

C4 - 3.7.26

Tim Hortons® is committed to reducing the risk of allergens present in our kitchens. Our priority is to ensure customers with food allergies and intolerances have accurate information to enable them to make safe choices from our menu. Tim Hortons® kitchens have strict controls in place to reduce the risk of cross-contact such as separate storage areas, utensils and cleaning equipment for products containing allergens. In common with other catering operations, our kitchens are fast-paced and have shared equipment and open environments, therefore we cannot guarantee that any product is entirely free from allergens. Customers with food allergies and intolerances should be aware of this information. If you have an allergy or intolerance, please place your order at the till. Not all drinks can be made dairy-free/caffeine-free, even when made with a dairy alternative or decaf shot, due to other ingredients in the item. We cannot guarantee that our meat and poultry products are free from bone. Nutrition and allergen information for menu items do not include dips, see listings for dip pots. For allergen information for other items such as bottled drinks, see printed packaging for details.

Allergen Information (UK & Ireland)

	Cereals containing gluten																			
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 Beverage (32 Items)																				
Americano	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
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
Cappuccino	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
Pecan and Golden Sugar Latte	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Matcha Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Pecan and Golden Sugar French Vanilla Latte	Yes	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
French Vanilla	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Mocha	Maybe	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Pecan and Golden Sugar Hot Chocolate	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Hot Chocolate	Maybe	No	Yes	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
Breakfast Tea	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Green Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Peppermint Tea	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Oat Milk	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Cappuccino with Oat Milk	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Flat White with Oat Milk	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Latte with Oat Milk	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Coconut Milk	No	No	No	Maybe	No	No	Yes	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Cappuccino with Coconut Milk	No	No	No	Maybe	No	No	Yes	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Flat White with Coconut Milk	No	No	No	Maybe	No	No	Yes	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Latte with Coconut Milk	No	No	No	Maybe	No	No	Yes	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Skimmed Milk	No	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Cappuccino with Skimmed Milk	No	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Flat White with Skimmed Milk	No	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Latte with Skimmed Milk	No	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Whipped Cream	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Cold Beverage (43 Items)																				
Iced Mango Matcha Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Blueberry Matcha Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes

ALLERGENS	Cereals containing gluten																			
	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?
Matcha Iced Latte	No	No	No	No	No	No	No	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
Iced Latte with Coconut Milk	No	No	No	Maybe	No	No	Yes	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Iced Latte with Oat Milk	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Iced Latte with Skimmed Milk	No	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Caramel Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Iced Vanilla Latte	No	No	No	No	No	No	No	No	No	No	Yes	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
Iced French Vanilla Latte	No	No	No	No	No	No	No	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
Mango Matcha Frappé	Maybe	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Mango & Passionfruit Frappé	Maybe	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Blueberry Cheesecake Frappé	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Matcha Frappé	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Caramel Cream Frappé	Maybe	No	No	No	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Chocolate Cream Frappé	Maybe	No	No	No	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Strawberries & Cream Frappé	Maybe	No	No	No	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Oreo® Cookies & Cream Frappé	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Pecan and Golden Sugar Iced Capp®	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Caramel Iced Capp®	Maybe	No	No	No	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Oreo® Iced Capp®	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Mocha Iced Capp®	Maybe	No	No	No	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Original Iced Capp®	Maybe	No	No	No	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Light Iced Capp®	Maybe	No	No	No	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Coconut Iced Capp®	No	No	No	No	No	No	Yes	Maybe	No	No	Maybe	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	Yes
Strawberry Lemonade Refresher	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Mango and Passionfruit Cooler	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Blueberry Cooler	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Cherry Crush Cooler	No	No	No	No	No	No	No	No	No	No	Maybe	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	Yes
Tims® Shake Brownie	Yes	No	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Tims® Shake Chocolate	No	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Tims® Shake Strawberry	No	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Semi-Skimmed Milk	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Coca-Cola	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Coca-Cola Zero Sugar	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Diet Coke	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Fanta Orange Zero	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Sprite Zero	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Dr Pepper Zero	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Breakfast (30 Items)																				
Tomato Omelette Single	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes
Tomato Omelette Double	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes

ALLERGENS	Cereals containing gluten																			
	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?
Omelette with Tomato (Single)	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes
Omelette with Cheese & Bacon (Single)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Two Omelettes with Cheese & Bacon	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
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
Loaded Veggie Wrap	Yes	No	Yes	Yes	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Egg and Cheese Muffin	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Bacon, Egg and Cheese Muffin (Streaky Bacon)	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Bacon, Egg and Cheese Muffin Stack (Streaky Bacon)	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Double Bacon, Egg and Cheese Muffin (Streaky Bacon)	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Double Bacon & Egg Muffin Stack (Streaky Bacon)	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Sausage & Egg with Cheese Muffin	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Sausage & Egg with Cheese Muffin Stack	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Double Sausage & Egg with Cheese Muffin	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Double Sausage & Egg with Cheese Muffin Stack	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Veggie Sausage & Egg with Cheese Muffin	Yes	Yes	Maybe	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Veggie Sausage & Egg with Cheese Muffin Stack	Yes	Yes	Maybe	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Bacon Roll (Streaky Bacon)	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Maybe	Maybe	No	No	No	Maybe	No	No	No	No
Grilled Breakfast Bagel with Sausage	Yes	Maybe	Yes	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Grilled Breakfast Bagel with Bacon (Streaky Bacon)	Yes	Maybe	Yes	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Grilled Breakfast Bagel with Veggie Sausage	Yes	Maybe	Yes	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Plain Bagel	Yes	Maybe	Yes	No	No	No	Maybe	No	No	Maybe	Maybe	Maybe	No	No	No	Maybe	No	No	No	Yes
Bagel with Butter	Yes	Maybe	Yes	No	No	No	Maybe	No	No	Maybe	Maybe	Maybe	No	No	No	Maybe	No	No	No	Yes
Bagel with Cream Cheese	Yes	Maybe	Yes	No	No	No	Maybe	No	No	Maybe	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes
Bacon & Maple 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 Hazelnut Spread Pancakes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Hash Brown	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Sandwiches (40 Items)																				
Tims® Double Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Maple BBQ Bacon Double Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Tims® Bacon Double Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Triple Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Buffalo Ranch Chicken Sandwich	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	Yes	No	No	No	No	No
Buffalo Ranch Chicken Stack	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	Yes	No	No	No	No	No
Tims® Crispy Chicken Sandwich	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Maybe	Yes	No	No	No
Tims® Crispy Chicken Stack	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Maybe	Yes	No	No	No
Maple BBQ Chicken & Bacon Sandwich	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	No	No	No	No	No
Maple BBQ Chicken & Bacon Sandwich Stack	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	No	No	No	No	No
Buffalo Ranch Meatless Sandwich	Yes	Yes	No	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes
Crispy Meatless Chicken Sandwich	Yes	Maybe	Maybe	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	Maybe	Maybe	Yes	No	No	Yes
Maple BBQ Meatless Chicken Sandwich	Yes	No	No	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes

ALLERGENS	Cereals containing gluten																			
	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?
Buffalo Ranch Chicken Wrap	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No
BLT Chicken Wrap	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Maple BBQ Chicken Wrap	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Sweet Chilli Mayo Chicken Wrap	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Smoky Chipotle Chicken Wrap	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No
VLT Meatless Chicken Wrap	Yes	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No	Maybe	No	Yes	No	No	Yes
5 Piece Tims® Chicken Tenders	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
3 Piece Tims® Chicken Tenders	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Buffalo Ranch Chicken Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Cheese and Herb Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Ham Hock and Cheese Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Maple BBQ Chicken Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Tims® Savers - Hamburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Savers - Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Savers - Crispy Chicken Snack Wrap	Yes	No	No	No	No	No	Maybe	No	No	Maybe	No	No	No	No	Yes	Yes	Yes	No	No	No
Tims® Savers - 2 Chicken Tenders & Dip	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Buffalo Ranch Chicken Loaded Fries	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No
Maple BBQ Chicken Loaded Lattice Fries	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Maple BBQ Loaded Lattice Fries	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Spicy Habanero Cheese Bites 5 pc	Yes	No	Yes	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	Maybe	No	No	Yes
Spicy Habanero Cheese Bites 10 pc	Yes	No	Yes	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	Maybe	No	No	Yes
Lattice Fries	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Vegan Mayo	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Chipotle Mayonnaise	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes
Sweet Chilli Sauce	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
BBQ Sauce	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Tomato Ketchup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Timmies Minis (6 Items)																				
Timmies Minis Meal Deal																				No
Timmies Minis Chicken Mayo Sandwich	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Maybe	Yes	No	No	No
Timmies Minis Cheeseburger	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Timmies Minis 2 Chicken Tenders	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Timmies Minis Cheese Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Timmies Minis Lattice Fries	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Bakery (38 Items)																				
6 Box Assorted Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Maybe
12 Box Assorted Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Maybe
24 Box Assorted Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Maybe
12 Box Old Fashioned Glazed Donuts	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Dozen Assorted Donuts Plus Dozen Old Fashioned Glazed Donuts	Yes	No	Yes	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Maybe
6 Box Deluxe Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Maybe
12 Box Deluxe Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Maybe
10 Box Timbits®	Yes	Maybe	Maybe	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes

