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 decaff 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. Adults need around 2000 kcal a day

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 (33 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
Hazelnut & White Chocolate Latte	Yes	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Gingerbread 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
Gingerbread 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	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Espresso	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
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
Hazelnut & White Hot Chocolate	Yes	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Gingerbread Hot Chocolate	No	No	No	No	No	No	No	No	No	No	Yes	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 (34 Items)																				
Iced Latte	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes

	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?
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
Caramel Cream Frappé	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Chocolate Cream Frappé	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Strawberries & Cream Frappé	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Cookies & Cream Frappé	Yes	No	No	Maybe	No	No	Yes	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Hazelnut & White Chocolate Iced Capp®	Yes	No	No	Maybe	No	No	Yes	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Caramel Iced Capp®	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Cookies & Cream Iced Capp®	Yes	No	No	Maybe	No	No	Yes	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Mocha Iced Capp®	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Original Iced Capp®	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Light Iced Capp®	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Coconut Iced Capp®	Maybe	No	No	Maybe	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	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Tropical Cooler	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Maybe	No	No	No	No	No	No	No	No	Yes
Tims® Shake Brownie	Yes	No	No	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Tims® Shake Chocolate	Maybe	No	No	Maybe	No	No	Maybe	Maybe	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Tims® Shake Strawberry	Maybe	No	No	Maybe	No	No	Maybe	Maybe	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 (25 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	Maybe	Maybe	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	No	No	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

	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?
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
Veggie Egg with Cheese Muffin	Yes	Yes	Yes	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Veggie Egg with Cheese Muffin Stack	Yes	Yes	Maybe	Yes	No	No	Yes	No	No	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	No	No	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
Brown Sauce (Draft)	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Sandwiches (33 Items)																				
The Festive Double Cheeseburger Stack	Yes	Yes	Yes	Maybe	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Tims® Double Cheeseburger	Yes	Maybe	Maybe	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	Maybe	Yes	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
The Ultimate Festive Chicken Burger	Yes	Yes	Yes	Maybe	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	Maybe	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
Crispy Meatless Sandwich	Yes	Yes	Maybe	Yes	No	No	Yes	No	No	Maybe	Maybe	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
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
Festive Cheese & Bacon Melt	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Cheese & Herb Melt	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Cheese Melt (Draft)	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Ham Hock and Cheese Melt	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Maple BBQ Chicken Melt	Yes	No	No	No	No	No	No	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
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
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
Festive Cheese & Gravy Bites - 4 Pieces	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes

	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?
Festive Cheese & Gravy Bites - 8 Pieces	Yes	No	No	No	No	No	No	No	No	No	Yes	No	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	No	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	Maybe	Maybe	No	No	Yes	Maybe	Yes	No	No	No
Timmies Minis Cheeseburger	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Maybe	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	No	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 (39 Items)																				
Festive Donut Box (Draft)	Yes	Maybe	Maybe	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
6 Box Assorted Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
12 Box Assorted Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
24 Box Assorted Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
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	Maybe	No	No	Yes
6 Box Deluxe Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
12 Box Deluxe Donuts	Yes	Maybe	Yes	Maybe	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
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
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
Stanley Spider Deluxe Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
Mince Pie Deluxe Donut	Yes	Maybe	Maybe	Maybe	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	No	No	Yes
Monty the Moose Deluxe Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
Ho-Ho-Horton Deluxe Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
Chocolate Brownie Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	No	Maybe	No	No	Yes
Gingerbread Deluxe Donut	Yes	No	Maybe	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	No	No	Yes
Maple & Caramel Donut	Yes	No	Yes	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	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	Yes	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	No	No	Yes
Canadian Maple Donut	Yes	No	Yes	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	No	No	Yes
Maple Dip Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	No	No	Yes
Vanilla Dip Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	No	No	Yes
Chocolate Dip Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	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

	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?
