

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?	
Nacho Chilli Cheese Crispy Chicken Wrap	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	No	
Tims® Nacho Chilli Cheese Crispy Chicken Sandwich	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Yes	No	No	No	No	
Nacho Chilli Cheese Meatless Chicken Sandwich	Yes	No	No	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	Maybe	Yes	Maybe	No	No	Yes	
Nacho Chilli Cheese Loaded Lattice Fries	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	Yes	No	No	No	Yes	
Mayonnaise 25g	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes	
Sweet Chilli Sauce 30g	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	
BBQ Sauce 30g	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes	
Tomato Ketchup 30g	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	
Chipotle Mayonnaise 30g	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes	
Vegan Mayo 30g	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes	
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	
Tims® Savers - Hamburger	Yes	No	No	No	No	No	Maybe	No	No	Yes	Maybe	Maybe	No	No	No	No	Yes	No	No	No	
Tims® Savers - Cheeseburger	Yes	No	No	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	No	Yes	No	No	No	
Tims® Savers - Crispy Chicken Snack Wrap	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	
Tims® Double Cheeseburger	Yes	No	No	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	No	Yes	No	No	No	
Tims® Bacon Double Cheeseburger	Yes	No	No	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	No	Yes	No	No	No	
Tims® Triple Cheeseburger	Yes	No	No	No	No	No	Maybe	No	No	Yes	Yes	Yes	No	No	No	No	Yes	No	No	No	
Tims® Nacho Chilli Cheese Crispy Chicken Sandwich Stack	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	Yes	No	No	No	No	
Timmies Minis (6 Items)																					
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	Maybe	Maybe	No	No	No	Yes	No	No	Maybe	Yes	No	No	No	No	No	No	No	No	Yes	
Timmies Minis Ham & Cheese Melt	Yes	Maybe	Maybe	No	No	No	Yes	No	No	Maybe	Yes	No	No	No	No	No	No	No	No	No	
Timmies Minis Chicken Mayo Sandwich	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	No	Yes	No	No	No	
Timmies Minis Cheeseburger	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No	
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 (33 Items)																					
Chocolate Hazelnut & Oreo® Pancakes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	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	Maybe	No	No	No	Yes	
Chocolate Dip Donut	Yes	No	No	No	No	No	Yes	Maybe	No	Maybe	Yes	Maybe	No	No	No	Yes	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	
Maple Dip Donut	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes	
Strawberry Vanilla Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes	
Boston Cream Donut	Yes	No	No	No	No	No	Yes	Maybe	No	Maybe	Yes	Maybe	No	No	No	Yes	No	No	No	Yes	
Canadian Maple Donut	Yes	No	No	No	No	No	Yes	Maybe	No	Maybe	Yes	Maybe	No	No	No	Yes	No	No	No	Yes	
Apple Fritter Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes	
Honey Cruller	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	Maybe	No	No	No	Yes	
Chocolate Brownie Donut	Yes	No	No	No	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes	
Maple & Caramel Donut	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes	
Caramel Apple Fritter	Yes	No	Yes	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes	
Maple Flavoured 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	
Old Fashioned Glazed Timbits®	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	Maybe	No	No	No	Yes	
Apple Pie Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Yes	No	No	No	Yes	
White Birthday Cake Timbits®	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	Maybe	No	No	No	Yes	
Apple Fritter Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes	
Honey Cruller Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	Maybe	No	No	No	Yes	
10 Box Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes	

ALLERGENS	Cereals containing gluten																			
	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide and Sulphites	Mustard	Molluscs	Lupin	Suitable for Vegetarians?
