

Allergen statement

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 decaffeinated coffee. 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)

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?
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
Pumpkin Spice Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Maple Caramel S'mores Latte	Yes	No	No	No	No	No	Yes	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
Pumpkin Spice French Vanilla	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
French Vanilla Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
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
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 (Draft)	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 (Draft)	No	No	No	Yes	No	No	Maybe	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Latte with Oat Milk (Draft)	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 (Draft)	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 (Draft)	No	No	No	Maybe	No	No	Yes	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Latte with Coconut Milk (Draft)	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 (Draft)	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 (Draft)	No	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Latte with Skimmed Milk (Draft)	No	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Whipped Cream (Draft)	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Cold Beverage (37 Items)																				
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

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?
Iced Latte with Coconut Milk (Draft)	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 (Draft)	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 (Draft)	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
Maple Caramel S'mores Frappé	Yes	No	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	Yes	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
Maple Caramel S'mores Iced Capp®	Yes	No	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	Yes	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
Cookies & Cream Frappé	Yes	No	No	No	No	No	Yes	Maybe	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
Cookies & Cream 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
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 (26 Items)																				
Breakfast Burrito	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Bacon Roll (Loin)	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	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

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?
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 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 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
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 & Cookie Pancakes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Hash Brown	Maybe	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Sandwiches (37 Items)																				
Tims® Double Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Nacho Double Cheeseburger	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	No	No	No	No
Tims® Bacon Double Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Triple Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Nacho Chicken Sandwich	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Maybe	No	No	No	No
Tims® Crispy Chicken Sandwich	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Maybe	No	No	No	No
Nacho Chicken Stack	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	No	No	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
Crispy Meatless Sandwich	Yes	Maybe	Maybe	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	Maybe	Maybe	Yes	No	No	Yes
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
Nacho Chicken Wrap	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	Yes	No	No	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 Vegan 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
Nacho Cheese Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
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	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No

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?
Tims® Savers - Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Yes	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
Nacho Chicken Loaded Fries	Yes	No	No	No	No	No	Maybe	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
5 Fajita Spiced Chicken Tenders	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
3 Fajita Spiced Chicken Tenders	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Nacho Chilli Cheese Bites 8pc	Yes	No	No	No	No	No	No	No	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Nacho Chilli Cheese Bites 4pc	Yes	No	No	No	No	No	No	No	No	No	Yes	Maybe	No	No	No	No	No	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
Maple BBQ Sauce	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	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 (Draft)																				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 (35 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
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
Stanley Spider Deluxe Donut	Yes	No	No	No	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 Pancakes made with Oreo®	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
Maple Caramel S'mores Deluxe Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes
Chocolate Brownie Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Pumpkin Spice Deluxe 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

