

# *Tim Hortons*®

## **Nutrition Information**

The nutrition information provided in this document is based on standard product formulations and was obtained through analysis by our nutritional software, entitled ESHA Genesis R&D, and information provided by our suppliers. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at restaurant level, and/or time of the year. Baked goods may vary in size.

Test, Limited Time Only and certain regional offerings may not be listed within this document. Nutrition information is applicable to products served in Canadian restaurants and may be subject to change. Updates will occur periodically.

This document reflects information for our products as of August 2025.

| Menu Item                                    | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|--|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| <b>Coffee, Tea &amp; Other Hot Beverages</b> |                 |         |                   |               |                  |             |                   |           |                  |             |
| <b>Brewed Coffee</b>                         |                 |         |                   |               |                  |             |                   |           |                  |             |
| Original Blend Coffee - Small                | 3               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Original Blend Coffee - Medium               | 4               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Original Blend Coffee - Large                | 5               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Original Blend Coffee - X Large              | 5               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Dark Roast Coffee - Small                    | 3               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Dark Roast Coffee - Medium                   | 4               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Dark Roast Coffee - Large                    | 5               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Dark Roast Coffee - X Large                  | 5               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Decaf Coffee - Small                         | 3               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Decaf Coffee - Medium                        | 4               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Decaf Coffee - Large                         | 5               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Decaf Coffee - X Large                       | 5               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Regular Coffee - Small                       | 70              | 4       | 2.5               | 0.1           | 10               | 25          | 8                 | 0         | 8                | 1           |
| Regular Coffee - Medium                      | 100             | 6       | 4                 | 0.2           | 15               | 40          | 11                | 0         | 11               | 1           |
| Regular Coffee - Large                       | 120             | 8       | 5                 | 0.2           | 20               | 50          | 14                | 0         | 13               | 1           |
| Regular Coffee - X Large                     | 150             | 9       | 6                 | 0.3           | 25               | 55          | 18                | 0         | 17               | 1           |
| Double Double Coffee - Small                 | 130             | 8       | 4.5               | 0.2           | 20               | 45          | 16                | 0         | 16               | 1           |
| Double Double Coffee - Medium                | 200             | 13      | 8                 | 0.4           | 35               | 80          | 22                | 0         | 21               | 2           |
| Double Double Coffee - Large                 | 250             | 15      | 10                | 0.5           | 40               | 95          | 28                | 0         | 27               | 2           |
| Double Double Coffee - X Large               | 300             | 18      | 11                | 0.5           | 50               | 115         | 35                | 0         | 34               | 3           |
| <b>Espresso Beverages</b>                    |                 |         |                   |               |                  |             |                   |           |                  |             |
| Cappuccino - Small                           | 80              | 3       | 2                 | 0.1           | 10               | 70          | 9                 | 0         | 8                | 6           |
| Cappuccino - Medium                          | 120             | 4.5     | 3                 | 0.2           | 15               | 95          | 12                | 0         | 11               | 8           |
| Cappuccino - Large                           | 170             | 6       | 4                 | 0.2           | 25               | 135         | 16                | 0         | 15               | 11          |
| Latte - Small                                | 90              | 3.5     | 2                 | 0.1           | 15               | 80          | 10                | 0         | 9                | 6           |

| Menu Item                           | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|-------------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Latte - Medium                      | 140             | 5       | 3.5               | 0.2           | 20               | 115         | 14                | 0         | 13               | 10          |
| Latte - Large                       | 190             | 7       | 4.5               | 0.3           | 30               | 160         | 19                | 0         | 18               | 13          |
| Protein Latte - Small               | 110             | 4       | 2                 | 0.1           | 20               | 50          | 6                 | 0         | 6                | 13          |
| Protein Latte - Medium              | 170             | 6       | 4                 | 0.2           | 30               | 80          | 10                | 0         | 9                | 20          |
| Protein Latte - Large               | 230             | 8       | 5                 | 0.2           | 40               | 105         | 13                | 1         | 12               | 27          |
| <b>Specialty Beverages</b>          |                 |         |                   |               |                  |             |                   |           |                  |             |
| Coffee Mocha - Small                | 110             | 1.5     | 1.5               | 0             | 0                | 90          | 24                | 1         | 17               | 1           |
| Coffee Mocha - Medium               | 140             | 2       | 2                 | 0             | 0                | 115         | 31                | 1         | 22               | 1           |
| Coffee Mocha - Large                | 190             | 2.5     | 2.5               | 0             | 0                | 150         | 41                | 1         | 29               | 1           |
| Coffee Mocha - X Large              | 250             | 2.5     | 3                 | 0             | 0                | 200         | 54                | 1         | 38               | 1           |
| French Vanilla Cappuccino- Small    | 260             | 10      | 10                | 0             | 0                | 180         | 39                | 1         | 30               | 3           |
| French Vanilla Cappuccino - Medium  | 330             | 12      | 12                | 0             | 0                | 230         | 50                | 1         | 39               | 3           |
| French Vanilla Cappuccino - Large   | 430             | 17      | 16                | 0             | 0                | 310         | 66                | 1         | 51               | 5           |
| French Vanilla Cappuccino - X Large | 570             | 22      | 22                | 0             | 0                | 410         | 88                | 1         | 68               | 6           |
| Hot Chocolate - Small               | 220             | 3       | 3                 | 0             | 0                | 180         | 48                | 1         | 34               | 1           |
| Hot Chocolate - Medium              | 280             | 4       | 3.5               | 0             | 0                | 230         | 62                | 2         | 43               | 1           |
| Hot Chocolate - Large               | 380             | 5       | 4.5               | 0             | 0                | 310         | 82                | 2         | 58               | 2           |
| Hot Chocolate - X Large             | 500             | 7       | 6                 | 0             | 0                | 410         | 108               | 3         | 76               | 3           |
| White Hot Chocolate - Small         | 250             | 9       | 8                 | 0             | 0                | 250         | 43                | 0         | 36               | 1           |
| White Hot Chocolate - Medium        | 330             | 11      | 10                | 0.1           | 0                | 310         | 55                | 0         | 45               | 1           |
| White Hot Chocolate - Large         | 430             | 15      | 14                | 0.1           | 0                | 420         | 73                | 0         | 60               | 2           |
| White Hot Chocolate - X Large       | 570             | 20      | 18                | 0.1           | 0                | 550         | 96                | 0         | 80               | 2           |
| <b>Tea &amp; Tea Lattes</b>         |                 |         |                   |               |                  |             |                   |           |                  |             |
| Bagged Tea                          | 0               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| Steeped Tea                         | 0               | 0       | 0                 | 0             | 0                | 0           | 0                 | 0         | 0                | 0           |
| London Fog - Small                  | 110             | 2       | 1.5               | 0.1           | 10               | 50          | 19                | 0         | 19               | 4           |
| London Fog - Medium                 | 160             | 3       | 2                 | 0.1           | 10               | 110         | 28                | 0         | 28               | 6           |
| London Fog - Large                  | 240             | 4.5     | 3                 | 0.2           | 15               | 160         | 38                | 0         | 38               | 8           |

