	10	0.12	2
Iced Capp Supreme (Caramel Sauce) – small	12 oz	1438	344	17	22.9	33	13.6	68	37.5	14	34.1	38	0.1	3.16	6	0.11	2
Iced Capp Supreme (Caramel Sauce) – medium	16 oz	2006	479	24	29	41	17	86	58	22	52	58	0.13	4.3	9	0.17	3
Iced Capp Supreme (Caramel Sauce) – large	20 oz	2577	616	31	34	49	21	105	78	30	70	77	0.15	5.5	11	0.23	4
Iced Capp Supreme with Oreo – small	12 oz	1347	322	16	21	31	14	71	30	11	27	30	0.23	3.4	7	0.14	2
Iced Capp Supreme with Oreo – medium	16 oz	1856	444	22	28	40	18	91	44	17	39	44	0.44	4.7	9	0.24	4

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Iced Capp Supreme with Oreo – large	20 oz	2370	566	28	35	50	22	112	58	22	52	58	0.66	6.1	12	0.33	6
Iced Capp (standard) – small	12 oz	884	211	11	12	18	8	39	23	9	22	25	0	2.3	5	0.05	1
Iced Capp (standard) – medium	16 oz	1275	305	15	18	25	11	56	34	13	32	36	0	3.4	7	0.07	1
Iced Capp (standard) – large	20 oz	1671	399	20	23	33	15	74	44	17	42	47	0	4.4	9	0.1	1
Tim's Shake – Easter Chocolate – small	12oz	1265	304	15.2	16	23	11	55	37	14	36	40	0	1.6	3	0.1	2
Tim's Shake – Easter Chocolate – medium	16oz	1836	441	22	24	34	17	85	54	21	53	59	0	2.5	5	0.1	2
Tim's Shake – Easter Chocolate – large	20oz	2465	589	29	30	43	21	100	76	29	71	78	0	4.1	8	0.2	4
Tim's Shake – Chocolate – small	12oz	1065	254	13	14	20	10	50	30	12	29	32	0	1.6	3	0.1	2
Tim's Shake – Chocolate – medium	16oz	1636	391	20	22	31	16	78	47	18	44	48	0	2.5	5	0.1	2
Tim's Shake – Chocolate – large	20oz	2265	539	27	28	40	20	100	69	27	64	71	0	4.1	8	0.2	4
Tim's Shake – Vanilla – small	12oz	879	210	12	10	14	8	39	32	12	30	33	0	1.8	4	0.1	2
Tim's Shake – Vanilla – medium	16oz	1494	357	18	18	26	11	56	49	19	46	40	0	2.8	6	0.1	2
Tim's Shake – Vanilla – large	20oz	2079	497	25	24	34	15	74	71	27	66	73	0	4.4	9	0.2	4
Tim's Shake – Strawberry – small	12oz	879	210	11	10	14	8	39	30	12	29	32	0	1.2	3	0.1	2
Tim's Shake – Strawberry – medium	16oz	1452	347	18	18	26	11	56	47	18	44	48	0	2.1	4	0.1	2
Tim's Shake – Strawberry – large	20oz	2046	489	25	24	34	15	74	69	27	64	71	0	3.8	8	0.2	4
Iced Capp Light – small	12oz	423	101	5	0.7	1	0.7	1	21.3	8	21.3	8	0	1.6	3	0.05	1
Iced Capp Light – medium	16oz	635	152	8	1	1	1	1	32	12	32	12	0	2.3	5	0.08	1
Iced Capp Light – large	20oz	846	202	10	1.4	2	1.4	2	42.7	16	42.7	16	0	3.2	6	0.1	2

