



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 ?
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
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
Cherry Crush Cooler	No	No	No	No	No	No	No	No	No	No	Maybe	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 (29 Items)																				
Omelette with Tomato & Herb (Single)	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes
Two Omelettes with Tomato & Herb	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes
Omelette with Cheese & Bacon (Single)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Two Omelettes with Cheese & Bacon	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Original Breakfast Wrap	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Big Breakfast Wrap	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Veggie Breakfast Wrap	Yes	Maybe	Yes	Yes	No	No	Yes	Maybe	Maybe	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Egg and Cheese Muffin	Yes	Yes	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Bacon & Egg with Cheese Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Bacon & Egg with Cheese Muffin Stack	Yes	Yes	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Double Bacon & Egg with Cheese Muffin	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Double Bacon & Egg with Cheese Muffin Stack	Yes	Yes	No	No	No	No	No	No	No	Maybe	Yes	Yes	No	No	No	No	No	No	No	No
Sausage & Egg with Cheese Muffin	Yes	Yes	No	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	No	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	No	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	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	No
Veggie Sausage & Egg with Cheese Muffin	Yes	Yes	Yes	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes
Veggie Sausage & Egg with Cheese Muffin Stack	Yes	Yes	Yes	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes
Bacon Roll	Yes	Maybe	No	No	No	No	Maybe	No	No	Maybe	Maybe	Maybe	No	No	No	Maybe	No	No	No	No
Grilled Bagel Breakfast Sandwich with Sausage	Yes	Yes	Yes	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	No	Yes	No	No	No	No
Grilled Bagel Breakfast Sandwich with Bacon	Yes	Maybe	Yes	No	No	No	Maybe	Maybe	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No
Grilled Bagel Breakfast Sandwich with Veggie Sausage	Yes	No	Yes	Yes	No	No	Yes	Maybe	Maybe	Maybe	Yes	Yes	No	No	No	No	No	No	No	Yes
Plain Bagel	Yes	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Bagel with butter	Yes	Maybe	Yes	No	No	No	Maybe	Maybe	No	Yes	Yes	Maybe	No	No	No	Yes	No	No	No	Yes
Bagel with cream cheese	Yes	Maybe	Yes	No	No	No	Maybe	Maybe	No	Yes	Yes	Maybe	No	No	No	Yes	No	No	No	Yes
Bacon & Maple Flavour Pancakes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Maple Flavour Syrup Pancakes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Hazelnut Spread Pancakes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Hash Brown	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Sandwiches (34 Items)																				
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

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 ?
Jalapeño Crispy Chicken Sandwich	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	No	No	No	No	No
Tims® Crispy Chicken Sandwich	Yes	Maybe	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	No	Yes	No	No	No
Tims® Crispy Chicken Stack	Yes	Maybe	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	No	Yes	No	No	No
Jalapeño Crispy Meatless Chicken Sandwich	Yes	No	No	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	Maybe	No	Maybe	No	No	Yes
Jalapeño Crispy Chicken Stack	Yes	No	No	No	No	No	Maybe	No	No	Maybe	Yes	Yes	No	No	Yes	No	No	No	No	No
Crispy Meatless Chicken Sandwich	Yes	Maybe	No	Yes	No	No	Yes	No	No	Maybe	Yes	Yes	No	No	Maybe	No	Yes	No	No	Yes
Jalapeño Crispy Chicken Wrap	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Crispy Chicken Wrap	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Crispy Chicken & Bacon Wrap	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
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
Jalapeño Chicken Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Cheese & Herb Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Cheese & Mustard Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	Yes	No	No	Yes
Ham & Cheese Melt - Mainland UK only	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Ham & Cheese Melt - NI Only	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	No	No	No	No
BBQ Chicken Melt	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	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® 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
Jalapeño Cheesy Bites Sharing Box	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	Maybe	No	No	Yes
Jalapeño Cheesy Bites	Yes	No	No	No	No	No	Maybe	No	No	No	Yes	No	No	No	No	No	Maybe	No	No	Yes
Jalapeño Loaded Lattice Fries	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	Yes	No	No	Yes
Sweet Chilli Sauce	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
BBQ Sauce	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Tomato Ketchup	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Timmies Minis (5 Items)																				
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 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	No	Yes	Maybe	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
12 Box Assorted Donuts	Yes	No	Yes	Maybe	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
24 Box Assorted Donuts	Yes	No	Yes	Maybe	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
12 Box Old Fashioned Glazed Donuts	Yes	No	Maybe	No	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
Dozen Assorted Donuts Plus Dozen Old Fashioned Glazed Donuts	Yes	No	Yes	Maybe	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