Honey Cruller	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Marshmallow Timbits®	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	No	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
Gingerbread Timbits®	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	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
Mini Mince Pie (Draft)	Yes	No	No	No	No	No	No	Maybe	No	No	Maybe	No	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	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Maybe	No	No	No	Maybe	No	No	No	No
Bacon & Cheese Muffin (selected stores only)	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Maybe	No	No	No	Maybe	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	No	No	Maybe	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes
Sausage & Cheese Muffin (selected stores only)	Yes	Yes	Maybe	No	No	No	Maybe	No	No	Maybe	Yes	Maybe	No	No	No	Maybe	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	Maybe	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	Yes	Maybe	Yes	No	No	Yes	No	No	Maybe	Maybe	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	Yes	Yes	Yes	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	No	No	Yes
Raspberry Vanilla Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	Maybe	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 (33 Items)																	
Americano	16 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	<0.5g	<0.5%	<0.5g	0%
Americano (Small)	12 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	<0.5g	<0.5%	<0.5g	0%
Americano (Large)	20 oz	0kJ	0Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	<0.5g	<0.5%	<0.5g	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)
Original Blend Coffee	16 oz	12kJ	3Kcal	0%	0.01g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	<0.5g	0%
Original Blend Coffee (Small)	12 oz	12kJ	3Kcal	0%	0.01g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	<0.5g	0%
Original Blend Coffee (Large)	20 oz	21kJ	5Kcal	0%	0.02g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	<0.5g	0%
Dark Roast Coffee	16 oz	17kJ	4Kcal	0%	0.01g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	<0.5g	0%
Dark Roast Coffee (Small)	12 oz	12kJ	3Kcal	0%	0.01g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	<0.5g	0%
Dark Roast Coffee (Large)	20 oz	21kJ	5Kcal	0%	0.02g	0%	0.01g	0%	0g	0%	0g	0%	0g	<0.5g	1%	<0.5g	0%
Caramel Macchiato	16 oz	720kJ	172Kcal	8.6%	5.1g	7.3%	3.1g	15%	21g	7.9%	19g	21%	0.02g	11g	22%	0.43g	7.2%
Caramel Macchiato (Small)	12 oz	614kJ	147Kcal	7.3%	4.3g	6.1%	2.6g	13%	18g	6.9%	16g	18%	0.02g	9.0g	18%	0.37g	6.2%
Caramel Macchiato (Large)	20 oz	902kJ	216Kcal	11%	6.5g	9.3%	3.9g	20%	25g	9.6%	23g	25%	0.03g	14g	28%	0.54g	9.0%
Cappuccino	16 oz	481kJ	115Kcal	5.7%	3.7g	5.3%	2.2g	11%	12g	4.5%	11g	13%	0g	8.7g	17%	0.28g	4.6%
