

Tim Hortons Menu Canada

Prices • Calories • Caffeine • Cup Sizes

timhortonsmenu.com

Tim Hortons restaurants in Canada are franchised, and franchisees set their own prices within brand guidelines. There is no national price list. Prices in this guide are shown as typical ranges and exclude GST, HST, PST and QST. Your local restaurant may charge more or less. Airport, hospital, campus and highway locations often price above the standard range. Delivery apps list higher prices than in-store.

Calorie figures are from Tim Hortons' published Canadian nutrition guide. Caffeine figures are third-party estimates — Tim Hortons does not publish caffeine data. Item availability varies by restaurant and limited-time items change through the year.

Cup Sizes

Sizes and volumes are the same across every hot and cold beverage.

Size	Fluid ounces	Millilitres
Extra Small	8 fl oz	237 mL
Small	10 fl oz	296 mL
Medium	14 fl oz	414 mL
Large	20 fl oz	591 mL
Extra Large	24 fl oz	710 mL

These have been the Canadian sizes since January 2012. Extra small is not carried at every restaurant and is not sold in the United States, where 24 oz is the largest size.

Caffeine in Brewed Coffee

Tim Hortons does not publish caffeine content. The figures below are third-party estimates and are approximate.

Size	Volume	Est. caffeine	Per 100 mL
Extra Small	237 mL	about 110 mg	about 46 mg
Small	296 mL	about 140 mg	about 47 mg
Medium	414 mL	about 205 mg	about 50 mg
Large	591 mL	about 270 mg	about 46 mg
Extra Large	710 mL	about 330 mg	about 46 mg

Across the menu

Drink	Serving	Estimated caffeine
Original Blend	medium	about 205 mg
Dark Roast	medium	about 205 mg
Decaf brewed	large	about 12 mg
Espresso	single shot	about 75-125 mg
Espresso	double shot	about 150-250 mg
Americano	small	about 75-125 mg
Latte / Cappuccino	small	about 75-125 mg
Cold Brew	medium	about 200-250 mg
Iced Coffee	medium	about 150-200 mg
Iced Capp	medium	about 90-120 mg
Matcha Latte	medium	about 60-80 mg
French Vanilla	medium	about 60-90 mg
Steeped Tea	medium	about 40-60 mg
Green Specialty Tea	medium	about 25-40 mg
Infusur Energy	1 can	about 120-160 mg

Caffeine free: hot chocolate, white hot chocolate, all Fruit Quenchers, Frozen Lemonade, Creamy Chills, herbal teas, juices, milk, water. Health Canada advises healthy adults stay under 400 mg of caffeine a day, with a lower limit during pregnancy and breastfeeding.

Hot Drinks

Brewed Coffee

Item	Small	Medium	Large	Extra Large
Original Blend	\$1.59-1.65 / 3 cal	\$1.83-2.09 / 4 cal	\$2.07-2.29 / 5 cal	\$2.35-2.69 / 5 cal
Dark Roast	\$1.59-1.65 / 3 cal	\$1.83-2.09 / 4 cal	\$2.07-2.29 / 5 cal	\$2.35-2.69 / 5 cal
Decaf	\$1.59-1.65 / 3 cal	\$1.83-2.09 / 4 cal	\$2.07-2.29 / 5 cal	\$2.35-2.69 / 5 cal
Double Double	\$1.59-1.65	\$1.83-2.09	\$2.07-2.29	\$2.35-2.69
Triple Triple	\$1.59-1.65	\$1.83-2.09	\$2.07-2.29	\$2.35-2.69

Price per 100 mL, Original Blend: small about \$0.54, medium \$0.44-0.50, large \$0.35-0.39, extra large \$0.33-0.38. A Double Double is coffee with two creams and two sugars; a Triple Triple takes three of each. Cream and sugar change the calories but not the caffeine.