20 Box Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes
50 Box Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes
6 Box Assorted Donuts	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
12 Box Assorted Donuts	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
12 Box Old Fashioned Glazed Donuts	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
24 Box Assorted Donuts	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
6 Box Deluxe Donuts	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
12 Box Deluxe Donuts	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Dozen Assorted Donuts Plus Dozen Old Fashioned Glazed Donuts	Yes	No	Maybe	No	No	No	Maybe	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Honey Dip Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	Maybe	No	No	No	Yes
Chocolate Glazed Timbits®	Yes	No	No	No	No	No	Yes	Maybe	No	No	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Raspberry Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	No	No	No	No	No	No	No	Yes
Raspberry Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	No	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 (18 Items)																	
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%
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%
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%
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%
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%
Hot Chocolate	16 oz	1353kJ	323Kcal	16%	6.7g	10%	5.9g	29%	68g	26%	53g	59%	2.9g	4.2g	8%	0.4g	6%
Hot Chocolate (Small)	12 oz	1128kJ	269Kcal	13%	5.6g	8%	4.9g	25%	57g	22%	44g	49%	2.4g	3.5g	7%	0.3g	5%
Hot Chocolate (Large)	20 oz	1579kJ	377Kcal	19%	7.8g	11%	6.9g	34%	79g	31%	62g	69%	3.3g	4.9g	10%	0.4g	7%
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%

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)
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%
Flat White	12 oz	505kJ	121Kcal	6%	4g	6%	2.7g	13%	12g	5%	12g	13%	0g	9.1g	18%	0.3g	5%
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%
Espresso	4 oz	4kJ	1Kcal	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	<0.5g	1%	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%
Soya Milk	3.5 oz	6.4kJ	1.5Kcal	0.08%	0.07g	0.10%	0.01g	0.05%	0.11g	0.04%	0.11g	0.12%	0.02g	0.12g	0.23%	0.01g	0.12%
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%
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%
Cold Beverage (31 Items)																	
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%
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%
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 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 Capp® Light	16 oz	635kJ	152Kcal	8%	1g	1%	1g	1%	32g	12%	32g	12%	0g	2.3g	5%	0.1g	1%
Iced Capp® Light (Small)	12 oz	423kJ	101Kcal	5%	0.7g	1%	0.7g	1%	21g	8%	21g	8%	0g	1.6g	3%	0.1g	1%