6 Box Deluxe Donuts	Yes	No	Yes	No	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
12 Box Deluxe Donuts	Yes	No	Yes	No	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Maybe	No	No	No	Yes
10 Box Timbits®	Yes	Maybe	Maybe	Maybe	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Yes	No	No	No	Yes
20 Box Timbits®	Yes	Maybe	Maybe	Maybe	No	No	Yes	Maybe	No	Maybe	Yes	Yes	No	No	No	Yes	No	No	No	Yes
50 Box Timbits®	Yes	Maybe	Maybe	Maybe	No	No	Yes	Maybe	No	Maybe	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?
Maple Flavour Syrup, Caramel and Fudge Pancakes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Chocolate Hazelnut & Oreo® Pancakes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Banoffee Apple Fritter Donut	Yes	No	Yes	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	No	No	No	No	No	No	No	Yes
Banoffee Deluxe Donut	Yes	No	No	No	No	No	Yes	Maybe	No	Maybe	Yes	Maybe	No	No	No	No	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
Raspberry Donut	Yes	No	No	No	No	No	Maybe	Maybe	No	Maybe	Yes	Maybe	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	No	No	No	No	Yes	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Canadian Maple 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	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	Maybe	Yes	Yes	No	No	No	Maybe	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
Raspberry Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	No	No	No	No	No	No	No	Yes
Old Fashioned Glazed Timbits®	Yes	No	Maybe	No	No	No	Yes	Maybe	No	Maybe	Yes	Yes	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
Honey Dip Timbits®	Yes	No	No	No	No	No	Maybe	Maybe	No	No	Yes	Maybe	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	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
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

### 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 (21 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%
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%
Banoffee Latte	16 oz	1550kJ	370Kcal	19%	13g	19%	8.6g	43%	51g	20%	48g	54%	0.07g	12g	23%	0.49g	8.1%

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)
Banoffee Latte (Small)	12 oz	1290kJ	308Kcal	15%	12g	18%	8.1g	40%	39g	15%	37g	41%	0.07g	9.7g	19%	0.41g	6.8%
Banoffee Latte (Large)	20 oz	1884kJ	450Kcal	23%	15g	21%	9.4g	47%	65g	25%	62g	69%	0.07g	15g	30%	0.61g	10%
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%
Banoffee French Vanilla	16 oz	2500kJ	597Kcal	30%	23g	33%	20g	101%	91g	35%	79g	88%	0.39g	5.6g	11%	1.3g	21%
Banoffee French Vanilla (Small)	12 oz	2037kJ	487Kcal	24%	20g	29%	17g	87%	71g	27%	61g	68%	0.33g	4.6g	9.2%	1.0g	17%
Banoffee French Vanilla (Large)	20 oz	3217kJ	769Kcal	38%	28g	41%	25g	127%	121g	46%	104g	116%	0.51g	7.4g	15%	1.7g	28%
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%
Banoffee Hot Chocolate	16 oz	2771kJ	662Kcal	33%	23g	33%	18g	92%	105g	40%	101g	113%	3.9g	7.1g	14%	1.4g	24%
Banoffee Hot Chocolate (Small)	12 oz	2327kJ	556Kcal	28%	21g	29%	16g	82%	85g	33%	81g	91%	3.3g	6.1g	12%	1.2g	20%
