Tim Hortons Calorie and Nutrition Guide (Canada)

A free, printable guide to calories, fat, sodium, carbs, sugar and protein for the Tim Hortons Canada menu. Use it to compare items before you order, plan a lower calorie meal, or track your macros.

Source: nutrition values come from the Tim Hortons Canada nutrition information for products as of August 2025, based on standard recipes. Actual values can vary by restaurant, recipe changes and season. Limited time and regional items may be missing. For allergens and the latest numbers, use the Tim Hortons app or timhortons.ca. This is an independent guide by Tim Hortons Menu Hub and is not affiliated with Tim Hortons.

Quick Picks

Lowest calorie drinks

Original Blend Coffee - Medium: 4 Cal, 0 g protein

Light Iced Capp - Small: 170 Cal, 3 g protein

Classic Lemonade - Small: 90 Cal, 0 g protein

Lighter food picks

Spinach & Egg White Omelette Bites: 130 Cal, 13 g protein

Hash Brown: 120 Cal, 1 g protein

Garden Minestrone Soup - Regular: 100 Cal, 5 g protein

Chicken Noodle Soup - Regular: 140 Cal, 9 g protein

High protein picks

Chili - Large: 430 Cal, 27 g protein

Sausage Scrambled Egg Loaded Box: 600 Cal, 24 g protein

Bacon & Cheese Omelette Bites: 210 Cal, 15 g protein

Chicken Noodle Soup - Large: 190 Cal, 10 g protein

Coffee, Tea & Other Hot Beverages

Brewed Coffee

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Original Blend Coffee - Small	3	0	0	0	0	0	0	0
Original Blend Coffee - Medium	4	0	0	0	0	0	0	0
Original Blend Coffee - Large	5	0	0	0	0	0	0	0
Original Blend Coffee - X Large	5	0	0	0	0	0	0	0
Dark Roast Coffee - Small	3	0	0	0	0	0	0	0
Dark Roast Coffee - Medium	4	0	0	0	0	0	0	0
Dark Roast Coffee - Large	5	0	0	0	0	0	0	0
Dark Roast Coffee - X Large	5	0	0	0	0	0	0	0
Decaf Coffee - Small	3	0	0	0	0	0	0	0
Decaf Coffee - Medium	4	0	0	0	0	0	0	0
Decaf Coffee - Large	5	0	0	0	0	0	0	0
Decaf Coffee - X Large	5	0	0	0	0	0	0	0
Regular Coffee - Small	70	4	2.5	25	8	0	8	1
Regular Coffee - Medium	100	6	4	40	11	0	11	1
Regular Coffee - Large	120	8	5	50	14	0	13	1
Regular Coffee - X Large	150	9	6	55	18	0	17	1
Double Double Coffee - Small	130	8	4.5	45	16	0	16	1
Double Double Coffee - Medium	200	13	8	80	22	0	21	2
Double Double Coffee - Large	250	15	10	95	28	0	27	2
Double Double Coffee - X Large	300	18	11	115	35	0	34	3

Espresso Beverages

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Cappuccino - Small	80	3	2	70	9	0	8	6
Cappuccino - Medium	120	4.5	3	95	12	0	11	8
Cappuccino - Large	170	6	4	135	16	0	15	11
Latte - Small	90	3.5	2	80	10	0	9	6
Latte - Medium	140	5	3.5	115	14	0	13	10
Latte - Large	190	7	4.5	160	19	0	18	13
Protein Latte - Small	110	4	2	50	6	0	6	13
Protein Latte - Medium	170	6	4	80	10	0	9	20
Protein Latte - Large	230	8	5	105	13	1	12	27