Espresso Drinks

Item	Small	Medium	Large
Latte	\$2.99-3.19 / 90 cal	\$3.49-3.69 / 140 cal	\$3.99-4.19 / 190 cal
Vanilla Latte	\$3.39-3.49 / 150 cal	\$3.89-3.99 / 230 cal	\$4.39-4.49 / 310 cal
Mocha Latte	\$3.39-3.49 / 140 cal	\$3.89-3.99 / 220 cal	\$4.39-4.49 / 300 cal
Caramel Latte	\$3.39-3.49 / 150 cal	\$3.89-3.99 / 220 cal	\$4.39-4.49 / 300 cal
Cappuccino	\$2.99-3.19 / 80 cal	\$3.49-3.69 / 120 cal	\$3.99-4.19 / 170 cal
Americano	\$2.29 / 3 cal	\$2.79 / 5 cal	\$3.29 / 5 cal
Espresso	single \$1.49 / 3 cal	double \$1.99 / 5 cal	-

Espresso drinks are built on shots, not volume, so the caffeine gap between a small and a large is smaller than the price gap suggests.

Tea

Item	Small	Medium	Large	Extra Large
Steeped Tea	\$1.79-1.89 / 0 cal	\$1.99 / 0 cal	\$2.29-2.49 / 0 cal	\$2.59-2.69 / 0 cal
Specialty Tea	\$1.79-1.89 / 0 cal	\$1.99 / 0 cal	\$2.29-2.49 / 0 cal	\$2.59-2.69 / 0 cal
Tropical Green Tea	\$1.79 / 0 cal	\$1.99 / 0 cal	\$2.29-2.49 / 0 cal	-
London Fog	\$3.29 / 110 cal	\$3.79 / 160 cal	\$4.29 / 240 cal	-

Hot Chocolate

Item	Small	Medium	Large	Extra Large
Hot Chocolate	\$1.99-2.39 / 220 cal	\$2.29-2.69 / 280 cal	\$2.49-2.99 / 380 cal	\$2.79-3.19 / 500 cal
White Hot Chocolate	\$1.99-2.39 / 250 cal	\$2.29-2.69 / 330 cal	\$2.49-2.99 / 430 cal	\$2.79-3.19 / 570 cal
French Vanilla	\$2.49-2.69 / 260 cal	\$2.79-2.99 / 330 cal	\$2.99-3.29 / 430 cal	\$3.29-3.59 / 570 cal

French Vanilla contains caffeine, unlike the hot chocolates. An extra large at 570 calories is the highest-calorie hot drink on the standard menu.

Take Twelve

Item	Price	Serves	Per cup
Take Twelve	\$19.99	12 cups	about \$1.67

Twelve cups of brewed coffee with cups, lids, cream, sugar and stirrers included. Most restaurants need notice for larger quantities.

Cold Drinks

Iced Capp

Item	Small	Medium	Large
Original Iced Capp	\$3.29-3.99 / 260 cal	\$3.79-4.49 / 330 cal	\$4.29-4.99 / 430 cal
Mocha Iced Capp	\$3.99-4.29 / 430 cal	\$4.49-4.79 / 530 cal	\$4.99-5.49 / 650 cal
Vanilla Iced Capp	\$3.99-4.29 / 440 cal	\$4.49-4.79 / 540 cal	\$4.99-5.49 / 660 cal
Caramel Iced Capp	\$3.99-4.29 / 440 cal	\$4.49-4.79 / 530 cal	\$4.99-5.49 / 660 cal
OREO Double Stuf Iced Capp	\$3.99-4.29 / 450 cal	\$4.49-4.79 / 560 cal	\$4.99-5.49 / 700 cal

The Original is the cheapest and lightest. Flavoured versions add roughly 170-250 calories at the same size. Iced Capps can be made with cream, milk or chocolate milk; asking for milk lowers the calories at no extra cost.