ALLERGENS	Cereals containing gluten																			
	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?
20 Box Timbits®	Yes	Maybe	Maybe	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
50 Box Timbits®	Yes	Maybe	Maybe	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Maple Syrup, Caramel and Fudge Pancakes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Hazelnut & Oreo® Pancakes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Monty the Moose Deluxe Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Mango Deluxe Donut	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Blueberry Cheesecake Deluxe Donut	Yes	No	Yes	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Chocolate Honeycomb Deluxe Donut	Yes	No	Yes	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	No
Chocolate Brownie Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Maple & Caramel Donut	Yes	No	Yes	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Caramel Apple Fritter	Yes	No	Yes	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Boston Cream Donut	Yes	No	Maybe	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Canadian Maple Donut	Yes	No	Maybe	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Maple Dip Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Maybe	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	No	No	No	No	Yes
Chocolate Dip Donut	Yes	No	No	No	No	No	Yes	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	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Apple Fritter Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Mango Cruller	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Blueberry Cruller	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	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
Mango Timbit	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Blueberry Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Old Fashioned Glazed Timbits®	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Glazed Timbits®	Yes	No	Maybe	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Honey Dip Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Apple Pie Timbits®	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Honey Cruller Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
White Birthday Cake Timbits®	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Apple Fritter Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Impulse (11 Items)																				
Bacon & Cheese Muffin (Streaky Bacon)	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Maybe	Yes	Maybe	No	No	No	Maybe	No	No	No	No
Sausage & Cheese Muffin (selected stores only)	Yes	Yes	No	No	No	No	Maybe	No	No	Maybe	Yes	No	No	No	No	No	No	No	No	No
Bacon & Cheese Muffin (selected stores only)	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	No	No	No	No	No	No	No	No	No
Veggie Sausage & Cheese Muffin (selected stores only)	Yes	Yes	Yes	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	No	No	No	No	No	No	No	No	Yes
Big Breakfast Wrap (Streaky Bacon)	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Big Breakfast Roll (selected stores only)	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Omelette with choice of topping (selected stores only)	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
2 Omelettes with choice of toppings (selected stores only)	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Raspberry Donut	Yes	Maybe	Maybe	Maybe	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Raspberry Vanilla Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Raspberry Timbits®	Yes	Maybe	Maybe	Maybe	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes

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)
Hot Beverage (32 Items)																	
Americano	16 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0.02g	0.04%	0g	0.01%
Americano (Small)	12 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0.01g	0.03%	0g	0.01%
Americano (Large)	20 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0.02g	0.04%	0g	0.02%
Original Blend Coffee	16 oz	12kJ	3Kcal	0%	0.01g	0%	0.01g	0%	0g	0%	0g	0%	0g	0.5g	1%	0.01g	0%
Original Blend Coffee (Small)	12 oz	12kJ	3Kcal	0%	0.01g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	0.01g	0%
Original Blend Coffee (Large)	20 oz	21kJ	5Kcal	0%	0.02g	0%	0.01g	0%	0g	0%	0g	0%	0g	0.61g	1%	0.03g	0%
Dark Roast Coffee	16 oz	17kJ	4Kcal	0%	0.01g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	0.02g	0%
Dark Roast Coffee (Small)	12 oz	12kJ	3Kcal	0%	0.01g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	0.01g	0%
Dark Roast Coffee (Large)	20 oz	21kJ	5Kcal	0%	0.02g	0%	3.6g	0%	0g	0%	0g	0%	0g	0.61g	1%	0.03g	0%
Caramel Macchiato	16 oz	682kJ	163Kcal	8%	4.5g	6%	3.6g	15%	20g	7%	19g	21%	0g	10g	20%	0.3g	5%
Caramel Macchiato (Small)	12 oz	538kJ	128Kcal	6%	3.3g	5%	2.2g	11%	17g	6%	16g	18%	0g	7.5g	15%	0.2g	4%
Caramel Macchiato (Large)	20 oz	809kJ	193Kcal	9%	5.4g	8%	3.9g	18%	23g	8%	22g	25%	0g	12g	25%	0.3g	7%
Cappuccino	16 oz	460kJ	110Kcal	6%	3.7g	5%	2.4g	12%	11g	4%	11g	12%	0g	8.3g	17%	0.3g	4%
Cappuccino (Small)	12 oz	316kJ	75Kcal	4%	2.5g	4%	1.6g	8%	7.6g	3%	7.6g	8%	0g	5.7g	11%	0.18g	3%
Cappuccino (Large)	20 oz	587kJ	140Kcal	7%	4.7g	7%	3.1g	16%	14g	5%	14g	16%	0g	11g	21%	0.3g	6%
Flat White	12 oz	505kJ	121Kcal	6%	4g	6%	2.7g	13%	12g	5%	12g	13%	0g	9.1g	18%	0.3g	5%
Pecan and Golden Sugar Latte	16 oz	1355kJ	324Kcal	16%	12g	17%	7.9g	40%	44g	17%	42g	47%	0.05g	9.6g	19%	0.34g	5.6%
Pecan and Golden Sugar Latte (Small)	12 oz	1118kJ	267Kcal	13%	11g	16%	7.5g	37%	33g	13%	31g	35%	0.05g	7.9g	16%	0.29g	4.8%
Pecan and Golden Sugar Latte (Large)	20 oz	1654kJ	395Kcal	20%	13g	19%	8.6g	43%	57g	22%	54g	60%	0.05g	12g	25%	0.42g	7.1%
Matcha Latte	16 oz	863kJ	206Kcal	10%	4.7g	6.8%	2.8g	14%	30g	11%	29g	32%	0g	11g	22%	0.34g	5.7%
Matcha Latte (Small)	12 oz	670kJ	160Kcal	8.0%	3.9g	5.6%	2.3g	12%	22g	8.5%	22g	24%	0g	9.1g	18%	0.28g	4.7%
Matcha Latte (Large)	20 oz	1132kJ	271Kcal	14%	6.2g	8.8%	3.7g	18%	39g	15%	38g	42%	0.01g	14g	29%	0.45g	7.4%
Latte	16 oz	559kJ	134Kcal	7%	4.4g	6%	2.9g	15%	13g	5%	13g	15%	0g	10g	20%	0.3g	5%
Latte (Small)	12 oz	415kJ	99Kcal	5%	3.3g	5%	2.2g	11%	9.9g	4%	9.9g	11%	0g	7.5g	15%	0.2g	4%
Latte (Large)	20 oz	686kJ	164Kcal	8%	5.4g	8%	3.6g	18%	16g	6%	16g	18%	0g	12g	25%	0.3g	7%
Pecan and Golden Sugar French Vanilla Latte	16 oz	2319kJ	554Kcal	28%	22g	31%	18g	90%	83g	32%	68g	76%	0.87g	6.2g	12%	1.1g	19%
Pecan and Golden Sugar French Vanilla Latte (Small)	12 oz	1915kJ	458Kcal	23%	19g	28%	16g	79%	65g	25%	53g	59%	0.73g	5.2g	10%	0.93g	16%
Pecan and Golden Sugar French Vanilla Latte (Large)	20 oz	2879kJ	688Kcal	34%	26g	36%	21g	107%	106g	41%	87g	97%	1.1g	7.8g	16%	1.4g	24%
French Vanilla Latte	16 oz	1375kJ	329Kcal	16%	6.7g	10%	5.9g	29%	67g	26%	50g	55%	2.9g	6.4g	13%	0.9g	14%
French Vanilla Latte (Small)	12 oz	1146kJ	274Kcal	14%	5.6g	8%	4.9g	25%	56g	22%	41g	46%	2.3g	5.4g	11%	0.7g	12%
French Vanilla Latte (Large)	20 oz	1607kJ	384Kcal	19%	7.9g	11%	6.9g	34%	78g	30%	58g	64%	3.3g	7.9g	16%	1g	17%
French Vanilla	16 oz	1371kJ	328Kcal	16%	6.7g	10%	5.8g	29%	67g	26%	50g	55%	2.8g	5.8g	12%	0.8g	14%
French Vanilla (Small)	12 oz	1142kJ	273Kcal	14%	5.6g	8%	4.9g	25%	56g	22%	41g	46%	2.3g	4.9g	10%	0.7g	12%
French Vanilla (Large)	20 oz	1599kJ	382Kcal	19%	7.8g	11%	6.8g	34%	78g	30%	58g	64%	3.3g	6.8g	14%	1g	17%
Mocha	16 oz	1357kJ	324Kcal	16%	6.7g	10%	5.9g	29%	68g	26%	53g	59%	2.9g	4.2g	8%	0.4g	6%
Mocha (Small)	12 oz	1132kJ	270Kcal	13%	5.6g	8%	4.9g	25%	57g	22%	44g	49%	2.4g	3.5g	7%	0.3g	5%
Mocha (Large)	20 oz	1583kJ	378Kcal	19%	7.8g	11%	6.9g	34%	79g	31%	62g	69%	3.3g	4.9g	10%	0.4g	7%
Pecan and Golden Sugar Hot Chocolate	16 oz	2542kJ	608Kcal	30%	21g	31%	17g	86%	95g	37%	92g	103%	3.5g	6.5g	13%	1.2g	21%
Pecan and Golden Sugar Hot Chocolate (Small)	12 oz	2048kJ	490Kcal	24%	19g	27%	15g	74%	73g	28%	71g	79%	2.8g	5.3g	11%	1.00g	17%
Pecan and Golden Sugar Hot Chocolate (Large)	20 oz	3128kJ	748Kcal	37%	25g	35%	20g	102%	121g	46%	117g	130%	4.5g	8.1g	16%	1.5g	26%
Hot Chocolate	16 oz	1828kJ	437Kcal	22%	14g	21%	13g	64%	69g	26%	67g	75%	3.8g	6.4g	13%	1.3g	22%

