

Nutritional and Allergen Information

June 2022

UK & IRELAND

Tim Hortons®

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Food allergies and intolerances

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

The **Maybe** column tells 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 BAKED GOODS | 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 | | | | | | | | | | | | | | |
| Lemon Meringue Donut | Yes | No | Yes | No | No | No | Maybe | Maybe | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | Yes |
| Strawberry Trifle Donut | Yes | No | Yes | No | No | No | Maybe | Maybe | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | Yes |
| Salted Caramel Chocolate Truffle Donut | Yes | No | Yes | No | No | No | Yes | Maybe | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | Yes |
| Honeycomb Donut | Yes | No | Yes | No | No | No | Yes | Maybe | No | Maybe | Yes | Maybe | No | No | No | No | No | No | No | Yes |
| Chocolate Rainbow Donut | Yes | No | Yes | No | No | No | Yes | Maybe | No | No | Yes | Yes | No | No | No | Yes | No | No | No | Yes |
| Oreo Donut | Yes | No | No | No | No | No | Yes | Maybe | No | No | Yes | Yes | No | No | No | Maybe | No | No | No | Yes |
| Maple & Caramel | Yes | No | Yes | No | No | No | Maybe | Maybe | No | No | Yes | Maybe | No | No | No | Maybe | No | No | No | Yes |
| Chocolate Brownie | Yes | No | No | No | No | No | Yes | Maybe | No | No | Yes | Yes | No | No | No | Maybe | No | No | No | Yes |
| Caramel Apple Fritter | Yes | No | No | No | No | No | Yes | Maybe | No | No | Yes | Yes | No | No | No | No | No | No | No | Yes |
| Chocolate Dip 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 | Maybe | Yes | Maybe | No | No | No | Maybe | No | No | No | Yes |
| Maple Dip Donut | Yes | No | No | No | No | No | Yes | Maybe | No | Maybe | Yes | Maybe | No | No | No | No | No | No | No | Yes |
| Strawberry Vanilla Donut | Yes | No | No | No | No | No | Maybe | Maybe | No | Maybe | Yes | Maybe | No | No | No | Maybe | No | No | No | Yes |
| Boston Cream Donut | Yes | No | No | No | No | No | Yes | Maybe | No | Maybe | Yes | Maybe | No | No | No | Yes | No | No | No | Yes |
| Canadian Maple Donut | Yes | No | No | No | No | No | Yes | Maybe | No | Maybe | Yes | Maybe | No | No | No | No | No | No | No | Yes |
| Apple Fritter Donut | Yes | No | No | No | No | No | Yes | 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 |
| Old Fashioned Timbit | Yes | No | No | No | No | No | Yes | Maybe | Maybe | No | Yes | Yes | No | No | No | No | No | No | No | Yes |
| Apple Pie Timbit | Yes | No | No | No | No | No | Yes | Maybe | No | No | Yes | Maybe | No | No | No | No | No | No | No | Yes |
| Cinnamon Biscuit Timbit | Yes | No | No | No | No | No | Yes | 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 |

Allergen & Nutritional Information (UK & Ireland)

| | 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? | |
|---|-------|-----|--------|------|-------|-------|-------|-------|---------|--------|-------|-------|------|-------------|--------|-------------------------------|---------|----------|-------|---------------------------|-----|
| White Birthday Cake Timbit | Yes | No | No | No | No | No | Yes | Maybe | Maybe | No | Yes | Yes | No | No | No | No | No | No | No | No | Yes |
| Apple Fritter Timbit | Yes | No | No | No | No | No | Yes | Maybe | No | No | Yes | Maybe | No | 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 | No | Yes |
| BAGELS | | | | | | | | | | | | | | | | | | | | | |
| Plain Bagel | Yes | No | Yes | No | No | No | No | Maybe | No | Yes | Maybe | Maybe | No | No | No | Yes | No | No | No | No | Yes |
| Plain Bagel (with Cream Cheese) | Yes | No | Yes | No | No | No | No | Maybe | No | Yes | Yes | Maybe | No | No | No | Yes | No | No | No | No | Yes |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | |
| Toast (Plain) | Yes | No | Yes | No | No | No | Yes | No | 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 | 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 | No | Yes |
| Bacon Roll | Yes | No | No | No | No | No | No | No | No | No | Maybe | Maybe | No | 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 | No | Yes |
| Vegetarian Breakfast Wrap | Yes | No | Yes | Yes | No | No | Yes | Maybe | Maybe | Maybe | Yes | Yes | No | No | Maybe | No | Maybe | No | 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 | No | Yes |
| Bacon Muffin | Yes | Yes | No | No | No | No | No | No | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | No | No |
| Sausage Muffin | Yes | Yes | No | No | No | No | Maybe | No | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | No | No |
| Sausage with Egg & Cheese Muffin | Yes | Yes | No | No | No | No | Maybe | No | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | No | No |
| Sausage with Egg & Cheese Muffin Stack | Yes | Yes | No | No | No | No | Maybe | No | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | No | No |
| Double Sausage with Egg & Cheese Muffin | Yes | Yes | No | No | No | No | Maybe | No | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | No | No |
| Double Sausage with Egg & Cheese Muffin Stack | Yes | Yes | No | No | No | No | Maybe | No | No | Maybe | Yes | Yes | No | 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 | 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 | 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 | 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 | No |
| Egg and Cheese Muffin | Yes | Yes | No | No | No | No | No | No | No | Maybe | Yes | Yes | No | No | No | No | No | No | No | No | Yes |