| Menu Item                            | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|--------------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| <b>Cold Beverages</b>                |                 |         |                   |               |                  |             |                   |           |                  |             |
| <b>Iced Coffee &amp; Cold Brew</b>   |                 |         |                   |               |                  |             |                   |           |                  |             |
| Original Iced Coffee - Small         | 120             | 6       | 4                 | 0.2           | 20               | 35          | 15                | 0         | 15               | 1           |
| Original Iced Coffee - Medium        | 150             | 8       | 4.5               | 0.2           | 20               | 45          | 20                | 0         | 19               | 1           |
| Original Iced Coffee - Large         | 240             | 13      | 8                 | 0.3           | 40               | 65          | 30                | 0         | 29               | 1           |
| Light Iced Coffee - Small            | 70              | 1       | 0.5               | 0             | 5                | 30          | 14                | 0         | 14               | 2           |
| Light Iced Coffee - Medium           | 100             | 1       | 1                 | 0             | 5                | 40          | 21                | 0         | 21               | 3           |
| Light Iced Coffee - Large            | 140             | 1.5     | 1                 | 0.1           | 5                | 55          | 28                | 0         | 28               | 3           |
| Original Cold Brew - Small           | 120             | 6       | 4                 | 0.2           | 20               | 35          | 15                | 0         | 15               | 1           |
| Original Cold Brew - Medium          | 150             | 8       | 5                 | 0.2           | 25               | 40          | 22                | 0         | 22               | 1           |
| Original Cold Brew - Large           | 240             | 13      | 8                 | 0.3           | 40               | 65          | 30                | 0         | 29               | 1           |
| Vanilla Cream Cold Brew - Small      | 120             | 6       | 3.5               | 0.2           | 25               | 30          | 15                | 0         | 15               | 1           |
| Vanilla Cream Cold Brew - Medium     | 160             | 7       | 4                 | 0.3           | 30               | 35          | 22                | 0         | 22               | 1           |
| Vanilla Cream Cold Brew - Large      | 240             | 12      | 7                 | 0.5           | 45               | 55          | 30                | 0         | 30               | 2           |
| Roasted Hazelnut Cold Brew - Small   | 180             | 12      | 9                 | 0.2           | 20               | 60          | 18                | 0         | 16               | 1           |
| Roasted Hazelnut Cold Brew - Medium  | 220             | 14      | 10                | 0.3           | 25               | 70          | 25                | 0         | 22               | 2           |
| Roasted Hazelnut Cold Brew - Large   | 300             | 19      | 14                | 0.4           | 40               | 105         | 32                | 0         | 29               | 2           |
| <b>Iced Lattes</b>                   |                 |         |                   |               |                  |             |                   |           |                  |             |
| Original Iced Latte - Small          | 150             | 4       | 2                 | 0.1           | 15               | 80          | 22                | 0         | 22               | 6           |
| Original Iced Latte - Medium         | 200             | 5       | 3                 | 0.1           | 20               | 100         | 31                | 0         | 31               | 8           |
| Original Iced Latte - Large          | 250             | 5       | 3                 | 0.2           | 20               | 120         | 40                | 0         | 40               | 10          |
| Unsweetened Iced Latte - Small       | 90              | 4       | 2                 | 0.1           | 15               | 80          | 9                 | 0         | 9                | 6           |
| Unsweetened Iced Latte - Medium      | 120             | 5       | 3                 | 0.1           | 20               | 100         | 11                | 0         | 11               | 8           |
| Unsweetened Iced Latte - Large       | 140             | 5       | 3                 | 0.2           | 20               | 120         | 14                | 0         | 13               | 10          |
| Original Protein Iced Latte - Small  | 160             | 4       | 2                 | 0.1           | 20               | 50          | 19                | 0         | 19               | 12          |
| Original Protein Iced Latte - Medium | 230             | 5       | 3                 | 0.1           | 25               | 70          | 28                | 0         | 28               | 17          |
| Original Protein Iced Latte - Large  | 310             | 7       | 4                 | 0.2           | 35               | 90          | 38                | 1         | 37               | 23          |

| Menu Item                        | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| <b>Iced Capps</b>                |                 |         |                   |               |                  |             |                   |           |                  |             |
| Original Iced Capp - Small       | 260             | 11      | 7                 | 0.4           | 30               | 75          | 38                | 0         | 36               | 2           |
| Original Iced Capp - Medium      | 330             | 16      | 10                | 0.5           | 45               | 105         | 45                | 0         | 42               | 3           |
| Original Iced Capp - Large       | 430             | 22      | 14                | 0.5           | 60               | 140         | 59                | 1         | 56               | 4           |
| Light Iced Capp - Small          | 170             | 1.5     | 1                 | 0.1           | 5                | 35          | 39                | 0         | 37               | 3           |
| Light Iced Capp - Medium         | 210             | 2       | 1                 | 0.1           | 10               | 45          | 45                | 0         | 43               | 4           |
| Light Iced Capp - Large          | 270             | 2.5     | 1.5               | 0.1           | 10               | 60          | 60                | 1         | 57               | 5           |
| Mocha Iced Capp - Small          | 430             | 19      | 14                | 0.4           | 30               | 200         | 67                | 1         | 61               | 3           |
| Mocha Iced Capp - Medium         | 530             | 24      | 17                | 0.5           | 45               | 260         | 79                | 2         | 72               | 4           |
| Mocha Iced Capp - Large          | 650             | 29      | 21                | 0.5           | 60               | 330         | 98                | 2         | 90               | 6           |
| Vanilla Iced Capp - Small        | 440             | 18      | 14                | 0.4           | 30               | 150         | 69                | 0         | 64               | 3           |
| Vanilla Iced Capp - Medium       | 540             | 23      | 17                | 0.5           | 45               | 200         | 81                | 0         | 76               | 3           |
| Vanilla Iced Capp - Large        | 660             | 28      | 20                | 0.5           | 60               | 250         | 101               | 1         | 95               | 4           |
| Caramel Iced Capp - Small        | 440             | 19      | 14                | 0.4           | 35               | 180         | 67                | 0         | 63               | 3           |
| Caramel Iced Capp - Medium       | 530             | 24      | 18                | 0.5           | 45               | 230         | 79                | 0         | 74               | 4           |
| Caramel Iced Capp - Large        | 660             | 29      | 21                | 0.5           | 60               | 290         | 98                | 1         | 92               | 5           |
| <b>Creamy Chills</b>             |                 |         |                   |               |                  |             |                   |           |                  |             |
| Chocolate Creamy Chill - Small   | 450             | 19      | 14                | 0.4           | 30               | 230         | 71                | 1         | 63               | 3           |
| Chocolate Creamy Chill - Medium  | 550             | 24      | 17                | 0.5           | 45               | 290         | 83                | 1         | 74               | 4           |
| Chocolate Creamy Chill - Large   | 680             | 29      | 21                | 0.5           | 60               | 370         | 104               | 2         | 93               | 5           |
| Vanilla Creamy Chill - Small     | 450             | 18      | 14                | 0.4           | 30               | 180         | 73                | 0         | 66               | 2           |
| Vanilla Creamy Chill - Medium    | 560             | 23      | 17                | 0.5           | 45               | 230         | 86                | 0         | 78               | 3           |
| Vanilla Creamy Chill - Large     | 690             | 28      | 20                | 0.5           | 60               | 290         | 107               | 0         | 98               | 4           |
| Strawberry Creamy Chill - Small  | 450             | 18      | 14                | 0.4           | 30               | 130         | 72                | 0         | 64               | 2           |
| Strawberry Creamy Chill - Medium | 550             | 23      | 17                | 0.5           | 45               | 170         | 85                | 0         | 75               | 3           |
| Strawberry Creamy Chill - Large  | 680             | 28      | 20                | 0.5           | 60               | 210         | 106               | 1         | 94               | 4           |
| <b>Lemonades</b>                 |                 |         |                   |               |                  |             |                   |           |                  |             |
| Frozen Lemonade - Small          | 200             | 0       | 0                 | 0             | 0                | 35          | 51                | 0         | 46               | 0           |