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)
Hot Chocolate (Small)	12 oz	1536kJ	367Kcal	18%	12g	17%	11g	53%	58g	22%	56g	63%	3.2g	5.4g	11%	1.1g	18%
Hot Chocolate (Large)	20 oz	2450kJ	586Kcal	29%	19g	28%	17g	85%	92g	35%	90g	100%	5.1g	8.6g	17%	1.7g	29%
Espresso	4 oz	4kJ	1Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	<0.5g	1%	0g	0%
Breakfast Tea	16 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Breakfast Tea (Small)	12 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Breakfast Tea (Large)	20 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Green Tea	16 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Green Tea (Small)	12 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Green Tea (Large)	20 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Peppermint Tea	16 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Peppermint Tea (Small)	12 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Peppermint Tea (Large)	20 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Oat Milk	3.5 oz	8.6kJ	2.1Kcal	0.10%	0.11g	0.15%	0.01g	0.05%	0.23g	0.09%	0.12g	0.13%	0.04g	0.03g	0.06%	0.00g	0.08%
Cappuccino with Oat Milk	16 oz	615kJ	147Kcal	7.4%	7.4g	11%	0.75g	3.8%	17g	6.5%	8.2g	9.1%	2.5g	2.0g	4.0%	0.33g	5.4%
Cappuccino with Oat Milk (Small)	12 oz	493kJ	118Kcal	5.9%	6.0g	8.5%	0.60g	3.0%	13g	5.2%	6.5g	7.3%	2.0g	1.6g	3.2%	0.26g	4.4%
Cappuccino with Oat Milk (Large)	20 oz	777kJ	186Kcal	9.3%	9.4g	13%	0.95g	4.8%	21g	8.2%	10g	11%	3.1g	2.5g	5.0%	0.41g	6.9%
Flat White with Oat Milk	16 oz	640kJ	153Kcal	7.6%	7.7g	11%	0.78g	3.9%	17g	6.7%	8.5g	9.4%	2.6g	2.1g	4.1%	0.34g	5.7%
Latte with Oat Milk	16 oz	776kJ	185Kcal	9.3%	9.4g	13%	0.95g	4.7%	21g	8.1%	10g	11%	3.1g	2.5g	5.0%	0.41g	6.8%
Latte with Oat Milk (Small)	12 oz	639kJ	153Kcal	7.6%	7.7g	11%	0.78g	3.9%	17g	6.7%	8.5g	9.4%	2.6g	2.1g	4.1%	0.34g	5.6%
Latte with Oat Milk (Large)	20 oz	1009kJ	241Kcal	12%	12g	17%	1.2g	6.2%	28g	11%	13g	15%	4.1g	3.3g	6.5%	0.53g	8.9%
Coconut Milk	3.5 oz	4.8kJ	1.2Kcal	0.06%	0.05g	0.07%	0.02g	0.12%	0.12g	0.04%	0.12g	0.13%	0.01g	0.05g	0.11%	0.01g	0.12%
Cappuccino with Coconut Milk	16 oz	615kJ	147Kcal	7.4%	7.4g	11%	0.75g	3.8%	17g	6.5%	8.2g	9.1%	2.5g	2.0g	4.0%	0.33g	5.4%
Cappuccino with Coconut Milk (Small)	12 oz	493kJ	118Kcal	5.9%	6.0g	8.5%	0.60g	3.0%	13g	5.2%	6.5g	7.3%	2.0g	1.6g	3.2%	0.26g	4.4%
Cappuccino with Coconut Milk (Large)	20 oz	777kJ	186Kcal	9.3%	9.4g	13%	0.95g	4.8%	21g	8.2%	10g	11%	3.1g	2.5g	5.0%	0.41g	6.9%
Flat White with Coconut Milk	16 oz	361kJ	86Kcal	4.3%	3.6g	5.2%	1.8g	9.1%	8.7g	3.4%	8.5g	9.4%	0.51g	3.9g	7.7%	0.52g	8.7%
Latte with Coconut Milk	16 oz	437kJ	104Kcal	5.2%	4.4g	6.3%	2.2g	11%	11g	4.1%	10g	11%	0.62g	4.7g	9.4%	0.63g	10%
Latte with Coconut Milk (Small)	12 oz	359kJ	86Kcal	4.3%	3.6g	5.2%	1.8g	9.0%	8.7g	3.3%	8.5g	9.4%	0.51g	3.9g	7.7%	0.52g	8.6%
Latte with Coconut Milk (Large)	20 oz	567kJ	136Kcal	6.8%	5.7g	8.2%	2.9g	14%	14g	5.3%	13g	15%	0.81g	6.1g	12%	0.82g	14%
Skimmed Milk	3.5 oz	4.8kJ	1.1Kcal	0.06%	0.00g	0.01%	0.00g	0.02%	0.15g	0.06%	0.15g	0.17%	0g	3.5g	0.25%	0.00g	0.06%
Cappuccino with Skimmed Milk	16 oz	344kJ	80Kcal	4.0%	0.27g	0.39%	0.26g	1.3%	11g	4.2%	11g	12%	0g	8.7g	17%	0.28g	4.6%
Cappuccino with Skimmed Milk (Small)	12 oz	276kJ	64Kcal	3.2%	0.22g	0.31%	0.21g	1.0%	8.7g	3.4%	8.5g	9.5%	0g	6.9g	14%	0.22g	3.7%
Cappuccino with Skimmed Milk (Large)	20 oz	434kJ	101Kcal	5.1%	0.34g	0.49%	0.33g	1.6%	14g	5.3%	13g	15%	0g	11g	22%	0.35g	5.8%
Flat White with Skimmed Milk	16 oz	358kJ	84Kcal	4.2%	0.28g	0.41%	0.27g	1.4%	11g	4.3%	11g	12%	0g	9.0g	18%	0.29g	4.8%
Latte with Skimmed Milk	16 oz	433kJ	101Kcal	5.1%	0.34g	0.48%	0.33g	1.6%	14g	5.3%	13g	15%	0g	11g	22%	0.35g	5.8%
Latte with Skimmed Milk (Small)	12 oz	357kJ	83Kcal	4.2%	0.28g	0.40%	0.27g	1.3%	11g	4.3%	11g	12%	0g	9.0g	18%	0.29g	4.8%
Latte with Skimmed Milk (Large)	20 oz	563kJ	132Kcal	6.6%	0.44g	0.63%	0.42g	2.1%	18g	6.8%	17g	19%	0g	14g	28%	0.45g	7.5%
Whipped Cream	23g oz	338kJ	81Kcal	4.0%	7.4g	11%	5.3g	26%	3.0g	1.2%	3.0g	3.3%	0g	0.46g	0.92%	0.02g	0.27%
Cold Beverage (43 Items)																	
Iced Mango Matcha Latte	16 oz	751kJ	180Kcal	9.0%	1.2g	1.8%	0.66g	3.3%	39g	15%	37g	42%	0.30g	2.7g	5.5%	0.12g	1.9%
Iced Mango Matcha Latte (Small)	12 oz	443kJ	106Kcal	5.3%	0.80g	1.1%	0.44g	2.2%	23g	8.7%	22g	24%	0.15g	1.8g	3.6%	0.07g	1.2%
Iced Mango Matcha Latte (Large)	20 oz	1060kJ	253Kcal	13%	1.7g	2.4%	0.88g	4.4%	55g	21%	53g	59%	0.45g	3.7g	7.3%	0.16g	2.7%
Iced Blueberry Matcha Latte	16 oz	985kJ	235Kcal	12%	3.9g	5.6%	2.3g	11%	40g	16%	38g	43%	0.72g	9.0g	19%	0.28g	4.6%
Iced Blueberry Matcha Latte (Small)	12 oz	748kJ	179Kcal	8.9%	3.6g	5.2%	2.1g	11%	28g	11%	27g	30%	0.36g	8.3g	17%	0.26g	4.3%
Iced Blueberry Matcha Latte (Large)	20 oz	1366kJ	326Kcal	16%	5.3g	7.6%	3.1g	15%	57g	22%	54g	60%	1.1g	12g	24%	0.38g	6.3%
Matcha Iced Latte	16 oz	1126kJ	269Kcal	13%	4.8g	6.9%	2.8g	14%	45g	17%	44g	48%	0.01g	11g	22%	0.34g	5.7%