Specialty Beverages

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Coffee Mocha - Small	110	1.5	1.5	90	24	1	17	1
Coffee Mocha - Medium	140	2	2	115	31	1	22	1
Coffee Mocha - Large	190	2.5	2.5	150	41	1	29	1
Coffee Mocha - X Large	250	2.5	3	200	54	1	38	1
French Vanilla Cappuccino - Small	260	10	10	180	39	1	30	3
French Vanilla Cappuccino - Medium	330	12	12	230	50	1	39	3
French Vanilla Cappuccino - Large	430	17	16	310	66	1	51	5
French Vanilla Cappuccino - X Large	570	22	22	410	88	1	68	6
Hot Chocolate - Small	220	3	3	180	48	1	34	1
Hot Chocolate - Medium	280	4	3.5	230	62	2	43	1
Hot Chocolate - Large	380	5	4.5	310	82	2	58	2
Hot Chocolate - X Large	500	7	6	410	108	3	76	3
White Hot Chocolate - Small	250	9	8	250	43	0	36	1
White Hot Chocolate - Medium	330	11	10	310	55	0	45	1
White Hot Chocolate - Large	430	15	14	420	73	0	60	2
White Hot Chocolate - X Large	570	20	18	550	96	0	80	2

Tea & Tea Lattes

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Bagged Tea	0	0	0	0	0	0	0	0
Steeped Tea	0	0	0	0	0	0	0	0
London Fog - Small	110	2	1.5	50	19	0	19	4
London Fog - Medium	160	3	2	110	28	0	28	6
London Fog - Large	240	4.5	3	160	38	0	38	8

Cold Beverages

Iced Coffee & Cold Brew

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Original Iced Coffee - Small	120	6	4	35	15	0	15	1
Original Iced Coffee - Medium	150	8	4.5	45	20	0	19	1
Original Iced Coffee - Large	240	13	8	65	30	0	29	1
Light Iced Coffee - Small	70	1	0.5	30	14	0	14	2
Light Iced Coffee - Medium	100	1	1	40	21	0	21	3
Light Iced Coffee - Large	140	1.5	1	55	28	0	28	3
Original Cold Brew - Small	120	6	4	35	15	0	15	1
Original Cold Brew - Medium	150	8	5	40	22	0	22	1
Original Cold Brew - Large	240	13	8	65	30	0	29	1
Vanilla Cream Cold Brew - Small	120	6	3.5	30	15	0	15	1
Vanilla Cream Cold Brew - Medium	160	7	4	35	22	0	22	1
Vanilla Cream Cold Brew - Large	240	12	7	55	30	0	30	2
Roasted Hazelnut Cold Brew - Small	180	12	9	60	18	0	16	1
Roasted Hazelnut Cold Brew - Medium	220	14	10	70	25	0	22	2
Roasted Hazelnut Cold Brew - Large	300	19	14	105	32	0	29	2

Iced Lattes

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Original Iced Latte - Small	150	4	2	80	22	0	22	6
Original Iced Latte - Medium	200	5	3	100	31	0	31	8
Original Iced Latte - Large	250	5	3	120	40	0	40	10
Unsweetened Iced Latte - Small	90	4	2	80	9	0	9	6
Unsweetened Iced Latte - Medium	120	5	3	100	11	0	11	8
Unsweetened Iced Latte - Large	140	5	3	120	14	0	13	10
Original Protein Iced Latte - Small	160	4	2	50	19	0	19	12
Original Protein Iced Latte - Medium	230	5	3	70	28	0	28	17
Original Protein Iced Latte - Large	310	7	4	90	38	1	37	23

Iced Capps

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Original Iced Capp - Small	260	11	7	75	38	0	36	2
Original Iced Capp - Medium	330	16	10	105	45	0	42	3
Original Iced Capp - Large	430	22	14	140	59	1	56	4
Light Iced Capp - Small	170	1.5	1	35	39	0	37	3
Light Iced Capp - Medium	210	2	1	45	45	0	43	4
Light Iced Capp - Large	270	2.5	1.5	60	60	1	57	5
Mocha Iced Capp - Small	430	19	14	200	67	1	61	3
Mocha Iced Capp - Medium	530	24	17	260	79	2	72	4
Mocha Iced Capp - Large	650	29	21	330	98	2	90	6
Vanilla Iced Capp - Small	440	18	14	150	69	0	64	3
Vanilla Iced Capp - Medium	540	23	17	200	81	0	76	3
Vanilla Iced Capp - Large	660	28	20	250	101	1	95	4
Caramel Iced Capp - Small	440	19	14	180	67	0	63	3
Caramel Iced Capp - Medium	530	24	18	230	79	0	74	4
Caramel Iced Capp - Large	660	29	21	290	98	1	92	5