Allergen & Nutritional Information (UK & Ireland)

| | 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? | |
|---|-------|-----|--------|------|-------|-------|-------|-------|---------|--------|------|------|------|-------------|--------|-------------------------------|---------|----------|-------|---------------------------|-----|
| 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 | Maybe | No | No | Maybe | Yes | Yes | No | No | No | Yes | No | No | No | No | |
| Breakfast bagel with bacon | Yes | No | Yes | No | No | No | Maybe | Maybe | No | Yes | Yes | Yes | No | No | No | Yes | 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 | No | Yes |
| Porridge | No | No | No | Yes | No | No | Maybe | Maybe | No | No | Yes | No | 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 | No |
| Maple Syrup Pancakes | Yes | No | No | No | No | No | No | No | No | No | Yes | Yes | No | No | No | No | No | No | No | No | Yes |
| Chocolate and Hazelnut spread Pancakes | Yes | No | No | No | No | No | Yes | Yes | No | No | Yes | Yes | No | No | No | No | No | No | No | No | Yes |
| SANDWICHES AND SIDES | | | | | | | | | | | | | | | | | | | | | |
| BBQ Burger | Yes | No | No | No | No | No | Maybe | No | No | Maybe | Yes | Yes | No | No | No | No | Yes | No | No | No | |
| BBQ Crispy Chicken Sandwich | Yes | No | No | No | No | No | Yes | No | No | Maybe | Yes | Yes | No | No | Yes | No | Yes | No | No | No | |
| BBQ Crispy Chicken Wrap | Yes | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes | No | Yes | No | No | No | |
| BBQ Meatless Chicken Sandwich | Yes | No | No | No | No | No | Yes | No | No | Maybe | Yes | Yes | No | No | No | No | Yes | No | No | Yes | |
| BBQ Hotdog | Yes | No | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No | Yes | No | No | No | |
| Tims Crispy Chicken Sandwich | Yes | Yes | Yes | No | No | No | No | No | No | Maybe | 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 | Maybe | Yes | Yes | No | No | Yes | No | Yes | No | No | No | |
| Meatless Chicken Brioche | Yes | No | No | No | No | No | Yes | No | No | Maybe | Yes | 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 | |
| Chicken Tenders | Yes | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes | No | No | 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 | |
| Ham & Cheese Melt (including Timmies Mini) | Yes | No | Maybe | No | No | No | Yes | No | No | Maybe | Yes | No | 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 | |
| Tuna Wrap | Yes | No | Yes | No | No | No | Yes | No | No | Maybe | Yes | Yes | Yes | Maybe | Maybe | No | Yes | No | No | No | |

Allergen & Nutritional Information (UK & Ireland)

| | 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? | |
|---|-------|-----|--------|------|-------|-------|-------|------|---------|--------|-------|-------|------|-------------|--------|-------------------------------|---------|----------|-------|---------------------------|-----|
| Tomato and Basil Soup - VEGAN | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No | Yes |
| Hot Dog | Yes | No | No | No | No | No | Yes | No | No | No | No | No | No | No | No | No | Yes | No | No | No | No |
| Classic Burger | Yes | No | No | No | No | No | Maybe | No | No | No | Yes | Yes | No | No | Maybe | Maybe | Yes | No | No | No | No |
| Double Classic Burger | Yes | No | No | No | No | No | Maybe | No | No | No | Yes | Yes | No | No | Maybe | Maybe | Yes | No | No | No | No |
| Smoky Maple Burger | Yes | No | No | No | No | No | Yes | No | No | No | Yes | Yes | No | No | No | No | Yes | No | No | No | No |
| Bacon Double Burger | Yes | No | No | No | No | No | Yes | No | No | No | Yes | Yes | No | No | No | No | Yes | No | No | No | No |
| Lattice fries | Yes | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes |
| DIP POTS | | | | | | | | | | | | | | | | | | | | | |
| BBQ | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes | No | No | No | Yes |
| Mayonnaise | Yes | No | No | No | No | No | Maybe | No | No | Maybe | Yes | Yes | No | No | No | No | Yes | No | No | No | Yes |
| Aioli | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes | No | No | No | Yes |
| Smokey Tomato | No | No | No | No | No | No | No | No | No | No | No | Yes | No | No | No | No | Yes | 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 | No | Yes |
| Vegan Mayonnaise | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes |
| Sweet Curry | Yes | No | No | No | No | No | Yes | No | No | No | Maybe | Maybe | No | No | Maybe | Maybe | Yes | No | No | No | Yes |
| Chipotle | No | No | No | No | No | No | No | No | No | No | No | Yes | No | No | No | No | Yes | No | No | No | Yes |
| Tomato Ketchup | Maybe | No | No | No | No | No | Maybe | No | No | No | Maybe | Maybe | No | No | Maybe | Yes | Maybe | 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 | No | Yes |
| DESSERTS | | | | | | | | | | | | | | | | | | | | | |
| Chocolate & Hazelnut Oreo pancakes | Yes | No | No | No | No | No | Yes | Yes | No | No | Yes | Yes | No | 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 | 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 | No | Yes |
| Dark Roast Coffee | No | 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 | No | Yes |

Allergen & Nutritional Information (UK & Ireland)

| | 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? | |
|---|-------|-----|--------|------|-------|-------|-------|-------|---------|--------|-------|------|------|-------------|--------|-------------------------------|---------|----------|-------|---------------------------|-----|
| Latte (standard) | No | No | No | No | No | No | No | No | No | No | Yes | No | 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 | No | Yes |
| Honeycomb Latte | No | No | No | No | No | No | No | No | No | No | Yes | No | 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 | No | Yes |
| French Vanilla | No | No | No | No | No | No | No | No | No | No | Yes | No | 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 | No | Yes |
| Cappuccino | No | No | No | No | No | No | No | No | No | No | Yes | No | 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 | No | Yes |
| Flat White | No | No | No | No | No | No | No | No | No | No | Yes | No | 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 | No | Yes |
| Hot Chocolate | No | No | Yes | No | No | No | No | No | No | No | Yes | No | 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 | 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 | No |
| Signature Tea (all flavours) | No | 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 | No | Yes |
| Soya Milk | No | No | No | No | No | No | Yes | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes |
| Coconut Milk | No | No | No | No | No | No | Yes | Maybe | No | No | No | No | No | No | No | No | No | No | No | No | Yes |
| Oat Milk | Maybe | No | No | Yes | No | 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 | No |
| COLD BEVERAGES | | | | | | | | | | | | | | | | | | | | | |
| Sherbet Lemon Cooler | No | No | No | No | No | No | No | No | No | No | Maybe | No | No | No | No | No | No | No | No | No | Yes |
| Tropical Cooler | No | No | No | No | No | No | No | No | No | No | Maybe | No | No | No | No | No | No | No | No | No | Yes |
| Cherry Cooler | No | No | No | No | No | No | No | No | No | No | Maybe | No | No | No | No | No | No | No | No | No | Yes |
| Lemonade Refresher | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes |
| Strawberry Lemonade Refresher | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | No | Yes |
| Iced Capp Supreme (standard) | Maybe | No | No | No | No | No | Maybe | No | No | No | Yes | No | No | No | No | No | No | No | No | No | Yes |