Cappuccino (Small)	12 oz	386kJ	92Kcal	4.6%	3.0g	4.3%	1.8g	9.0%	9.3g	3.6%	9.1g	10%	0g	6.9g	14%	0.22g	3.7%
Cappuccino (Large)	20 oz	607kJ	145Kcal	7.3%	4.7g	6.7%	2.8g	14%	15g	5.6%	14g	16%	0g	11g	22%	0.35g	5.8%
Flat White	12 oz	500kJ	120Kcal	6.0%	3.9g	5.5%	2.3g	12%	12g	4.6%	12g	13%	0g	9.0g	18%	0.29g	4.8%
Hazelnut & White Chocolate Latte	16 oz	1885kJ	451Kcal	23%	13g	19%	8.4g	42%	73g	28%	65g	72%	0.23g	10g	20%	0.42g	6.9%
Hazelnut & White Chocolate Latte (Small)	12 oz	1495kJ	357Kcal	18%	12g	17%	7.8g	39%	53g	21%	47g	52%	0.20g	8.4g	17%	0.35g	5.8%
Hazelnut & White Chocolate Latte (Large)	20 oz	2329kJ	557Kcal	28%	14g	20%	9.1g	46%	94g	36%	84g	93%	0.27g	13g	26%	0.52g	8.6%
Gingerbread Latte	16 oz	1149kJ	275Kcal	14%	12g	16%	7.6g	38%	33g	13%	32g	36%	0.10g	9.4g	19%	0.31g	5.2%
Gingerbread Latte (Small)	12 oz	967kJ	231Kcal	12%	11g	15%	7.2g	36%	25g	9.7%	25g	28%	0.10g	7.8g	16%	0.26g	4.3%
Gingerbread Latte (Large)	20 oz	1383kJ	331Kcal	17%	13g	18%	8.3g	41%	42g	16%	41g	46%	0.10g	12g	24%	0.40g	6.6%
Latte	16 oz	606kJ	145Kcal	7.2%	4.7g	6.7%	2.8g	14%	15g	5.6%	14g	16%	0g	11g	22%	0.35g	5.8%
Latte (Small)	12 oz	499kJ	119Kcal	6.0%	3.9g	5.5%	2.3g	12%	12g	4.6%	12g	13%	0g	9.0g	18%	0.29g	4.8%
Latte (Large)	20 oz	788kJ	188Kcal	9.4%	6.1g	8.7%	3.7g	18%	19g	7.3%	19g	21%	0g	14g	28%	0.45g	7.5%
Gingerbread French Vanilla	16 oz	2086kJ	499Kcal	25%	21g	30%	18g	88%	71g	27%	58g	64%	0.91g	6.0g	12%	1.1g	18%
Gingerbread French Vanilla (Small)	12 oz	1738kJ	415Kcal	21%	19g	27%	15g	77%	56g	22%	46g	51%	0.76g	5.0g	10%	0.89g	15%
Gingerbread French Vanilla (Large)	20 oz	2591kJ	619Kcal	31%	25g	36%	21g	106%	90g	35%	74g	82%	1.1g	7.6g	15%	1.4g	23%
French Vanilla Latte	16 oz	1575kJ	377Kcal	19%	15g	21%	13g	67%	55g	21%	41g	45%	0.88g	6.0g	12%	1.2g	19%
French Vanilla Latte (Small)	12 oz	1260kJ	301Kcal	15%	12g	17%	11g	54%	44g	17%	33g	36%	0.70g	4.8g	9.6%	0.93g	15%
French Vanilla Latte (Large)	20 oz	2145kJ	513Kcal	26%	20g	29%	18g	92%	74g	29%	56g	62%	1.2g	8.2g	16%	1.6g	26%
French Vanilla	16 oz	1570kJ	375Kcal	19%	15g	21%	13g	67%	54g	21%	41g	45%	0.88g	6.0g	12%	1.2g	19%
French Vanilla (Small)	12 oz	1256kJ	300Kcal	15%	12g	17%	11g	54%	43g	17%	33g	36%	0.70g	4.8g	9.6%	0.92g	15%
French Vanilla (Large)	20 oz	2139kJ	511Kcal	26%	20g	28%	18g	92%	74g	28%	56g	62%	1.2g	8.2g	16%	1.6g	26%
Mocha	16 oz	1393kJ	333Kcal	17%	8.0g	11%	7.1g	36%	59g	23%	53g	59%	3.6g	4.7g	9.5%	0.69g	12%
Mocha (Small)	12 oz	1133kJ	271Kcal	14%	6.5g	9.3%	5.8g	29%	48g	18%	43g	48%	2.9g	3.8g	7.7%	0.56g	9.4%
Mocha (Large)	20 oz	1742kJ	416Kcal	21%	10g	14%	8.9g	45%	73g	28%	66g	73%	4.5g	5.9g	12%	0.87g	14%
Hot Chocolate	16 oz	1389kJ	332Kcal	17%	8.0g	11%	7.1g	36%	58g	22%	53g	59%	3.6g	4.7g	9.4%	0.69g	11%
Hot Chocolate (Small)	12 oz	1128kJ	270Kcal	13%	6.5g	9.3%	5.8g	29%	47g	18%	43g	48%	2.9g	3.8g	7.7%	0.56g	9.3%