Iced Coffee and Cold Brew

Item	Small	Medium	Large
Original Iced Coffee	\$2.19-2.49 / 120 cal	\$2.49-2.59 / 150 cal	\$2.79-2.89 / 240 cal
Black Iced Coffee	\$2.19-2.49 / 0 cal	\$2.49-2.59 / 0 cal	\$2.79-2.89 / 0 cal
Original Cold Brew	\$2.49-2.99 / 120 cal	\$2.99-3.49 / 150 cal	\$3.49-3.99 / 240 cal
Black Cold Brew	\$2.49-2.99 / 0 cal	\$2.99-3.49 / 0 cal	\$3.49-3.99 / 0 cal
Vanilla Cream Cold Brew	\$2.99-3.49 / 120 cal	\$3.49-3.99 / 160 cal	\$3.99-4.49 / 240 cal
Cold Brew with cold foam	\$3.49 / 180-230 cal	\$3.99 / 220-270 cal	\$4.49 / 300-350 cal

Cold foam flavours rotate seasonally. Cold brew carries more caffeine per millilitre than drip coffee because of the long steep.

Iced Latte

Item	Small	Medium	Large
Original Iced Latte	\$2.99-3.19 / 150 cal	\$3.49-3.69 / 200 cal	\$3.99-4.19 / 250 cal
Unsweetened Iced Latte	\$2.99-3.19 / 90 cal	\$3.49-3.69 / 120 cal	\$3.99-4.19 / 140 cal
Vanilla Iced Latte	\$3.49 / 150 cal	\$3.99 / 210 cal	\$4.49 / 260 cal
Mocha Iced Latte	\$3.49 / 150 cal	\$3.99 / 200 cal	\$4.49 / 250 cal
Caramel Iced Latte	\$3.49 / 150 cal	\$3.99 / 200 cal	\$4.49 / 250 cal
Brown Sugar Iced Latte	\$3.49 / 150 cal	\$3.99 / 200 cal	\$4.49 / 250 cal
Protein Iced Latte	\$4.29 / 135 cal	-	-

Matcha

Item	Small	Medium	Large
Matcha Latte (hot)	\$3.49 / 100 cal	\$3.99 / 150 cal	\$4.49 / 210 cal
Original Iced Matcha Latte	\$3.49 / 150 cal	\$3.99 / 210 cal	\$4.49 / 260 cal
Unsweetened Iced Matcha	\$3.49 / 100 cal	\$3.99 / 130 cal	\$4.49 / 160 cal
Vanilla Iced Matcha Latte	\$4.49 / 260 cal	\$4.99 / 320 cal	\$5.49 / 370 cal

Availability varies. Smaller and rural restaurants may not stock matcha.

Fruit Quenchers

Quenchers are five flavour bases prepared five different ways. Pick a flavour, then pick a format.

Which formats each flavour comes in

Flavour	Frozen	Lemonade	Sparkling	Iced Tea	Cloud
Strawberry Watermelon	Yes	Yes	Yes	Yes	-
Blackberry Yuzu	Yes	Yes	Yes	Yes	Yes
Orange Tangerine	Yes	Yes	Yes	Yes	Yes
Peach	Yes	Yes	Yes	Yes	-
Pineapple Dragon Fruit	Yes	Yes	Yes	-	-

Format: price and calorie range

Format	Small	Medium	Large	Calorie range
Frozen	\$3.49-3.99	\$3.99-4.49	\$4.49-4.99	300-490 cal
Lemonade	\$2.29-2.79	\$2.79-3.29	\$3.29-3.79	80-230 cal
Sparkling	\$2.69-2.79	\$3.19-3.29	\$3.69-3.79	40-160 cal
Iced Tea	\$2.79-3.29	\$3.29-3.79	\$3.79-4.29	80-240 cal
Cloud	\$3.49-3.99	\$3.99-4.49	\$4.49-4.99	360-390 cal

Sparkling is the cheapest and lightest by a clear margin. A large sparkling runs around 130-160 calories against 410-490 for a large frozen in the same flavour, for about a dollar less. Flavour bases rotate through the year.