| Menu Item                                | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|--|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Frozen Lemonade - Medium                 | 250             | 0       | 0                 | 0             | 0                | 45          | 62                | 0         | 56               | 0           |
| Frozen Lemonade - Large                  | 330             | 0       | 0                 | 0             | 0                | 55          | 82                | 0         | 73               | 0           |
| Strawberry Frozen Lemonade - Small       | 250             | 0       | 0                 | 0             | 0                | 35          | 62                | 0         | 56               | 0.1         |
| Strawberry Frozen Lemonade - Medium      | 310             | 0       | 0                 | 0             | 0                | 40          | 79                | 0         | 71               | 0.1         |
| Strawberry Frozen Lemonade - Large       | 410             | 0       | 0                 | 0             | 0                | 55          | 102               | 0         | 92               | 0.2         |
| Classic Lemonade - Small                 | 90              | 0       | 0                 | 0             | 0                | 10          | 23                | 0         | 21               | 0           |
| Classic Lemonade - Medium                | 110             | 0       | 0                 | 0             | 0                | 10          | 30                | 0         | 28               | 0           |
| Classic Lemonade - Large                 | 140             | 0       | 0                 | 0             | 0                | 15          | 39                | 0         | 36               | 0           |
| <b>Sparkling Quenchers</b>               |                 |         |                   |               |                  |             |                   |           |                  |             |
| Blackberry Yuzu Quencher - Small         | 80              | 0       | 0                 | 0             | 0                | 0           | 19                | 0         | 19               | 0           |
| Blackberry Yuzu Quencher - Medium        | 110             | 0       | 0                 | 0             | 0                | 1           | 28                | 0         | 28               | 0           |
| Blackberry Yuzu Quencher - Large         | 150             | 0       | 0                 | 0             | 0                | 1           | 37                | 0         | 36               | 0           |
| Orange Tangerine Quencher - Small        | 80              | 0       | 0                 | 0             | 0                | 5           | 19                | 0         | 17               | 0           |
| Orange Tangerine Quencher - Medium       | 120             | 0       | 0                 | 0             | 0                | 10          | 28                | 0         | 26               | 0           |
| Orange Tangerine Quencher - Large        | 160             | 0       | 0                 | 0             | 0                | 10          | 37                | 0         | 34               | 0           |
| Peach Quencher - Small                   | 50              | 0       | 0                 | 0             | 0                | 5           | 12                | 0         | 11               | 0           |
| Peach Quencher - Medium                  | 70              | 0       | 0                 | 0             | 0                | 10          | 18                | 0         | 16               | 0           |
| Peach Quencher - Large                   | 100             | 0       | 0                 | 0             | 0                | 10          | 24                | 0         | 21               | 0           |
| Pineapple Dragon Fruit Quencher - Small  | 40              | 0       | 0                 | 0             | 0                | 5           | 9                 | 0         | 8                | 0           |
| Pineapple Dragon Fruit Quencher - Medium | 60              | 0       | 0                 | 0             | 0                | 10          | 14                | 0         | 12               | 0           |
| Pineapple Dragon Fruit Quencher - Large  | 80              | 0       | 0                 | 0             | 0                | 15          | 19                | 0         | 16               | 0           |
| Strawberry Watermelon Quencher - Small   | 40              | 0       | 0                 | 0             | 0                | 10          | 10                | 0         | 8                | 0           |
| Strawberry Watermelon Quencher - Medium  | 60              | 0       | 0                 | 0             | 0                | 15          | 15                | 0         | 12               | 0           |
| Strawberry Watermelon Quencher - Large   | 80              | 0       | 0                 | 0             | 0                | 20          | 19                | 0         | 16               | 0           |
| <b>Lemonade Quenchers</b>                |                 |         |                   |               |                  |             |                   |           |                  |             |
| Blackberry Yuzu Quencher - Small         | 120             | 0       | 0                 | 0             | 0                | 2           | 31                | 0         | 30               | 0           |
| Blackberry Yuzu Quencher - Medium        | 170             | 0       | 0                 | 0             | 0                | 3           | 43                | 0         | 42               | 0           |
| Blackberry Yuzu Quencher - Large         | 220             | 0       | 0                 | 0             | 0                | 4           | 56                | 0         | 54               | 0           |

| Menu Item                                | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|--|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Orange Tangerine Quencher - Small        | 130             | 0       | 0                 | 0             | 0                | 5           | 31                | 0         | 29               | 0           |
| Oragng Tangerine Quencher - Medium       | 180             | 0       | 0                 | 0             | 0                | 10          | 43                | 0         | 40               | 0           |
| Orange Tangerine Quencher - Large        | 230             | 0       | 0                 | 0             | 0                | 15          | 56                | 0         | 52               | 0           |
| Peach Quencher - Small                   | 90              | 0       | 0                 | 0             | 0                | 5           | 24                | 0         | 22               | 0           |
| Peach Quencher - Medium                  | 130             | 0       | 0                 | 0             | 0                | 10          | 33                | 0         | 30               | 0           |
| Peach Quencher - Large                   | 170             | 0       | 0                 | 0             | 0                | 15          | 43                | 0         | 38               | 0           |
| Pineapple Dragon Fruit Quencher - Small  | 80              | 0       | 0                 | 0             | 0                | 10          | 22                | 0         | 19               | 0           |
| Pineapple Dragon Fruit Quencher - Medium | 120             | 0       | 0                 | 0             | 0                | 10          | 29                | 0         | 26               | 0           |
| Pineapple Dragon Fruit Quencher - Large  | 150             | 0       | 0                 | 0             | 0                | 15          | 38                | 0         | 34               | 0           |
| Strawberry Watermelon Quencher - Small   | 90              | 0       | 0                 | 0             | 0                | 10          | 22                | 0         | 19               | 0           |
| Strawberry Watermelon Quencher - Medium  | 120             | 0       | 0                 | 0             | 0                | 15          | 30                | 0         | 26               | 0           |
| Strawberry Watermelon Quencher - Large   | 150             | 0       | 0                 | 0             | 0                | 25          | 39                | 0         | 33               | 0           |
| <b>Frozen Quenchers</b>                  |                 |         |                   |               |                  |             |                   |           |                  |             |
| Blackberry Yuzu Quencher - Small         | 330             | 7       | 7                 | 0             | 0                | 55          | 68                | 0         | 62               | 0           |
| Blackberry Yuzu Quencher - Medium        | 390             | 7       | 7                 | 0             | 0                | 60          | 82                | 0         | 76               | 0           |
| Blackberry Yuzu Quencher - Large         | 480             | 7       | 7                 | 0             | 0                | 70          | 104               | 0         | 96               | 0           |
| Orange Tangerine Quencher - Small        | 340             | 7       | 7                 | 0             | 0                | 60          | 68                | 0         | 61               | 0           |
| Oragng Tangerine Quencher - Medium       | 400             | 7       | 7                 | 0             | 0                | 65          | 82                | 0         | 74               | 0           |
| Orange Tangerine Quencher - Large        | 490             | 7       | 7                 | 0             | 0                | 80          | 104               | 0         | 94               | 0           |
| Peach Quencher - Small                   | 310             | 7       | 7                 | 0             | 0                | 60          | 61                | 0         | 54               | 0           |
| Peach Quencher - Medium                  | 350             | 7       | 7                 | 0             | 0                | 65          | 73                | 0         | 64               | 0           |
| Peach Quencher - Large                   | 430             | 7       | 7                 | 0             | 0                | 80          | 91                | 0         | 80               | 0           |
| Pineapple Dragon Fruit Quencher - Small  | 300             | 7       | 7                 | 0             | 0                | 60          | 59                | 0         | 51               | 0           |
| Pineapple Dragon Fruit Quencher - Medium | 340             | 7       | 7                 | 0             | 0                | 70          | 69                | 0         | 60               | 0           |
| Pineapple Dragon Fruit Quencher - Large  | 410             | 7       | 7                 | 0             | 0                | 80          | 86                | 0         | 76               | 0           |
| Strawberry Watermelon Quencher - Small   | 300             | 7       | 7                 | 0             | 0                | 65          | 59                | 0         | 21               | 0           |
| Strawberry Watermelon Quencher - Medium  | 340             | 7       | 7                 | 0             | 0                | 75          | 69                | 0         | 60               | 0           |
| Strawberry Watermelon Quencher - Large   | 410             | 7       | 7                 | 0             | 0                | 90          | 87                | 0         | 75               | 0           |