Creamy Chills

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Chocolate Creamy Chill - Small	450	19	14	230	71	1	63	3
Chocolate Creamy Chill - Medium	550	24	17	290	83	1	74	4
Chocolate Creamy Chill - Large	680	29	21	370	104	2	93	5
Vanilla Creamy Chill - Small	450	18	14	180	73	0	66	2
Vanilla Creamy Chill - Medium	560	23	17	230	86	0	78	3
Vanilla Creamy Chill - Large	690	28	20	290	107	0	98	4
Strawberry Creamy Chill - Small	450	18	14	130	72	0	64	2
Strawberry Creamy Chill - Medium	550	23	17	170	85	0	75	3
Strawberry Creamy Chill - Large	680	28	20	210	106	1	94	4

Lemonades

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Frozen Lemonade - Small	200	0	0	35	51	0	46	0
Frozen Lemonade - Medium	250	0	0	45	62	0	56	0
Frozen Lemonade - Large	330	0	0	55	82	0	73	0
Strawberry Frozen Lemonade - Small	250	0	0	35	62	0	56	0.1
Strawberry Frozen Lemonade - Medium	310	0	0	40	79	0	71	0.1
Strawberry Frozen Lemonade - Large	410	0	0	55	102	0	92	0.2
Classic Lemonade - Small	90	0	0	10	23	0	21	0
Classic Lemonade - Medium	110	0	0	10	30	0	28	0
Classic Lemonade - Large	140	0	0	15	39	0	36	0

Sparkling Quenchers

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Blackberry Yuzu Quencher - Small	80	0	0	0	19	0	19	0
Blackberry Yuzu Quencher - Medium	110	0	0	1	28	0	28	0
Blackberry Yuzu Quencher - Large	150	0	0	1	37	0	36	0
Orange Tangerine Quencher - Small	80	0	0	5	19	0	17	0
Orange Tangerine Quencher - Medium	120	0	0	10	28	0	26	0
Orange Tangerine Quencher - Large	160	0	0	10	37	0	34	0
Peach Quencher - Small	50	0	0	5	12	0	11	0
Peach Quencher - Medium	70	0	0	10	18	0	16	0
Peach Quencher - Large	100	0	0	10	24	0	21	0
Pineapple Dragon Fruit Quencher - Small	40	0	0	5	9	0	8	0
Pineapple Dragon Fruit Quencher - Medium	60	0	0	10	14	0	12	0
Pineapple Dragon Fruit Quencher - Large	80	0	0	15	19	0	16	0
Strawberry Watermelon Quencher - Small	40	0	0	10	10	0	8	0
Strawberry Watermelon Quencher - Medium	60	0	0	15	15	0	12	0
Strawberry Watermelon Quencher - Large	80	0	0	20	19	0	16	0

Lemonade Quenchers

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Blackberry Yuzu Quencher - Small	120	0	0	2	31	0	30	0
Blackberry Yuzu Quencher - Medium	170	0	0	3	43	0	42	0
Blackberry Yuzu Quencher - Large	220	0	0	4	56	0	54	0
Orange Tangerine Quencher - Small	130	0	0	5	31	0	29	0
Orange Tangerine Quencher - Medium	180	0	0	10	43	0	40	0
Orange Tangerine Quencher - Large	230	0	0	15	56	0	52	0
Peach Quencher - Small	90	0	0	5	24	0	22	0
Peach Quencher - Medium	130	0	0	10	33	0	30	0
Peach Quencher - Large	170	0	0	15	43	0	38	0
Pineapple Dragon Fruit Quencher - Small	80	0	0	10	22	0	19	0
Pineapple Dragon Fruit Quencher - Medium	120	0	0	10	29	0	26	0
Pineapple Dragon Fruit Quencher - Large	150	0	0	15	38	0	34	0
Strawberry Watermelon Quencher - Small	90	0	0	10	22	0	19	0
Strawberry Watermelon Quencher - Medium	120	0	0	15	30	0	26	0
Strawberry Watermelon Quencher - Large	150	0	0	25	39	0	33	0