Frozen Lemonade and Creamy Chills

Item	Small	Medium	Large
Classic Frozen Lemonade	\$2.39-2.79 / 200 cal	\$2.89-3.29 / 250 cal	\$3.39-3.79 / 330 cal
Strawberry Frozen Lemonade	\$2.79 / 200-250 cal	\$3.29 / 250-310 cal	\$3.79 / 330-410 cal
Mango Frozen Lemonade	\$2.79 / 240 cal	\$3.29 / 300 cal	\$3.79 / 400 cal
Vanilla Creamy Chill	\$3.79-3.99 / 450 cal	\$4.49 / 560 cal	\$4.79-4.99 / 690 cal
Chocolate Creamy Chill	\$3.99 / 450 cal	\$4.49 / 550 cal	\$4.99 / 680 cal
Caramel Toffee Creamy Chill	\$3.99 / 450 cal	\$4.49 / 540 cal	\$4.99 / 670 cal

Creamy Chills are caffeine free unless you ask for a shot added.

Fountain Pop, Bottled Drinks and Energy

Item	Price	Calories
Fountain pop (Coca-Cola, Diet Coke, Sprite)	\$1.79	0-200
Fuze Iced Tea (fountain)	\$1.79	160
Minute Maid Lemonade	\$1.79	100
Vanilla Soda Swirl	\$2.99-3.99	320-500
Cherry Soda Swirl	\$2.99-3.99	310-480
Vanilla Light Soda Swirl	\$2.49-3.49	80-160
Bottled Coca-Cola / Sprite 500 mL	\$2.59-2.99	200
Bottled Diet Coke 500 mL	\$2.59-2.99	0
Canada Dry Ginger Ale 500 mL	\$2.59-2.99	190
Apple Juice	\$2.59-2.99	130

Item	Price	Calories
Orange Juice	\$2.59-2.99	140
White Milk	\$2.59-2.99	120
Chocolate Milk	\$2.59-2.99	160
Spring Water	\$2.29-2.49	0
Glaceau smartwater 591 mL	\$2.99	0
Blackberry Yuzu Infusr Energy	\$3.59-4.99	140
Mango Starfruit Infusr Energy	\$3.59-4.99	130
Orange Citrus Infusr Zero	\$3.59-4.99	15

Breakfast

Most restaurants start breakfast at opening, commonly between 5:00 and 6:00 AM. Many serve breakfast items all day, but this varies by restaurant and is not a national guarantee. Check the Tim Hortons app or store locator for your location.

Breakfast Sandwiches

Sandwiches can be built on English muffin (homestyle bun), biscuit, croissant or any bagel. Bagel BELT is bagel only. Bread choice changes the calorie count.

Item	Price	Calories
Simply Sausage Sandwich	\$2.99-3.49	450
Egg & Cheese Breakfast Sandwich	\$3.99-4.49	270
Bacon Breakfast Sandwich	\$4.49-4.99	330
Sausage Breakfast Sandwich	\$4.49-4.99	530
Double Stacked Breakfast Sandwich	\$5.49-5.99	580
Farmer's Breakfast Sandwich	\$5.49-5.99	680
Bagel BELT	\$5.49-5.59	490
Maple Bacon Cheddar Croissant Sandwich	\$5.79	370
Scrambled Egg Loaded Croissant	\$5.49	263
Protein Bagel BELT	\$5.49	397

The Simply Sausage is the cheapest hot breakfast and is often offered around \$2.99 with any size coffee. The Egg & Cheese at 270 calories is the lightest full sandwich. The Farmer's is the heaviest at 680.

Breakfast Wraps, Boxes and Bundles

Item	Price	Calories	Serves
Farmer's Breakfast Wrap	\$5.49-5.59	509-640	1
Scrambled Egg Farmer's Wrap	\$5.49-5.59	182-650	1
Grilled Breakfast Wrap	\$4.79	530	1
Scrambled Egg Loaded Box	\$5.59-7.99	231-600	1
Classic Breakfast Bundle	\$9.99	2,200	2
Farmer's Breakfast Bundle	\$9.99	2,420	2
Classic Breakfast Bundle (large)	\$9.99-19.99	4,450	4-6
Farmer's Breakfast Bundle (large)	\$9.99-19.99	5,088	4-6

Breakfast Sides

Item	Price	Calories
Hashbrown	\$1.99-2.19	120
Omelette Bites	\$3.99-4.99	210
Toast	\$4.99	341
Vanilla Yogurt Parfait	\$4.99	250

Lunch and Dinner

Lunch service typically begins at 10:30 or 11:00 AM. Smaller restaurants may not stock the full lunch range.