Hot Chocolate (Large)	20 oz	1736kJ	415Kcal	21%	10g	14%	8.9g	45%	73g	28%	66g	73%	4.5g	5.9g	12%	0.86g	14%
Espresso	4 oz	4kJ	1Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	<0.5g	1%	0g	0%
Breakfast Tea	16 oz	129kJ	31Kcal	1.5%	0.98g	1.4%	0.59g	2.9%	3.3g	1.3%	3.0g	3.3%	0g	2.3g	4.6%	0.07g	1.2%
Breakfast Tea (Small)	12 oz	104kJ	25Kcal	1.2%	0.78g	1.1%	0.47g	2.3%	2.7g	1.0%	2.4g	2.7%	0g	1.8g	3.6%	0.06g	0.95%
Breakfast Tea (Large)	20 oz	158kJ	38Kcal	1.9%	1.2g	1.7%	0.72g	3.6%	4.0g	1.5%	3.7g	4.1%	0g	2.8g	5.6%	0.09g	1.5%
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%
Hazelnut & White Hot Chocolate	16 oz	1991kJ	476Kcal	24%	14g	20%	8.9g	44%	75g	29%	67g	75%	.23g	12g	24%	0.47g	7.9%

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)
Hazelnut & White Hot Chocolate (Small)	12 oz	1583kJ	378Kcal	19%	13g	18%	8.3g	41%	55g	21%	49g	55%	0.20g	10g	20%	0.39g	6.6%
Hazelnut & White Hot Chocolate (Large)	20 oz	2474kJ	591Kcal	30%	15g	22%	9.8g	49%	97g	37%	87g	97%	0.27g	16g	31%	0.60g	9.9%
Gingerbread Hot Chocolate	16 oz	2251kJ	538Kcal	27%	17g	24%	14g	68%	88g	34%	81g	91%	4.2g	5.9g	12%	0.82g	14%
Gingerbread Hot Chocolate (Small)	12 oz	1828kJ	437Kcal	22%	15g	21%	12g	59%	69g	26%	63g	70%	3.4g	4.8g	9.6%	0.65g	11%
Gingerbread Hot Chocolate (Large)	20 oz	2761kJ	660Kcal	33%	19g	28%	16g	78%	111g	43%	103g	114%	5.3g	7.3g	15%	1.0g	17%
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 (34 Items)																	
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%
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%

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 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%
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%
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%
Hazelnut & White Chocolate Iced Capp®	16 oz	1997kJ	477Kcal	24%	19g	28%	13g	63%	73g	28%	66g	73%	0.48g	3.3g	6.6%	0.15g	2.5%
Hazelnut & White Chocolate Iced Capp® (Small)	12 oz	1580kJ	378Kcal	19%	17g	25%	11g	57%	53g	20%	48g	53%	0.42g	2.8g	5.6%	0.12g	2.1%
Hazelnut & White Chocolate Iced Capp® (Large)	20 oz	2766kJ	661Kcal	33%	27g	38%	17g	86%	102g	39%	91g	102%	0.62g	4.8g	9.5%	0.19g	3.2%
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%
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	1872kJ	444Kcal	22%	20g	29%	14g	69%	66g	25%	63g	70%	1.5g	4.1g	8.2%	0.34g	5.6%
Mocha Iced Capp® (Small)	12 oz	1460kJ	345Kcal	17%	18g	25%	12g	59%	47g	18%	45g	50%	0.93g	3.1g	6.2%	0.21g	3.4%
Mocha Iced Capp® (Large)	20 oz	2559kJ	608Kcal	30%	29g	41%	19g	95%	88g	34%	84g	94%	2.1g	6.0g	12%	0.49g	8.2%
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%

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)
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	330kJ	79Kcal	3.9%	0.01g	0.02%	0g	0%	19g	7.5%	14g	16%	0.11g	0.04g	0.07%	0g	0.02%