Frozen Quenchers

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Blackberry Yuzu Quencher - Small	330	7	7	55	68	0	62	0
Blackberry Yuzu Quencher - Medium	390	7	7	60	82	0	76	0
Blackberry Yuzu Quencher - Large	480	7	7	70	104	0	96	0
Orange Tangerine Quencher - Small	340	7	7	60	68	0	61	0
Orange Tangerine Quencher - Medium	400	7	7	65	82	0	74	0
Orange Tangerine Quencher - Large	490	7	7	80	104	0	94	0
Peach Quencher - Small	310	7	7	60	61	0	54	0
Peach Quencher - Medium	350	7	7	65	73	0	64	0
Peach Quencher - Large	430	7	7	80	91	0	80	0
Pineapple Dragon Fruit Quencher - Small	300	7	7	60	59	0	51	0
Pineapple Dragon Fruit Quencher - Medium	340	7	7	70	69	0	60	0
Pineapple Dragon Fruit Quencher - Large	410	7	7	80	86	0	76	0
Strawberry Watermelon Quencher - Small	300	7	7	65	59	0	21	0
Strawberry Watermelon Quencher - Medium	340	7	7	75	69	0	60	0
Strawberry Watermelon Quencher - Large	410	7	7	90	87	0	75	0

Beverage Additions

Dairy (single serving)

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Cream for Coffee - Small	40	4	2	20	1	0	1	1
Cream for Coffee - Medium	60	6	4	30	2	0	1	1
Cream for Coffee - Large	80	8	5	40	2	0	2	1
Cream for Coffee - X Large	90	9	6	45	2	0	2	1
Cream for Iced Coffee - Small	70	7	4	30	2	0	1	1
Cream for Iced Coffee - Medium	80	8	5	35	2	0	2	1
Cream for Iced Coffee - Large	130	13	8	60	3	0	3	2
Cream for Tea - Small	40	4	2	20	1	0	1	1
Cream for Tea - Medium	60	6	4	30	2	0	1	1
Cream for Tea - Large	80	8	5	40	2	0	2	1
Cream for Tea - X Large	90	9	6	45	2	0	2	1
Milk for Coffee - Small	15	0.5	0.5	10	1	0	1	1
Milk for Coffee - Medium	20	1	0.5	20	2	0	2	2
Milk for Coffee - Large	30	1	1	25	3	0	3	2
Milk for Coffee - X Large	40	1.5	1	30	4	0	4	3
Milk for Iced Coffee - Small	25	1	0.5	20	2	0	2	2
Milk for Iced Coffee - Medium	35	1	1	30	3	0	3	2
Milk for Iced Coffee - Large	45	2	1	35	4	0	4	3
Milk for Tea - Small	10	0.5	0.3	10	1	0	1	1
Milk for Tea - Medium	15	0.5	0.4	15	1	0	1	1
Milk for Tea - Large	20	1	0.5	20	2	0	2	2
Milk for Tea - X Large	25	1	0.6	25	2	0	2	2

Sugar (single serving)

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Sugar for Coffee & Tea - Small	30	0	0	0	7	0	7	0
Sugar for Coffee & Tea - Medium	35	0	0	0	9	0	9	0
Sugar for Coffee & Tea - Large	45	0	0	0	12	0	12	0
Sugar for Coffee & Tea - X Large	60	0	0	0	15	0	15	0

Flavoured Syrups (per pump)

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Cane Sugar Syrup	25	0	0	0	7	0	7	0
Mocha Syrup	25	0	0	30	6	0	6	0
Vanilla Syrup	30	0	0	15	7	0	7	0
Roasted Hazelnut Flavoured Syrup	25	0	0	1	6	0	6	0
Caramel Toffee Syrup	30	0	0	45	7	0	6	0
Toasted Marshmallow Syrup	30	0	0	1	7	0	7	0
Brown Sugar Syrup	25	0	0	2	7	0	6	0
Pumpkin Spice Syrup	25	0	0	10	5	0	5	0