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)
Matcha Iced Latte (Small)	12 oz	670kJ	160Kcal	8.0%	3.9g	5.6%	2.3g	12%	22g	8.5%	22g	24%	0.00g	9.1g	18%	0.28g	4.7%
Matcha Iced Latte (Large)	20 oz	1833kJ	438Kcal	22%	6.3g	9.1%	3.7g	18%	80g	31%	77g	86%	0.02g	15g	29%	0.045g	7.4%
Iced Latte	16 oz	415kJ	99Kcal	5%	3.3g	5%	2.2g	11%	16g	6%	16g	17%	0g	7.5g	15%	0.2g	4%
Iced Latte (Small)	12 oz	276kJ	65Kcal	3%	2.1g	3%	1.5g	7%	14g	5%	14g	15%	0g	5g	10%	0.1g	3%
Iced Latte (Large)	20 oz	559kJ	134Kcal	7%	4.5g	6%	3g	15%	17g	6%	17g	19%	0g	10g	20%	0.3g	5%
Iced Latte with Coconut Milk	16 oz	338kJ	81Kcal	4.0%	3.4g	4.9%	1.7g	8.5%	8.2g	3.2%	8.0g	8.8%	0.48g	3.6g	7.3%	0.49g	8.1%
Iced Latte with Coconut Milk (Small)	12 oz	246kJ	59Kcal	2.9%	2.5g	3.5%	1.2g	6.2%	6.0g	2.3%	5.8g	6.4%	0.35g	2.6g	5.3%	0.35g	5.9%
Iced Latte with Coconut Milk (Large)	20 oz	428kJ	102Kcal	5.1%	4.3g	6.1%	2.2g	11%	10g	4.0%	10g	11%	0.61g	4.6g	9.2%	0.62g	10%
Iced Latte with Oat Milk	16 oz	601kJ	144Kcal	7.2%	7.3g	10%	0.74g	3.7%	16g	6.3%	8.0g	8.8%	2.4g	1.9g	3.9%	0.32g	5.3%
Iced Latte with Oat Milk (Small)	12 oz	437kJ	104Kcal	5.2%	5.3g	7.5%	0.54g	2.7%	12g	4.6%	5.8g	6.4%	1.8g	1.4g	2.8%	0.23g	3.9%
Iced Latte with Oat Milk (Large)	20 oz	760kJ	182Kcal	9.1%	9.2g	13%	0.93g	4.7%	21g	8.0%	10g	11%	3.1g	2.5g	4.9%	0.40g	6.7%
Iced Latte with Skimmed Milk	16 oz	336kJ	78Kcal	3.9%	0.27g	0.38%	0.25g	1.3%	11g	4.1%	10g	12%	0g	8.5g	17%	0.27g	4.5%
Iced Latte with Skimmed Milk (Small)	12 oz	244kJ	57Kcal	2.9%	0.20g	0.28%	0.19g	0.93%	7.7g	3.0%	7.5g	8.4%	0g	6.1g	12%	0.20g	3.3%
Iced Latte with Skimmed Milk (Large)	20 oz	425kJ	99Kcal	5.0%	0.34g	0.48%	0.32g	1.6%	13g	5.2%	13g	15%	0g	11g	21%	0.34g	5.7%
Iced Caramel Latte	16 oz	671kJ	159Kcal	7%	3.3g	5%	2.2g	11%	31g	11%	31g	34%	0g	7.5g	15%	0.3g	5%
Iced Caramel Latte (Small)	12 oz	447kJ	105Kcal	5%	2.1g	3%	1.5g	7%	24g	9%	23g	25%	0g	5g	10%	0.1g	3%
Iced Caramel Latte (Large)	20 oz	901kJ	214Kcal	10%	4.5g	6%	3g	15%	37g	14%	37g	41%	0g	10g	20%	0.4g	6%
Iced Vanilla Latte	16 oz	415kJ	99Kcal	5%	3.3g	5%	2.2g	11%	16g	6%	16g	18%	0g	7.5g	15%	0.2g	4%
Iced Vanilla Latte (Small)	12 oz	276kJ	65Kcal	3%	2.1g	3%	1.5g	7%	14g	5%	14g	15%	0g	5g	10%	0.1g	3%
Iced Vanilla Latte (Large)	20 oz	559kJ	134Kcal	7%	4.5g	6%	3g	15%	17g	6%	17g	19%	0g	10g	20%	0.3g	5%
Iced French Vanilla	16 oz	1506kJ	360Kcal	15%	10g	14%	10g	50%	38g	15%	31g	34%	0g	3.4g	7%	0.8g	13%
Iced French Vanilla (Small)	12 oz	1117kJ	267Kcal	13%	8.2g	12%	8g	40%	31g	12%	25g	28%	0g	2.8g	6%	0.6g	10%
Iced French Vanilla (Large)	20 oz	1690kJ	404Kcal	18%	16g	23%	16g	80%	62g	24%	50g	55%	0.4g	5.6g	11%	1.3g	22%
Iced French Vanilla Latte	16 oz	1375kJ	329Kcal	16%	6.7g	10%	5.9g	29%	67g	26%	50g	55%	2.9g	6.4g	13%	0.9g	14%
Iced French Vanilla Latte (Small)	12 oz	1146kJ	274Kcal	14%	5.6g	8%	4.9g	25%	56g	22%	41g	46%	2.3g	5.4g	11%	0.7g	12%
Iced French Vanilla Latte (Large)	20 oz	1607kJ	384Kcal	19%	7.9g	11%	6.9g	34%	78g	30%	58g	64%	3.3g	7.9g	16%	1g	17%
Iced Caramel Macchiato	16 oz	682kJ	163Kcal	8%	4.5g	6%	3.9g	15%	20g	7%	19g	21%	0g	10.1g	20%	0.3g	5%
Iced Caramel Macchiato (Small)	12 oz	538kJ	128Kcal	6%	3.3g	5%	2.2g	11%	17g	6%	16g	17%	0g	7.5g	15%	0.2g	4%
Iced Caramel Macchiato (Large)	20 oz	809kJ	193Kcal	9%	5.4g	8%	3.6g	18%	23g	8%	22g	24%	0g	12.4g	25%	0.4g	7%
Mango Matcha Frappé	16 oz	1743kJ	417Kcal	21%	9.4g	13%	6.3g	32%	78g	30%	73g	82%	0.67g	4.0g	7.9%	0.24g	4.1%
Mango Matcha Frappé (Small)	12 oz	1335kJ	319Kcal	16%	9.0g	13%	6.1g	31%	56g	22%	53g	59%	0.42g	3.0g	6.0%	0.18g	3.0%
Mango Matcha Frappé (Large)	20 oz	2282kJ	545Kcal	27%	10g	14%	6.6g	33%	108g	41%	100g	111%	1.1g	5.1g	10%	0.34g	5.6%
Mango & Passionfruit Frappé	16 oz	1862kJ	445Kcal	22%	9.5g	14%	6.4g	32%	85g	33%	80g	89%	0.77g	4.0g	8.0%	0.27g	4.4%
Mango & Passionfruit Frappé (Small)	12 oz	1397kJ	334Kcal	17%	9.0g	13%	6.1g	31%	59g	23%	56g	63%	0.52g	3.0g	6.0%	0.20g	3.3%
Mango & Passionfruit Frappé (Large)	20 oz	2410kJ	576Kcal	29%	10g	14%	6.7g	33%	115g	44%	106g	118%	1.2g	5.1g	10%	0.36g	6.0%
Blueberry Cheesecake Frappé	16 oz	1503kJ	359Kcal	18%	9.8g	14%	6.5g	33%	63g	24%	55g	62%	1.5g	4.0g	8.0%	0.25g	4.1%
Blueberry Cheesecake Frappé (Small)	12 oz	1166kJ	279Kcal	14%	9.3g	13%	6.3g	31%	45g	17%	40g	44%	0.99g	2.9g	5.8%	0.19g	3.1%
Blueberry Cheesecake Frappé (Large)	20 oz	1844kJ	441Kcal	22%	10g	15%	6.8g	34%	81g	31%	71g	79%	2.0g	5.1g	10%	0.30g	5.1%
Matcha Frappé	16 oz	1615kJ	386Kcal	19%	8.9g	13%	6.1g	31%	72g	28%	67g	74%	0.41g	3.9g	7.7%	0.20g	3.3%
Matcha Frappé (Small)	12 oz	921kJ	220Kcal	11%	8.3g	12%	5.9g	29%	33g	13%	30g	33%	0.28g	2.7g	5.3%	0.13g	2.1%
Matcha Frappé (Large)	20 oz	2357kJ	563Kcal	28%	9.5g	14%	6.4g	32%	114g	44%	105g	117%	0.55g	5.1g	10%	0.25g	4.2%
Caramel Cream Frappé	16 oz	1441kJ	343Kcal	17%	9.9g	14%	6.6g	33%	59g	23%	50g	56%	0.3g	4.2g	8%	0.3g	5%
Caramel Cream Frappé (Small)	12 oz	1050kJ	250Kcal	13%	8.7g	12%	6g	30%	40g	15%	34g	38%	0.2g	2.9g	6%	0.2g	3%
Caramel Cream Frappé (Large)	20 oz	1838kJ	438Kcal	22%	11g	16%	7.3g	37%	78g	30%	66g	74%	0.5g	5.6g	11%	0.6g	10%
Chocolate Cream Frappé	16 oz	1725kJ	412Kcal	21%	15g	21%	12g	58%	63g	24%	50g	55%	1.6g	5.6g	11%	0.1g	2%