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	519kJ	124Kcal	6.2%	0.02g	0.03%	0g	0%	31g	12%	22g	26%	0.15g	0.06g	0.11%	0g	0.03%
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	709kJ	169Kcal	8.5%	0.03g	0.04%	0g	0%	42g	16%	29g	32%	0.20g	0.08g	0.15%	0g	0.05%
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%
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 (25 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	203 g	2061kJ	493Kcal	25%	25g	36%	6.9g	34%	42g	16%	4.0g	4.4%	3.8g	22g	43%	2.6g	43%
Big Breakfast Wrap	217 g	2240kJ	535Kcal	27%	28g	40%	7.9g	40%	43g	17%	4.3g	4.8%	3.9g	26g	51%	2.9g	48%

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)
Loaded Veggie Wrap	209 g	2142kJ	512Kcal	26%	26g	38%	8.8g	44%	44g	17%	3.5g	3.9%	6.9g	21g	42%	2.5g	42%
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%
Sausage & Egg with Cheese Muffin	163 g	1759kJ	420Kcal	21%	24g	35%	7.1g	35%	28g	11%	4.1g	4.5%	1.1g	22g	44%	1.9g	32%
Sausage & Egg with Cheese Muffin Stack	211 g	2137kJ	511Kcal	26%	30g	42%	7.3g	36%	37g	14%	4.2g	4.6%	2.4g	23g	46%	2.1g	35%
Double Sausage & Egg with Cheese Muffin	210 g	2304kJ	551Kcal	28%	34g	48%	11g	53%	29g	11%	5.0g	5.5%	1.3g	32g	64%	2.7g	45%
Veggie Egg with Cheese Muffin	170 g	1840kJ	440Kcal	22%	25g	36%	9.0g	45%	29g	11%	3.6g	4.0%	4.2g	21g	42%	1.9g	31%
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	211 g	2180kJ	521Kcal	26%	19g	27%	6.5g	33%	59g	23%	7.8g	8.7%	3.7g	27g	54%	2.2g	37%
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	2261kJ	540Kcal	27%	20g	28%	8.4g	42%	61g	23%	7.3g	8.2%	6.9g	26g	53%	2.2g	36%
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%
Brown Sauce (Draft)	12 g	61kJ	15Kcal	0.73%	0.01g	0.02%	0.00g	0.00%	3.4g	1.3%	2.8g	3.1%	0.05g	0.11g	0.22%	0.15g	2.5%
Sandwiches (33 Items)																	
The Festive Double Cheeseburger Stack	298 g	3135kJ	748Kcal	37%	36g	52%	14g	71%	68g	26%	18g	20%	4.4g	35g	70%	3.5g	58%
Tims® Double Cheeseburger	237 g	2206kJ	527Kcal	26%	24g	35%	9.9g	50%	46g	18%	11g	12%	4.5g	30g	59%	2.6g	44%
Tims® Bacon Double Cheeseburger	247 g	2423kJ	579Kcal	29%	28g	40%	11g	56%	48g	18%	11g	12%	4.5g	33g	66%	3.0g	50%
Tims® Triple Cheeseburger	300 g	2887kJ	690Kcal	34%	36g	51%	15g	75%	49g	19%	12g	13%	4.7g	41g	82%	3.6g	60%
The Ultimate Festive Chicken Burger	301 g	3050kJ	727Kcal	36%	29g	41%	9.4g	47%	82g	32%	18g	20%	5.2g	32g	65%	4.3g	72%
Tims® Crispy Chicken Sandwich	221 g	2256kJ	539Kcal	27%	24g	34%	3.0g	15%	57g	22%	6.7g	7.4%	3.7g	22g	44%	2.6g	43%
Tims® Crispy Chicken Stack	281 g	2812kJ	672Kcal	34%	33g	47%	4.9g	25%	67g	26%	7.5g	8.3%	4.9g	25g	50%	3.3g	55%
Crispy Meatless Sandwich	217 g	2016kJ	482Kcal	24%	22g	32%	2.0g	10%	50g	19%	7.6g	8.4%	8.9g	16g	31%	1.9g	31%