Donuts

Donuts

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Apple Fritter	330	11	5	280	54	2	23	6
Boston Cream Donut	240	8	3.5	240	38	1	16	4
Canadian Maple Donut	250	8	3.5	240	38	1	16	4
Chocolate Cruller Donut	360	22	11	120	40	0	28	2
Chocolate Dip Donut	220	8	3.5	190	33	1	12	4
Chocolate Éclair Donut	310	14	9	230	45	1	20	5
Chocolate Glazed Donut	330	21	10	210	34	1	20	3
Chocolate Marble Donut	320	21	10	210	31	1	17	3
Chocolate Snow Donut	290	21	10	210	24	1	10	3
Chocolate Toasted Coconut Donut	360	24	14	220	34	2	19	3
Coconut Cream Donut	260	10	5	240	39	1	17	4
Double Chocolate Donut	310	21	10	210	28	1	14	3
Honey Cruller Donut	320	22	11	120	30	0	18	2
Honey Dip Donut	250	7	3.5	190	41	1	21	4
Long John Donut	240	9	4	210	36	1	13	4
Maple Cruller Donut	360	22	11	120	40	0	28	2

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Maple Dip Donut	220	7	3.5	190	33	1	12	4
Maple Éclair Donut	310	14	9	230	43	1	18	5
Maple Swirl Donut	250	8	3.5	240	39	1	17	4
Old Fashioned Dip Donut	310	18	9	230	34	1	16	3
Old Fashioned Glazed Donut	330	18	9	230	40	1	22	3
Old Fashioned Plain Donut	280	18	9	230	26	1	9	3
Old Fashioned Snow Donut	290	18	9	230	30	1	12	3
Old Fashioned Sugar Donut	300	18	9	230	33	1	16	3
Powdered Venetian Cream Donut	220	8	4	240	32	1	10	4
Sour Cream Glazed Donut	340	18	8	180	40	1	24	3
Sour Cream Plain Donut	280	18	8	180	26	1	11	3
Sour Cream Sugar Donut	300	16	8	180	32	1	16	3
Strawberry Dip Donut	220	7	3.5	190	33	1	12	4
Strawberry Filled Donut	240	8	3.5	210	38	1	16	4
Strawberry Swirl Donut	230	7	3.5	190	38	1	17	4
Strawberry Vanilla Donut	270	8	3.5	210	49	1	15	4
Sugar Loop Donut	200	7	3.5	190	29	1	8	4
Toasted Coconut Donut	360	21	12	240	39	2	21	4
Vanilla Dip Donut	250	7	3.5	190	40	1	19	4

Timbits

Timbits

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Birthday Cake Timbit	80	3	1.5	60	13	1	9	1
Chocolate Glazed Timbit	80	3.5	1.5	70	11	0	6	1
Chocolate Snow Ball Timbit	70	3.5	1.5	70	8	0	3	1
Chocolate Toasted Coconut Timbit	90	4.5	3	75	11	1	6	1
Honey Dip Timbit	50	1.5	0.5	25	8	0	5	1
Old Fashioned Glazed Timbit	80	3.5	1.5	64	12	0	7	1
Old Fashioned Plain Timbit	60	3.5	1.5	65	8	0	3	1
Old Fashioned Sugar Timbit	70	3.5	1.5	65	9	0	4	1
Snow Ball Timbit	70	3.5	15	65	8	0	3	1
Sour Cream Glazed Timbit	90	5	2.5	50	11	0	7	1
Sour Cream Plain Timbit	80	5	2.5	50	7	0	3	1
Sour Cream Sugar Timbit	80	5	2.5	50	8	0	4	1
Strawberry Timbit	50	1.5	0.5	30	8	0	4	1
Toasted Coconut Timbit	90	4.5	3	70	12	1	6	1
Venetian Cream Timbit	50	1.5	1	40	7	0	3	1