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 Cream Frappé (Small)	12 oz	1299kJ	310Kcal	16%	12g	18%	9.5g	48%	45g	17%	36g	40%	1.1g	3.9g	8%	0.1g	2%
Chocolate Cream Frappé (Large)	20 oz	2156kJ	515Kcal	26%	17g	25%	14g	68%	81g	31%	64g	71%	2.1g	7.2g	14%	0.2g	3%
Strawberries & Cream Frappé	16 oz	1354kJ	323Kcal	16%	8.8g	13%	6g	30%	57g	22%	43g	48%	0.5g	4g	8%	0.1g	2%
Strawberries & Cream Frappé (Small)	12 oz	1000kJ	238Kcal	12%	8.1g	12%	5.6g	28%	38g	15%	30g	33%	0.3g	2.8g	6%	0.1g	2%
Strawberries & Cream Frappé (Large)	20 oz	1715kJ	409Kcal	20%	9.4g	13%	6.5g	33%	75g	29%	56g	62%	0.8g	5.2g	10%	0.2g	3%
Oreo® Cookies & Cream Frappé	16 oz	1584kJ	370Kcal	19%	14g	19%	7.2g	36%	56g	22%	45g	50%	1g	5g	10%	0.2g	3%
Oreo® Cookies & Cream Frappé (Small)	12 oz	1125kJ	268Kcal	13%	11g	16%	6.4g	32%	39g	15%	31g	35%	0.6g	3.4g	7%	0.2g	3%
Oreo® Cookies & Cream Frappé (Large)	20 oz	1977kJ	472Kcal	24%	16g	23%	8.1g	41%	74g	29%	59g	65%	1.5g	6.6g	13%	0.4g	7%
Pecan and Golden Sugar Iced Capp®	16 oz	2132kJ	510Kcal	25%	27g	38%	18g	88%	64g	24%	60g	66%	0.44g	4.3g	8.7%	0.13g	2.1%
Pecan and Golden Sugar Iced Capp® (Small)	12 oz	1620kJ	387Kcal	19%	21g	30%	14g	70%	47g	18%	43g	48%	0.37g	3.3g	6.6%	0.11g	1.8%
Pecan and Golden Sugar Iced Capp® (Large)	20 oz	2641kJ	631Kcal	32%	33g	47%	21g	107%	80g	31%	76g	84%	0.51g	5.4g	11%	0.15g	2.5%
Caramel Iced Capp®	16 oz	2006kJ	479Kcal	24%	29g	41%	17g	86%	58g	22%	52g	58%	0.1g	4.3g	9%	0.1g	3%
Caramel Iced Capp® (Small)	12 oz	1438kJ	344Kcal	17%	23g	33%	14g	68%	38g	14%	34g	38%	0.1g	3.16g	6%	0.1g	2%
Caramel Iced Capp® (Large)	20 oz	2577kJ	616Kcal	31%	34g	49%	21g	105%	78g	30%	70g	77%	0.1g	5.5g	11%	0.2g	4%
Oreo® Iced Capp®	16 oz	1856kJ	444Kcal	22%	28g	40%	18g	91%	44g	17%	39g	44%	0.4g	4.7g	9%	0.2g	4%
Oreo® Iced Capp® (Small)	12 oz	1347kJ	322Kcal	16%	21g	31%	14g	71%	30g	11%	27g	30%	0.2g	3.4g	7%	0.1g	2%
Oreo® Iced Capp® (Large)	20 oz	2370kJ	566Kcal	28%	35g	50%	22g	112%	58g	22%	52g	58%	0.6g	6.1g	12%	0.3g	6%
Mocha Iced Capp®	16 oz	1973kJ	472Kcal	24%	53g	75%	17g	85%	56g	22%	53g	59%	0.9g	4.6g	9%	0.1g	3%
Mocha Iced Capp® (Small)	12 oz	1422kJ	340Kcal	17%	35g	50%	14g	68%	37g	14%	35g	38%	0.5g	3.3g	7%	0.1g	2%
Mocha Iced Capp® (Large)	20 oz	2529kJ	604Kcal	30%	71g	101%	21g	103%	76g	29%	71g	79%	1.2g	5.9g	12%	0.2g	4%
Original Iced Capp®	16 oz	1275kJ	305Kcal	15%	18g	25%	11g	56%	34g	13%	32g	36%	0g	3.4g	7%	0.1g	1%
Original Iced Capp® (Small)	12 oz	884kJ	211Kcal	11%	12g	18%	8g	39%	23g	9%	22g	25%	0g	2.3g	5%	0.5g	1%
Original Iced Capp® (Large)	20 oz	1671kJ	399Kcal	20%	23g	33%	15g	74%	44g	17%	42g	47%	0g	4.4g	9%	0.1g	1%
Light Iced Capp®	16 oz	635kJ	152Kcal	8%	1g	1%	1g	1%	32g	12%	32g	12%	0g	2.3g	5%	0.1g	1%
Light Iced Capp® (Small)	12 oz	423kJ	101Kcal	5%	0.7g	1%	0.7g	1%	21g	8%	21g	8%	0g	1.6g	3%	0.1g	1%
Light Iced Capp® (Large)	20 oz	846kJ	202Kcal	10%	1.4g	2%	1.4g	2%	43g	16%	43g	16%	0g	3.2g	6%	0.1g	2%
Coconut Iced Capp®	16 oz	694kJ	171Kcal	8%	1.2g	1%	0.6g	3%	39g	15%	37g	41%	0.1g	1.8g	3%	0g	0%
Coconut Iced Capp® (Small)	12 oz	512kJ	121Kcal	6%	0.8g	1%	0.4g	2%	28g	10%	26g	28%	0.1g	1.2g	2%	0g	0%
Coconut Iced Capp® (Large)	20 oz	873kJ	208Kcal	10%	1.6g	2%	0.8g	3%	46g	17%	44g	48%	0.2g	2.4g	4%	0.1g	2%
Lemonade Refresher	16 oz	245kJ	57Kcal	2%	0g	0%	0g	0%	14g	5%	12g	12%	0g	0g	0%	0g	0%
Lemonade Refresher (Small)	12 oz	183kJ	43Kcal	2%	0g	0%	0g	0%	10g	3%	8.6g	9%	0g	0g	0%	0g	0%
Lemonade Refresher (Large)	20 oz	306kJ	72Kcal	3%	0g	0%	0g	0%	18g	6%	14g	16%	0g	0g	0%	0g	0%
Strawberry Lemonade Refresher	16 oz	447kJ	103Kcal	5%	0g	0%	0g	0%	26g	9%	18g	20%	0g	0g	0%	0g	0%
Strawberry Lemonade Refresher (Small)	12 oz	284kJ	66Kcal	3%	0g	0%	0g	0%	16g	6%	12g	13%	0g	0g	0%	0g	0%
Strawberry Lemonade Refresher (Large)	20 oz	609kJ	242Kcal	12%	0g	0%	0g	0%	35g	13%	25g	27%	0g	0g	0%	0g	0%
Mango and Passionfruit Cooler	16 oz	1329kJ	318Kcal	16%	0.15g	0.22%	0.02g	0.08%	78g	30%	77g	85%	0.29g	0.11g	0.22%	0.11g	1.9%
Mango and Passionfruit Cooler (Small)	12 oz	826kJ	197Kcal	9.9%	0.08g	0.11%	0.01g	0.04%	49g	19%	48g	53%	0.15g	0.05g	0.11%	0.07g	1.2%
Mango and Passionfruit Cooler (Large)	20 oz	1810kJ	433Kcal	22%	0.23g	0.32%	0.02g	0.12%	106g	41%	104g	116%	0.44g	0.16g	0.33%	0.15g	2.5%
Blueberry Cooler	16 oz	1043kJ	249Kcal	12%	0.09g	0.13%	0g	0.02%	61g	24%	60g	67%	0.71g	0.10g	0.19%	0.08g	1.4%
Blueberry Cooler (Small)	12 oz	733kJ	175Kcal	8.8%	0.05g	0.06%	0g	0.01%	43g	17%	43g	47%	0.36g	0.05g	0.10%	0.06g	1.0%
Blueberry Cooler (Large)	20 oz	1286kJ	307Kcal	15%	0.14g	0.19%	0g	0.02%	75g	29%	74g	82%	1.1g	0.14g	0.29%	0.10g	1.6%
Cherry Crush Cooler	16 oz	784kJ	198Kcal	9%	0.08g	0%	0g	0%	43g	16%	41g	46%	1.7g	0.37g	1%	0.1g	1%
Cherry Crush Cooler (Small)	12 oz	567kJ	136Kcal	6%	0.06g	0%	0g	0%	30g	12%	29g	33%	1.3g	0.3g	1%	0g	1%
Cherry Crush Cooler (Large)	20 oz	1096kJ	263Kcal	12%	0.1g	0%	0g	0%	56g	21%	54g	6%	2.1g	0.5g	1%	0.1g	1%
Tropical Cooler	16 oz	784kJ	198Kcal	9%	0.08g	0%	0g	0%	43g	16%	41g	46%	1.7g	0.3g	1%	0.1g	%

