



**TARA GRIMES**  
FITNESS NUTRITION LIFE

NUTRITION SURVIVAL GUIDE TO  
**TIM  
HORTONS**

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NUTRITION SURVIVAL GUIDE TO

# TIM HORTONS

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Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## SANDWICHES, PANINI, WRAPS

Bacon, Tomato & Cheese Panini	600	26	62	7	4	30	3.5
Tuscan Chicken Panini	560	34	62	7	5	21	3.7
Grilled Cheese Panini	490	24	60	7	3	18	3.3
Turkey, Bacon Club Sandwich	400	26	52	5	5	11	3.2
Ham & Swiss Sandwich	370	24	46	5	3	11	2.9
BLT Sandwich	360	10	44	5	3	14	2
Chicken Salad Sandwich	330	20	45	5	3	9	2.4
BBQ Chicken Wrap Snacker	190	12	25	3	4	5	1.6
Chicken Ranch Wrap Snacker	190	12	22	3	1	6	1.6
Chicken Salad Wrap Snacker	190	10	22	3	1	7	1.4

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BREAKFAST SANDWICHES

Biscuit, Sausage, Egg, Cheese	490	20	34	2	4	31	2.8
Biscuit, Sausage, Egg White, Cheese	430	19	32	2	3	26	2.6
Biscuit, Bacon, Egg, Cheese	410	19	34	2	4	22	2.6
English Muffin, Sausage, Egg, Cheese	410	19	30	1	3	24	2.1
Biscuit, Bacon, Egg White, Cheese	360	18	33	2	3	17	2.3
English Muffin, Sausage, Egg White, Cheese	360	18	29	1	2	19	1.9
Biscuit, Egg, Cheese	350	15	34	2	4	17	2.2
English Muffin, Bacon, Egg, Cheese	330	17	30	1	3	15	1.9
Biscuit, Egg White, Cheese	300	14	32	2	3	12	2
English Muffin, Bacon, Egg White, Cheese	280	17	29	1	2	10	1.6
English Muffin, Egg, Cheese	270	13	30	1	3	10	1.5
English Muffin, Egg White, Cheese	220	13	29	1	2	5	1.3

## BREAKFAST PANINI

Flatbread, Sausage, Egg, Cheese	410	19	28	4	4	26	2.3
Flatbread, Sausage, Egg White, Cheese	350	18	26	4	3	21	2.1
Flatbread, Bacon, Egg, Cheese	330	18	28	4	4	17	2.1
Flatbread, Bacon, Egg White, Cheese	280	17	27	4	3	12	1.8

## GRILLED BREAKFAST WRAPS

Sausage, Egg, Cheese	390	17	24	3	1	26	2.2
Bacon, Egg, Cheese	310	15	24	3	1	17	1.9
Egg, Cheese	250	12	24	3	1	12	1.6

## BREAKFAST (OTHER)

Sausage Bagel BELT™ (Plain Bagel)	570	24	65	3	6	26	3
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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bagel BELT® (Plain Bagel)	500	23	65	3	6	17	2.8
Sausage and Biscuit	350	11	29	2	3	22	1.7
Oatmeal - Maple	220	5	49	4	20	3	0.6
Oatmeal - Mixed Berries	210	6	44	6	14	3	0.6
Hash Brown	120	1	16	1	0	7	0.8
Sausage Bagel BELT™ (Plain Bagel)	570	24	65	3	6	26	3
Bagel BELT® (Plain Bagel)	500	23	65	3	6	17	2.8
Sausage and Biscuit	350	11	29	2	3	22	1.7
Oatmeal - Maple	220	5	49	4	20	3	0.6
Oatmeal - Mixed Berries	210	6	44	6	14	3	0.6
Hash Brown	120	1	16	1	0	7	0.8