Baked Goods

Muffins

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Chocolate Chip Muffin	420	17	5	400	64	2	36	6
Fruit Explosion Muffin	360	12	2	490	59	2	30	5
Wild Blueberry Muffin	380	14	2	500	56	2	29	6
Raisin Bran Muffin	380	13	2	500	60	5	30	6
Carrot Cake Walnut Muffin	360	13	2.5	480	55	2	28	6
Banana Pecan Muffin	340	10	2	790	60	9	20	6
Pumpkin Spice Muffin	390	15	3	520	58	2	31	6

Cookies & Brownies

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Chocolate Chunk Cookie	310	17	10	260	38	1	22	3
Oreo Chunk Cookie	310	15	8	250	41	1	21	4
Reese's Minis Dream Cookie	350	17	9	320	45	1	31	5
Dream Cookie made with M&M; Minis	360	18	9	230	47	1	30	4
Chocolate Chunk Brookie	410	22	12	310	52	2	32	5
Double Chocolate Brownie	410	20	8	190	57	2	39	5

Croissants

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Plain Croissant	260	13	7	240	30	1	3	6
Cheese Croissant	290	14	8	280	30	1	3	7
Chocolate Croissant	350	17	8	120	43	0	18	6

Tea Biscuits

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Cheese Tea Biscuit	250	11	4	610	31	1	4	8
Raisin Tea Biscuit	250	8	1.5	500	40	2	12	5

Savoury Pastries

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Herb & Garlic Savoury Pastry	240	11	6.5	470	29	1	6	6
Four Cheese Savoury Twist	220	14	7	250	21	1	1	4
Roasted Red Pepper & Swiss Pinwheel	280	15	10	350	28	2	4	8
Spinach & Feta Egg Pastry	280	14	8	480	31	1	5	8

Classic Bagels

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Plain Bagel	290	1.5	0.4	380	62	2	9	9
Sesame Seed Bagel	310	4	1	400	62	4	10	10
Everything Bagel	290	2	0.5	390	60	4	9	10
12-Grain Bagel	320	7	1	460	57	8	9	11
Cinnamon Raisin Bagel	290	1	0.3	360	64	3	14	9
Blueberry Bagel	310	3.5	0.5	510	60	2	7	9

Specialty Bagels

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Four Cheese Bagel	330	5	1.5	580	58	2	4	11
Jalapeno Asiago Mozzarella Bagel	320	4.5	1.5	710	59	3	4	11

Bagel Toppings

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Plain Cream Cheese	100	9	6	150	2	0	2	2
Herb & Garlic Cream Cheese	100	9	6	190	3	0	2	2
Strawberry Cream Cheese	100	7	5	120	6	0	6	2
Butter	60	7	4.5	55	0	0	0	0
Strawberry Jam Packet	60	0	0	0	14	0	14	0
Raspberry Jam Packet	60	0	0	0	14	0	14	0
Peanut Butter	110	9	1.5	75	4	0	1	3

Breakfast

Classic Breakfast Sandwiches

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Sausage Homestyle Biscuit	530	35	17	900	34	2	4	20
Bacon Homestyle Biscuit	410	22	13	930	33	1	3	18
Egg & Cheese Homestyle Biscuit	350	18	11	720	33	1	3	14
Steak & Egg Homestyle Biscuit	510	27	14	1290	35	2	5	25
Simply Sausage Homestyle Biscuit	450	30	16	850	33	3	2	13
Sausage English Muffin	450	29	11	680	28	2	3	19
Bacon English Muffin	330	16	7	710	27	1	3	17
Egg & Cheese English Muffin	270	12	5	500	27	1	3	14

Bagel Breakfast Sandwiches

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Sausage Plain Bagel Sandwich	600	28	11	820	65	3	10	23
Bacon Plain Bagel Sandwich	480	16	7	850	64	3	10	22
Sausage Sesame Seed Bagel Sandwich	620	31	11	840	65	4	11	25
Bacon Sesame Seed Bagel Sandwich	500	18	7	870	64	4	11	23
Sausage Everything Bagel Sandwich	600	29	11	830	63	4	9	24
Bacon Everything Bagel Sandwich	480	16	7	860	62	4	9	23
Sausage 12-Grain Bagel Sandwich	630	33	12	900	60	9	10	26
Bacon 12-Grain Bagel Sandwich	510	21	7	940	59	8	10	24