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)
Tropical Cooler (Small)	12 oz	567kJ	136Kcal	6%	0.06g	0%	0g	0%	30g	12%	29g	33%	1.3g	0.3g	1%	0g	1%
Tropical Cooler (Large)	20 oz	1096kJ	263Kcal	12%	0.10g	0%	0g	0%	56g	21%	54g	60%	2.1g	0.5g	1%	0.1g	1%
Tims® Shake Brownie	16 oz	1845kJ	441Kcal	22%	24g	34%	17g	85%	54g	21%	53g	59%	0.00g	2.5g	5.0%	0.10g	2.0%
Tims® Shake Brownie (Small)	12 oz	1272kJ	304Kcal	15%	16g	23%	11g	55%	37g	14%	36g	40%	0.00g	1.6g	3.0%	0.10g	2.0%
Tims® Shake Brownie (Large)	20 oz	2464kJ	589Kcal	29%	30g	43%	21g	100%	76g	29%	71g	78%	0.00g	4.1g	8.0%	0.20g	4.0%
Tims® Shake Chocolate	16 oz	1586kJ	379Kcal	19%	22g	31%	16g	78%	47g	18%	44g	48%	0g	2.5g	5%	0.1g	2%
Tims® Shake Chocolate (Small)	12 oz	1040kJ	248Kcal	12%	14g	20%	10g	50%	30g	12%	29g	32%	0g	1.6g	3%	0.1g	2%
Tims® Shake Chocolate (Large)	20 oz	2009kJ	520Kcal	26%	28g	40%	20g	100%	69g	27%	64g	71%	0g	4.1g	8%	0.2g	4%
Tims® Shake Strawberry	16 oz	1452kJ	347Kcal	18%	18g	26%	11g	56%	47g	18%	44g	48%	0g	2.1g	4%	0.1g	2%
Tims® Shake Strawberry (Small)	12 oz	879kJ	210Kcal	11%	10g	14%	8g	39%	30g	12%	29g	32%	0g	1.2g	3%	0.1g	2%
Tims® Shake Strawberry (Large)	20 oz	2046kJ	489Kcal	25%	24g	34%	15g	74%	69g	27%	64g	71%	0g	3.8g	8%	0.2g	4%
Semi-Skimmed Milk	16 oz	31kJ	7.4Kcal	0.37%	0.24g	0.34%	0.14g	0.72%	0.74g	0.28%	0.74g	0.82%	0g	0.56g	1.1%	0.02g	0.29%
Semi-Skimmed Milk (Small)	12 oz	23kJ	5.5Kcal	0.28%	0.18g	0.26%	0.11g	0.54%	0.55g	0.21%	0.55g	0.61%	0g	0.42g	0.84%	0.01g	0.22%
Semi-Skimmed Milk (Large)	20 oz	39kJ	9.2Kcal	0.46%	0.30g	0.43%	0.18g	0.90%	0.92g	0.35%	0.92g	1.0%	0g	0.70g	1.4%	0.02g	0.37%
Coca-Cola	16 oz	720kJ	168Kcal	8%	0g	0%	0g	0%	42g	16%	42g	47%	0g	0g	0%	0g	0%
Coca-Cola (Large)	20 oz	900kJ	210Kcal	11%	0g	0%	0g	0%	53g	20%	53g	59%	0g	0g	0%	0g	0%
Coca-Cola Zero Sugar	16 oz	6kJ	1Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0.08g	1.3%
Coca-Cola Zero Sugar (Large)	20 oz	7kJ	2Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0.10g	1.7%
Diet Coke	16 oz	6kJ	1Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Diet Coke (Large)	20 oz	7kJ	2Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Fanta Orange Zero	16 oz	52kJ	12Kcal	1%	0g	0%	0g	0%	2g	1%	2g	2%	0g	0g	0%	0g	0%
Fanta Orange Zero (Large)	20 oz	65kJ	16Kcal	1%	0g	0%	0g	0%	3g	1%	3g	3%	0g	0g	0%	0g	0%
Sprite Zero	16 oz	20kJ	4Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0.28g	4.7%
Sprite Zero (Large)	20 oz	25kJ	5Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0.35g	5.8%
Dr Pepper Zero	16 oz	8kJ	2Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Dr Pepper Zero (Large)	20 oz	10kJ	3Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0g	0%	0g	0%
Breakfast (30 Items)																	
Tomato Omelette Single	79 g	359kJ	86Kcal	4.3%	5.9g	8.4%	1.6g	8.0%	1.5g	0.58%	1.5g	1.7%	0.21g	6.9g	14%	0.17g	2.9%
Tomato Omelette Double	157 g	700kJ	167Kcal	8.4%	11g	16%	3.2g	16%	3.0g	1.2%	3.0g	3.4%	0.42g	14g	28%	0.34g	5.7%
Omelette with Tomato (Single)	83 g	382kJ	91Kcal	4.6%	5.9g	8.4%	1.6g	8.0%	2.5g	0.94%	1.7g	1.9%	0.45g	7.2g	14%	1.7g	28%
Omelette with Cheese & Bacon (Single)	85 g	778kJ	186Kcal	9.3%	13g	19%	5.7g	29%	2.8g	1.1%	1.1g	1.2%	0.04g	14g	28%	0.73g	12%
Two Omelettes with Cheese & Bacon	169 g	1539kJ	368Kcal	18%	26g	37%	11g	57%	5.7g	2.2%	2.1g	2.4%	0.07g	28g	56%	1.5g	24%
Original Breakfast Wrap	202 g	2109kJ	504Kcal	25%	27g	38%	7.6g	38%	43g	17%	4.1g	4.5%	4.5g	20g	41%	2.5g	42%
Big Breakfast Wrap	212 g	2326kJ	556Kcal	28%	30g	44%	8.9g	45%	44g	17%	4.1g	4.5%	4.5g	24g	47%	2.9g	48%
Loaded Veggie Wrap	209 g	2066kJ	494Kcal	25%	26g	37%	9.1g	46%	44g	17%	3.5g	3.8%	5.9g	18g	36%	2.6g	43%
Egg and Cheese Muffin	117 g	1215kJ	290Kcal	15%	15g	21%	3.6g	18%	27g	10%	3.2g	3.6%	0.89g	12g	24%	1.1g	18%
Bacon, Egg and Cheese Muffin (Streaky Bacon)	131 g	1394kJ	333Kcal	17%	18g	25%	4.6g	23%	27g	10%	3.5g	3.9%	0.96g	16g	32%	1.4g	24%
Bacon, Egg and Cheese Muffin Stack (Streaky Bacon)	179 g	1771kJ	423Kcal	21%	23g	33%	4.8g	24%	36g	14%	3.6g	4.0%	2.2g	17g	34%	1.6g	26%
Double Bacon, Egg and Cheese Muffin (Streaky Bacon)	145 g	1573kJ	376Kcal	19%	20g	29%	5.7g	28%	28g	11%	3.9g	4.3%	1.0g	20g	40%	1.7g	29%
Double Bacon & Egg Muffin Stack (Streaky Bacon)	193 g	1951kJ	466Kcal	23%	26g	37%	5.9g	29%	37g	14%	4.0g	4.4%	2.3g	21g	42%	1.9g	32%
Sausage & Egg with Cheese Muffin	162 g	1807kJ	432Kcal	22%	26g	37%	7.7g	39%	28g	11%	4.2g	4.7%	1.8g	21g	41%	1.9g	31%
Sausage & Egg with Cheese Muffin Stack	210 g	2184kJ	522Kcal	26%	31g	44%	7.9g	40%	37g	14%	4.3g	4.8%	3.0g	22g	43%	2.1g	34%
Double Sausage & Egg with Cheese Muffin	207 g	2399kJ	574Kcal	29%	37g	52%	12g	59%	30g	12%	5.2g	5.8%	2.7g	29g	59%	2.7g	44%
Double Sausage & Egg with Cheese Muffin Stack	255 g	2777kJ	664Kcal	33%	42g	60%	12g	60%	39g	15%	5.3g	5.9%	3.9g	30g	61%	2.8g	47%