Allergen & Nutritional Information (UK & Ireland)

| | 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? |
|---|-------|-----|--------|------|-------|-------|-------|-------|---------|--------|-------|------|------|-------------|--------|-------------------------------|---------|----------|-------|---------------------------|
| 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 |
| Dairy Free Iced Capp (no whip top) | No | No | No | No | No | No | Yes | Maybe | No | No | No | No | No | No | No | No | No | No | No | Yes |
| Brownie Iced Capp | Yes | No | No | No | No | No | Yes | No | No | No | Yes | Yes | No | No | No | No | No | No | No | Yes |
| Tim's Shake – Mango, Coconut & Passionfruit | No | No | No | No | No | No | Yes | Maybe | No | No | No | Yes | No | No | No | No | No | No | No | Yes |
| Tim's Shake – Chocolate Brownie | No | No | No | No | No | No | Yes | No | No | No | Yes | Yes | 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 Latte | No | No | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No | No | No | No | Yes |
| Honeycomb Iced Latte | No | No | No | No | No | No | No | 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 |
| Original Frozen Lemonade | No | No | No | No | No | No | No | No | No | No | Maybe | No | No | No | No | No | No | No | No | Yes |
| Mango & Passionfruit Cooler | No | No | No | No | No | No | No | No | No | No | Maybe | No | No | No | No | No | No | No | No | Yes |
| Watermelon & Strawberry Cooler | No | No | No | No | No | No | No | No | 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 | | | | | | | | | | | | | | | | |
| Lemon Meringue Donut | 80g | 1369 | 325 | 16 | 9.9 | 15 | 5 | 25 | 52.7 | 20 | 28.1 | 31 | 1.2 | 3.9 | 8 | 0.4 | 6 |
| Strawberry Trifle Donut | 77g | 1223 | 289 | 14 | 8.3 | 11 | 4.1 | 20 | 47.9 | 18 | 22.1 | 24 | 1.2 | 3.8 | 8 | 0.4 | 6 |
| Salted Caramel Chocolate Truffle Donut | 75g | 1282 | 303 | 15 | 10.9 | 15 | 5.6 | 28 | 44.3 | 17 | 20.8 | 23 | 1.2 | 4.4 | 8 | 0.5 | 8 |
| Honeycomb Donut | 85g | 1569 | 373 | 18 | 15.3 | 21 | 6.4 | 32 | 54.4 | 20 | 27.8 | 30 | 2.4 | 6.6 | 13 | 0.5 | 8 |
| Chocolate Rainbow Donut | 84g | 1368 | 326 | 16 | 13.1 | 18 | 6.1 | 30 | 46.7 | 17 | 25.5 | 28 | 0.9 | 4.6 | 9 | 0.4 | 6 |
| Oreo Donut | 85g | 1750 | 417 | 20 | 19.9 | 28 | 8.4 | 42 | 55.6 | 21 | 31.5 | 35 | 0.4 | 4.2 | 8 | 0.7 | 12 |
| Chocolate Brownie Donut | 90g | 1305 | 312 | 11.8 | 9.0 | 13 | 3.9 | 19 | 33.1 | 13 | 11.3 | 12.5 | 0.8 | 4.1 | 8 | 0.6 | 10 |
| Maple and Caramel Donut | 111g | 1221 | 292 | 14.6 | 17.9 | 25 | 8.0 | 40 | 52.4 | 20 | 28 | 31.1 | 1.0 | 3.3 | 7 | 0.9 | 15 |
| Caramel Apple Fritter | 130g | 1506 | 360 | 18 | 16.9 | 24 | 4.6 | 23 | 60 | 23 | 26 | 28.8 | 1.6 | 5.7 | 11 | 0.7 | 12 |
| Double Chocolate Donut | 71g | 1201 | 287 | 14 | 16.9 | 24 | 7.5 | 38 | 30.7 | 12 | 13.6 | 15 | 0.2 | 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 |
| 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 |
| Cinnamon Biscuit Timbit | 25g | 437 | 104 | 5 | 4.8 | 7 | 2.2 | 11 | 14.1 | 5 | 7.9 | 8 | 0 | 1.1 | 2 | 0.2 | 3 |

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) |
|--|--------------------------|----------------|------------------|-------------|-----------------------|--------------|-------------------------------|-------------|-------------------------------|-------------|-------------------------------------|-------------|-----------------------|-------------------------|--------------|----------------------|-------------|
| | 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 |
| Apple Pie Timbit | 20g | 218 | 51 | 2.6 | 2 | 2.9 | 0.9 | 4.5 | 7.3 | 3 | 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 |
| 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 |
| BAGELS AND PASTRIES | | | | | | | | | | | | | | | | | |
| 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 |
| BREAKFAST | | | | | | | | | | | | | | | | | |
| 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 |