Iced Capp® Light (Large)	20 oz	846kJ	202Kcal	10%	1.4g	2%	1.4g	2%	43g	16%	43g	16%	0g	3.2g	6%	0.1g	2%
Iced Capp® Original	16 oz	1275kJ	305Kcal	15%	18g	25%	11g	56%	34g	13%	32g	36%	0g	3.4g	7%	0.1g	1%
Iced Capp® Original (Small)	12 oz	884kJ	211Kcal	11%	12g	18%	8g	39%	23g	9%	22g	25%	0g	2.3g	5%	0.5g	1%
Iced Capp® Original (Large)	20 oz	1671kJ	399Kcal	20%	23g	33%	15g	74%	44g	17%	42g	47%	0g	4.4g	9%	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%
Iced Capp® Coconut	16 oz	694kJ	171Kcal	8%	1.2g	1%	0.6g	3%	39g	15%	37g	41%	0.1g	1.8g	3%	0g	0%
Iced Capp® Coconut (Small)	12 oz	512kJ	121Kcal	6%	0.8g	1%	0.4g	2%	28g	10%	26g	28%	0.1g	1.2g	2%	0g	0%
Iced Capp® Coconut (Large)	20 oz	873kJ	208Kcal	10%	1.6g	2%	0.8g	3%	46g	17%	44g	48%	0.2g	2.4g	4%	0.1g	2%

NUTRITIONAL	Portion	kJ per portion	Kcal per portion	%RI (Adult)	Total Fat Per portion	% RI(Adult)	Saturated fat Per portion (g)	%RI (Adult)	Carbohydrates per portion (g)	%RI (Adult)	Of which are sugars Per portion (g)	%RI (Adult)	Fibre Per portion (g)	Protein Per portion (g)	% RI (Adult)	Salt Per portion (g)	%RI (Adult)
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%
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%
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%
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 Capp® Caramel	16 oz	2006kj	479Kcal	24%	29g	41%	17g	86%	58g	22%	52g	58%	0.1g	4.3g	9%	0.1g	3%
Iced Capp® Caramel (Small)	12 oz	1438kj	344Kcal	17%	23g	33%	14g	68%	38g	14%	34g	38%	0.1g	3.16g	6%	0.1g	2%
Iced Capp® Caramel (Large)	20 oz	2577kj	616Kcal	31%	34g	49%	21g	105%	78g	30%	70g	77%	0.1g	5.5g	11%	0.2g	4%
Iced Capp® Oreo®	16 oz	1856kj	444Kcal	22%	28g	40%	18g	91%	44g	17%	39g	44%	0.4g	4.7g	9%	0.2g	4%
Iced Capp® Oreo® (Small)	12 oz	1347kj	322Kcal	16%	21g	31%	14g	71%	30g	11%	27g	30%	0.2g	3.4g	7%	0.1g	2%
Iced Capp® Oreo® (Large)	20 oz	2370kj	566Kcal	28%	35g	50%	22g	112%	58g	22%	52g	58%	0.6g	6.1g	12%	0.3g	6%
Iced Capp® Mocha	16 oz	1973kj	472Kcal	24%	53g	75%	17g	85%	56g	22%	53g	59%	0.9g	4.6g	9%	0.1g	3%
Iced Capp® Mocha (Small)	12 oz	1422kj	340Kcal	17%	35g	50%	14g	68%	37g	14%	35g	38%	0.5g	3.3g	7%	0.1g	2%
Iced Capp® Mocha (Large)	20 oz	2529kj	604Kcal	30%	71g	101%	21g	103%	76g	29%	71g	79%	1.2g	5.9g	12%	0.2g	4%
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%
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%
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%
Strawberries & Cream Frappé	16 oz	1354kj	323Kcal	16%	8.8g	13%	6g	30%	57g	22%	43g	48%	0.5g	4g	8%	0.1g	2%
Strawberries & Cream Frappé (Small)	12 oz	1000kj	238Kcal	12%	8.1g	12%	5.6g	28%	38g	15%	30g	33%	0.3g	2.8g	6%	0.1g	2%
Strawberries & Cream Frappé (Large)	20 oz	1715kj	409Kcal	20%	9.4g	13%	6.5g	33%	75g	29%	56g	62%	0.8g	5.2g	10%	0.2g	3%
Oreo® Cookies & Cream Frappé	16 oz	1584kj	370Kcal	19%	14g	19%	7.2g	36%	56g	22%	45g	50%	1g	5g	10%	0.2g	3%