Bagel BELT Breakfast Sandwiches

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Plain Bagel BELT Sandwich	490	16	7	860	66	3	11	22
Sesame Seed Bagel BELT Sandwich	510	15	7	880	66	5	12	23
Everything Bagel BELT Sandwich	490	17	7	860	64	4	10	23
12-Grain Bagel BELT Sandwich	520	21	7	940	61	9	11	24

Breakfast Wraps

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Sausage Breakfast Wrap	530	34	12	720	35	3	3	20
Bacon Breakfast Wrap	400	21	8	750	34	2	3	18
Sausage & Bacon Breakfast Wrap	580	38	13	930	35	3	3	23
Sausage Farmer's Wrap	640	40	12	940	50	4	4	21
Bacon Farmer's Wrap	520	27	8	970	49	4	4	19
Sausage & Bacon Farmer's Wrap	700	44	14	1160	53	4	4	25

Loaded Breakfast

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Sausage Scrambled Egg Loaded Wrap	650	40	12	1020	53	4	5	22
Bacon Scrambled Egg Loaded Wrap	530	27	8	1060	52	4	5	20
Scrambled Egg & Cheese Loaded Wrap	470	23	6	840	52	4	5	16
Sausage Scrambled Egg Loaded Box	600	40	10	1050	37	3	4	24
Bacon Scrambled Egg Loaded Box	490	30	7	1030	36	3	4	21
Scrambled Egg Loaded Box	440	26	5	810	36	3	4	17
Sausage Scrambled Egg Loaded Croissant	590	39	16	800	40	2	6	21
Bacon Scrambled Egg Loaded Croissant	460	26	12	840	39	2	6	19
Scrambled Egg & Cheese Loaded Croissant	410	22	10	620	39	2	5	15
Bacon & Cheese Omelette Bites	210	14	5	500	6	0	1	15
Spinach & Egg White Omelette Bites	130	6	2	410	6	1	1	13

Other

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Hash Brown	120	6	0.5	220	15	1	1	1
Yogurt Parfait	250	7	1.5	115	40	3	25	8

Breakfast (Limited Time)

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Maple Brown Butter Sausage Scrambled Egg Loaded Wrap	640	36	12	970	57	4	9	21
Maple Brown Butter Bacon Scrambled Egg Loaded Wrap	510	23	7	1010	56	4	9	20
Maple Brown Butter Scrambled Egg & Cheese Loaded Wrap	460	19	6	790	56	4	8	16
Maple Brown Butter Sausage Scrambled Egg Loaded Box	580	36	10	1000	41	3	8	24
Maple Brown Butter Bacon Scrambled Egg Loaded Box	480	26	6	980	41	3	8	21
Maple Brown Butter Scrambled Egg Loaded Box	420	22	5	760	40	3	8	17
Maple Brown Butter Sausage Scrambled Egg Loaded Croissant	610	39	16	810	45	2	10	21
Maple Brown Butter Bacon Scrambled Egg Loaded Croissant	490	26	12	850	44	2	10	19
Maple Brown Butter Scrambled Egg & Cheese Loaded Croissant	430	22	10	630	44	2	9	15

Lunch

Sandwiches

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Turkey Bacon Club Sandwich	550	23	5	1440	60	3	6	27
BLT Sandwich	490	21	5	940	59	4	6	16
Ham & Cheddar Sandwich	520	20	7	1330	60	3	7	25
Steak & Cheddar Sandwich	560	22	8	1280	63	3	8	30
Supreme Stack Sandwich	620	32	12	1670	49	3	10	36
Crispy Chicken Craveable	470	19	3	960	55	3	1	21
Steak Craveable	450	20	6	1080	43	2	3	24