Banoffee Hot Chocolate (Large)	20 oz	3655kJ	874Kcal	44%	29g	41%	24g	118%	141g	54%	137g	152%	5.4g	9.7g	19%	2.0g	33%
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%
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%
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%
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%
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 (32 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 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%

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 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%
Banoffee Frappé	16 oz	1505kJ	360Kcal	18%	9.8g	14%	6.6g	33%	64g	24%	58g	64%	0.45g	3.9g	7.7%	0.30g	5.0%
Banoffee Frappé (Small)	12 oz	1141kJ	273Kcal	14%	9.4g	13%	6.3g	32%	44g	17%	39g	44%	0.32g	2.8g	5.6%	0.23g	3.8%
Banoffee Frappé (Large)	20 oz	1877kJ	449Kcal	22%	10g	15%	6.9g	34%	84g	32%	76g	85%	0.58g	4.9g	9.8%	0.37g	6.2%
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%
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%
Iced Capp® Banoffee	16 oz	2160kJ	516Kcal	26%	27g	39%	18g	88%	65g	25%	61g	67%	0.07g	4.2g	8.5%	0.19g	3.1%
Iced Capp® Banoffee (Small)	12 oz	1605kJ	384Kcal	19%	21g	31%	14g	70%	45g	17%	42g	46%	0.07g	3.2g	6.3%	0.15g	2.5%
Iced Capp® Banoffee (Large)	20 oz	2669kJ	638Kcal	32%	33g	47%	21g	107%	81g	31%	77g	85%	0.07g	5.3g	11%	0.22g	3.7%
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	1923kJ	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 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%
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® Coconut	16 oz	694kJ	171Kcal	8%	1.2g	1%	0.6g	3%	39g	15%	37g	41%	0.1g	1.8g	3%	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)
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%
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%
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%
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%
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 (29 Items)																	
Omelette with Tomato & Herb (Single)	83 g	382kj	91Kcal	4.6%	5.9g	8.4%	1.6g	8.0%	2.5g	0.94%	1.7g	1.9%	0.45g	7.2g	14%	1.7g	28%
Two Omelettes with Tomato & Herb	165 g	746kj	178Kcal	8.9%	11g	16%	3.2g	16%	4.9g	1.9%	3.4g	3.8%	0.90g	14g	29%	3.4g	56%
Omelette with Cheese & Bacon (Single)	85 g	778kj	186Kcal	9.3%	13g	19%	5.7g	29%	2.8g	1.1%	1.1g	1.2%	0.04g	14g	28%	0.73g	12%
Two Omelettes with Cheese & Bacon	169 g	1539kj	368Kcal	18%	26g	37%	11g	57%	5.7g	2.2%	2.1g	2.4%	0.07g	28g	56%	1.5g	24%
Original Breakfast Wrap	202 g	2041kj	488Kcal	24%	25g	35%	7.3g	37%	42g	16%	3.9g	4.3%	3.8g	22g	44%	2.0g	33%
Big Breakfast Wrap	212 g	2259kj	540Kcal	27%	29g	41%	8.7g	43%	44g	17%	3.9g	4.4%	3.8g	25g	50%	2.4g	40%

NUTRITIONAL	Portion	kJ per portion	Kcal per portion	%RI (Adult)	Total Fat Per portion	% RI(Adult)	Saturated fat Per portion (g)	%RI (Adult)	Carbohydrates per portion (g)	%RI (Adult)	Of which are sugars Per portion (g)	%RI (Adult)	Fibre Per portion (g)	Protein Per portion (g)	% RI (Adult)	Salt Per portion (g)	%RI (Adult)