## YEAST DONUTS

Blueberry Fritter	310	7	55	1	21	7	0.9
Caramel Apple Fritter	300	7	52	2	17	8	1
Apple Fritter	290	7	48	2	15	8	0.8
Game Day (Vanilla Dip)	250	4	46	1	24	6	0.5
Vanilla Dip with Coloured Sprinkles	250	4	46	1	24	6	0.5
Dutchie	230	5	38	1	15	6	0.5
Chocolate Dip	190	4	31	1	10	6	0.5
Honey Dip	190	4	31	1	11	6	0.5
Maple Dip	190	4	31	1	11	6	0.5

## CAKE DONUTS

Sour Cream Glazed	340	3	46	1	29	16	0.6
Chocolate White Coconut	320	4	38	2	18	18	0.9
Chocolate Toasted Coconut	310	4	39	2	20	16	0.8
Chocolate Peanut Crunch	300	5	32	2	13	17	0.8
Peanut Crunch	300	5	39	1	20	14	0.7
White Coconut	300	4	39	2	20	14	0.7
Sour Cream Sugar	290	3	33	1	16	16	0.6
Toasted Coconut	290	4	40	1	22	13	0.7
Chocolate Glazed	280	4	37	1	19	14	0.8
Chocolate Mint	280	4	36	1	17	14	0.8
Double Chocolate	270	4	35	1	16	14	0.8
Old Fashion Glazed	270	3	41	1	23	10	0.7
Sour Cream Cinnamon	270	3	29	1	12	16	0.5
Sour Cream Plain	270	3	27	1	11	16	0.5
Old Fashion Dip	250	3	36	1	17	10	0.7
Old Fashion Sugar	240	3	33	1	15	10	0.7
Cinnamon Sugar	220	3	28	1	10	10	0.7
Old Fashion Plain	210	3	25	1	8	10	0.7

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## FILLED DONUTS

Boston Cream	220	5	37	1	15	6	0.6
Canadian Maple	210	5	37	1	16	6	0.6
Blueberry	200	4	34	1	12	5	0.6
Cherry	200	5	33	1	11	6	0.5
Raspberry	200	4	33	1	12	5	0.6
Strawberry	200	5	34	1	14	5	0.6
Banana Cream	190	4	31	1	9	6	0.6
Lemon	190	4	31	1	10	5	0.6
Spiced Apple	190	4	32	1	11	5	0.6
Venetian Cream	190	5	30	1	9	6	0.6

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## DONUTS (OTHER)

Walnut Crunch	360	4	38	2	20	22	0.9
Honey Cruller	310	2	37	0	22	18	0.5
Game Day Supreme	260	5	48	1	25	6	0.6
Long John	250	5	43	1	15	7	0.6

## COOKIES

Peanut Butter	280	6	27	2	16	17	0.6
Caramel Chocolate Pecan	250	3	32	1	16	12	0.7
Smile Cookie	250	3	38	1	22	10	0.6
White Chocolate Macadamia Nut	250	3	32	1	16	13	0.6
Chocolate Chunk	240	3	34	1	19	10	0.6
Triple Chocolate	230	2	29	2	19	12	0.5
Trail Mix with Fruit and Nuts	220	4	34	4	20	8	0.4
Ginger Molasses	210	2	35	1	19	7	0.4
Oatmeal Raisin Spice	210	3	32	1	19	8	0.5
Oatcakes	180	2	22	2	10	9	0.5

## HOT BEVERAGES

White Hot Chocolate	260	1	42	0	35	9	0.6
French Vanilla Cappuccino	250	4	41	1	31	8	0.5
Hot Chocolate	240	2	45	2	38	6	0.8
English Toffee Cappuccino	240	4	41	2	30	7	0.5
Apple Cider	210	0	52	0	52	0	0
Café Mocha	190	1	29	1	24	8	0.4
Chocolate Latte	180	6	24	0	22	6	0.3
Flavoured Latte	100	7	19	0	18	0	0.3
Latte	80	8	12	0	11	0	0.3