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?
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
Honey Cruller	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Marshmallow Timbits® (Draft)	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	Yes	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 (23 Items)																				
Bacon & Cheese Breakfast Snack Wrap	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	No	No	No	No	Yes	No	No	No	No
Sausage & Cheese Breakfast Snack Wrap	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	No	No	No	No	Yes	No	No	No	No
Veggie Breakfast Snack Wrap	Yes	No	Yes	Yes	No	No	Yes	No	No	Maybe	Yes	No	No	No	No	Yes	No	No	No	Yes
Egg & Cheese Breakfast Snack Wrap	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Yes	No	No	No	Yes
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
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
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 Bun (selected stores only)	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Veggie 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
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
Tims® Double Cheeseburger - NI Only	Yes	Maybe	Maybe	Maybe	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Bacon Double Cheeseburger - NI Only	Yes	Maybe	Maybe	Maybe	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Triple Cheeseburger - NI Only	Yes	Maybe	Maybe	Maybe	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Crispy Chicken Sandwich - NI Only	Yes	Yes	Maybe	Maybe	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Maybe	Yes	No	No	No
Tims® Crispy Chicken Stack - NI Only	Yes	Yes	Maybe	Maybe	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Maybe	Yes	No	No	No
Crispy Meatless Sandwich - NI Only	Yes	Maybe	Maybe	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	Maybe	Maybe	Yes	No	No	Yes
Tims® Savers - Hamburger - NI Only	Yes	Maybe	Maybe	Maybe	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Tims® Savers - Cheeseburger - NI Only	Yes	Maybe	Maybe	Maybe	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	No	No	No
Timmies Minis Chicken Mayo Sandwich - NI Only	Yes	Yes	Maybe	Maybe	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Maybe	Yes	No	No	No
Timmies Minis Cheeseburger - NI Only	Yes	Yes	Maybe	Maybe	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	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)
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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%	0.01g	0%
Americano (Small)	12 oz	0kj	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0.01g	0.03%	0.01g	0%
Americano (Large)	20 oz	0kj	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0.02g	0.04%	0.02g	0%
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%
Pumpkin Spice Latte	16 oz	1028kj	246Kcal	12%	11g	16%	7.6g	38%	26g	9.9%	25g	28%	0.10g	9.4g	19%	0.31g	5.1%
Pumpkin Spice Latte (Small)	12 oz	885kj	212Kcal	11%	11g	15%	7.2g	36%	21g	7.9%	20g	22%	0.09g	7.8g	16%	0.26g	4.3%
Pumpkin Spice Latte (Large)	20 oz	1233kj	295Kcal	15%	13g	18%	8.3g	42%	33g	13%	32g	36%	0.10g	12g	24%	0.39g	6.6%
Maple Caramel S'mores Latte	16 oz	1967kj	470Kcal	24%	14g	20%	9.1g	46%	73g	28%	63g	70%	1.2g	11g	22%	0.84g	14%
Maple Caramel S'mores Latte (Small)	12 oz	1546kj	369Kcal	18%	13g	18%	8.3g	42%	54g	21%	46g	51%	0.84g	9.0g	18%	0.64g	11%
Maple Caramel S'mores Latte (Large)	20 oz	2440kj	583Kcal	29%	16g	23%	10g	51%	94g	36%	81g	90%	1.6g	14g	28%	1.1g	18%
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%
Pumpkin Spice French Vanilla	16 oz	1966kj	470Kcal	23%	21g	30%	18g	88%	63g	24%	51g	57%	0.90g	6.0g	12%	1.1g	18%
Pumpkin Spice French Vanilla (Small)	12 oz	1658kj	396Kcal	20%	19g	27%	15g	77%	52g	20%	41g	46%	0.75g	5.0g	10%	0.89g	15%
Pumpkin Spice French Vanilla (Large)	20 oz	2431kj	581Kcal	29%	25g	35%	21g	106%	81g	31%	65g	72%	1.1g	7.6g	15%	1.4g	23%
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%
Hot Chocolate	16 oz	1828kj	437Kcal	22%	14g	21%	13g	64%	69g	26%	67g	75%	3.8g	6.4g	13%	1.3g	22%
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%

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)
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 (Draft)	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 (Draft) (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 (Draft) (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 (Draft)	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 (Draft)	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 (Draft) (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 (Draft) (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 (Draft)	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 (Draft) (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 (Draft) (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 (Draft)	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 (Draft)	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 (Draft) (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 (Draft) (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 (Draft)	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 (Draft) (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 (Draft) (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 (Draft)	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 (Draft)	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 (Draft) (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 (Draft) (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 (Draft)	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 (37 Items)																	
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%
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 (Draft)	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 (Draft) (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 (Draft) (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 (Draft)	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%

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)
Iced Latte with Oat Milk (Draft) (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 (Draft) (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 (Draft)	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 (Draft) (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 (Draft) (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%
Maple Caramel S'mores Frappé	16 oz	1873kj	448Kcal	22%	10g	14%	6.7g	33%	84g	32%	73g	81%	1.3g	4.8g	9.6%	0.43g	7.2%
Maple Caramel S'mores Frappé (Small)	12 oz	1425kj	341Kcal	17%	9.5g	14%	6.3g	32%	60g	23%	53g	59%	0.79g	3.4g	6.9%	0.31g	5.2%
Maple Caramel S'mores Frappé (Large)	20 oz	2444kj	584Kcal	29%	11g	15%	7.0g	35%	115g	44%	98g	109%	2.0g	6.2g	12%	0.58g	9.7%
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%
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%
Maple Caramel S'mores Iced Capp®	16 oz	2538kj	607Kcal	30%	19g	28%	13g	63%	105g	41%	94g	105%	1.4g	4.2g	8.4%	0.32g	5.3%
Maple Caramel S'mores Iced Capp® (Small)	12 oz	2005kj	479Kcal	24%	17g	25%	11g	56%	79g	30%	72g	80%	1.00g	3.4g	6.7%	0.20g	3.3%
Maple Caramel S'mores Iced Capp® (Large)	20 oz	3377kj	807Kcal	40%	27g	38%	17g	87%	137g	53%	122g	135%	1.9g	6.0g	12%	0.46g	7.6%
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%
Cookies & Cream Frappé	16 oz	1584kj	370Kcal	19%	14g	19%	7.2g	36%	56g	22%	45g	50%	1g	5g	10%	0.2g	3%
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%
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%
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%
Cookies & Cream Iced Capp®	16 oz	1856kj	444Kcal	22%	28g	40%	18g	91%	44g	17%	39g	44%	0.4g	4.7g	9%	0.2g	4%