Veggie Breakfast Wrap	200 g	2046kJ	489Kcal	24%	25g	36%	9.6g	48%	44g	17%	3.4g	3.8%	5.9g	18g	37%	2.0g	34%
Egg and Cheese Muffin	150 g	1265kJ	302Kcal	15%	15g	21%	4.5g	23%	28g	11%	3.2g	3.5%	2.1g	13g	26%	0.49g	8.2%
Bacon & Egg with Cheese Muffin	155 g	1719kJ	411Kcal	21%	23g	32%	7.3g	37%	29g	11%	3.2g	3.5%	2.3g	23g	45%	1.7g	29%
Bacon & Egg with Cheese Muffin Stack	203 g	2097kJ	501Kcal	25%	28g	40%	7.5g	37%	38g	15%	3.3g	3.7%	3.5g	24g	47%	1.9g	32%
Double Bacon & Egg with Cheese Muffin	188 g	2173kJ	519Kcal	26%	30g	43%	10g	50%	30g	11%	3.2g	3.6%	2.5g	32g	64%	3.0g	50%
Double Bacon & Egg with Cheese Muffin Stack	229 g	2287kJ	547Kcal	27%	29g	41%	9.2g	46%	39g	15%	3.3g	3.7%	3.7g	33g	66%	3.1g	52%
Sausage & Egg with Cheese Muffin	187 g	1810kJ	433Kcal	22%	24g	35%	8.0g	40%	30g	11%	4.0g	4.5%	2.4g	23g	46%	1.3g	22%
Sausage & Egg with Cheese Muffin Stack	261 g	2188kJ	523Kcal	26%	30g	42%	8.2g	41%	39g	15%	4.1g	4.6%	3.6g	24g	48%	1.5g	24%
Double Sausage & Egg with Cheese Muffin	224 g	2355kJ	563Kcal	27%	34g	48%	11g	57%	31g	12%	4.9g	5.5%	2.6g	33g	66%	2.1g	35%
Double Sausage & Egg with Cheese Muffin Stack	315 g	2733kJ	653Kcal	33%	39g	56%	12g	58%	40g	15%	5.0g	5.6%	3.8g	34g	68%	2.3g	38%
Veggie Sausage & Egg with Cheese Muffin	208 g	1814kJ	434Kcal	22%	25g	35%	10g	51%	31g	12%	3.5g	3.9%	4.5g	19g	39%	1.3g	22%
Veggie Sausage & Egg with Cheese Muffin Stack	272 g	2192kJ	524Kcal	26%	30g	43%	10g	52%	40g	15%	3.6g	4.0%	5.7g	20g	41%	1.5g	25%
Bacon Roll	146 g	1881kJ	450Kcal	22%	25g	35%	8.6g	43%	25g	9.6%	0.64g	0.71%	1.6g	33g	66%	4.1g	69%
Grilled Bagel Breakfast Sandwich with Sausage	212 g	2185kJ	522Kcal	26%	18g	26%	6.9g	35%	60g	23%	7.9g	8.7%	3.1g	27g	55%	2.0g	33%
Grilled Bagel Breakfast Sandwich with Bacon	212 g	2094kJ	500Kcal	25%	16g	24%	6.3g	31%	60g	23%	7.0g	7.8%	3.0g	27g	54%	2.4g	40%
Grilled Bagel Breakfast Sandwich with Veggie Sausage	210 g	2189kJ	523Kcal	26%	18g	26%	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%
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%
Bacon & Maple Flavour Pancakes	154 g	1116kJ	267Kcal	13%	6.8g	9.7%	1.7g	8.7%	44g	17%	25g	27%	0.83g	7.4g	15%	1.2g	20%
Maple Flavour 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%
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 (34 Items)																	
Tims® Double Cheeseburger	222 g	2005kJ	478Kcal	24%	24g	34%	10g	51%	38g	15%	14g	15%	3.7g	27g	54%	2.0g	34%
Tims® Bacon Double Cheeseburger	233 g	2223kJ	530Kcal	26%	27g	39%	12g	58%	40g	15%	14g	15%	3.8g	30g	61%	2.4g	40%
Tims® Triple Cheeseburger	286 g	2684kJ	640Kcal	32%	35g	50%	16g	79%	41g	16%	15g	16%	4.0g	39g	77%	2.5g	41%
Jalapeño Crispy Chicken Sandwich	237 g	1810kJ	431Kcal	22%	12g	17%	2.6g	13%	57g	22%	13g	14%	4.3g	22g	44%	2.5g	41%
Tims® Crispy Chicken Sandwich	224 g	2263kJ	539Kcal	27%	25g	36%	3.6g	18%	53g	20%	11g	12%	4.1g	22g	44%	2.3g	38%
Tims® Crispy Chicken Stack	272 g	2816kJ	672Kcal	34%	34g	49%	6.0g	30%	63g	24%	11g	13%	5.4g	25g	51%	2.4g	40%
Jalapeño Crispy Meatless Chicken Sandwich	228 g	1694kJ	403Kcal	20%	13g	19%	1.9g	9.7%	50g	19%	14g	15%	9.4g	15g	30%	1.9g	31%