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## COLD BEVERAGES

Mocha Iced Capp™	290	2	42	0	38	11	0.2
Iced Capp™ (Cream)	250	2	33	0	33	11	0.1
Flavoured Iced Capp™ (Cream)	250	2	34	0	33	11	0.1
Iced Chocolate Latte	180	4	26	1	22	6	0.3
Iced Capp™ (Chocolate Milk)	160	3	36	0	36	1	0.2
Iced Capp™ (Milk)	150	3	32	0	32	2	0.1
Mocha Iced Coffee	150	2	20	0	13	6	0.2
Mixed Berry Fruit Smoothie w Yogurt	150	2	35	1	32	1	0.1
Strawberry Banana Fruit Smoothie w Yogurt	150	2	34	0	31	1	0.1
Mixed Berry Fruit Smoothie no Yogurt	130	0	33	1	30	0	0
Strawberry Banana Fruit Smoothie no Yogurt	130	0	33	0	30	0	0
Frozen Lemonade	120	0	28	0	26	0	0
Iced Coffee (Cream)	110	1	12	0	8	6	0.1
Flavoured Iced Coffee (Cream)	110	1	13	0	8	6	0.1
Iced Latte	90	4	14	0	14	2	0.2
Flavoured Iced Latte	90	4	15	0	14	2	0.2
Iced Coffee (Chocolate Milk)	80	2	16	0	11	1	0.2
Iced Coffee (Milk)	70	2	12	0	8	1	0.1

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## DRINKS (OTHER)

Whipped Topping and Drizzle	80	0	7	0	6	5	0
Espresso Shot	2	0	1	0	0	0	0
Flavour Shot	0	0	1	0	0	0	0

## YEAST TIMBITS

Apple Fritter	50	1	9	0	4	2	0.1
Dutchie	50	1	9	0	4	2	0.1
Honey Dip	45	1	8	0	4	1	0.1

## CAKE TIMBITS

Sour Cream Glazed	90	1	12	0	7	5	0.1
Chocolate Peanut Crunch	80	1	10	1	5	4	0.2
Chocolate Toasted Coconut	80	1	10	0	5	4	0.2
Chocolate White Coconut	80	1	10	1	5	4	0.2
Peanut Crunch	80	1	11	1	5	4	0.2
Sour Cream Cinnamon	80	1	8	0	4	5	0.1
White Coconut	80	1	11	1	5	4	0.2
Chocolate Glazed	70	1	10	0	5	3	0.2
Old Fashion Glazed	70	1	10	0	5	3	0.2
Sour Cream Plain	70	1	7	0	3	5	0.1

1-200 CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cinnamon Sugar	60	1	8	1	3	3	0.2
Honey Cruller	60	0	8	0	5	3	0.1
Old Fashion Sugar	60	1	8	0	3	3	0.2
Old Fashion Plain	50	1	7	0	2	3	0.2

201-300 CAL

## FILLED TIMBITS

Strawberry	50	1	8	0	4	1	0.1
Lemon	45	1	7	0	3	1	0.1
Raspberry	45	1	8	0	4	1	0.1
Spiced Apple	45	1	8	0	3	1	0.1
Venetian Cream	45	1	7	0	2	2	0.1

301-400 CAL

401-500 CAL

## MUFFINS

Chocolate Chip	410	5	62	2	36	16	1.1
Triple Chocolate	400	5	63	2	38	15	1
Banana Nut	390	6	52	2	27	18	1
Lemon Poppyseed	390	6	56	1	26	16	1.1
Oatmeal Raisin Nut	390	6	59	3	24	14	0.9
Whole Grain Raspberry	380	5	55	4	26	15	1.1
Raisin Bran	370	5	64	4	37	12	0.9
Strawberry Sensation	360	5	57	1	27	11	1.3
Whole Grain Carrot Orange	360	5	57	4	29	13	1
Fruit Explosion	350	5	57	2	27	11	1.2
Whole Grain Blueberry	350	5	53	5	24	14	1.1
Blueberry	330	5	54	2	25	11	1.2
Low Fat Double Berry	290	4	59	2	30	3	1.3
Cranberry Blueberry Bran	280	5	53	4	24	13	1