Wraps

Item	Price	Calories
Chicken Bacon Ranch Wrap	\$6.49-6.99	530
Classic Chicken Wrap	\$6.49	380-420
Pesto Chicken Wrap	\$6.49	471
Chipotle Craveable Wrap	\$6.49	146
Ranch Craveable Wrap	\$6.49	172
Chipotle Veggie Wrap	\$5.29	600
Cilantro Lime Chicken Loaded Wrap	\$7.79-8.79	650-690
Habanero Chicken Loaded Wrap	\$7.79-8.79	510-660
BBQ Chicken Loaded Wrap	\$6.49-8.79	-
Cilantro Lime Veggie Loaded Wrap	\$6.79-7.79	323-570
Habanero Veggie Loaded Wrap	\$6.79-7.79	293-540
Cilantro Lime Sous Vide Chicken Wrap	\$6.49	680
Habanero Sous Vide Chicken Wrap	\$6.49	650

Loaded Wraps are the larger build with rice, cheese and sauce. Craveables are the smaller, cheaper format. Veggie versions run about \$1 less and around 130 calories lighter than the chicken.

Bowls

Item	Price	Calories
Cilantro Lime Chicken Loaded Bowl	\$7.99-9.99	570-590
Habanero Chicken Loaded Bowl	\$7.99-9.99	540-570
BBQ Chicken Loaded Bowl	\$7.99	-
Cilantro Lime Veggie Loaded Bowl	\$7.99-8.99	134-570
Habanero Veggie Loaded Bowl	\$7.99-8.99	114-550

A bowl costs about \$1.20 more than the same filling in a wrap and comes in slightly lighter, since there is no tortilla.

Sandwiches

Item	Price	Calories
BLT Artisan Sandwich	\$5.99-6.99	490
Ham & Cheddar Artisan Sandwich	\$5.99	520
Turkey Bacon Club Artisan Sandwich	\$6.99	550
Steak & Cheddar Artisan Sandwich	\$6.99-7.29	560
Roast Beef & Cheddar Artisan Sandwich	\$6.99	560
Turkey Avocado Club	\$6.99	618
Crispy Chicken Craveable	\$4.99-6.99	297-470
Steak Craveable	\$4.99-6.99	162-450
Roast Beef Craveable	\$4.99	460
Grilled Cheese Melt	\$6.99	-
Bacon Grilled Cheese Melt	\$6.99	284

Item	Price	Calories
Turkey Melt	\$6.99	-

Artisan Sandwiches are the larger build on a soft artisan roll. Craveables are the compact version at roughly \$2 less.

Flatbread Pizzas, Soup and Sides

Item	Price	Calories
Simply Cheese Flatbread Pizza	\$6.99	430-630
Pepperoni Flatbread Pizza	\$6.99-7.99	433-750
Chicken Parmesan Flatbread Pizza	\$6.99-7.99	429-760
Bacon Everything Flatbread Pizza	\$6.99-7.99	275-780
Spicy Rose Chicken Flatbread Pizza	\$7.99	760
Chili (regular)	\$3.99-5.99	165-310
Chili (large)	\$6.99	430
Chicken Noodle Soup (regular)	\$3.99-4.49	140
Soup (large)	\$5.79	190
Potato Wedges	\$2.79-4.99	160-380
Sea Salt Wedges	\$2.79	380
Garlic Bread	\$3.49-4.99	380-400

Chili is the highest-protein item in this section at around 20 g. Soup varieties rotate seasonally.