Oreo® Cookies & Cream Frappé (Small)	12 oz	1125kj	268Kcal	13%	11g	16%	6.4g	32%	39g	15%	31g	35%	0.6g	3.4g	7%	0.2g	3%
Oreo® Cookies & Cream Frappé (Large)	20 oz	1977kj	472Kcal	24%	16g	23%	8.1g	41%	74g	29%	59g	65%	1.5g	6.6g	13%	0.4g	7%
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%

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)
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%
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%
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%
Raspberry Delight Frappé	16 oz	1511kj	360Kcal	18%	7.9g	11%	5.4g	27%	67g	26%	62g	68%	0.39g	3.8g	7.6%	0.23g	3.9%
Raspberry Delight Frappé (Small)	12 oz	1082kj	258Kcal	13%	7.4g	11%	5.2g	26%	44g	17%	41g	45%	0.27g	2.7g	5.4%	0.16g	2.7%
Raspberry Delight Frappé (Large)	20 oz	1948kj	464Kcal	23%	8.3g	12%	5.7g	29%	91g	35%	83g	92%	0.52g	4.9g	9.7%	0.30g	5.1%
Breakfast (25 Items)																	
Original Breakfast Wrap	202 g	2056kj	491Kcal	25%	27g	38%	8.7g	44%	39g	15%	3.7g	4.1%	2.8g	22g	45%	1.4g	24%
Big Breakfast Wrap	212 g	2274kj	543Kcal	27%	30g	43%	10g	50%	41g	16%	3.7g	4.1%	2.8g	26g	52%	1.8g	30%
Bacon Roll	152 g	2468kj	587Kcal	29%	33g	48%	16g	80%	31g	12%	4g	4%	1.3g	37g	74%	1.1g	18%
Grilled Bagel Breakfast Sandwich with Sausage	212 g	2204kj	527Kcal	26%	19g	27%	7.0g	35%	60g	23%	7.9g	8.7%	3.1g	27g	55%	2.0g	33%
Grilled Bagel Breakfast Sandwich with Bacon	212 g	1876kj	448Kcal	22%	13g	18%	4.9g	24%	61g	23%	7.0g	7.8%	2.9g	21g	41%	1.5g	26%
Sausage & Egg Muffin Stack	254 g	2354kj	563Kcal	28%	29g	41%	13g	65%	41g	16%	3.7g	4%	4.4g	23g	46%	2.3g	39%
Bacon & Egg Muffin Stack	196 g	1852kj	443Kcal	22%	21g	31%	6.5g	32%	38g	15%	3.3g	3.7%	3.5g	24g	47%	1.9g	32%
Veggie Sausage, Egg & Cheese Muffin	201 g	1744kj	416Kcal	21%	20g	29%	10g	52%	35g	13%	5.4g	6%	4.2g	20g	40%	2.3g	40%
Sausage with Egg & Cheese Muffin	180 g	1597kj	382Kcal	19%	21g	31%	9.3g	47%	29g	11%	2.1g	2%	2.3g	19g	38%	1.4g	23%
Bacon with Egg & Cheese Muffin	148 g	1474kj	352Kcal	18%	16g	23%	6.3g	31%	29g	11%	3.2g	3.5%	2.3g	23g	45%	1.7g	29%
Egg and Cheese Muffin	143 g	1074kj	257Kcal	13%	11g	15%	4.5g	23%	29g	11%	1.7g	2%	1.9g	13g	26%	1.0g	16%
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	1.00g	2.0%	0.17g	2.8%
Bagel with butter	120 g	1432kj	343Kcal	17%	6.9g	9.8%	3.5g	17%	58g	22%	5.8g	6.4%	2.8g	10g	21%	1.2g	19%
Bagel with cream cheese	130 g	1400kj	335Kcal	17%	5.3g	7.6%	2.6g	13%	59g	23%	6.5g	7.2%	2.9g	11g	23%	1.2g	20%
Double Bacon with Egg & Cheese Muffin	181 g	1928kj	461Kcal	23%	24g	34%	9.1g	45%	30g	11%	3.2g	3.6%	2.5g	32g	64%	3.0g	50%
Bacon & Maple Flavoured Pancakes	154 g	1749kj	418Kcal	21%	10g	14%	2.1g	11%	70g	27%	33g	37%	1.6g	11g	23%	1.9g	31%
Maple Flavoured Syrup Pancakes	150 g	1532kj	366Kcal	18%	6.3g	9.0%	0.79g	4.0%	69g	26%	33g	37%	1.6g	8.0g	16%	1.5g	25%
Chocolate Hazelnut Spread Pancakes	145 g	1606kj	384Kcal	19%	11g	16%	2.4g	12%	61g	24%	26g	29%	2.0g	9.0g	18%	1.4g	23%