Allergen & Nutritional Information (UK & Ireland)

| NUTRITIONAL | | | | | | | 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) |
|---|---------|-------------------|---------------------|----------------|-----------------------------|-----------------|-------------------------------------|-------------|-------------------------------------|-------------|--|-------------|-----------------------------|-------------------------------|--------------|----------------------------|-------------|
| | Portion | kJ per portion | Kcal per portion | %RI (Adult) | Total Fat Per portion | % RI (Adult) | | | | | | | | | | | |
| 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 | 4.0 | 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 | 3.4 | 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 | 3.4 | 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 |
| 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 | 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 | 2.4 | 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 |
| Bacon & Maple Pancakes | 175g | 1800 | 426 | 21 | 9.7 | 14 | 2.13 | 11 | 69.5 | 27 | 33.0 | 37 | 1.7 | 14.5 | 29 | 2.1 | 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 |

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|---|--|----------------|------------------|-------------|-----------------------|--------------|-------------------------------|-------------|-------------------------------|-------------|-------------------------------------|-------------|-----------------------|-------------------------|--------------|----------------------|-------------|
| | Chocolate and Hazlenut Spread Pancakes | 145g | 1637 | 388 | 19 | 11 | 16 | 2.5 | 13 | 62.6 | 24 | 26.0 | 10 | 1.6 | 9.0 | 18 | 1 |
| 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 |
| SANDWICHES AND SIDES | | | | | | | | | | | | | | | | | |
| BBQ Burger | 220g | 2334 | 566 | 28 | 28.7 | 41 | 12.1 | 60 | 48.5 | 18 | 11.7 | 13 | 2.1 | 25.6 | 51 | 2 | 33 |
| BBQ Crispy Chicken Sandwich | 230g | 2507 | 615 | 30 | 25.3 | 36 | 8.5 | 42 | 66.8 | 26 | 12 | 13 | 2.1 | 28.2 | 56 | 2.2 | 37 |
| BBQ Crispy Chicken Wrap | 220g | 1728 | 410 | 20 | 12.7 | 18 | 3.4 | 17 | 54.6 | 21 | 6.3 | 7 | 1.8 | 19.8 | 39 | 2.5 | 41 |
| BBQ Meatless Chicken Sandwich | 230g | 2388 | 578 | 28 | 23.5 | 33 | 7.5 | 37 | 60 | 23 | 12.4 | 13 | 6.1 | 26.9 | 52 | 2.1 | 35 |
| BBQ Hotdog | 190g | 2862 | 691 | 34 | 36.2 | 51 | 15.8 | 79 | 53.7 | 20 | 13.4 | 14 | 2.5 | 26.9 | 52 | 4.4 | 73 |
| Tims Crispy Chicken Sandwich | 200g | 2466 | 590 | 29 | 32.7 | 46 | 8.0 | 40 | 54.3 | 21 | 4.6 | 5 | 2.1 | 24.9 | 49 | 2.8 | 45.8 |
| Meatless Chicken Sandwich | 200g | 2697 | 569 | 28 | 25.7 | 28 | 9 | 45 | 54 | 20 | 4.0 | 4 | 3.00 | 26 | 52 | 3.3 | 55 |
| Meatless Chicken Stack Sandwich | 274g | 3454 | 750 | 37 | 33.1 | 47 | 12.7 | 63 | 55.4 | 21 | 5.6 | 6 | 3.4 | 30.1 | 60 | 4.1 | 68 |
| Meatless Vegan Chicken Wrap | 190g | 1223 | 420 | 21 | 10 | 14 | 2.5 | 12 | 45.6 | 19 | 2.7 | 4 | 2.49 | 17.6 | 35 | 1.4 | 24 |
| Tims Crispy Chicken Stack Sandwich | 244g | 2797 | 669 | 33 | 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 | 40 | 57 | 11.5 | 58 | 65.5 | 25 | 5.1 | 5 | 3.1 | 29.0 | 58 | 3.6 | 60 |
| Chicken Tenders (3) | 120g | 995 | 236 | 12 | 7.9 | 11 | 1.43 | 7 | 21.4 | 8 | 0 | 0 | 1.56 | 20.8 | 41.5 | 1.3 | 22 |
| Chicken tenders (5) | 200g | 1658 | 394 | 19 | 13.2 | 18 | 2.4 | 12 | 35.6 | 13 | 0 | 0 | 2.6 | 34.6 | 69 | 2.2 | 37 |
| Cheese Melt Toastie | 166g | 2194 | 524 | 26 | 25.8 | 36 | 14.8 | 74 | 47.3 | 18 | 5.1 | 5 | 3.1 | 25.9 | 51 | 1.9 | 33 |

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|--|---------|----------------|------------------|-------------|-----------------------|--------------|-------------------------------|-------------|-------------------------------|-------------|-------------------------------------|-------------|-----------------------|-------------------------|--------------|----------------------|-------------|
| | | | | | | | | | | | | | | | | | |
| Ham & Cheese Melt Toastie | 190g | 2275 | 543 | 26 | 26.5 | 37 | 15 | 74 | 47.4 | 18 | 5.2 | 5 | 3.1 | 28.8 | 57 | 2.2 | 37 |
| Tuna & Cheese Melt | 195g | 2840 | 680 | 34 | 38.2 | 54 | 14.8 | 74 | 48.2 | 18 | 5.4 | 6 | 3.2 | 35.9 | 71 | 2.4 | 40 |
| 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 | 1.2 | 5.9 | 0.1 | 0 | 0.1 | 2.9 | 5.8 | 0.3 | 5.4 |
| Tuna Wrap | 165g | 1431 | 340 | 17 | 5.1 | 7 | 1.9 | 10 | 48 | 18 | 9.6 | 11 | 1 | 24.7 | 49 | 3.2 | 53 |
| <u>Vegan</u> Tomato and Basil Soup | 250g | 458 | 110 | 5.5 | 5 | 7 | 0.5 | 2 | 12.5 | 4.8 | 10 | 11.1 | 2 | 2 | 4.0 | 2 | 33 |
| Hot Dog | 180g | 2469 | 596 | 30 | 27.5 | 39 | 10.7 | 53 | 54.6 | 21 | 14.4 | 16 | 2.8 | 20.7 | 41 | 3.2 | 58 |
| Classic Burger | 200g | 2169 | 529 | 26 | 33 | 47 | 11.3 | 56 | 31.3 | 12 | 5.4 | 6 | 1.8 | 24.3 | 49 | 1.5 | 25 |
| Double Classic Burger | 300g | 2904 | 705 | 35 | 46 | 65 | 16.8 | 84 | 31.4 | 12 | 5.5 | 6 | 1.9 | 38.6 | 77 | 1.9 | 33 |
| Classic Burger with Bacon | 205g | 2328 | 603 | 30 | 38.2 | 54 | 13.2 | 66 | 33.2 | 13 | 5.4 | 7 | 1.9 | 29.1 | 58 | 2 | 33 |
| Smoky Maple Burger | 200g | 2405 | 586 | 29 | 35.8 | 51 | 11.6 | 58 | 38 | 14 | 11.3 | 12 | 2 | 24.7 | 49 | 1.7 | 35 |
| Bacon Double Burger | 310g | 3079 | 781 | 39 | 47.3 | 67 | 20.7 | 108 | 39 | 15 | 10.5 | 11 | 2.3 | 47.4 | 92 | 3.2 | 58 |
| Lattice fries | 100g | 1289 | 307 | 15 | 17 | 24 | 5.2 | 26 | 32 | 12 | 0.4 | 0.4 | 4.7 | 3.8 | 7 | 1 | 16.6 |
| DESSERTS | | | | | | | | | | | | | | | | | |
| Chocolate & Hazelnut Oreo 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 | 18oz | 12 | 3 | 0 | 0.01 | 0 | 0.01 | 0 | 0 | 0 | 0 | 0 | 0 | <0.5 | 1 | 0.01 | 0 |