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)
Cookies & Cream Iced Capp® (Small)	12 oz	1347kJ	322Kcal	16%	21g	31%	14g	71%	30g	11%	27g	30%	0.2g	3.4g	7%	0.1g	2%
Cookies & Cream 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%
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	%
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%

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)
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 (26 Items)																	
Breakfast Burrito	286 g	2862kJ	715Kcal	36%	37g	53%	12g	61%	58g	22%	5.2g	5.8%	5.0g	36g	71%	4.3g	72%
Bacon Roll (Loin)	190g g	2277kJ	544Kcal	27%	25g	35%	8.6g	43%	45g	17%	3.8g	4.2%	3.2g	36g	73%	4.6g	76%
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%
Veggie 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 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%
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 & Cookie 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 (37 Items)																	
Tims® Double Cheeseburger	237 g	2206kJ	527Kcal	26%	24g	35%	10g	50%	46g	18%	15g	17%	4.5g	30g	59%	2.6g	44%
Nacho Double Cheeseburger	201 g	1811kJ	466Kcal	23%	17g	25%	7.4g	37%	55g	21%	13g	14%	3.7g	22g	43%	3.8g	64%
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%
Nacho Chicken Sandwich	283 g	2574kJ	645Kcal	32%	24g	35%	9.0g	45%	72g	28%	14g	15%	4.9g	32g	65%	6.0g	101%
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%
Nacho Chicken Stack	331 g	2952kJ	735Kcal	37%	30g	42%	9.2g	46%	81g	31%	14g	15%	6.1g	33g	67%	6.2g	103%
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%
Crispy Meatless Sandwich	225 g	1992kJ	475Kcal	24%	21g	30%	2.6g	13%	50g	19%	12g	14%	9.5g	16g	32%	1.9g	31%
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%

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 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%
Nacho Chicken Wrap	187 g	1565kJ	412Kcal	21%	12g	17%	3.4g	17%	55g	21%	4.3g	4.8%	3.7g	19g	39%	3.5g	58%
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 Vegan 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%
Nacho Cheese Melt	212 g	2274kJ	595Kcal	30%	25g	36%	15g	76%	59g	23%	5.3g	5.9%	2.9g	32g	63%	3.4g	57%
Cheese and Herb Melt	171 g	1975kJ	488Kcal	24%	21g	30%	12g	62%	48g	18%	4.9g	5.4%	2.6g	26g	52%	2.9g	48%
Ham Hock and Cheese Melt	206 g	1987kJ	491Kcal	25%	19g	27%	11g	55%	47g	18%	4.3g	4.7%	2.6g	34g	67%	3.0g	50%
Maple BBQ Chicken Melt	211 g	2121kJ	523Kcal	26%	18g	26%	11g	55%	54g	21%	9.3g	10%	2.4g	36g	72%	2.2g	37%
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%
Nacho Chicken Loaded Fries	212 g	2274kJ	595Kcal	30%	25g	36%	15g	76%	59g	23%	5.3g	5.9%	2.9g	32g	63%	3.4g	57%
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%
5 Fajita Spiced Chicken Tenders	177 g	1501kJ	359Kcal	18%	10g	14%	1.8g	9.1%	40g	15%	0.22g	0.24%	2.7g	26g	52%	3.7g	62%
3 Fajita Spiced Chicken Tenders	142 g	1247kJ	298Kcal	15%	6.1g	8.6%	1.1g	5.5%	44g	17%	0.18g	0.20%	1.8g	16g	32%	2.9g	48%
Nacho Chilli Cheese Bites 8pc	204 g	2531kJ	605Kcal	30%	28g	39%	11g	53%	74g	28%	1.3g	1.4%	4.9g	13g	27%	2.4g	39%
Nacho Chilli Cheese Bites 4pc	102 g	1265kJ	302Kcal	15%	14g	20%	5.3g	26%	37g	14%	0.64g	0.71%	2.5g	6.7g	13%	1.2g	20%
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%
Maple 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 (Draft)	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	78g oz	888kJ	220Kcal	11%	8.8g	13%	5.4g	27%	23g	8.9%	2.0g	2.3%	1.2g	12g	24%	0.90g	15%
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 (35 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	%