Jalapeño Crispy Chicken Stack	285 g	2188kJ	522Kcal	26%	17g	24%	2.8g	14%	66g	25%	13g	14%	5.6g	23g	46%	2.6g	44%
Crispy Meatless Chicken Sandwich	220 g	2023kJ	482Kcal	24%	23g	34%	2.7g	13%	46g	18%	12g	13%	9.4g	16g	31%	1.5g	25%
Jalapeño Crispy Chicken Wrap	175 g	1310kJ	313Kcal	16%	7.2g	10%	1.1g	5.6%	46g	18%	5.1g	5.6%	3.6g	15g	29%	2.0g	34%
Crispy Chicken Wrap	218 g	1235kJ	295Kcal	15%	7.2g	10%	1.1g	5.6%	42g	16%	2.8g	3.1%	3.5g	15g	29%	1.6g	26%
Crispy Chicken & Bacon Wrap	218 g	1453kJ	347Kcal	17%	11g	16%	2.5g	12%	43g	16%	2.8g	3.1%	3.5g	18g	36%	2.0g	33%
Vegan Wrap	190 g	1961kJ	469Kcal	23%	19g	28%	1.9g	9.3%	52g	20%	12g	13%	13g	17g	33%	2.1g	35%
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%
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%
Jalapeño Chicken Melt	216 g	2075kJ	496Kcal	25%	18g	26%	11g	56%	49g	19%	6.4g	7.1%	2.5g	34g	67%	2.4g	41%
Cheese & Herb Melt	172 g	1999kJ	478Kcal	24%	21g	30%	14g	68%	46g	18%	4.8g	5.3%	2.6g	26g	51%	2.2g	37%
Cheese & Mustard Melt	180 g	2014kJ	481Kcal	24%	21g	30%	14g	68%	45g	17%	4.6g	5.1%	2.7g	26g	52%	2.0g	34%
Ham & Cheese Melt - Mainland UK only	155 g	1971kJ	471Kcal	24%	18g	26%	12g	58%	45g	17%	4.1g	4.6%	2.6g	31g	62%	2.7g	44%
Ham & Cheese Melt - NI Only	196 g	2038kJ	487Kcal	24%	19g	27%	12g	60%	45g	17%	4.1g	4.6%	2.6g	33g	66%	2.7g	45%
BBQ Chicken Melt	206 g	2084kJ	498Kcal	25%	18g	26%	11g	57%	49g	19%	7.9g	8.8%	2.6g	34g	67%	2.1g	36%



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 - 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® 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%
Jalapeño Cheesy Bites Sharing Box	266 g	3306kJ	792Kcal	40%	44g	62%	16g	80%	90g	34%	4.8g	5.4%	2.8g	11g	22%	3.4g	56%
Jalapeño Cheesy Bites	133 g	1653kJ	396Kcal	20%	22g	31%	8.0g	40%	45g	17%	2.4g	2.7%	1.4g	5.4g	11%	1.7g	28%
Jalapeño Loaded Lattice Fries	155 g	1560kJ	373Kcal	19%	19g	27%	6.1g	31%	37g	14%	2.9g	3.2%	5.0g	10g	21%	2.5g	41%
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%
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	5.7%
Chipotle Mayonnaise	25 g	582kJ	139Kcal	7.0%	15g	21%	1.1g	5.3%	1.9g	0.72%	0.93g	1.0%	0.13g	0.25g	0.51%	0.25g	4.2%
Sweet Chilli Sauce	25 g	246kJ	59Kcal	2.9%	0.03g	0.04%	0.01g	0.04%	15g	5.6%	0.03g	0.03%	0.13g	0.09g	0.18%	0.4g	6.7%
BBQ Sauce	25 g	194kJ	46Kcal	2.3%	0.08g	0.11%	0.02g	0.10%	11g	4.2%	9.7g	11%	0.15g	0.40g	0.79%	0.34g	5.7%
Tomato Ketchup	25 g	155kJ	37Kcal	1.9%	0.05g	0.07%	0.02g	0.10%	8.8g	3.4%	7.9g	8.7%	0.38g	0.55g	1.1%	0.54g	8.6%
Timmies Minis (5 Items)																	
Timmies Minis Chicken Mayo Sandwich	4 oz	1435kJ	342Kcal	17%	11g	15%	1.8g	9.0%	43g	16%	8.7g	9.7%	3.3g	16g	32%	1.0g	17%
Timmies Minis Cheeseburger	4 oz	1536kJ	366Kcal	18%	14g	20%	6.4g	32%	40g	15%	14g	16%	3.0g	18g	35%	1.0g	17%
Timmies Minis 2 Chicken Tenders	3 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	901kJ	215Kcal	11%	8.7g	12%	5.6g	28%	22g	8.5%	2.0g	2.2%	1.2g	12g	23%	0.86g	14%
Timmies Minis Lattice Fries	40g 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 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Assorted Donuts	12 serving size g	kJ	302 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