BLT Chicken Wrap	201 g	1867kJ	446Kcal	22%	19g	28%	3.7g	18%	44g	17%	4.0g	4.5%	3.7g	23g	45%	2.3g	39%
Maple BBQ Chicken Wrap	164 g	1603kJ	383Kcal	19%	12g	18%	4.0g	20%	48g	19%	6.9g	7.7%	3.3g	18g	36%	2.3g	38%
Sweet Chilli Mayo Chicken Wrap	179 g	1868kJ	447Kcal	22%	20g	29%	2.1g	10%	49g	19%	3.4g	3.8%	3.5g	15g	29%	2.0g	34%
Smoky Chipotle Chicken Wrap	172 g	1879kJ	449Kcal	22%	22g	31%	4.7g	23%	45g	17%	4.1g	4.6%	3.4g	17g	34%	2.3g	39%
VLT Vegan Wrap	210 g	1823kJ	436Kcal	22%	21g	29%	2.0g	10%	44g	17%	4.3g	4.8%	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%
Festive Cheese & Bacon Melt	207 g	2547kJ	609Kcal	30%	28g	40%	16g	80%	55g	21%	8.4g	9.4%	2.4g	33g	65%	2.6g	44%
Cheese & Herb Melt	171 g	2048kJ	489Kcal	24%	21g	30%	12g	61%	48g	18%	2.7g	3.0%	2.4g	26g	52%	2.9g	48%
Cheese Melt (Draft)	169 g	2027kJ	484Kcal	24%	21g	30%	12g	61%	47g	18%	2.5g	2.8%	2.2g	26g	52%	2.4g	39%
Ham Hock and Cheese Melt	206 g	2060kJ	492Kcal	25%	19g	27%	11g	54%	47g	18%	2.0g	2.3%	2.4g	34g	67%	3.0g	50%
Maple BBQ Chicken Melt	211 g	2194kJ	524Kcal	26%	18g	26%	11g	53%	54g	21%	7.1g	7.9%	2.2g	36g	72%	2.2g	37%
Tims® Savers - Hamburger	138 g	1316kJ	314Kcal	16%	12g	16%	4.5g	23%	36g	14%	8.0g	8.9%	3.2g	16g	32%	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)
Tims® Savers - Cheeseburger	150 g	1494kJ	357Kcal	18%	15g	21%	6.3g	31%	36g	14%	8.7g	9.7%	3.2g	18g	36%	1.9g	32%
Tims® Savers - Crispy Chicken Snack Wrap	58 g	606kJ	145Kcal	7.2%	6.1g	8.7%	0.99g	5.0%	19g	7.2%	1.4g	1.6%	0.72g	3.5g	7.0%	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%
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%
Festive Cheese & Gravy Bites - 4 Pieces	72 g	986kJ	236Kcal	12%	14g	19%	6.6g	33%	17g	6.6%	2.0g	2.2%	1.4g	10g	21%	0.98g	16%
Festive Cheese & Gravy Bites - 8 Pieces	143 g	1972kJ	471Kcal	24%	27g	39%	13g	66%	34g	13%	4.0g	4.5%	2.7g	21g	42%	2.0g	33%
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	223kJ	53Kcal	2.7%	0.05g	0.07%	0.02g	0.10%	13g	5.0%	11g	12%	0.15g	0.15g	0.30%	0.33g	5.4%
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	1432kJ	342Kcal	17%	9.6g	14%	1.2g	5.8%	47g	18%	5.0g	5.5%	2.9g	16g	32%	1.4g	23%
Timmies Minis Cheeseburger	148g oz	1536kJ	367Kcal	18%	13g	19%	5.2g	26%	44g	17%	10g	11%	2.6g	17g	35%	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	924kJ	221Kcal	11%	8.8g	13%	5.2g	26%	23g	8.9%	0.91g	1.0%	1.1g	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 (39 Items)																	
Festive Donut Box (Draft)	6 serving size g	kJ	360 (ave.) Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
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	2181kJ	521Kcal	26%	16g	23%	7.5g	37%	85g	33%	45g	50%	1.8g	8.9g	18%	1.6g	26%
Chocolate Hazelnut Pancakes made with Oreo®	213 g	2639kJ	631Kcal	32%	23g	33%	8.8g	44%	93g	36%	45g	50%	3.7g	12g	24%	1.8g	30%