| Menu Item                       | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|---------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| <b>Beverage Additions</b>       |                 |         |                   |               |                  |             |                   |           |                  |             |
| <b>Dairy (single serving)</b>   |                 |         |                   |               |                  |             |                   |           |                  |             |
| Cream for Coffee - Small        | 40              | 4       | 2                 | 0.1           | 10               | 20          | 1                 | 0         | 1                | 1           |
| Cream for Coffee - Medium       | 60              | 6       | 4                 | 0.1           | 20               | 30          | 2                 | 0         | 1                | 1           |
| Cream for Coffee - Large        | 80              | 8       | 5                 | 0.2           | 25               | 40          | 2                 | 0         | 2                | 1           |
| Cream for Coffee - X Large      | 90              | 9       | 6                 | 0.2           | 30               | 45          | 2                 | 0         | 2                | 1           |
| Cream for Iced Coffee - Small   | 70              | 7       | 4                 | 0.2           | 20               | 30          | 2                 | 0         | 1                | 1           |
| Cream for Iced Coffee - Medium  | 80              | 8       | 5                 | 0.2           | 25               | 35          | 2                 | 0         | 2                | 1           |
| Cream for Iced Coffee - Large   | 130             | 13      | 8                 | 0.3           | 40               | 60          | 3                 | 0         | 3                | 2           |
| Cream for Tea - Small           | 40              | 4       | 2                 | 0.1           | 10               | 20          | 1                 | 0         | 1                | 1           |
| Cream for Tea - Medium          | 60              | 6       | 4                 | 0.1           | 20               | 30          | 2                 | 0         | 1                | 1           |
| Cream for Tea - Large           | 80              | 8       | 5                 | 0.2           | 25               | 40          | 2                 | 0         | 2                | 1           |
| Cream for Tea - X Large         | 90              | 9       | 6                 | 0.2           | 30               | 45          | 2                 | 0         | 2                | 1           |
| Milk for Coffee - Small         | 15              | 0.5     | 0.5               | 0             | 0                | 10          | 1                 | 0         | 1                | 1           |
| Milk for Coffee - Medium        | 20              | 1       | 0.5               | 0             | 5                | 20          | 2                 | 0         | 2                | 2           |
| Milk for Coffee - Large         | 30              | 1       | 1                 | 0             | 5                | 25          | 3                 | 0         | 3                | 2           |
| Milk for Coffee - X Large       | 40              | 1.5     | 1                 | 0             | 5                | 30          | 4                 | 0         | 4                | 3           |
| Milk for Iced Coffee - Small    | 25              | 1       | 0.5               | 0             | 5                | 20          | 2                 | 0         | 2                | 2           |
| Milk for Iced Coffee - Medium   | 35              | 1       | 1                 | 0             | 5                | 30          | 3                 | 0         | 3                | 2           |
| Milk for Iced Coffee - Large    | 45              | 2       | 1                 | 0             | 10               | 35          | 4                 | 0         | 4                | 3           |
| Milk for Tea - Small            | 10              | 0.5     | 0.3               | 0             | 0                | 10          | 1                 | 0         | 1                | 1           |
| Milk for Tea - Medium           | 15              | 0.5     | 0.4               | 0             | 0                | 15          | 1                 | 0         | 1                | 1           |
| Milk for Tea - Large            | 20              | 1       | 0.5               | 0             | 5                | 20          | 2                 | 0         | 2                | 2           |
| Milk for Tea - X Large          | 25              | 1       | 0.6               | 0             | 5                | 25          | 2                 | 0         | 2                | 2           |
| <b>Sugar (single serving)</b>   |                 |         |                   |               |                  |             |                   |           |                  |             |
| Sugar for Coffee & Tea - Small  | 30              | 0       | 0                 | 0             | 0                | 0           | 7                 | 0         | 7                | 0           |
| Sugar for Coffee & Tea - Medium | 35              | 0       | 0                 | 0             | 0                | 0           | 9                 | 0         | 9                | 0           |

| Menu Item                          | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|------------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Sugar for Coffee & Tea - Large     | 45              | 0       | 0                 | 0             | 0                | 0           | 12                | 0         | 12               | 0           |
| Sugar for Coffee & Tea - X Large   | 60              | 0       | 0                 | 0             | 0                | 0           | 15                | 0         | 15               | 0           |
| <b>Flavoured Syrups (per pump)</b> |                 |         |                   |               |                  |             |                   |           |                  |             |
| Cane Sugar Syrup                   | 25              | 0       | 0                 | 0             | 0                | 0           | 7                 | 0         | 7                | 0           |
| Mocha Syrup                        | 25              | 0       | 0                 | 0             | 0                | 30          | 6                 | 0         | 6                | 0           |
| Vanilla Syrup                      | 30              | 0       | 0                 | 0             | 0                | 15          | 7                 | 0         | 7                | 0           |
| Roasted Hazelnut Flavoured Syrup   | 25              | 0       | 0                 | 0             | 0                | 1           | 6                 | 0         | 6                | 0           |
| Caramel Toffee Syrup               | 30              | 0       | 0                 | 0             | 0                | 45          | 7                 | 0         | 6                | 0           |
| Toasted Marshmallow Syrup          | 30              | 0       | 0                 | 0             | 0                | 1           | 7                 | 0         | 7                | 0           |
| Brown Sugar Syrup                  | 25              | 0       | 0                 | 0             | 0                | 2           | 7                 | 0         | 6                | 0           |
| Pumpkin Spice Syrup                | 25              | 0       | 0                 | 0             | 0                | 10          | 5                 | 0         | 5                | 0           |
| <b>Donuts</b>                      |                 |         |                   |               |                  |             |                   |           |                  |             |
| Apple Fritter                      | 330             | 11      | 5                 | 0.1           | 0                | 280         | 54                | 2         | 23               | 6           |
| Boston Cream Donut                 | 240             | 8       | 3.5               | 0.1           | 0                | 240         | 38                | 1         | 16               | 4           |
| Canadian Maple Donut               | 250             | 8       | 3.5               | 0.1           | 0                | 240         | 38                | 1         | 16               | 4           |
| Chocolate Cruller Donut            | 360             | 22      | 11                | 0.2           | 40               | 120         | 40                | 0         | 28               | 2           |
| Chocolate Dip Donut                | 220             | 8       | 3.5               | 0.1           | 0                | 190         | 33                | 1         | 12               | 4           |
| Chocolate Éclair Donut             | 310             | 14      | 9                 | 0.1           | 0                | 230         | 45                | 1         | 20               | 5           |
| Chocolate Glazed Donut             | 330             | 21      | 10                | 0.2           | 15               | 210         | 34                | 1         | 20               | 3           |
| Chocolate Marble Donut             | 320             | 21      | 10                | 0.2           | 15               | 210         | 31                | 1         | 17               | 3           |
| Chocolate Snow Donut               | 290             | 21      | 10                | 0.2           | 15               | 210         | 24                | 1         | 10               | 3           |
| Chocolate Toasted Coconut Donut    | 360             | 24      | 14                | 0.2           | 15               | 220         | 34                | 2         | 19               | 3           |
| Coconut Cream Donut                | 260             | 10      | 5                 | 0.1           | 0                | 240         | 39                | 1         | 17               | 4           |
| Double Chocolate Donut             | 310             | 21      | 10                | 0.2           | 15               | 210         | 28                | 1         | 14               | 3           |
| Honey Cruller Donut                | 320             | 22      | 11                | 0.2           | 40               | 120         | 30                | 0         | 18               | 2           |
| Honey Dip Donut                    | 250             | 7       | 3.5               | 0.1           | 0                | 190         | 41                | 1         | 21               | 4           |
| Long John Donut                    | 240             | 9       | 4                 | 0.1           | 0                | 210         | 36                | 1         | 13               | 4           |