Double Sausage & Egg Muffin Stack	301 g	2678kj	688Kcal	34%	40g	56%	17.9g	90%	42g	14%	4g	4%	3g	29g	59%	2.8g	47%
Double Bacon & Egg Muffin Stack	229 g	2306kj	551Kcal	28%	29g	42%	9.3g	46%	39g	15%	3.3g	3.7%	3.7g	33g	66%	3.1g	52%
Veggie Breakfast Wrap	200 g	2060kj	492Kcal	25%	27g	38%	11g	55%	41g	16%	3.2g	3.5%	4.9g	19g	38%	1.5g	24%
Veggie Sausage & Egg Muffin Stack	265 g	2288kj	546Kcal	27%	24g	34%	12g	62%	45g	17%	6g	6%	5g	21g	42%	2.9g	48%
Double Sausage with Egg & Cheese Muffin	217 g	2121kj	507Kcal	25%	32g	46%	14g	71%	30g	12%	2g	3%	3g	25g	51%	1.9g	31%
Grilled Bagel Breakfast Sandwich with Veggie Sausage	210 g	2208kj	528Kcal	26%	19g	27%	9.2g	46%	62g	24%	7.4g	8.2%	5.2g	24g	48%	2.0g	34%
Plain Bagel	114 g	1244kj	297Kcal	15%	1.8g	2.6%	0.23g	1.1%	58g	22%	5.8g	6.4%	2.8g	10g	21%	1.1g	18%
Sandwiches (29 Items)																	
Tims® Crispy Chicken Stack	272 g	2815kj	671Kcal	34%	34g	48%	6.1g	30%	63g	24%	11g	12%	5.5g	26g	51%	2.4g	41%
Tims® Crispy Chicken Sandwich	224 g	2261kj	539Kcal	27%	25g	36%	3.6g	18%	53g	20%	11g	12%	4.2g	22g	45%	2.3g	38%
Crispy Meatless Chicken Sandwich	220 g	2081kj	497Kcal	25%	26g	37%	4.5g	22%	44g	17%	6.8g	7.6%	8.9g	17g	33%	1.9g	31%

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)
Vegan Wrap	190 g	1902kJ	455Kcal	23%	19g	27%	2.2g	11%	49g	19%	10g	11%	15g	18g	37%	2.1g	35%
Ham & Cheese Melt	190 g	2152kJ	514Kcal	26%	22g	32%	13g	67%	43g	17%	3.5g	3.9%	2.5g	34g	68%	2.6g	44%
Grilled Cheese Melt	160 g	1921kJ	459Kcal	23%	20g	29%	13g	63%	45g	17%	4.6g	5.1%	2.3g	23g	47%	1.3g	22%
Crispy Chicken Wrap	218 g	1209kJ	289Kcal	14%	7.0g	10%	1.1g	5.6%	40g	16%	2.6g	2.9%	3.5g	14g	29%	1.6g	26%
Crispy Chicken & Bacon Wrap	218 g	1426kJ	341Kcal	17%	11g	15%	2.5g	12%	42g	16%	2.6g	2.9%	3.6g	18g	36%	1.9g	32%
3 Piece Tims® Chicken Tenders	117 g	733kJ	175Kcal	8.8%	5.9g	8.4%	1.1g	5.3%	15g	5.6%	0g	0%	1.2g	15g	31%	1.00g	17%
5 Piece Tims® Chicken Tenders	195 g	1222kJ	292Kcal	15%	9.8g	14%	1.8g	8.9%	24g	9.4%	0g	0%	1.9g	26g	51%	1.7g	28%
Lattice Fries	100 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%
Nacho Chilli Cheese Crispy Chicken Wrap	203 g	1818kJ	434Kcal	22%	13g	18%	4.2g	21%	61g	23%	10g	12%	3.1g	18g	36%	1.8g	29%
Tims® Nacho Chilli Cheese Crispy Chicken Sandwich	265 g	2411kJ	575Kcal	29%	20g	29%	7.1g	35%	68g	26%	19g	21%	5.0g	27g	54%	2.7g	45%
Nacho Chilli Cheese Meatless Chicken Sandwich	258 g	2306kJ	550Kcal	27%	22g	31%	6.4g	32%	62g	24%	20g	22%	10g	20g	40%	2.1g	35%
Nacho Chilli Cheese Loaded Lattice Fries	174 g	1894kJ	453Kcal	23%	21g	30%	6.3g	32%	52g	20%	13g	14%	5.2g	12g	24%	2.5g	41%
Mayonnaise 25g	25 g	569kJ	166Kcal	1%	18g	26%	1.5g	7.3%	1g	0%	1g	1%	0g	0g	1%	0.3g	5.0%
Sweet Chilli Sauce 30g	30 g	320kJ	77Kcal	2%	0g	0%	0g	0.2%	19g	7%	17g	19%	0g	0g	0%	0.5g	8.4%
BBQ Sauce 30g	30 g	259kJ	62Kcal	2%	1g	1%	0.1g	0.3%	13g	5%	12g	13%	1g	1g	1%	0.5g	7.7%