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|----------------------------------|---------|-------------------|---------------------|----------------|-----------------------------|-----------------|-------------------------------------|-------------|-------------------------------------|-------------|--|-------------|-----------------------------|-------------------------------|--------------|----------------------------|-------------|
| | Portion | kJ per portion | Kcal per portion | %RI (Adult) | Total Fat Per portion | % RI (Adult) | | | | | | | | | | | |
| 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 - small | 12oz | 538 | 128 | 6.4 | 3.3 | 5 | 2.2 | 11 | 16.7 | 6 | 15.9 | 17.6 | 0 | 7.5 | 15 | 0.24 | 4 |
| Caramel Macchiato – medium | 16oz | 682 | 163 | 8.2 | 4.5 | 6 | 3.9 | 15 | 20.3 | 7 | 19.1 | 21.2 | 0 | 10.1 | 20 | 0.32 | 5 |
| Caramel Macchiato - large | 20oz | 809 | 193 | 9.7 | 5.46 | 8 | 3.64 | 18 | 23.2 | 8 | 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 | 29.1 | 42 | 3.1 | 16 | 31.7 | 12 | 30.1 | 33 | 0.7 | 10.6 | 21 | 0.3 | 6 |
| Latte (Chocolate Sauce) – large | 20oz | 1166 | 279 | 14 | 42.5 | 61 | 3.8 | 19 | 43.9 | 17 | 41.4 | 46 | 1.1 | 13.1 | 26 | 0.4 | 8 |
| Honeycomb Latte – small | 12oz | 631 | 150 | 7 | 3.3 | 5 | 2.2 | 11 | 22.5 | 8 | 22.3 | 24 | 0 | 7.5 | 15 | 0.2 | 4 |
| Honeycomb Latte – medium | 16oz | 883 | 210 | 10 | 4.4 | 6 | 2.9 | 14 | 32.2 | 12 | 31.9 | 35 | 0 | 10.1 | 20 | 0.3 | 6 |
| Honeycomb Latte - large | 20oz | 1118 | 266 | 13 | 5.4 | 8 | 3.6 | 18 | 41.5 | 15 | 41.1 | 45 | 0 | 12.3 | 25 | 0.4 | 8 |

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| NUTRITIONAL | | | | | | | 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) |
|-------------------------------|---------|-------------------|---------------------|----------------|-----------------------------|-----------------|-------------------------------------|-------------|-------------------------------------|-------------|--|-------------|-----------------------------|-------------------------------|--------------|----------------------------|-------------|
| | Portion | kJ per portion | Kcal per portion | %RI (Adult) | Total Fat Per portion | % RI (Adult) | | | | | | | | | | | |
| Chai Latte – small | 12oz | 662 | 158 | 8 | 3.1 | 5 | 2.1 | 11 | 25.1 | 10 | 23.3 | 26 | 0.04 | 7.2 | 14 | 0.2 | 4 |
| Chai Latte – medium | 16oz | 895 | 214 | 11 | 4.3 | 6 | 2.8 | 14 | 33.8 | 13 | 31.4 | 35 | 0.05 | 9.8 | 20 | 0.3 | 6 |
| Chai Latte – large | 20oz | 1128 | 270 | 13 | 5.4 | 8 | 3.6 | 18 | 42.5 | 16 | 39.5 | 44 | 0.07 | 12.4 | 25 | 0.4 | 8 |
| French Vanilla – small | 12oz | 1142 | 273 | 14 | 5.6 | 8 | 4.9 | 25 | 56 | 22 | 41.3 | 46 | 2.3 | 4.9 | 10 | 0.7 | 12 |
| French Vanilla – medium | 16oz | 1371 | 328 | 16 | 6.7 | 10 | 5.8 | 29 | 67.2 | 26 | 49.5 | 55 | 2.8 | 5.8 | 12 | 0.8 | 14 |
| French Vanilla – large | 20oz | 1599 | 382 | 19 | 7.8 | 11 | 6.8 | 34 | 78.4 | 30 | 57.8 | 64 | 3.3 | 6.8 | 14 | 1 | 17 |
| French Vanilla Latte– small | 12oz | 1146 | 274 | 14 | 5.6 | 8 | 4.9 | 25 | 56 | 22 | 41.3 | 46 | 2.3 | 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 |
| 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 |