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)
Veggie Sausage & Egg with Cheese Muffin	170 g	1764kJ	422Kcal	21%	25g	35%	9.3g	47%	29g	11%	3.6g	4.0%	3.2g	18g	37%	1.9g	32%
Veggie Sausage & Egg with Cheese Muffin Stack	217 g	2141kJ	512Kcal	26%	30g	43%	9.5g	48%	38g	15%	3.7g	4.1%	4.5g	19g	39%	2.1g	35%
Bacon Roll (Streaky Bacon)	103 g	1236kJ	295Kcal	15%	12g	18%	4.3g	22%	26g	9.9%	1.9g	2.1%	1.4g	20g	40%	1.6g	27%
Grilled Breakfast Bagel with Sausage	210 g	2228kJ	533Kcal	27%	20g	29%	7.2g	36%	60g	23%	7.9g	8.8%	4.4g	26g	51%	2.2g	36%
Grilled Breakfast Bagel with Bacon (Streaky Bacon)	179 g	1815kJ	434Kcal	22%	12g	17%	4.1g	20%	59g	23%	7.3g	8.1%	3.6g	21g	42%	1.7g	29%
Grilled Breakfast Bagel with Veggie Sausage	217 g	2185kJ	522Kcal	26%	19g	27%	8.8g	44%	61g	23%	7.3g	8.1%	5.9g	24g	47%	2.2g	37%
Plain Bagel	114 g	1220kJ	292Kcal	15%	1.8g	2.6%	0.23g	1.1%	57g	22%	5.7g	6.3%	3.5g	10g	21%	0.74g	12%
Bagel with Butter	121 g	1483kJ	355Kcal	18%	8.7g	12%	0.89g	4.4%	57g	22%	5.7g	6.3%	3.5g	10g	21%	0.83g	14%
Bagel with Cream Cheese	130 g	1376kJ	329Kcal	16%	5.3g	7.6%	2.6g	13%	57g	22%	6.4g	7.1%	3.6g	11g	22%	0.86g	14%
Bacon & Maple Pancakes	161 g	1714kJ	410Kcal	20%	10g	14%	2.2g	11%	68g	26%	30g	34%	1.7g	11g	23%	1.7g	29%
Maple Syrup Pancakes	150 g	1497kJ	358Kcal	18%	6.4g	9.1%	0.89g	4.5%	66g	26%	30g	34%	1.7g	8.0g	16%	1.4g	23%
Chocolate Hazelnut Spread Pancakes	145 g	1606kJ	384Kcal	19%	11g	16%	2.4g	12%	61g	24%	26g	29%	2.0g	9.0g	18%	1.4g	23%
Hash Brown	48 g	378kJ	90Kcal	4.5%	5.3g	7.5%	0.19g	0.95%	9.1g	3.5%	0.10g	0.11%	1.2g	1.0g	2.0%	0.17g	2.8%
Sandwiches (40 Items)																	
Tims® Double Cheeseburger	237 g	2206kJ	527Kcal	26%	24g	35%	10g	50%	46g	18%	15g	17%	4.5g	30g	59%	2.6g	44%
Tims® Maple BBQ Bacon Double Cheeseburger	262 g	2887kJ	689Kcal	34%	31g	45%	15g	74%	62g	24%	25g	28%	3.5g	39g	78%	2.7g	45%
Tims® Bacon Double Cheeseburger	247 g	2423kJ	579Kcal	29%	28g	40%	11g	57%	48g	18%	15g	17%	4.5g	33g	66%	3.0g	50%
Tims® Triple Cheeseburger	300 g	2887kJ	690Kcal	34%	36g	51%	15g	75%	49g	19%	16g	18%	4.7g	41g	82%	3.6g	60%
Buffalo Ranch Chicken Sandwich	275 g	2618kJ	624Kcal	31%	28g	40%	9.5g	48%	59g	23%	12g	13%	4.6g	32g	64%	6.4g	107%
Buffalo Ranch Chicken Stack	323 g	2995kJ	714Kcal	36%	33g	47%	9.7g	49%	69g	26%	12g	13%	5.9g	33g	66%	6.6g	110%
Tims® Crispy Chicken Sandwich	229 g	2319kJ	553Kcal	28%	26g	36%	3.7g	18%	57g	22%	11g	13%	4.3g	23g	45%	2.6g	43%
Tims® Crispy Chicken Stack	289 g	2875kJ	686Kcal	34%	34g	49%	5.6g	28%	67g	26%	12g	13%	5.5g	26g	52%	3.3g	55%
Maple BBQ Chicken & Bacon Sandwich	266 g	2802kJ	668Kcal	33%	24g	34%	9.9g	50%	76g	29%	25g	27%	4.3g	36g	72%	3.5g	58%
Maple BBQ Chicken & Bacon Sandwich Stack	313 g	3180kJ	758Kcal	38%	29g	42%	10g	51%	85g	33%	25g	27%	5.5g	37g	74%	3.7g	61%
Buffalo Ranch Meatless Sandwich	253 g	2322kJ	553Kcal	28%	27g	38%	7.8g	39%	52g	20%	12g	13%	9.6g	21g	43%	5.5g	92%
Crispy Meatless Chicken Sandwich	225 g	1992kJ	475Kcal	24%	21g	30%	2.6g	13%	50g	19%	12g	14%	9.5g	16g	32%	1.9g	31%
Maple BBQ Meatless Chicken Sandwich	243 g	2506kJ	597Kcal	30%	23g	32%	8.2g	41%	68g	26%	25g	28%	9.3g	25g	51%	2.6g	43%
Buffalo Ranch Chicken Wrap	206 g	2011kJ	481Kcal	24%	21g	30%	6.8g	34%	47g	18%	4.2g	4.7%	3.6g	24g	48%	4.6g	77%
BLT Chicken Wrap	182 g	1651kJ	394Kcal	20%	16g	23%	2.5g	12%	44g	17%	3.3g	3.6%	3.5g	17g	34%	2.0g	33%
Maple BBQ Chicken Wrap	160 g	1626kJ	389Kcal	19%	13g	18%	4.2g	21%	49g	19%	6.9g	7.7%	3.3g	18g	36%	2.3g	38%
Sweet Chilli Mayo Chicken Wrap	174 g	1866kJ	446Kcal	22%	20g	29%	2.1g	10%	49g	19%	3.3g	3.7%	3.4g	15g	29%	2.0g	34%
Smoky Chipotle Chicken Wrap	159 g	1683kJ	402Kcal	20%	17g	25%	3.8g	19%	43g	17%	3.4g	3.8%	3.3g	17g	33%	2.3g	38%
VLT Meatless Chicken Wrap	301 g	1820kJ	435Kcal	22%	21g	29%	2.0g	10%	43g	17%	4.2g	4.7%	9.1g	14g	27%	2.1g	35%
5 Piece Tims® Chicken Tenders	148 g	1222kJ	292Kcal	15%	9.8g	14%	1.8g	8.9%	24g	9.4%	0g	0%	1.9g	26g	51%	1.7g	28%
3 Piece Tims® Chicken Tenders	89 g	733kJ	175Kcal	8.8%	5.9g	8.4%	1.1g	5.3%	15g	5.6%	0g	0%	1.2g	15g	31%	1.0g	17%
Buffalo Ranch Chicken Melt	405 g	3953kJ	988Kcal	49%	33g	47%	16g	82%	118g	46%	10g	11%	6.6g	53g	107%	6.9g	114%
Cheese and Herb Melt	170 g	1965kJ	486Kcal	24%	21g	30%	12g	62%	47g	18%	4.9g	5.4%	2.5g	26g	52%	2.9g	48%
Ham Hock and Cheese Melt	347 g	3408kJ	858Kcal	43%	22g	23%	12g	60%	116g	45%	9.3g	10%	6.4g	47g	94%	4.2g	70%
Maple BBQ Chicken Melt	352 g	3543kJ	890Kcal	45%	22g	31%	12g	60%	123g	47%	14g	16%	6.2g	49g	99%	3.4g	57%
Tims® Savers - Hamburger	138 g	1316kJ	314Kcal	16%	12g	17%	4.6g	23%	36g	14%	12g	13%	3.2g	16g	32%	1.3g	22%
Tims® Savers - Cheeseburger	150 g	1494kJ	357Kcal	18%	15g	21%	6.3g	32%	36g	14%	13g	14%	3.2g	18g	36%	1.9g	32%
Tims® Savers - Crispy Chicken Snack Wrap	61 g	608kJ	145Kcal	7.3%	6.1g	8.7%	0.99g	5.0%	19g	7.2%	1.5g	1.6%	0.75g	3.5g	7.1%	0.32g	5.3%
Tims® Savers - 2 Chicken Tenders & Dip	84 g	944kJ	226Kcal	11%	15g	21%	1.5g	7.4%	12g	4.6%	1.0g	1.1%	0.90g	10g	21%	0.91g	15%
Buffalo Ranch Chicken Loaded Fries	229 g	2075kJ	496Kcal	25%	25g	35%	5.6g	28%	46g	18%	1.9g	2.1%	5.8g	20g	40%	4.9g	82%
Maple BBQ Chicken Loaded Lattice Fries	204 g	2025kJ	484Kcal	24%	21g	30%	5.5g	28%	50g	19%	6.2g	6.9%	5.5g	21g	42%	2.7g	45%