Tomato Ketchup 30g	30 g	178kJ	43Kcal	2%	0g	0%	0g	0.2%	9g	3%	8g	9%	1g	1g	2%	0.6g	9.6%
Chipotle Mayonnaise 30g	30 g	724kJ	173Kcal	2%	18g	25%	1.3g	6.6%	3g	1%	2g	2%	0g	0g	1%	0.4g	6.5%
Vegan Mayo 30g	30 g	789kJ	192Kcal	9.6%	21g	30%	1.6g	8.1%	1.4g	0.54%	0.09g	0.10%	0.0g	0.09g	0.18%	0.32g	5.3%
Tims® Savers - 2 Chicken Tenders & Dip	90 g	1291kJ	309Kcal	15%	25g	35%	2.3g	12%	11g	4.3%	0.69g	0.77%	0.92g	10g	21%	0.99g	16%
Tims® Savers - Hamburger	137 g	1215kJ	291Kcal	15%	11g	15%	4.1g	20%	33g	13%	6.0g	6.7%	3.0g	15g	30%	1.5g	25%
Tims® Savers - Cheeseburger	149 g	1383kJ	331Kcal	17%	14g	20%	6.3g	31%	33g	13%	6.6g	7.3%	2.9g	17g	35%	1.4g	23%
Tims® Savers - Crispy Chicken Snack Wrap	86 g	1141kJ	273Kcal	14%	12g	17%	1.9g	9.4%	27g	11%	1.1g	1.2%	1.5g	13g	26%	0.94g	16%
Tims® Double Cheeseburger	222 g	2004kJ	478Kcal	24%	24g	34%	10g	51%	28g	15%	14g	15%	3.7g	27g	54%	2.0g	34%
Tims® Bacon Double Cheeseburger	233 g	2221kJ	530Kcal	26%	27g	39%	12g	58%	40g	15%	14g	15%	3.8g	30g	61%	2.4g	40%
Tims® Triple Cheeseburger	286 g	2683kJ	640Kcal	32%	35g	50%	16g	79%	41g	16%	15g	16%	4.0g	39g	77%	2.5g	41%
Tims® Nacho Chilli Cheese Crispy Chicken Sandwich Stack	313 g	2789kJ	665Kcal	33%	25g	36%	7.2g	36%	78g	30%	19g	21%	6.3g	28g	56%	2.8g	47%
Timmies Minis (6 Items)																	
Timmies Minis 2 Chicken Tenders	3 oz	663kJ	158Kcal	9%	5.3g	7%	1.6g	5%	14g	7%	0g	0%	1g	5.2g	14%	1.8g	25%
Timmies Minis Cheese Melt	3 oz	1097kJ	262Kcal	13%	13g	18%	7.4g	37%	24g	9%	2.5g	2%	1.5g	13g	25%	0.9g	15%
Timmies Minis Ham & Cheese Melt	3 oz	1137kJ	271Kcal	13%	13g	18%	7.5g	37%	24g	9%	2.6g	2%	1.5g	14g	28%	1.1g	18%
Timmies Minis Chicken Mayo Sandwich	4 oz	1520kJ	362Kcal	18%	13g	19%	2.0g	10%	42g	16%	8.4g	9.3%	3.3g	16g	32%	1.0g	17%
Timmies Minis Cheeseburger	4 oz	1507kJ	359Kcal	18%	14g	20%	6.4g	32%	38g	15%	12g	13%	2.8g	18g	36%	1.0g	17%
Timmies Minis Lattice Fries	40g oz	547kJ	130Kcal	6%	7g	10%	2g	11%	14g	5%	0.1g	1%	0g	1.6g	3%	0.10g	3%
Bakery (33 Items)																	
Chocolate Hazelnut & Oreo® Pancakes	145 g	1925kJ	461Kcal	23%	18g	26%	7.2g	36%	65g	25%	32g	35%	2.8g	8.0g	16%	1.1g	18%
Old Fashioned Glazed Donut	76 g	1282kJ	306Kcal	15%	14g	21%	6.8g	34%	41g	16%	25g	28%	0.96g	3.3g	6.7%	0.56g	9.3%
Chocolate Dip Donut	73 g	1122kJ	268Kcal	13%	11g	15%	4.7g	24%	38g	15%	15g	17%	1.7g	4.2g	8.4%	0.50g	8.4%
Vanilla Dip Donut	79 g	1200kJ	287Kcal	14%	9.2g	13%	4.3g	21%	47g	18%	23g	25%	1.3g	3.9g	7.8%	0.49g	8.2%
Maple Dip Donut	73 g	1105kJ	264Kcal	13%	9.6g	14%	4.4g	22%	40g	15%	17g	19%	1.3g	3.9g	7.8%	0.52g	8.7%
Strawberry Vanilla Donut	94 g	1350kJ	323Kcal	16%	12g	17%	5.0g	25%	49g	19%	25g	28%	1.5g	4.0g	8.0%	0.49g	8.1%
Boston Cream Donut	92 g	1330kJ	318Kcal	16%	14g	20%	5.7g	28%	43g	17%	19g	21%	1.6g	4.1g	8.3%	0.56g	9.3%
Canadian Maple Donut	92 g	1310kJ	313Kcal	16%	13g	19%	5.4g	27%	44g	17%	21g	23%	1.3g	3.9g	7.7%	0.58g	9.7%
Apple Fritter Donut	99 g	1375kJ	329Kcal	16%	10g	15%	4.6g	23%	53g	20%	22g	25%	1.6g	5.7g	11%	0.70g	12%