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 | %RI (Adult) | Fibre Per portion (g) | Protein Per portion (g) | %RI (Adult) | Salt Per portion (g) | %RI (Adult) |
|---------------------------------------|---------|----------------|------------------|-------------|-----------------------|-------------|-------------------------------|-------------|-------------------------------|-------------|---------------------------------|-------------|-----------------------|-------------------------|-------------|----------------------|-------------|
| | | | | | | | | | | | | | | | | | |
| 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 |
| White Hot Chocolate – small | 12oz | 1663 | 397 | 20 | 20.5 | 29 | 14.8 | 74 | 47.5 | 20 | 47.3 | 59.7 | 0.5 | 5.5 | 10.6 | 0.4 | 6 |
| White Hot Chocolate – medium | 16oz | 2231 | 533 | 26 | 26.4 | 37 | 19 | 95 | 66 | 26 | 65 | 80 | 0.5 | 7.5 | 14.6 | 0.5 | 8 |
| White Hot Chocolate – large | 20oz | 2679 | 639 | 32 | 31 | 44 | 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 |
| Marshmallows | 10g | 139 | 33 | 2 | 0 | 0 | 0 | 0 | 7.9 | 1 | 6.9 | 5 | 0 | 0.3 | 1 | 0 | 0 |
| COLD BEVERAGES | | | | | | | | | | | | | | | | | |
| Sherbet Lemon Cooler - Small | 12oz | 490 | 120 | 6 | 0 | 0 | 0 | 0 | 28 | 11 | 27.3 | 30 | 0.3 | 0.1 | 0 | 0.04 | 1 |
| Sherbet Lemon Cooler – Medium | 16oz | 786 | 180 | 9 | 0.1 | 0 | 0 | 0 | 43 | 17 | 41.7 | 46 | 0.5 | 0.2 | 0 | 0.06 | 1 |
| Sherbet Lemon Cooler – Large | 20oz | 900 | 260 | 12 | 0.1 | 0 | 0 | 0 | 57 | 22 | 55.4 | 62 | 0.8 | 0.3 | 1 | 0.08 | 1 |
| Tropical Cooler – Small | 12oz | 567 | 136 | 6 | 0.1 | 0 | 0 | 0 | 30 | 12 | 29.3 | 33 | 1.3 | 0.3 | 1 | 0.04 | 1 |
| Tropical Cooler – Medium | 16oz | 784 | 198 | 9 | 0.1 | 0 | 0 | 0 | 42.5 | 16 | 41.4 | 46 | 1.7 | 0.3 | 1 | 0.06 | 1 |
| Tropical Cooler – Large | 20oz | 1096 | 263 | 12 | 0.1 | 0 | 0 | 0 | 55.8 | 21 | 54.4 | 60 | 2.1 | 0.5 | 1 | 0.07 | 1 |
| Cherry Cooler - Small | 12oz | 567 | 136 | 6 | 0.1 | 0 | 0 | 0 | 30 | 12 | 29.3 | 33 | 1.3 | 0.3 | 1 | 0.04 | 1 |

Allergen & Nutritional Information (UK & Ireland)

| NUTRITIONAL | | | | | | | Saturated fat Per portion (g) | %RI (Adult) | Carbohydrat es 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) |
|--|---------|-------------------|---------------------|----------------|-----------------------------|-----------------|-------------------------------------|-------------|--------------------------------------|-------------|--|-------------|-----------------------------|-------------------------------|--------------|----------------------------|-------------|
| | Portion | kJ per portion | Kcal per portion | %RI (Adult) | Total Fat Per portion | % RI (Adult) | | | | | | | | | | | |
| Cherry Cooler – Medium | 16oz | 784 | 198 | 9 | 0.1 | 0 | 0 | 0 | 42.5 | 16 | 41.4 | 46 | 1.7 | 0.3 | 1 | 0.06 | 1 |
| Cherry Cooler - Large | 20oz | 1096 | 263 | 12 | 0.1 | 0 | 0 | 0 | 55.8 | 21 | 54.4 | 60 | 2.1 | 0.5 | 1 | 0.07 | 1 |
| Lemonade Refresher – small | 12oz | 183 | 43 | 2 | 0 | 0 | 0 | 0 | 10 | 3 | 8.6 | 9 | 0 | 0 | 0 | 0 | 0 |
| Lemonade Refresher – medium | 16oz | 245 | 57 | 2 | 0 | 0 | 0 | 0 | 14 | 5 | 11.5 | 12 | 0 | 0 | 0 | 0 | 0 |
| Lemonade Refresher - large | 20oz | 306 | 72 | 3 | 0 | 0 | 0 | 0 | 17.6 | 6 | 14.4 | 16 | 0 | 0 | 0 | 0 | 0 |
| Strawberry Lemonade Refresher - small | 12oz | 284 | 66 | 3 | 0 | 0 | 0 | 0 | 15.9 | 6 | 12 | 13 | 0 | 0 | 0 | 0 | 0 |
| Strawberry Lemonade Refresher – medium | 16oz | 447 | 103 | 5 | 0 | 0 | 0 | 0 | 25.8 | 9 | 18.3 | 20 | 0 | 0 | 0 | 0 | 0 |
| Strawberry Lemonade Refresher - large | 20oz | 609 | 242 | 12 | 0 | 0 | 0 | 0 | 35.3 | 13 | 24.6 | 27 | 0 | 0 | 0 | 0 | 0 |
| 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 | 13.4 | 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 | 0.1 | 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 | 0.1 | 2 |
| Iced Capp Supreme (Chocolate Syrup) – medium | 16 oz | 1973 | 472 | 24 | 52.8 | 75 | 17.1 | 85 | 56.4 | 22 | 53 | 59 | 0.9 | 4.6 | 9 | 0.1 | 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 | 0.2 | 4 |
| Iced Capp Supreme (Flavoured Syrup) – small | 12 oz | 1487 | 354 | 17 | 22.7 | 32 | 13.5 | 67 | 34.9 | 13 | 33.6 | 37 | 0.1 | 3.1 | 6 | 0.1 | 1 |
| Iced Capp Supreme (Flavoured Syrup) – medium | 16 oz | 2003 | 478 | 23 | 28.1 | 40 | 16.9 | 85 | 52.9 | 20 | 51.0 | 57 | 0.1 | 4.1 | 8 | 0.1 | 2 |