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)
Maple BBQ Loaded Lattice Fries	150 g	1663kJ	398Kcal	20%	19g	27%	6.0g	30%	43g	17%	6.9g	7.7%	4.8g	11g	22%	2.1g	35%
Spicy Habanero Cheese Bites 5 pc	120 g	1232kJ	294Kcal	15%	11g	16%	4.7g	23%	37g	14%	2.0g	2.2%	2.7g	9.3g	19%	2.1g	35%
Spicy Habanero Cheese Bites 10 pc	240 g	2464kJ	589Kcal	29%	23g	33%	9.3g	47%	75g	29%	4.0g	4.5%	5.4g	19g	37%	4.2g	70%
Lattice Fries	129 g	1349kJ	323Kcal	16%	14g	21%	1.2g	5.8%	40g	16%	0.39g	0.43%	6.0g	4.8g	9.5%	1.8g	30%
Vegan Mayo	25 g	455kJ	109Kcal	5.4%	11g	16%	0.78g	3.9%	2.1g	0.82%	1.0g	1.1%	0.13g	0.22g	0.43%	0.25g	4.1%
Chipotle Mayonnaise	25 g	582kJ	139Kcal	7.0%	15g	21%	1.1g	5.3%	1.9g	0.72%	0.93g	1.0%	0.13g	0.25g	0.51%	0.25g	4.2%
Sweet Chilli Sauce	25 g	246kJ	59Kcal	2.9%	0.03g	0.04%	0.01g	0.04%	15g	5.6%	0.03g	0.03%	0.13g	0.09g	0.18%	0.4g	6.7%
BBQ Sauce	25 g	194kJ	46Kcal	2.3%	0.08g	0.11%	0.02g	0.10%	11g	4.2%	9.7g	11%	0.15g	0.40g	0.79%	0.34g	5.7%
Tomato Ketchup	25 g	155kJ	37Kcal	1.9%	0.05g	0.07%	0.02g	0.10%	8.8g	3.4%	7.9g	8.7%	0.38g	0.55g	1.1%	0.54g	8.9%
Timmies Minis (6 Items)																	
Timmies Minis Meal Deal	oz	kJ	Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
Timmies Minis Chicken Mayo Sandwich	139g oz	1491kJ	355Kcal	18%	11g	16%	1.9g	9.3%	47g	18%	9.4g	10%	3.5g	16g	33%	1.4g	23%
Timmies Minis Cheeseburger	148g oz	1594kJ	380Kcal	19%	14g	21%	5.9g	30%	44g	17%	15g	16%	3.1g	18g	36%	1.9g	32%
Timmies Minis 2 Chicken Tenders	59g oz	489kJ	117Kcal	5.8%	3.9g	5.6%	0.71g	3.6%	9.8g	3.8%	0g	0%	0.77g	10g	21%	0.66g	11%
Timmies Minis Cheese Melt	149g oz	1598kJ	404Kcal	20%	11g	15%	5.9g	29%	58g	22%	4.6g	5.1%	3.1g	19g	37%	1.5g	25%
Timmies Minis Lattice Fries	64g oz	675kJ	161Kcal	8.1%	7.2g	10%	0.58g	2.9%	20g	7.8%	0.19g	0.21%	3.0g	2.4g	4.8%	0.90g	15%
Bakery (38 Items)																	
6 Box Assorted Donuts	6 serving size g	kJ	301 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Assorted Donuts	12 serving size g	kJ	302 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
24 Box Assorted Donuts	24 serving size g	kJ	302 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Old Fashioned Glazed Donuts	12 serving size g	kJ	306 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
Dozen Assorted Donuts Plus Dozen Old Fashioned Glazed Donuts	24 serving size g	kJ	304 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
6 Box Deluxe Donuts	6 serving size g	kJ	415 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Deluxe Donuts	12 serving size g	kJ	415 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
10 Box Timbits®	g	kJ	87 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
20 Box Timbits®	g	kJ	87 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
50 Box Timbits®	g	kJ	87 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
Maple Syrup, Caramel and Fudge Pancakes	200 g	2195kJ	521Kcal	26%	16g	23%	7.5g	37%	86g	33%	47g	52%	1.8g	8.9g	18%	1.6g	26%
Chocolate Hazelnut & Oreo® Pancakes	213 g	2654kJ	631Kcal	32%	23g	33%	8.8g	44%	94g	36%	46g	52%	3.7g	12g	24%	1.8g	30%
Monty the Moose Deluxe Donut	100 g	1569kJ	375Kcal	19%	15g	21%	6.9g	35%	55g	21%	27g	30%	1.2g	5.4g	11%	0.72g	12%
Mango Deluxe Donut	104 g	1429kJ	342Kcal	17%	9.9g	14%	4.5g	22%	59g	23%	33g	36%	0.80g	4.0g	8.0%	0.53g	8.8%
Blueberry Cheesecake Deluxe Donut	104 g	1412kJ	338Kcal	17%	11g	16%	5.0g	25%	54g	21%	28g	31%	0.91g	4.3g	8.6%	0.60g	10%
Chocolate Honeycomb Deluxe Donut	118 g	1655kJ	396Kcal	20%	14g	20%	6.8g	34%	62g	24%	33g	37%	1.2g	5.0g	9.9%	0.79g	13%
Chocolate Brownie Donut	113 g	1671kJ	400Kcal	20%	14g	21%	7.0g	35%	61g	23%	34g	38%	2.3g	6.0g	12%	0.64g	11%
Maple & Caramel Donut	123 g	1723kJ	412Kcal	21%	14g	20%	7.4g	37%	67g	26%	39g	43%	0.92g	4.5g	9.1%	0.80g	13%
Caramel Apple Fritter	155 g	2051kJ	490Kcal	25%	13g	19%	6.0g	30%	86g	33%	48g	54%	1.8g	6.1g	12%	0.94g	16%
Boston Cream Donut	91 g	1188kJ	284Kcal	14%	11g	16%	5.1g	25%	40g	16%	18g	19%	1.0g	4.2g	8.5%	0.59g	9.8%
Canadian Maple Donut	91 g	1175kJ	281Kcal	14%	11g	15%	4.8g	24%	42g	16%	19g	21%	0.70g	4.0g	8.0%	0.61g	10%
Maple Dip Donut	70 g	1053kJ	252Kcal	13%	9.5g	14%	4.2g	21%	37g	14%	14g	16%	0.73g	4.1g	8.2%	0.54g	8.9%

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)
Vanilla Dip Donut	80 g	1215kj	290Kcal	15%	9.4g	13%	4.2g	21%	47g	18%	23g	25%	0.78g	4.1g	8.2%	0.51g	8.6%
Chocolate Dip Donut	70 g	1066kj	255Kcal	13%	10g	15%	4.5g	22%	36g	14%	13g	14%	1.0g	4.3g	8.6%	0.52g	8.6%
Old Fashioned Glazed Donut	75 g	1279kj	306Kcal	15%	13g	18%	5.9g	30%	44g	17%	26g	29%	1.1g	3.7g	7.4%	0.61g	10%
Apple Fritter Donut	104 g	1371kj	328Kcal	16%	9.6g	14%	4.2g	21%	54g	21%	23g	25%	1.6g	5.8g	12%	0.70g	12%
Mango Cruller	97 g	1719kj	411Kcal	21%	23g	33%	11g	56%	49g	19%	33g	36%	0.31g	1.7g	3.4%	0.34g	5.6%
Blueberry Cruller	93 g	1708kj	408Kcal	20%	24g	34%	11g	57%	47g	18%	29g	32%	0.33g	2.0g	3.9%	0.38g	6.3%
Honey Cruller	67 g	1373kj	328Kcal	16%	23g	32%	11g	55%	30g	11%	17g	19%	0.22g	1.6g	3.2%	0.32g	5.3%
Mango Timbit	23 g	178kj	75Kcal	3.8%	1.5g	2.1%	0.64g	3.2%	15g	5.7%	9.7g	11%	0.16g	0.75g	1.5%	0.07g	1.1%
Blueberry Timbits®	23 g	178kj	75Kcal	3.8%	1.4g	2.1%	0.64g	3.2%	15g	5.7%	9.7g	11%	0.16g	0.77g	1.5%	0.07g	1.1%
Old Fashioned Glazed Timbits®	22 g	341kj	81Kcal	4.1%	3.0g	4.2%	1.4g	6.9%	13g	4.9%	8.2g	9.2%	0.28g	0.93g	1.9%	0.15g	2.5%
Chocolate Glazed Timbits®	22 g	337kj	80Kcal	4.0%	3.1g	4.4%	1.4g	7.1%	12g	4.8%	8.1g	9.0%	0.38g	0.95g	1.9%	0.17g	2.8%
Honey Dip Timbits®	16 g	100kj	57Kcal	2.8%	1.4g	2.0%	0.64g	3.2%	10g	3.9%	6.3g	7.0%	0.15g	0.73g	1.5%	0.06g	1.1%
Apple Pie Timbits®	26 g	323kj	77Kcal	3.9%	2.2g	3.2%	1.0g	5.2%	13g	5.1%	8.1g	9.0%	0.24g	0.93g	1.9%	0.11g	1.8%
Honey Cruller Timbits®	15 g	284kj	68Kcal	3.4%	3.5g	5.0%	1.7g	8.5%	8.7g	3.3%	6.0g	6.6%	0.06g	0.34g	0.69%	0.07g	1.1%
White Birthday Cake Timbits®	24 g	373kj	89Kcal	4.5%	3.0g	4.2%	1.4g	6.9%	15g	5.7%	9.8g	11%	0.29g	0.94g	1.9%	0.15g	2.5%
Apple Fritter Timbits®	19 g	276kj	66Kcal	3.3%	1.9g	2.7%	0.84g	4.2%	11g	4.3%	6.5g	7.3%	0.26g	0.91g	1.8%	0.09g	1.4%
Impulse (11 Items)																	
Bacon & Cheese Muffin (Streaky Bacon)	131g oz	2604kj	623Kcal	31%	52g	74%	7.2g	36%	27g	10%	2.9g	3.3%	0.96g	11g	23%	1.8g	30%
Sausage & Cheese Muffin (selected stores only)	100g oz	1228kj	293Kcal	15%	14g	20%	4.1g	20%	28g	11%	2.8g	3.1%	2.2g	12g	25%	0.81g	14%
Bacon & Cheese Muffin (selected stores only)	115g oz	1481kj	354Kcal	18%	18g	26%	5.8g	29%	28g	11%	2.6g	2.9%	2.3g	18g	36%	1.7g	28%
Veggie Sausage & Cheese Muffin (selected stores only)	135g oz	1576kj	377Kcal	19%	20g	29%	8.8g	44%	30g	12%	2.9g	3.3%	4.5g	15g	30%	1.3g	22%
Big Breakfast Wrap (Streaky Bacon)	235g oz	2398kj	573Kcal	29%	31g	45%	9.1g	46%	44g	17%	4.7g	5.2%	4.5g	27g	53%	2.9g	48%
Big Breakfast Roll (selected stores only)	315g oz	4254kj	1017Kcal	51%	73g	104%	12g	62%	56g	21%	6.5g	7.2%	4.3g	31g	63%	3.4g	57%
Omelette with choice of topping (selected stores only)	58g oz	347kj	83Kcal	4.1%	5.8g	8.3%	1.6g	8.0%	0.88g	0.34%	0.88g	0.98%	0g	6.8g	14%	0.17g	2.9%
2 Omelettes with choice of toppings (selected stores only)	117g oz	730kj	175Kcal	8.7%	13g	17%	3.3g	16%	1.8g	0.68%	1.7g	2.0%	0g	14g	27%	0.34g	5.7%
Raspberry Donut	77 oz	1031kj	247Kcal	12%	7.7g	11%	3.5g	17%	40g	15%	16g	18%	0.74g	4.2g	8.3%	0.50g	8.3%
Raspberry Vanilla Donut	96 oz	1350kj	323Kcal	16%	9.7g	14%	4.4g	22%	54g	21%	28g	31%	0.75g	4.2g	8.3%	0.53g	8.8%
Raspberry Timbits®	19 oz	113kj	60Kcal	3.0%	1.6g	2.3%	0.75g	3.8%	10g	4.0%	5.2g	5.8%	0.14g	8.2g	1.6%	0.07g	1.2%