Wraps

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Chicken Bacon Ranch Wrap	420	19	4.5	900	36	2	4	27
Crispy Chicken Bacon Ranch Wrap	530	26	6	1010	54	4	4	24
Classic Chicken Wrap	380	17	3	660	36	2	3	24
Classic Crispy Chicken Wrap	490	24	4	770	53	4	3	20

Loaded Wraps

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Cilantro Lime Chicken Loaded Wrap	590	28	6	1060	56	4	5	29
Cilantro Lime Crispy Chicken Loaded Wrap	690	35	8	1200	72	6	5	25
Cilantro Lime Veggie Loaded Wrap	570	26	6	1070	72	6	5	13
Habanero Chicken Loaded Wrap	560	26	6	1240	54	5	5	29
Habanero Crispy Chicken Loaded Wrap	660	33	7	1360	71	6	5	25
Habanero Veggie Loaded Wrap	540	24	6	1220	70	6	6	13

Loaded Bowls

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Cilantro Lime Chicken Loaded Bowl	550	29	6	1100	41	4	4	34
Cilantro Lime Crispy Chicken Loaded Bowl	710	36	7	1350	62	5	5	29
Cilantro Lime Veggie Loaded Bowl	570	27	6	1250	73	7	5	12
Habanero Chicken Loaded Bowl	530	26	6	1250	40	4	4	34
Habanero Crispy Chicken Loaded Bowl	690	34	7	1500	61	6	5	29
Habanero Veggie Loaded Bowl	550	26	5	1400	72	7	5	12

Flatbread Pizzas

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Simply Cheese Flatbread Pizza	630	26	11	1590	68	3	6	31
Pepperoni Flatbread Pizza	750	37	15	1910	69	3	6	36
Chicken Parmesan Flatbread Pizza	760	34	14	1890	69	3	6	48
Bacon Everything Flatbread Pizza	780	40	17	1790	66	2	5	40
Hat Trick Flatbread Pizza	930	52	21	2390	71	3	6	46

Melts

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Grilled Cheese Melt	500	21	13	1380	51	3	3	27
Bacon Grilled Cheese Melt	600	29	16	1730	51	3	4	33
Turkey Melt	550	25	11	1560	50	3	3	33
Ham Melt	550	25	11	1620	50	3	4	33

Soups & Chili

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Chicken Noodle Soup - Regular	140	3	0.5	710	20	1	2	9
Chicken Noodle Soup - Large	190	3.5	1	960	28	2	2	10
Cream of Broccoli Soup - Regular	100	3.5	1.5	650	15	2	6	5
Cream of Broccoli Soup - Large	150	5	2	910	21	3	9	6
Garden Minestrone Soup - Regular	100	1.5	0.3	590	20	6	6	5
Garden Minestrone Soup - Large	140	2.5	0.5	820	28	8	9	6
Tomato Parmesan Soup - Regular	150	7	4	740	17	3	6	5
Tomato Parmesan Soup - Large	210	10	5	1040	24	4	9	7
Spicy Thai Soup - Regular	170	8	3.5	740	19	1	4	6
Spicy Thai Soup - Large	240	12	5	1030	26	1	5	8
Potato Bacon Soup - Regular	220	11	6	820	25	2	5	6
Potato Bacon Soup - Large	310	15	8	1150	35	2	6	9
Clam Chowder - Regular	150	5	2	750	20	1	5	7
Clam Chowder - Large	210	7	3	1050	27	2	6	10
Chili - Regular	310	16	6	910	22	4	7	19
Chili - Large	430	22	9	1270	31	6	10	27

Sides

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Potato Wedges	170	7	1	520	26	2	0	2
Soup Bun	210	4.5	0.5	400	37	1	1	6
Garlic Bread	380	16	6	780	47	3	4	14

Lunch - Limited Time Only

Menu Item	Cal	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
BBQ Loaded Chicken Loaded Wrap	**610**	30	7	1220	58	4	8	28
BBQ Crispy Chicken Loaded Wrap	**700**	36	8	1390	72	5	8	25
BBQ Loaded Chicken Loaded Bowl	**580**	31	6	1260	43	4	7	34
BBQ Crispy Chicken Loaded Bowl	**740**	39	8	1510	64	5	8	29