| Menu Item                        | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Maple Cruller Donut              | 360             | 22      | 11                | 0.2           | 40               | 120         | 40                | 0         | 28               | 2           |
| Maple Dip Donut                  | 220             | 7       | 3.5               | 0.1           | 0                | 190         | 33                | 1         | 12               | 4           |
| Maple Éclair Donut               | 310             | 14      | 9                 | 0.1           | 0                | 230         | 43                | 1         | 18               | 5           |
| Maple Swirl Donut                | 250             | 8       | 3.5               | 0.1           | 0                | 240         | 39                | 1         | 17               | 4           |
| Old Fashioned Dip Donut          | 310             | 18      | 9                 | 0.1           | 25               | 230         | 34                | 1         | 16               | 3           |
| Old Fashioned Glazed Donut       | 330             | 18      | 9                 | 0.1           | 25               | 230         | 40                | 1         | 22               | 3           |
| Old Fashioned Plain Donut        | 280             | 18      | 9                 | 0.1           | 25               | 230         | 26                | 1         | 9                | 3           |
| Old Fashioned Snow Donut         | 290             | 18      | 9                 | 0.1           | 25               | 230         | 30                | 1         | 12               | 3           |
| Old Fashioned Sugar Donut        | 300             | 18      | 9                 | 0.1           | 25               | 230         | 33                | 1         | 16               | 3           |
| Powdered Venetian Cream Donut    | 220             | 8       | 4                 | 0.1           | 0                | 240         | 32                | 1         | 10               | 4           |
| Sour Cream Glazed Donut          | 340             | 18      | 8                 | 0.1           | 5                | 180         | 40                | 1         | 24               | 3           |
| Sour Cream Plain Donut           | 280             | 18      | 8                 | 0.1           | 5                | 180         | 26                | 1         | 11               | 3           |
| Sour Cream Sugar Donut           | 300             | 16      | 8                 | 0.1           | 5                | 180         | 32                | 1         | 16               | 3           |
| Strawberry Dip Donut             | 220             | 7       | 3.5               | 0.1           | 0                | 190         | 33                | 1         | 12               | 4           |
| Strawberry Filled Donut          | 240             | 8       | 3.5               | 0.1           | 0                | 210         | 38                | 1         | 16               | 4           |
| Strawberry Swirl Donut           | 230             | 7       | 3.5               | 0.1           | 0                | 190         | 38                | 1         | 17               | 4           |
| Strawberry Vanilla Donut         | 270             | 8       | 3.5               | 0.1           | 0                | 210         | 49                | 1         | 15               | 4           |
| Sugar Loop Donut                 | 200             | 7       | 3.5               | 0.1           | 0                | 190         | 29                | 1         | 8                | 4           |
| Toasted Coconut Donut            | 360             | 21      | 12                | 0.1           | 25               | 240         | 39                | 2         | 21               | 4           |
| Vanilla Dip Donut                | 250             | 7       | 3.5               | 0.1           | 0                | 190         | 40                | 1         | 19               | 4           |
| <b>Timbits®</b>                  |                 |         |                   |               |                  |             |                   |           |                  |             |
| Birthday Cake Timbit             | 80              | 3       | 1.5               | 0             | 5                | 60          | 13                | 1         | 9                | 1           |
| Chocolate Glazed Timbit          | 80              | 3.5     | 1.5               | 0             | 5                | 70          | 11                | 0         | 6                | 1           |
| Chocolate Snow Ball Timbit       | 70              | 3.5     | 1.5               | 0             | 5                | 70          | 8                 | 0         | 3                | 1           |
| Chocolate Toasted Coconut Timbit | 90              | 4.5     | 3                 | 0             | 5                | 75          | 11                | 1         | 6                | 1           |
| Honey Dip Timbit                 | 50              | 1.5     | 0.5               | 0             | 0                | 25          | 8                 | 0         | 5                | 1           |
| Old Fashioned Glazed Timbit      | 80              | 3.5     | 1.5               | 0             | 0                | 64          | 12                | 0         | 7                | 1           |

| Menu Item                        | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Old Fashioned Plain Timbit       | 60              | 3.5     | 1.5               | 0             | 0                | 65          | 8                 | 0         | 3                | 1           |
| Old Fashioned Sugar Timbit       | 70              | 3.5     | 1.5               | 0             | 0                | 65          | 9                 | 0         | 4                | 1           |
| Snow Ball Timbit                 | 70              | 3.5     | 15                | 0             | 0                | 65          | 8                 | 0         | 3                | 1           |
| Sour Cream Glazed Timbit         | 90              | 5       | 2.5               | 0             | 0                | 50          | 11                | 0         | 7                | 1           |
| Sour Cream Plain Timbit          | 80              | 5       | 2.5               | 0             | 0                | 50          | 7                 | 0         | 3                | 1           |
| Sour Cream Sugar Timbit          | 80              | 5       | 2.5               | 0             | 0                | 50          | 8                 | 0         | 4                | 1           |
| Strawberry Timbit                | 50              | 1.5     | 0.5               | 0             | 0                | 30          | 8                 | 0         | 4                | 1           |
| Toasted Coconut Timbit           | 90              | 4.5     | 3                 | 0             | 0                | 70          | 12                | 1         | 6                | 1           |
| Venetian Cream Timbit            | 50              | 1.5     | 1                 | 0             | 0                | 40          | 7                 | 0         | 3                | 1           |
| <b>Baked Goods</b>               |                 |         |                   |               |                  |             |                   |           |                  |             |
| <b>Muffins</b>                   |                 |         |                   |               |                  |             |                   |           |                  |             |
| Chocolate Chip Muffin            | 420             | 17      | 5                 | 0.1           | 30               | 400         | 64                | 2         | 36               | 6           |
| Fruit Explosion Muffin           | 360             | 12      | 2                 | 0.1           | 35               | 490         | 59                | 2         | 30               | 5           |
| Wild Blueberry Muffin            | 380             | 14      | 2                 | 0.1           | 40               | 500         | 56                | 2         | 29               | 6           |
| Raisin Bran Muffin               | 380             | 13      | 2                 | 0.1           | 15               | 500         | 60                | 5         | 30               | 6           |
| Carrot Cake Walnut Muffin        | 360             | 13      | 2.5               | 0.1           | 30               | 480         | 55                | 2         | 28               | 6           |
| Banana Pecan Muffin              | 340             | 10      | 2                 | 0.1           | 30               | 790         | 60                | 9         | 20               | 6           |
| Pumpkin Spice Muffin             | 390             | 15      | 3                 | 0.1           | 25               | 520         | 58                | 2         | 31               | 6           |
| <b>Cookies &amp; Brownies</b>    |                 |         |                   |               |                  |             |                   |           |                  |             |
| Chocolate Chunk Cookie           | 310             | 17      | 10                | 0.3           | 30               | 260         | 38                | 1         | 22               | 3           |
| Oreo Chunk Cookie                | 310             | 15      | 8                 | 0.3           | 35               | 250         | 41                | 1         | 21               | 4           |
| Reese's Minis Dream Cookie       | 350             | 17      | 9                 | 0.2           | 25               | 320         | 45                | 1         | 31               | 5           |
| Dream Cookie made with M&M Minis | 360             | 18      | 9                 | 0.3           | 35               | 230         | 47                | 1         | 30               | 4           |
| Chocolate Chunk Brookie          | 410             | 22      | 12                | 0.3           | 50               | 310         | 52                | 2         | 32               | 5           |
| Double Chocolate Brownie         | 410             | 20      | 8                 | 0.1           | 65               | 190         | 57                | 2         | 39               | 5           |
| <b>Croissants</b>                |                 |         |                   |               |                  |             |                   |           |                  |             |
| Plain Croissant                  | 260             | 13      | 7                 | 0.3           | 15               | 240         | 30                | 1         | 3                | 6           |