Honey Cruller	64 g	1178kJ	281Kcal	14%	16g	23%	7.7g	39%	32g	12%	17g	19%	0.24g	2.0g	4.0%	0.46g	7.6%

NUTRITIONAL	Portion	kJ per portion	Kcal per portion	%RI (Adult)	Total Fat Per portion	% RI(Adult)	Saturated fat Per portion (g)	%RI (Adult)	Carbohydrates per portion (g)	%RI (Adult)	Of which are sugars Per portion (g)	%RI (Adult)	Fibre Per portion (g)	Protein Per portion (g)	% RI (Adult)	Salt Per portion (g)	%RI (Adult)
Chocolate Brownie Donut	109 g	1763kJ	421Kcal	21%	17g	25%	7.7g	38%	59g	23%	31g	35%	2.8g	5.8g	12%	0.59g	9.8%
Maple & Caramel Donut	99 g	1871kJ	447Kcal	22%	17g	24%	8.2g	41%	69g	27%	40g	45%	1.5g	4.5g	8.9%	0.78g	13%
Caramel Apple Fritter	150 g	2054kJ	491Kcal	25%	14g	20%	6.4g	32%	84g	32%	48g	53%	1.8g	6.0g	12%	0.94g	16%
Maple Flavoured Syrup, Caramel and Fudge Pancakes	127 g	2483kJ	594Kcal	30%	17g	24%	8.4g	42%	101g	39%	60g	66%	1.7g	9.4g	19%	1.7g	29%
Old Fashioned Glazed Timbits®	22 g	373kJ	89Kcal	4.5%	3.8g	5.5%	1.8g	9%	13g	4.9%	8.2g	9.1%	0.29g	0.94g	1.9%	0.16g	2.6%
Apple Pie Timbits®	26 g	404kJ	97Kcal	4.8%	2.5g	3.6%	1.2g	5.9%	17g	6.7%	11g	12%	0.26g	0.92g	1.8%	0.16g	2.7%
White Birthday Cake Timbits®	24 g	405kJ	97Kcal	4.8%	3.8g	5.5%	1.8g	9.0%	15g	5.7%	9.8g	11%	0.30g	0.95g	1.9%	0.16g	2.6%
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%
Honey Cruller Timbits®	15 g	273kJ	65Kcal	3.3%	3.3g	4.7%	1.6g	8.0%	8.6g	3.3%	6.0g	6.6%	0.05g	0.33g	0.67%	0.08g	1.3%
10 Box Timbits®	g	kJ	687 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
20 Box Timbits®	g	kJ	1373 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
50 Box Timbits®	g	kJ	3433 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
6 Box Assorted Donuts	6 serving size g	kJ	1590 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Assorted Donuts	12 serving size g	kJ	3213 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Old Fashioned Glazed Donuts	12 serving size g	kJ	3576 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
24 Box Assorted Donuts	24 serving size g	kJ	6425 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
6 Box Deluxe Donuts	6 serving size g	kJ	1928 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Deluxe Donuts	12 serving size g	kJ	3856 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
Dozen Assorted Donuts Plus Dozen Old Fashioned Glazed Donuts	24 serving size g	kJ	6789 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
Honey Dip Timbits®	18 g	258kJ	62Kcal	3.1%	1.5g	2.2%	0.66g	3.3%	11g	4.2%	6.4g	7.1%	0.17g	0.89g	1.8%	0.08g	1.3%
Chocolate Glazed Timbits®	22 g	367kJ	88Kcal	4.4%	3.9g	5.5%	1.7g	8.7%	12g	4.8%	7.9g	8.8%	0.02g	0.92g	1.8%	0.16g	2.7%
Raspberry Donut	75 g	1097kJ	262Kcal	13%	10g	15%	3.9g	19%	37g	14%	16g	18%	3.3g	3.9g	7.8%	0.45g	7.5%
Raspberry Timbits®	19 g	231kJ	55Kcal	2.8%	1.4g	2.0%	0.54g	2.7%	9.5g	3.7%	5.3g	5.9%	0.84g	0.75g	1.5%	0.07g	1.1%