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)
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	%
Stanley Spider Deluxe Donut	94 g	1429kJ	342Kcal	17%	11g	16%	4.9g	24%	56g	21%	30g	33%	1.2g	5.1g	10%	0.66g	11%
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 Pancakes made with Oreo®	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%
Maple Caramel S'mores Deluxe Donut	109 g	1581kJ	378Kcal	19%	12g	17%	5.0g	25%	63g	24%	34g	38%	1.1g	4.7g	9.4%	0.67g	11%
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%
Pumpkin Spice Deluxe Donut	79 g	1354kJ	324Kcal	16%	15g	21%	7.0g	35%	44g	17%	24g	27%	1.1g	3.7g	7.5%	0.63g	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%
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%
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%
Marshmallow Timbits® (Draft)	23 g	190kJ	78Kcal	3.9%	1.4g	2.1%	0.64g	3.2%	15g	5.9%	9.9g	11%	0.15g	0.81g	1.6%	0.09g	1.5%
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 (23 Items)																	
Bacon & Cheese Breakfast Snack Wrap	87g oz	1076kJ	257Kcal	13%	12g	18%	5.2g	26%	22g	8.5%	4.9g	5.5%	0.82g	14g	29%	2.2g	37%
Sausage & Cheese Breakfast Snack Wrap	97g oz	1185kJ	283Kcal	14%	15g	21%	6.3g	32%	23g	8.9%	5.8g	6.5%	1.5g	13g	26%	1.7g	28%
Veggie Breakfast Snack Wrap	107g oz	1248kJ	298Kcal	15%	15g	22%	7.7g	39%	24g	9.3%	5.3g	5.9%	4.0g	14g	28%	1.7g	28%
Egg & Cheese Breakfast Snack Wrap	93g oz	860kJ	206Kcal	10%	8.8g	13%	3.5g	17%	22g	8.5%	5.5g	6.1%	0.66g	9.4g	19%	1.1g	18%
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%
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%
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 Bun (selected stores only)	276g oz	2952kJ	706Kcal	35%	38g	54%	10g	50%	55g	21%	5.9g	6.6%	4.4g	35g	69%	3.8g	63%
Veggie 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%
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%
Tims® Double Cheeseburger - NI Only	237g oz	2206kJ	527Kcal	26%	24g	35%	10g	50%	46g	18%	15g	17%	4.5g	30g	59%	2.6g	44%
Tims® Bacon Double Cheeseburger - NI Only	247g oz	2423kJ	579Kcal	29%	28g	40%	11g	57%	48g	18%	15g	17%	4.5g	33g	66%	3.0g	50%
Tims® Triple Cheeseburger - NI Only	300g oz	2887kJ	690Kcal	34%	36g	51%	15g	75%	49g	19%	16g	18%	4.7g	41g	82%	3.6g	60%

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)
Tims® Crispy Chicken Sandwich - NI Only	229g oz	2319kJ	553Kcal	28%	26g	36%	3.7g	18%	57g	22%	11g	13%	4.3g	23g	45%	2.6g	43%
Tims® Crispy Chicken Stack - NI Only	289g oz	2857kJ	686Kcal	34%	34g	49%	5.6g	28%	67g	26%	12g	13%	5.5g	26g	52%	3.3g	55%
Crispy Meatless Sandwich - NI Only	225g oz	1992kJ	475Kcal	24%	21g	30%	2.6g	13%	50g	19%	12g	14%	9.5g	16g	32%	1.9g	31%
Tims® Savers - Hamburger - NI Only	138g oz	1316kJ	314Kcal	16%	12g	17%	4.6g	23%	36g	14%	12g	13%	3.2g	16g	32%	1.3g	22%
Tims® Savers - Cheeseburger - NI Only	150g oz	1494kJ	357Kcal	18%	15g	21%	6.3g	32%	36g	14%	13g	14%	3.2g	18g	36%	1.9g	32%
Timmies Minis Chicken Mayo Sandwich - NI Only	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 - NI Only	148g oz	1594kJ	380Kcal	19%	14g	21%	5.9g	30%	44g	17%	15g	16%	3.1g	18g	36%	1.9g	32%
Raspberry Donut	77g 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	96g 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®	19g 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%