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%
Mince Pie Deluxe Donut	89 g	1506kJ	360Kcal	18%	16g	23%	7.3g	37%	47g	18%	25g	28%	1.6g	5.3g	11%	0.60g	10%
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%
Ho-Ho-Horton Deluxe Donut	98 g	1613kJ	385Kcal	19%	18g	25%	8.0g	40%	50g	19%	29g	33%	1.9g	5.6g	11%	0.73g	12%
Chocolate Brownie Donut	111 g	1762kJ	421Kcal	21%	19g	27%	9.3g	47%	55g	21%	34g	38%	2.9g	7.1g	14%	0.76g	13%

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)
Gingerbread Deluxe Donut	97 g	1407kJ	336Kcal	17%	16g	23%	7.6g	38%	42g	16%	25g	28%	1.3g	5.2g	10%	0.74g	12%
Maple & Caramel Donut	121 g	1814kJ	433Kcal	22%	18g	26%	9.7g	49%	61g	23%	39g	43%	1.5g	5.6g	11%	0.92g	15%
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	89 g	1279kJ	306Kcal	15%	16g	22%	7.4g	37%	34g	13%	18g	20%	1.6g	5.3g	11%	0.71g	12%
Canadian Maple Donut	89 g	1266kJ	303Kcal	15%	15g	21%	7.1g	36%	36g	14%	19g	22%	1.3g	5.1g	10%	0.73g	12%
Maple Dip Donut	62 g	1050kJ	251Kcal	13%	13g	18%	5.9g	29%	29g	11%	14g	16%	1.1g	4.2g	8.5%	0.57g	9.6%
Vanilla Dip Donut	72 g	1212kJ	290Kcal	14%	13g	18%	5.8g	29%	39g	15%	22g	25%	1.1g	4.3g	8.5%	0.55g	9.2%
Chocolate Dip Donut	62 g	1063kJ	254Kcal	13%	14g	19%	6.1g	31%	28g	11%	13g	14%	1.4g	4.5g	8.9%	0.56g	9.3%
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®	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	237kJ	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%
Gingerbread Timbits®	25 g	388kJ	93Kcal	4.6%	3.2g	4.5%	1.5g	7.3%	15g	5.9%	11g	12%	0.44g	0.97g	1.9%	0.17g	2.8%
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%	0.24g	0.91g	1.8%	0.09g	1.4%
Mini Mince Pie (Draft)	25 g	422kJ	101Kcal	5.0%	3.7g	5.2%	1.4g	6.9%	16g	6.0%	8.8g	9.7%	0.50g	1.1g	2.1%	0.05g	0.84%
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	859kJ	205Kcal	10%	8.7g	12%	3.5g	17%	22g	8.5%	5.5g	6.1%	0.66g	9.4g	19%	1.1g	18%
Bacon & Cheese Muffin (Streaky Bacon)	93g oz	1157kJ	276Kcal	14%	14g	19%	3.6g	18%	27g	10%	2.9g	3.3%	0.96g	11g	23%	1.3g	22%
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	2951kJ	705Kcal	35%	38g	54%	10g	50%	55g	21%	5.9g	6.6%	4.4g	35g	69%	3.8g	63%
Veggie Cheese Muffin (selected stores only)	131g oz	1603kJ	383Kcal	19%	21g	31%	7.9g	39%	29g	11%	3.0g	3.4%	4.2g	17g	33%	1.7g	29%
Sausage & Cheese Muffin (selected stores only)	125g oz	1522kJ	364Kcal	18%	20g	29%	6.0g	30%	27g	10%	3.5g	3.9%	1.1g	17g	35%	1.8g	30%
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%
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	75g oz	1122kJ	268Kcal	13%	12g	17%	5.8g	29%	34g	13%	16g	18%	1.3g	5.2g	10%	0.62g	10%
Raspberry Vanilla Donut	96g oz	1349kJ	322Kcal	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	250kJ	60Kcal	3.0%	1.6g	2.3%	0.75g	3.8%	10g	4.0%	5.2g	5.8%	0.14g	0.82g	1.6%	0.07g	1.2%