501+ CAL

## CLASSIC BAGELS

12 Grain	350	11	55	6	7	9	1.3
Cinnamon Raisin	300	9	63	3	11	2	1
Everything	300	10	57	2	3	4	1.2
Sesame Seed	300	10	57	3	4	4	1.2
Onion	290	10	59	2	4	2	1.2
Plain	290	10	58	2	4	2	1.2
Wheat 'N Honey	290	10	58	5	7	3	1.2
Blueberry	280	9	58	2	6	2	1.1
Cheddar Cheese	210	9	40	2	2	3	1.1

1-200 CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Plain Cream Cheese Spread	140	3	2	0	2	14	0.5
Herb and Garlic Cream Cheese Spread	140	3	2	0	2	13	0.6
Peanut Butter	110	3	5	1	1	9	0.2
Light Plain Cream Cheese Spread	100	4	2	0	2	8	0.6
Light Strawberry Cream Cheese Spread	100	3	8	0	7	6	0.4
Butter	70	0	0	0	0	8	0.2
Strawberry Jam	60	0	14	0	14	0	0
Margarine	50	0	0	0	0	6	0.1

201-300 CAL

301-400 CAL

## OTHER BAKED GOODS

401-500 CAL

501+ CAL

Cinnamon Roll - Frosted	460	4	58	2	22	24	0.9
Danish - Chocolate	450	7	52	3	22	25	0.6
Cinnamon Roll - Chocolate	420	4	52	2	16	22	0.9
Cinnamon Roll - Glazed	410	4	49	2	14	22	0.9
Danish - Maple Pecan	400	7	53	2	21	19	0.7
Danish - Blueberry	380	6	52	2	23	16	0.7
Danish - Cherry Cheese	370	5	50	1	24	16	0.8
Croissant - Cheese	310	7	30	1	3	17	0.8
Tea Biscuit - Cheese	300	9	36	1	5	14	1.7
Danish - Caramel Apple	290	5	32	1	21	16	0.7
Tea Biscuit - Ham & Cheese	290	9	34	1	5	13	1.7
Croissant - Plain	280	6	30	1	3	15	0.7
Tea Biscuit - Raisin	280	6	46	2	15	9	1.4
Tea Biscuit - Plain	240	5	35	1	5	9	1.4
Homestyle Biscuit	210	6	29	2	3	8	1.1
Strudel - Strawberry Cheese	160	2	18	1	6	9	0.4
Strudel - Apple	150	2	18	1	6	8	0.3

## YOGHURT & BERRIES

Creamy Vanilla with Berries	160	4	33	2	25	2	0.1
Strawberry with Berries	140	4	27	2	20	3	0.1



Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## HOT BOWLS

Chili	290	18	20	5	5	16	3
French Onion Soup	230	10	26	1	6	9	2.4
Hearty Potato Bacon Soup	230	6	22	1	5	13	1.9
Creamy Sundried Tomato Soup	210	5	19	1	8	13	1.9
Clam Chowder	190	9	23	1	6	7	1.7
Cauliflower Cheese Soup	170	6	12	1	2	12	2.1
Italian Wedding Soup	160	4	28	1	7	3	1.6
Cream of Broccoli Soup	150	6	16	2	6	7	1.7
Creamy Field Mushroom Soup	150	2	29	1	3	3	1.6
Split Pea with Ham Soup	150	7	26	2	7	2	1.7
Tomato Whole Grain Pasta Soup	140	4	29	2	5	1	1.9
Beef Noodle Soup	130	6	24	2	7	1	2.1
Minestrone Soup	120	4	25	3	8	1	1.7
Turkey and Wild Rice Soup	120	5	23	1	4	1	1.6
Chicken Noodle Soup	110	5	19	1	5	2	1.6
Hearty Vegetable Soup	80	4	14	2	3	0	1.5

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BUNS & BREAD

Regular White Buns	210	7	42	2	1	1	1.1
Regular Whole Wheat Buns	200	8	40	4	1	1	1.1
Mini Whole Wheat Buns	110	4	21	2	0	1	0.6