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Iced Latte – small	12oz	276	65	3	2.1	3	1.5	7	13.5	5.2	13.5	15	0	5	10	0.15	3
Iced Latte – medium	16oz	415	99	5	3.3	5	2.2	11	16.0	6.2	16.0	17.8	0	7.5	15	0.24	4
Iced Latte – large	20oz	559	134	7	4.5	6	3.0	15	17.4	6.2	17.4	19.3	0	10.1	20	0.32	5
Flavoured Iced Latte – small	12oz	276	171	3	2.1	3	1.5	7	13.5	5.2	13.5	15	0	5	10	0.15	3
Flavoured Iced Latte – medium	16oz	415	199	5	3.3	5	2.2	11	16.0	6.2	16.0	17.8	0	7.5	15	0.24	4
Flavoured Iced Latte – large	20oz	559	219	7	4.5	6	3.0	15	17.4	6.2	17.4	19.3	0	10.1	20	0.32	5
Original Lemonade – small	12 oz	490	120	6	0.04	0	0	0	28.0	11	27.3	30	0.3	0.1	0	0.04	1
Original Lemonade – medium	16 oz	786	200	9	0.08	0	0	0	43.0	17	41.7	46	0.5	0.2	0	0.06	1
Original Lemonade – large	20 oz	1200	260	12	0.12	0	0	0	57.0	22	55.4	62	0.8	0.3	1	0.08	1
Mango & Passionfruit Cooler – small	12 oz	567	136	6	0.06	0	0	0	30.0	12	29.3	33	1.3	0.3	1	0.04	1
Mango & Passionfruit Cooler – medium	16 oz	784	198	9	0.08	0	0	0	42.5	16	41.4	46	1.7	0.37	1	0.06	1
Mango & Passionfruit Cooler – large	20 oz	1096	263	12	0.1	0	0	0	55.8	21	54.4	60	2.1	0.5	1	0.07	1
Iced French Vanilla- small	12 oz	1117	267	13	8.2	12	8	40	31	12	25	28	0.2	2.8	6	0.6	10
Iced French Vanilla – medium	16 oz	1506	360	15	10	14	10	50	38	15	31	34	0.3	3.4	7	0.8	13
Iced French Vanilla – large	20 oz	1690	404	18	16.4	23	16	80	62	24	50	55	0.4	5.6	11	1.3	22
TIMMIES MINIS	calculated on a child's RDI (up to 10 years of age)																
Timmies Minis Whole Milk	8oz	609	165	21	2.29	3.3	0.9	4.6	1.01	0.4	0	0	0.4	11.0	39.5	1.3	26.4
Timmies Minis Chicken Tenders	3oz	663	158	9	5.3	7.5	1.6	4.8	14	7.5	0	0	1.0	5.2	14	1.8	25
Timmies Minis Ham Sandwich	3oz	576	136	7.8	1.8	2.6	0.7	3.3	20.5	8.7	0.9	3.7	1.3	8.7	31.1	0.9	17.8

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Timmies Minis Tuna Sandwich	3oz	674	160	9	4.56	6.5	1.2	5.8	21.7	9.3	1.7	7.0	1.3	7.3	26.1	0.7	14.4
Timmies Minis Chicken Wrap	3oz	1050	251	14.2	10.8	15.4	1.0	5.2	24.3	10.4	1.6	6.8	1.7	13.8	49	1.0	19.6
Timmies Minis Ham Melt	3oz	653	156	8.86	59.14	84.4	4.9	24.3	23.5	10.0	1.2	4.8	1.3	9.7	34.7	1.00	20
Timmies Minis Cheese Melt	3oz	659	158	8.97	58.1	84.4	6.2	31.2	23.6	10.1	1.7	6.9	1.1	5.8	20.6	0.6	18
Timmies Minis Ham & Cheese Melt	3oz	793	190	10.8	59.14	84.4	6.7	33.3	24.1	10.3	1.7	6.9	1.3	11.5	41.1	1.2	23.8
Timmies Minis Potato wedges	4oz	728	174	9.89	7.95	11.4	0.9	4.6	21.9	9.4	0.8	3.4	2.5	2.5	9.0	1.3	25.4