Donuts, Timbits and Baked Goods

Donuts

Item	Price	Calories	Item	Price	Calories
Boston Cream	\$1.59-1.99	240	Honey Dip	\$1.59-1.99	250
Honey Cruller	\$1.59-1.99	320	Double Chocolate	\$1.59-1.99	310
Chocolate Cruller	\$1.59-1.99	360	Chocolate Glazed	\$1.59-1.99	330
Apple Fritter	\$1.59-1.99	330	Toasted Coconut	\$1.59-1.99	360
Sour Cream Glazed	\$1.59-1.99	340	Choc Toasted Coconut	\$1.59-1.99	360
Old Fashioned Glazed	\$1.59-1.99	330	Chocolate Eclair	\$1.59-1.99	310
Old Fashioned Plain	\$1.59-1.99	280	Strawberry Filled	\$1.59-1.99	240
Chocolate Dip	\$1.59-1.99	220	Sugar Loop	\$1.59-1.99	200
Vanilla Dip	\$1.59-1.99	250	Choc Marshmallow Ring	\$1.99	350
Maple Dip	\$1.59-1.99	220	Spiced Vanilla Filled Ring	\$1.99	320
Canadian Maple	\$1.59-1.99	250	Dream Donut with Nutella	\$2.49	300
Caramilk Filled Ring Dream	\$2.49	360	Caramel Brownie Dream	\$2.49	410

Donuts by the box

Quantity	Price	Per donut
Single	\$1.59-1.99	\$1.59-1.99
6 assorted	\$7.79-7.99	about \$1.32
12 assorted	\$13.99-14.49	about \$1.19

A dozen works out roughly 35-40 percent cheaper per donut than singles.

Timbits

Flavour	Price each	Calories each
Honey Dip	\$0.33-0.45	50
Old Fashioned Plain	\$0.33-0.45	60
Chocolate Glazed	\$0.33-0.45	80
Old Fashioned Glazed	\$0.33-0.45	80
Birthday Cake	\$0.33-0.45	80-82
Sour Cream Glazed	\$0.33-0.45	90
Blueberry Cheesecake Filled	\$0.45	50
Creme Brulee Filled	\$0.45	50
Powdered Strawberry Filled	\$0.45	50

Timbits by the box

Quantity	Price	Per Timbit	Total calories
Single	\$0.33-0.45	\$0.33-0.45	50-90
10 pack	\$2.99-3.19	about \$0.31	about 900
20 pack	\$4.99-5.19	about \$0.25	about 1,800
50 pack	\$9.99	about \$0.20	about 4,500

The 50 pack is the best value on the whole bakery menu at roughly 20 cents each, less than half the single price.

Muffins

Item	Price	Calories
Chocolate Chip Muffin	\$2.19-2.29	420
Wild Blueberry Muffin	\$2.19-2.29	380
Raisin Bran Muffin	\$2.19-2.29	367-380
Whole Grain Pecan Banana Bread Muffin	\$2.19-2.29	340
Fruit Explosion Muffin	\$2.49-2.59	360
Carrot Cake with Walnut Muffin	\$2.49-2.59	360
Lemon Poppyseed Cheesecake Muffin	\$2.59	370
Chocolate Hazelnut Muffin	\$2.49-2.59	430
Hot Chocolate Muffin	\$2.49	410
6 assorted	\$10.49	about \$1.75 each
12 assorted	\$18.99	about \$1.58 each

Muffins are the heaviest single bakery item, most running 340 to 430 calories, more than any standard donut.

Cookies

Item	Price	Calories
Chocolate Chunk Cookie	\$1.49-1.69	220-310
OREO Chunk Cookie	\$1.69	310
Caramel Chocolate Cookie	\$1.69	300
Peanut Butter Cookie	\$1.49-1.99	278
Oatmeal Raisin Cookie	\$1.99	290
Dream Cookie with Nutella	\$2.29	370
Reese's Minis Dream Cookie	\$2.29	350-380
Dream Cookie with M&M;'s Minis	\$2.29	360
Caramilk Dream Cookie	\$2.29-2.49	340
OREO Double Stuf Dream Cookie	\$2.29	390
Chocolate Chunk Brookie	\$2.99	410
M&M;'s Brookie	\$1.99-2.99	460
6 assorted	\$7.29-7.79	about \$1.25 each
12 assorted	\$12.99	about \$1.08 each