Allergen & Nutritional Information (UK & Ireland)

| NUTRITIONAL | | | | | | | Saturated fat Per portion (g) | %RI (Adult) | Carbohydrat es 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) |
|---|---------|-------------------|---------------------|----------------|-----------------------------|-----------------|-------------------------------------|-------------|--------------------------------------|-------------|--|-------------|-----------------------------|-------------------------------|--------------|----------------------------|-------------|
| | Portion | kJ per portion | Kcal per portion | %RI (Adult) | Total Fat Per portion | % RI (Adult) | | | | | | | | | | | |
| Iced Capp Supreme (Flavoured Syrup) – large | 20 oz | 2523 | 602 | 29 | 33.7 | 48 | 20.5 | 102 | 70.6 | 27 | 68.1 | 76 | 0.1 | 5.13 | 10 | 0.1 | 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 | 0.1 | 2 |
| Iced Capp Supreme (Caramel Sauce) – medium | 16 oz | 2006 | 479 | 24 | 29 | 41 | 17 | 86 | 58 | 22 | 52 | 58 | 0.1 | 4.3 | 9 | 0.1 | 3 |
| Iced Capp Supreme (Caramel Sauce) – large | 20 oz | 2577 | 616 | 31 | 34 | 49 | 21 | 105 | 78 | 30 | 70 | 77 | 0.1 | 5.5 | 11 | 0.2 | 4 |
| Iced Capp Supreme with Oreo – small | 12 oz | 1347 | 322 | 16 | 21 | 31 | 14 | 71 | 30 | 11 | 27 | 30 | 0.2 | 3.4 | 7 | 0.1 | 2 |
| Iced Capp Supreme with Oreo – medium | 16 oz | 1856 | 444 | 22 | 28 | 40 | 18 | 91 | 44 | 17 | 39 | 44 | 0.4 | 4.7 | 9 | 0.2 | 4 |
| Iced Capp Supreme with Oreo – large | 20 oz | 2370 | 566 | 28 | 35 | 50 | 22 | 112 | 58 | 22 | 52 | 58 | 0.6 | 6.1 | 12 | 0.3 | 6 |
| Iced Capp (standard) – small | 12 oz | 884 | 211 | 11 | 12 | 18 | 8 | 39 | 23 | 9 | 22 | 25 | 0 | 2.3 | 5 | 0.5 | 1 |
| Iced Capp (standard) – medium | 16 oz | 1275 | 305 | 15 | 18 | 25 | 11 | 56 | 34 | 13 | 32 | 36 | 0 | 3.4 | 7 | 0.1 | 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 |
| Brownie Iced Capp Supreme – small | 12 oz | 1652 | 385 | 19.3 | 35.1 | 50 | 13.5 | 68 | 36.7 | 14 | 34.6 | 38 | 0.5 | 3.3 | 7 | 0.1 | 2 |
| Brownie Iced Capp Supreme – medium | 16 oz | 2163 | 517 | 25.9 | 52.8 | 75 | 17.1 | 85 | 56.3 | 22 | 53 | 59 | 0.9 | 4.5 | 9 | 0.1 | 3 |
| Brownie Iced Capp Supreme – large | 20 oz | 2715 | 649 | 32.5 | 70.7 | 101 | 20.6 | 103 | 75.8 | 29 | 71.1 | 79 | 1.2 | 5.8 | 12 | 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 |
| Tim's Shake – Chocolate Brownie – small | 12oz | 1272 | 304 | 15 | 16 | 23 | 11 | 55 | 37 | 14 | 36 | 40 | 0 | 1.6 | 3 | 0.1 | 2 |
| Tim's Shake – Chocolate Brownie – medium | 16oz | 1845 | 441 | 22 | 24 | 34 | 17 | 85 | 54 | 21 | 53 | 59 | 0 | 2.5 | 5 | 0.1 | 2 |
| Tim's Shake – Chocolate Brownie – large | 20oz | 2464 | 589 | 29 | 30 | 43 | 21 | 100 | 76 | 29 | 71 | 78 | 0 | 4.1 | 8 | 0.2 | 4 |

Allergen & Nutritional Information (UK & Ireland)

| NUTRITIONAL | | | | | | | 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) |
|---------------------------------------|---------|-------------------|---------------------|----------------|-----------------------------|-----------------|-------------------------------------|-------------|-------------------------------------|-------------|--|-------------|-----------------------------|-------------------------------|--------------|----------------------------|-------------|
| | Portion | kJ per portion | Kcal per portion | %RI (Adult) | Total Fat Per portion | % RI (Adult) | | | | | | | | | | | |
| Tim's Shake - Chocolate – small | 12oz | 1040 | 248 | 12 | 14 | 20 | 10 | 50 | 30 | 12 | 29 | 32 | 0 | 1.6 | 3 | 0.1 | 2 |
| Tim's Shake - Chocolate – medium | 16oz | 1586 | 379 | 19 | 22 | 31 | 16 | 78 | 47 | 18 | 44 | 48 | 0 | 2.5 | 5 | 0.1 | 2 |
| Tim's Shake - Chocolate – large | 20oz | 2009 | 520 | 26 | 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 |
| Mango and Passionfruit Shake – small | 12 oz | 567 | 121 | 6 | 0.06 | 0 | 0 | 0 | 30.0 | 12 | 29.3 | 33 | 1.3 | 0.3 | 1 | 0.04 | 1 |
| Mango and Passionfruit Shake – medium | 16 oz | 784 | 174 | 9 | 0.08 | 0 | 0 | 0 | 42.5 | 16 | 41.4 | 46 | 1.7 | 0.37 | 1 | 0.06 | 1 |
| Mango and Passionfruit Shake - large | 20 oz | 1096 | 254 | 12 | 0.1 | 0 | 0 | 0 | 55.8 | 21 | 54.4 | 60 | 2.1 | 0.5 | 1 | 0.07 | 1 |
| Iced Latte – small | 12oz | 276 | 65 | 3 | 2.1 | 3 | 1.5 | 7 | 13.5 | 5.2 | 13.5 | 15 | 0 | 5 | 10 | 0.1 | 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 | 0.2 | 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 | 0.3 | 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 | 0.1 | 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 | 0.2 | 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 | 0.3 | 5 |
| Honeycomb Iced Latte – small | 12oz | 631 | 150 | 7 | 3.3 | 5 | 2.2 | 11 | 22.5 | 8 | 22.3 | 24 | 0 | 7.5 | 15 | 0.2 | 4 |