| Menu Item                           | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|-------------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Cheese Croissant                    | 290             | 14      | 8                 | 0.3           | 20               | 280         | 30                | 1         | 3                | 7           |
| Chocolate Croissant                 | 350             | 17      | 8                 | 0.2           | 0                | 120         | 43                | 0         | 18               | 6           |
| <b>Tea Biscuits</b>                 |                 |         |                   |               |                  |             |                   |           |                  |             |
| Cheese Tea Biscuit                  | 250             | 11      | 4                 | 0.2           | 10               | 610         | 31                | 1         | 4                | 8           |
| Raisin Tea Biscuit                  | 250             | 8       | 1.5               | 0             | 0                | 500         | 40                | 2         | 12               | 5           |
| <b>Savoury Pastries</b>             |                 |         |                   |               |                  |             |                   |           |                  |             |
| Herb & Garlic Savoury Pastry        | 240             | 11      | 6.5               | 0.3           | 35               | 470         | 29                | 1         | 6                | 6           |
| Four Cheese Savoury Twist           | 220             | 14      | 7                 | 0.1           | 25               | 250         | 21                | 1         | 1                | 4           |
| Roasted Red Pepper & Swiss Pinwheel | 280             | 15      | 10                | 0.3           | 55               | 350         | 28                | 2         | 4                | 8           |
| Spinach & Feta Egg Pastry           | 280             | 14      | 8                 | 0.3           | 80               | 480         | 31                | 1         | 5                | 8           |
| <b>Classic Bagels</b>               |                 |         |                   |               |                  |             |                   |           |                  |             |
| Plain Bagel                         | 290             | 1.5     | 0.4               | 0             | 0                | 380         | 62                | 2         | 9                | 9           |
| Sesame Seed Bagel                   | 310             | 4       | 1                 | 0             | 0                | 400         | 62                | 4         | 10               | 10          |
| Everything Bagel                    | 290             | 2       | 0.5               | 0.1           | 0                | 390         | 60                | 4         | 9                | 10          |
| 12-Grain Bagel                      | 320             | 7       | 1                 | 0             | 0                | 460         | 57                | 8         | 9                | 11          |
| Cinnamon Raisin Bagel               | 290             | 1       | 0.3               | 0             | 0                | 360         | 64                | 3         | 14               | 9           |
| Blueberry Bagel                     | 310             | 3.5     | 0.5               | 0             | 0                | 510         | 60                | 2         | 7                | 9           |
| <b>Specialty Bagels</b>             |                 |         |                   |               |                  |             |                   |           |                  |             |
| Four Cheese Bagel                   | 330             | 5       | 1.5               | 0.1           | 5                | 580         | 58                | 2         | 4                | 11          |
| Jalapeno Asiago Mozzarella Bagel    | 320             | 4.5     | 1.5               | 0.1           | 5                | 710         | 59                | 3         | 4                | 11          |
| <b>Bagel Toppings</b>               |                 |         |                   |               |                  |             |                   |           |                  |             |
| Plain Cream Cheese                  | 100             | 9       | 6                 | 0.3           | 25               | 150         | 2                 | 0         | 2                | 2           |
| Herb & Garlic Cream Cheese          | 100             | 9       | 6                 | 0.3           | 25               | 190         | 3                 | 0         | 2                | 2           |
| Strawberry Cream Cheese             | 100             | 7       | 5                 | 0.2           | 25               | 120         | 6                 | 0         | 6                | 2           |
| Butter                              | 60              | 7       | 4.5               | 0.1           | 20               | 55          | 0                 | 0         | 0                | 0           |
| Strawberry Jam Packet               | 60              | 0       | 0                 | 0             | 0                | 0           | 14                | 0         | 14               | 0           |
| Raspberry Jam Packet                | 60              | 0       | 0                 | 0             | 0                | 0           | 14                | 0         | 14               | 0           |
| Peanut Butter                       | 110             | 9       | 1.5               | 0             | 0                | 75          | 4                 | 0         | 1                | 3           |

| Menu Item                              | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|--|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| <b>Breakfast</b>                       |                 |         |                   |               |                  |             |                   |           |                  |             |
| <b>Classic Breakfast Sandwiches</b>    |                 |         |                   |               |                  |             |                   |           |                  |             |
| Sausage Homestyle Biscuit              | 530             | 35      | 17                | 0.4           | 240              | 900         | 34                | 2         | 4                | 20          |
| Bacon Homestyle Biscuit                | 410             | 22      | 13                | 0.3           | 215              | 930         | 33                | 1         | 3                | 18          |
| Egg & Cheese Homestyle Biscuit         | 350             | 18      | 11                | 0.3           | 205              | 720         | 33                | 1         | 3                | 14          |
| Steak & Egg Homestyle Biscuit          | 510             | 27      | 14                | 0.5           | 245              | 1290        | 35                | 2         | 5                | 25          |
| Simply Sausage Homestyle Biscuit       | 450             | 30      | 16                | 0.3           | 50               | 850         | 33                | 3         | 2                | 13          |
| Sausage English Muffin                 | 450             | 29      | 11                | 0.3           | 240              | 680         | 28                | 2         | 3                | 19          |
| Bacon English Muffin                   | 330             | 16      | 7                 | 0.2           | 215              | 710         | 27                | 1         | 3                | 17          |
| Egg & Cheese English Muffin            | 270             | 12      | 5                 | 0.2           | 205              | 500         | 27                | 1         | 3                | 14          |
| <b>Bagel Breakfast Sandwiches</b>      |                 |         |                   |               |                  |             |                   |           |                  |             |
| Sausage Plain Bagel Sandwich           | 600             | 28      | 11                | 0.3           | 240              | 820         | 65                | 3         | 10               | 23          |
| Bacon Plain Bagel Sandwich             | 480             | 16      | 7                 | 0.3           | 215              | 850         | 64                | 3         | 10               | 22          |
| Sausage Sesame Seed Bagel Sandwich     | 620             | 31      | 11                | 0.3           | 240              | 840         | 65                | 4         | 11               | 25          |
| Bacon Sesame Seed Bagel Sandwich       | 500             | 18      | 7                 | 0.2           | 215              | 870         | 64                | 4         | 11               | 23          |
| Sausage Everything Bagel Sandwich      | 600             | 29      | 11                | 0.4           | 240              | 830         | 63                | 4         | 9                | 24          |
| Bacon Everything Bagel Sandwich        | 480             | 16      | 7                 | 0.3           | 215              | 860         | 62                | 4         | 9                | 23          |
| Sausage 12-Grain Bagel Sandwich        | 630             | 33      | 12                | 0.4           | 240              | 900         | 60                | 9         | 10               | 26          |
| Bacon 12-Grain Bagel Sandwich          | 510             | 21      | 7                 | 0.3           | 215              | 940         | 59                | 8         | 10               | 24          |
| <b>Bagel BELT Breakfast Sandwiches</b> |                 |         |                   |               |                  |             |                   |           |                  |             |
| Plain Bagel BELT Sandwich              | 490             | 16      | 7                 | 0.3           | 215              | 860         | 66                | 3         | 11               | 22          |
| Sesame Seed Bagel BELT Sandwich        | 510             | 15      | 7                 | 0.2           | 215              | 880         | 66                | 5         | 12               | 23          |
| Everything Bagel BELT Sandwich         | 490             | 17      | 7                 | 0.3           | 215              | 860         | 64                | 4         | 10               | 23          |
| 12-Grain Bagel BELT Sandwich           | 520             | 21      | 7                 | 0.3           | 215              | 940         | 61                | 9         | 11               | 24          |
| <b>Breakfast Wraps</b>                 |                 |         |                   |               |                  |             |                   |           |                  |             |
| Sausage Breakfast Wrap                 | 530             | 34      | 12                | 0.3           | 240              | 720         | 35                | 3         | 3                | 20          |
| Bacon Breakfast Wrap                   | 400             | 21      | 8                 | 0.3           | 220              | 750         | 34                | 2         | 3                | 18          |