Bagels

Item	Price	Calories
Plain Bagel	\$2.19-2.49	290
Everything Bagel	\$2.19-2.49	290-300
Sesame Seed Bagel	\$2.19-2.49	310
Cinnamon Raisin Bagel	\$2.19-2.49	290-300
12 Grain Bagel	\$2.19-2.49	320-330
Four Cheese Bagel	\$2.49-2.99	320-330
Jalapeno Asiago Mozzarella Bagel	\$2.49-2.99	310-320
6 assorted	\$10.49	about \$1.75 each
12 assorted	\$18.99-20.99	about \$1.65 each

Item	Price	Calories
PHILADELPHIA cream cheese (bulk)	\$3.49-3.79	640 per tub

Cream cheese, butter and preserves are usually charged as an add-on. Toasting is free.

Croissants, Pastries, Cakes and Tarts

Item	Price	Calories
Plain Croissant	\$2.29-3.49	260
Cheese Croissant	\$2.49-3.49	290-311
Chocolate Croissant	\$2.49-3.49	347-350
Croissant with Nutella	\$2.79-3.49	330
Biscoff Croissant	\$3.49	400
Four Cheese Twist	\$2.29-2.99	220
Herb & Garlic Savoury Pastry	\$2.99-3.49	240
Red Pepper & Swiss Savoury Pinwheel	\$2.99-3.49	280
Caramelized Onion & Parmesan Pinwheel	\$2.99-3.49	290
Spinach & Feta Savoury Egg Pastry	\$3.49-3.99	280
Raisin Tea Biscuit	\$2.19-4.99	250
Double Chocolate Brownie	\$2.99	410
Salted Caramel Butter Tart	\$4.99	350
Pecan Butter Tart	\$2.59	330
Custard Tart	\$2.59	210

Dips and Sides

Item	Price	Calories
Ranch Dip	\$1.00-1.50	220
Creamy BBQ Dip	\$1.00-1.50	240
Habanero Dip	\$1.00-1.50	220
Chipotle Dip	\$1.00-1.50	170
Cilantro Lime Dip	\$1.00-1.50	200
Hashbrown	\$1.99-2.19	120
Potato Wedges	\$2.79-4.99	160-380
Garlic Bread	\$3.49-4.99	380-400

Chipotle is the lightest dip at 170 calories, Creamy BBQ the heaviest at 240. A single dip adds more calories than a hashbrown.

Lowest Calorie Options

Item	Calories
Black coffee, any size	3-5
Steeped or specialty tea, black	0
Black iced coffee, any size	0
Black cold brew, any size	0
Americano, any size	3-5
Diet Coke, Spring Water, smartwater	0
Infusr Zero energy	15
Small Sparkling Quencher	40
Honey Dip Timbit	50
Hashbrown	120
Chicken Noodle Soup	140
Chipotle Craveable Wrap	146
Chipotle Dip	170
Sugar Loop donut	200

The simplest calorie saving on the menu costs nothing: order coffee black, or ask for milk instead of cream. A large Original Blend black is 5 calories. The same cup as a Double Double is in the low hundreds.

Best Value on the Menu

Category	Best value pick	Why
Cheapest hot drink	Espresso	about \$1.49
Cheapest food item	Single Timbit	about \$0.33
Most food per dollar	50 pack Timbits	about \$0.20 each
Most protein per dollar	Chili	around 20 g
Best coffee value by volume	Large Original Blend	about \$0.35-0.39 per 100 mL
Coffee for a group	Take Twelve	about \$1.67 per cup
Cheapest hot breakfast	Simply Sausage Sandwich	often around \$2.99 with a coffee

For the full menu with sortable tables, caffeine by drink and size, allergen information and province pricing, visit
timhortonsmenu.com

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