Allergen & Nutritional Information (UK & Ireland)

| NUTRITIONAL | | | | | | | 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) |
|---|---|-------------------|---------------------|----------------|-----------------------------|----------------|-------------------------------------|-------------|-------------------------------------|-------------|--|-------------|-----------------------------|-------------------------------|-------------|----------------------------|-------------|
| | Portion | kJ per portion | Kcal per portion | %RI (Adult) | Total Fat Per portion | %RI (Adult) | | | | | | | | | | | |
| Honeycomb Iced Latte – medium | 16oz | 883 | 210 | 10 | 4.4 | 6 | 2.9 | 14 | 32.2 | 12 | 31.9 | 35 | 0 | 10.1 | 20 | 0.3 | 6 |
| Honeycomb Iced Latte - large | 20oz | 1118 | 266 | 13 | 5.4 | 8 | 3.6 | 18 | 41.5 | 15 | 41.1 | 45 | 0 | 12.3 | 25 | 0.4 | 8 |
| Frozen Lemonade – small | 12 oz | 490 | 120 | 6 | 0 | 0 | 0 | 0 | 28 | 11 | 27.3 | 30 | 0.3 | 0.1 | 0 | 0.04 | 1 |
| Frozen Lemonade – medium | 16 oz | 786 | 180 | 9 | 0.1 | 0 | 0 | 0 | 43 | 17 | 41.7 | 46 | 0.5 | 0.2 | 0 | 0.06 | 1 |
| Frozen Lemonade – large | 20 oz | 900 | 260 | 12 | 0.1 | 0 | 0 | 0 | 57 | 22 | 55.4 | 62 | 0.8 | 0.3 | 1 | 0.08 | 1 |
| Mango & Passionfruit Cooler – small | 12 oz | 567 | 136 | 6 | 0.1 | 0 | 0 | 0 | 30 | 12 | 29.3 | 33 | 1.3 | 0.3 | 1 | 0.04 | 1 |
| Mango & Passionfruit Cooler – medium | 16 oz | 784 | 198 | 9 | 0.1 | 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 |
| Watermelon & Strawberry Cooler – small | 12 oz | 567 | 136 | 6 | 0.1 | 0 | 0 | 0 | 30 | 12 | 29.3 | 33 | 1.3 | 0.3 | 1 | 0.04 | 1 |
| Watermelon & Strawberry Cooler – medium | 16 oz | 784 | 198 | 9 | 0.1 | 0 | 0 | 0 | 42.5 | 16 | 41.4 | 46 | 1.7 | 0.37 | 1 | 0.06 | 1 |
| Watermelon & Strawberry 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) per portion | | | | | | | | | | | | | | | | |
| | Portion | KJ | Kcal | %RI | Total Fat (g) | %RI | Saturated Fat (g) | %RI | Carbohydrate (g) | %RI | Of which are sugars (g) | %RI | Fibre (g) | Protein (g) | %RI | Salt (g) | %RI |
| 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 |

Allergen & Nutritional Information (UK & Ireland)

| NUTRITIONAL | | | | | | | Saturated fat Per portion (g) | %RI (Adult) | Carbohydrat es 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) |
|-------------------------------------|---------|-------------------|---------------------|----------------|-----------------------------|-----------------|-------------------------------------|-------------|--------------------------------------|-------------|--|-------------|-----------------------------|-------------------------------|--------------|----------------------------|-------------|
| | Portion | kJ per portion | Kcal per portion | %RI (Adult) | Total Fat Per portion | % RI (Adult) | | | | | | | | | | | |
| Timmies Minis Mayo Chicken Sandwich | 4oz | 1598 | 381 | 19 | 17.9 | 25 | 2.1 | 10 | 36.8 | 14 | 1.9 | 2 | 3 | 15.6 | 31 | 1.5 | 25 |
| Timmies Minis Beef Burger | 4oz | 1310 | 311 | 15 | 13.9 | 19 | 5.7 | 28 | 26.5 | 10 | 5 | 5 | 3 | 18.5 | 37 | 1.2 | 20 |
| Timmies Minis Cheeseburger | 4oz | 1579 | 376 | 18 | 19.1 | 27 | 8.3 | 41 | 27.8 | 10 | 6 | 6 | 3 | 21.9 | 43 | 1.7 | 28 |
| Timmies Minis Cheese Melt | 3oz | 1097 | 262 | 13 | 12.9 | 18 | 7.4 | 37 | 23.6 | 9 | 2.5 | 2 | 1.5 | 12.9 | 25 | 0.9 | 15 |
| Timmies Minis Ham & Cheese Melt | 3oz | 1137 | 271 | 13 | 13.2 | 18 | 7.5 | 37 | 23.7 | 9 | 2.6 | 2 | 1.5 | 14.4 | 28 | 1.1 | 18 |
| Timmies Minis Lattice fries | 40g | 547 | 130 | 6 | 7.2 | 10 | 2.2 | 11 | 13.8 | 5 | 0.1 | 1 | 0 | 1.6 | 3 | 0.1 | 2.5 |

Allergen & Nutritional Information (UK & Ireland)