24 Box Assorted Donuts	24 serving size g	kJ	302 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Old Fashioned Glazed Donuts	12 serving size g	kJ	306 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
Dozen Assorted Donuts Plus Dozen Old Fashioned Glazed Donuts	24 serving size g	kJ	304 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
6 Box Deluxe Donuts	6 serving size g	kJ	415 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
12 Box Deluxe Donuts	12 serving size g	kJ	415 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
10 Box Timbits®	g	kJ	87 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
20 Box Timbits®	g	kJ	87 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
50 Box Timbits®	g	kJ	87 (average)Kcal	%	g	%	g	%	g	%	g	%	g	g	%	g	%
Maple Flavour Syrup, Caramel and Fudge Pancakes	192 g	2541kJ	607Kcal	30%	18g	25%	9.1g	46%	102g	39%	61g	67%	1.7g	9.3g	19%	1.7g	29%
Chocolate Hazelnut & Oreo® Pancakes	210 g	2610kJ	624Kcal	31%	22g	32%	8.2g	41%	93g	36%	42g	46%	3.6g	12g	24%	1.8g	30%

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)
Banoffee Apple Fritter Donut	139 g	1765kJ	422Kcal	21%	12g	17%	5.3g	27%	72g	28%	36g	40%	1.7g	6.1g	12%	0.94g	16%
Banoffee Deluxe Donut	107 g	1436kJ	343Kcal	17%	12g	17%	5.3g	27%	54g	21%	28g	31%	0.76g	4.2g	8.4%	0.68g	11%
Chocolate Brownie Donut	109 g	1666kJ	398Kcal	20%	15g	21%	7.0g	35%	59g	21%	31g	35%	2.3g	5.9g	12%	0.62g	10%
Raspberry Donut	77 g	1031kJ	247Kcal	12%	7.7g	11%	3.5g	17%	40g	15%	16g	18%	0.74g	4.2g	8.3%	0.50g	8.3%
Maple & Caramel Donut	99 g	1774kJ	424Kcal	21%	14g	20%	7.6g	38%	69g	27%	41g	45%	0.92g	4.5g	9.1%	0.81g	13%
Caramel Apple Fritter	150 g	2051kJ	490Kcal	25%	13g	19%	6.0g	30%	86g	33%	48g	54%	1.8g	6.1g	12%	0.94g	16%
Boston Cream Donut	92 g	1233kJ	295Kcal	15%	12g	16%	5.1g	25%	43g	16%	19g	21%	1.1g	4.2g	8.4%	0.59g	9.8%
Canadian Maple Donut	92 g	1213kJ	290Kcal	14%	10g	15%	4.7g	24%	44g	17%	21g	23%	0.70g	3.9g	7.9%	0.61g	10%
Strawberry Vanilla Donut	94 g	1252kJ	299Kcal	15%	9.7g	14%	4.4g	22%	48g	19%	25g	28%	0.96g	4.1g	8.2%	0.52g	8.6%
Maple Dip Donut	73 g	1138kJ	272Kcal	14%	10g	14%	4.5g	23%	41g	16%	18g	20%	0.73g	4.1g	8.2%	0.55g	9.1%
Vanilla Dip Donut	79 g	1233kJ	295Kcal	15%	9.7g	14%	4.4g	22%	47g	18%	23g	26%	0.77g	4.1g	8.2%	0.52g	8.6%
Chocolate Dip Donut	73 g	1155kJ	276Kcal	14%	11g	16%	4.8g	24%	39g	15%	16g	18%	1.1g	4.4g	8.8%	0.53g	8.8%
Old Fashioned Glazed Donut	76 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	99 g	1371kJ	328Kcal	16%	9.6g	14%	4.2g	21%	54g	21%	23g	25%	1.6g	5.8g	12%	0.70g	12%
Honey Cruller	64 g	1373kJ	328Kcal	16%	23g	32%	11g	55%	30g	11%	17g	19%	0.22g	1.6g	3.2%	0.32g	5.3%
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%
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%
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%
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%
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%
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%
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%