| Menu Item   | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|---|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Sausage & Bacon Breakfast Wrap                        | 580             | 38      | 13                | 0.3           | 250              | 930         | 35                | 3         | 3                | 23          |
| Sausage Farmer's Wrap                                 | 640             | 40      | 12                | 0.4           | 240              | 940         | 50                | 4         | 4                | 21          |
| Bacon Farmer's Wrap                                   | 520             | 27      | 8                 | 0.4           | 220              | 970         | 49                | 4         | 4                | 19          |
| Sausage & Bacon Farmer's Wrap                         | 700             | 44      | 14                | 0.5           | 250              | 1160        | 53                | 4         | 4                | 25          |
| <b>Loaded Breakfast</b>                               |                 |         |                   |               |                  |             |                   |           |                  |             |
| Sausage Scrambled Egg Loaded Wrap                     | 650             | 40      | 12                | 0.4           | 240              | 1020        | 53                | 4         | 5                | 22          |
| Bacon Scrambled Egg Loaded Wrap                       | 530             | 27      | 8                 | 0.3           | 225              | 1060        | 52                | 4         | 5                | 20          |
| Scrambled Egg & Cheese Loaded Wrap                    | 470             | 23      | 6                 | 0.3           | 205              | 840         | 52                | 4         | 5                | 16          |
| Sausage Scrambled Egg Loaded Box                      | 600             | 40      | 10                | 0.4           | 425              | 1050        | 37                | 3         | 4                | 24          |
| Bacon Scrambled Egg Loaded Box                        | 490             | 30      | 7                 | 0.4           | 405              | 1030        | 36                | 3         | 4                | 21          |
| Scrambled Egg Loaded Box                              | 440             | 26      | 5                 | 0.4           | 390              | 810         | 36                | 3         | 4                | 17          |
| Sausage Scrambled Egg Loaded Croissant                | 590             | 39      | 16                | 0.3           | 245              | 800         | 40                | 2         | 6                | 21          |
| Bacon Scrambled Egg Loaded Croissant                  | 460             | 26      | 12                | 0.2           | 230              | 840         | 39                | 2         | 6                | 19          |
| Scrambled Egg & Cheese Loaded Croissant               | 410             | 22      | 10                | 0.2           | 210              | 620         | 39                | 2         | 5                | 15          |
| <b>Omelette Bites (2 per serving)</b>                 |                 |         |                   |               |                  |             |                   |           |                  |             |
| Bacon & Cheese Omelette Bites                         | 210             | 14      | 5                 | 0.2           | 260              | 500         | 6                 | 0         | 1                | 15          |
| Spinach & Egg White Omelette Bites                    | 130             | 6       | 2                 | 0.1           | 11               | 410         | 6                 | 1         | 1                | 13          |
| <b>Other</b>  |                 |         |                   |               |                  |             |                   |           |                  |             |
| Hash Brown  | 120             | 6       | 0.5               | 0.1           | 0                | 220         | 15                | 1         | 1                | 1           |
| Yogurt Parfait  | 250             | 7       | 1.5               | 0.1           | 10               | 115         | 40                | 3         | 25               | 8           |
| <b>Breakfast - Limited Time Only</b>                  |                 |         |                   |               |                  |             |                   |           |                  |             |
| Maple Brown Butter Sausage Scrambled Egg Loaded Wrap  | 640             | 36      | 12                | 0.3           | 240              | 970         | 57                | 4         | 9                | 21          |
| Maple Brown Buter Bacon Scrambled Egg Loaded Wrap     | 510             | 23      | 7                 | 0.2           | 220              | 1010        | 56                | 4         | 9                | 20          |
| Maple Brown Butter Scrambled Egg & Cheese Loaded Wrap | 460             | 19      | 6                 | 0.2           | 205              | 790         | 56                | 4         | 8                | 16          |

| Menu Item  | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|--|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Maple Brown Butter Sausage Scrambled Egg Loaded Box        | 580             | 36      | 10                | 0.3           | 420              | 1000        | 41                | 3         | 8                | 24          |
| Maple Brown Butter Bacon Scrambled Egg Loaded Box          | 480             | 26      | 6                 | 0.3           | 400              | 980         | 41                | 3         | 8                | 21          |
| Maple Brown Butter Scrambled Egg Loaded Box                | 420             | 22      | 5                 | 0.3           | 385              | 760         | 40                | 3         | 8                | 17          |
| Maple Brown Butter Sausage Scrambled Egg Loaded Croissant  | 610             | 39      | 16                | 0.3           | 250              | 810         | 45                | 2         | 10               | 21          |
| Maple Brown Butter Bacon Scrambled Egg Loaded Croissant    | 490             | 26      | 12                | 0.2           | 230              | 850         | 44                | 2         | 10               | 19          |
| Maple Brown Butter Scrambled Egg & Cheese Loaded Croissant | 430             | 22      | 10                | 0.2           | 215              | 630         | 44                | 2         | 9                | 15          |
| <b>Lunch</b>   |                 |         |                   |               |                  |             |                   |           |                  |             |
| <b>Sandwiches</b>  |                 |         |                   |               |                  |             |                   |           |                  |             |
| Turkey Bacon Club Sandwich                                 | 550             | 23      | 5                 | 0.2           | 50               | 1440        | 60                | 3         | 6                | 27          |
| BLT Sandwich   | 490             | 21      | 5                 | 0.2           | 25               | 940         | 59                | 4         | 6                | 16          |
| Ham & Cheddar Sandwich                                     | 520             | 20      | 7                 | 0.4           | 50               | 1330        | 60                | 3         | 7                | 25          |
| Steak & Cheddar Sandwich                                   | 560             | 22      | 8                 | 0.5           | 70               | 1280        | 63                | 3         | 8                | 30          |
| Supreme Stack Sandwich                                     | 620             | 32      | 12                | 1             | 150              | 1670        | 49                | 3         | 10               | 36          |
| Crispy Chicken Craveable                                   | 470             | 19      | 3                 | 0.2           | 25               | 960         | 55                | 3         | 1                | 21          |
| Steak Craveable  | 450             | 20      | 6                 | 0.5           | 60               | 1080        | 43                | 2         | 3                | 24          |
| <b>Wraps</b>   |                 |         |                   |               |                  |             |                   |           |                  |             |
| Chicken Bacon Ranch Wrap                                   | 420             | 19      | 4.5               | 0.2           | 65               | 900         | 36                | 2         | 4                | 27          |
| Crispy Chicken Bacon Ranch Wrap                            | 530             | 26      | 6                 | 0.3           | 35               | 1010        | 54                | 4         | 4                | 24          |
| Classic Chicken Wrap                                       | 380             | 17      | 3                 | 0.2           | 60               | 660         | 36                | 2         | 3                | 24          |
| Classic Crispy Chicken Wrap                                | 490             | 24      | 4                 | 0.3           | 25               | 770         | 53                | 4         | 3                | 20          |

| Menu Item                                | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|--|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| <b>Loaded Wraps</b>                      |                 |         |                   |               |                  |             |                   |           |                  |             |
| Cilantro Lime Chicken Loaded Wrap        | 590             | 28      | 6                 | 0.4           | 70               | 1060        | 56                | 4         | 5                | 29          |
| Cilantro Lime Crispy Chicken Loaded Wrap | 690             | 35      | 8                 | 0.5           | 40               | 1200        | 72                | 6         | 5                | 25          |
| Cilantro Lime Veggie Loaded Wrap         | 570             | 26      | 6                 | 0.4           | 15               | 1070        | 72                | 6         | 5                | 13          |
| Habanero Chicken Loaded Wrap             | 560             | 26      | 6                 | 0.4           | 80               | 1240        | 54                | 5         | 5                | 29          |
| Habanero Crispy Chicken Loaded Wrap      | 660             | 33      | 7                 | 0.5           | 45               | 1360        | 71                | 6         | 5                | 25          |
| Habanero Veggie Loaded Wrap              | 540             | 24      | 6                 | 0.4           | 25               | 1220        | 70                | 6         | 6                | 13          |
| <b>Loaded Bowls</b>                      |                 |         |                   |               |                  |             |                   |           |                  |             |
| Cilantro Lime Chicken Loaded Bowl        | 550             | 29      | 6                 | 0.3           | 95               | 1100        | 41                | 4         | 4                | 34          |
| Cilantro Lime Crispy Chicken Loaded Bowl | 710             | 36      | 7                 | 0.5           | 75               | 1350        | 62                | 5         | 5                | 29          |
| Cilantro Lime Veggie Loaded Bowl         | 570             | 27      | 6                 | 0.4           | 15               | 1250        | 73                | 7         | 5                | 12          |
| Habanero Chicken Loaded Bowl             | 530             | 26      | 6                 | 0.3           | 100              | 1250        | 40                | 4         | 4                | 34          |
| Habanero Crispy Chicken Loaded Bowl      | 690             | 34      | 7                 | 0.5           | 80               | 1500        | 61                | 6         | 5                | 29          |
| Habanero Veggie Loaded Bowl              | 550             | 26      | 5                 | 0.4           | 25               | 1400        | 72                | 7         | 5                | 12          |
| <b>Flatbread Pizzas</b>                  |                 |         |                   |               |                  |             |                   |           |                  |             |
| Simply Cheese Flatbread Pizza            | 630             | 26      | 11                | 0.5           | 55               | 1590        | 68                | 3         | 6                | 31          |
| Pepperoni Flatbread Pizza                | 750             | 37      | 15                | 1             | 75               | 1910        | 69                | 3         | 6                | 36          |
| Chicken Parmesan Flatbread Pizza         | 760             | 34      | 14                | 0.5           | 100              | 1890        | 69                | 3         | 6                | 48          |
| Bacon Everything Flatbread Pizza         | 780             | 40      | 17                | 0.5           | 105              | 1790        | 66                | 2         | 5                | 40          |
| Hat Trick Flatbread Pizza                | 930             | 52      | 21                | 1             | 125              | 2390        | 71                | 3         | 6                | 46          |
| <b>Melts</b>                             |                 |         |                   |               |                  |             |                   |           |                  |             |
| Grilled Cheese Melt                      | 500             | 21      | 13                | 1             | 60               | 1380        | 51                | 3         | 3                | 27          |
| Bacon Grilled Cheese Melt                | 600             | 29      | 16                | 1             | 80               | 1730        | 51                | 3         | 4                | 33          |
| Turkey Melt                              | 550             | 25      | 11                | 0.5           | 75               | 1560        | 50                | 3         | 3                | 33          |
| Ham Melt                                 | 550             | 25      | 11                | 0.5           | 75               | 1620        | 50                | 3         | 4                | 33          |
| <b>Soups &amp; Chili</b>                 |                 |         |                   |               |                  |             |                   |           |                  |             |
| Chicken Noodle Soup - Regular            | 140             | 3       | 0.5               | 0             | 20               | 710         | 20                | 1         | 2                | 9           |
| Chicken Noodle Soup - Large              | 190             | 3.5     | 1                 | 0             | 20               | 960         | 28                | 2         | 2                | 10          |

| Menu Item                        | Calories (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|-----------------|---------|-------------------|---------------|------------------|-------------|-------------------|-----------|------------------|-------------|
| Cream of Broccoli Soup - Regular | 100             | 3.5     | 1.5               | 0.1           | 10               | 650         | 15                | 2         | 6                | 5           |
| Cream of Broccoli Soup - Large   | 150             | 5       | 2                 | 0.1           | 15               | 910         | 21                | 3         | 9                | 6           |
| Garden Minestrone Soup - Regular | 100             | 1.5     | 0.3               | 0             | 0                | 590         | 20                | 6         | 6                | 5           |
| Garden Minestrone Soup - Large   | 140             | 2.5     | 0.5               | 0             | 0                | 820         | 28                | 8         | 9                | 6           |
| Tomato Parmesan Soup - Regular   | 150             | 7       | 4                 | 0.3           | 15               | 740         | 17                | 3         | 6                | 5           |
| Tomato Parmesan Soup - Large     | 210             | 10      | 5                 | 0.4           | 20               | 1040        | 24                | 4         | 9                | 7           |
| Spicy Thai Soup - Regular        | 170             | 8       | 3.5               | 0.2           | 30               | 740         | 19                | 1         | 4                | 6           |
| Spicy Thai Soup - Large          | 240             | 12      | 5                 | 0.3           | 50               | 1030        | 26                | 1         | 5                | 8           |
| Potato Bacon Soup - Regular      | 220             | 11      | 6                 | 0.3           | 35               | 820         | 25                | 2         | 5                | 6           |
| Potato Bacon Soup - Large        | 310             | 15      | 8                 | 0.4           | 50               | 1150        | 35                | 2         | 6                | 9           |
| Clam Chowder - Regular           | 150             | 5       | 2                 | 0.1           | 15               | 750         | 20                | 1         | 5                | 7           |
| Clam Chowder - Large             | 210             | 7       | 3                 | 0.2           | 20               | 1050        | 27                | 2         | 6                | 10          |
| Chili - Regular                  | 310             | 16      | 6                 | 1             | 55               | 910         | 22                | 4         | 7                | 19          |
| Chili - Large                    | 430             | 22      | 9                 | 1             | 75               | 1270        | 31                | 6         | 10               | 27          |
| <b>Sides</b>                     |                 |         |                   |               |                  |             |                   |           |                  |             |
| Potato Wedges                    | 170             | 7       | 1                 | 0.2           | 0                | 520         | 26                | 2         | 0                | 2           |
| Soup Bun                         | 210             | 4.5     | 0.5               | 0.1           | 0                | 400         | 37                | 1         | 1                | 6           |
| Garlic Bread                     | 380             | 16      | 6                 | 0.3           | 25               | 780         | 47                | 3         | 4                | 14          |
| <b>Lunch - Limited Time Only</b> |                 |         |                   |               |                  |             |                   |           |                  |             |
| BBQ Loaded Chicken Loaded Wrap   | 610             | 30      | 7                 | 0.3           | 70               | 1220        | 58                | 4         | 8                | 28          |
| BBQ Crispy Chicken Loaded Wrap   | 700             | 36      | 8                 | 0.4           | 60               | 1390        | 72                | 5         | 8                | 25          |
| BBQ Loaded Chicken Loaded Bowl   | 580             | 31      | 6                 | 0.3           | 100              | 1260        | 43                | 4         | 7                | 34          |
| BBQ Crispy Chicken Loaded Bowl   | 740             | 39      | 8                 | 0.5           | 75               | 1510        | 64                | 5         | 8                | 29          |