



Allergen Information

The information provided in this document is based on standard product formulations and information provided by our suppliers. Please note that normal kitchen operations may involve shared equipment (e.g., oven, beverage machines, toaster, panini press), shared cooking and preparation areas and utensils, and the possibility exists that your food items may come in contact with other food products, including other allergens. Although we take precautions, we cannot guarantee that cross-contact of allergens will not occur, and we do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants.

Test, Limited Time Only and certain regional offerings may not be listed within this document. Information is applicable to products served in Canadian restaurants and may be subject to change at any time. We encourage anyone with food sensitivities, allergies, or special dietary needs to check www.TimHortons.ca on a regular basis to obtain the most up-to-date information before ordering.

This document reflects information for our products as of June 2022.

x = Contains | o = May Contain

Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Coffee, Tea & Other Hot Beverages										
Original Blend Coffee										
Dark Roast Coffee										
Decaf Coffee										
Regular Coffee		x								
Double Double Coffee		x								
Cappuccino		x				o				
Latte		x				o				
Coffee Mocha		x		o						
French Vanilla		x		x						
Hot Chocolate		x		o						
White Hot Chocolate		x								
London Fog		x				o				
Bagged Tea										
Steeped Tea										
Hot Beverages - Limited Time Only										
Roasted Hazelnut Latte		x				o				
Cold Beverages										
Iced Coffee		x								
Light Iced Coffee		x								
Original Cold Brew										
Vanilla Cream Cold Brew		x								
Original Iced Capp®		x				o				
Light Iced Capp®		x				o				
Mocha Iced Capp®		x		x		o				o
Vanilla Iced Capp®		x		x		o				o

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Caramel Iced Capp®		x		x		o				o
Chocolate Creamy Chill		x		x		o				o
Vanilla Creamy Chill		x		x		o				o
Strawberry Creamy Chill		x		x		o				o
Strawberry Smoothie		x		o		o				
Frozen Lemonade		o		o		o				o
Strawberry Frozen Lemonade		o		o		o				o
Classic Lemonade										
Peach Quencher										
Strawberry Watermelon Quencher										
Passionfruit Tea Lemonade Quencher										
Iced Tea Quencher										
Cold Beverages - Limited Time Only										
Roasted Hazelnut Cold Brew with Espresso Infused Foam		x		x						
French Vanilla Cold Brew - Small Biebs Brew		x								
S'mores Iced Capp®	x	x	o	x	o	o		o		x
S'mores Creamy Chill	x	x	o	x	o	o		o		x
Flavoured Beverage Syrups										
Chocolate Syrup										
Vanilla Syrup										
Caramel Syrup		x								
Roasted Hazelnut Syrup										
French Vanilla Syrup										

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Donuts										
Apple Fritter Donut	x	x	o	o		o				o
Blueberry Donut	x	x	x	x		o				o
Boston Cream Donut	x	x	o	o		o				x
Canadian Maple Donut	x	x	o	o		o				o
Chocolate Cruller Donut	x	x	x	o		o				x
Chocolate Dip Donut	x	x	o	o		o				x
Chocolate Éclair Donut	x	x	o	x		o				x
Chocolate Glazed Donut	x	x	x	x		o				o
Chocolate Marble Donut	x	x	x	x		o				x
Chocolate Snow Donut	x	x	x	x		o				o
Chocolate Toasted Coconut Donut	x	x	x	x		o				o
Coconut Cream Donut	x	x	o	o		o				o
Double Chocolate Donut	x	x	x	x		o				x
Honey Cruller Donut	x	x	x	o		o				o
Honey Dip Donut	x	x	o	o		o				o
Long John Donut	x	x	o	o		o				x
Maple Cruller Donut	x	x	x	o		o				o
Maple Dip Donut	x	x	o	o		o				o
Maple Éclair Donut	x	x	o	x		o				o
Maple Swirl Donut	x	x	o	o		o				o
Old Fashioned Dip Donut	x	x	x	x		o				x
Old Fashioned Glazed Donut	x	x	x	x		o				o
Old Fashioned Plain Donut	x	x	x	x		o				o
Old Fashioned Snow Donut	x	x	x	x		o				o
Old Fashioned Sugar Donut	x	x	x	x		o				o
Raspberry Filled Donut	x	x	o	o		o				o

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Sour Cream Glazed Donut	x	x	x	x		o				o
Sour Cream Plain Donut	x	x	x	x		o				o
Sour Cream Sugar Donut	x	x	x	x		o				o
Strawberry Dip Donut	x	x	o	o		o				o
Strawberry Filled Donut	x	x	o	o		o				o
Strawberry Vanilla Donut	x	x	o	o		o				o
Sugar Loop Donut	x	x	o	o		o				o
Toasted Coconut Donut	x	x	x	x		o				o
Vanilla Dip Donut	x	x	o	o		o				o
<i>Dream Donuts®</i>										
S'mores Dream Donut	x	x	x	x	o	o		o		x
Reese's Peanut Butter Cheesecake Donut	x	x	o	x	x	o				x
Birthday Cake Confetti Donut	x	x	x	x		o				x
<i>Timbits®</i>										
Birthday Cake Timbit	x	x	x	x		o				o
Chocolate Glazed Timbit	x	x	x	x		o				o
Chocolate Snow Ball Timbit	x	x	x	x		o				o
Chocolate Toasted Coconut Timbit	x	x	x	x		o				o
Honey Dip Timbit	x	x	o	o		o				o
Old Fashioned Glazed Timbit	x	x	x	x		o				o
Old Fashioned Plain Timbit	x	x	x	x		o				o
Old Fashioned Sugar Timbit	x	x	x	x		o				o
Snow Ball Timbit	x	x	x	x		o				o
Sour Cream Glazed Timbit	x	x	x	x		o				o
Sour Cream Plain Timbit	x	x	x	x		o				o
Sour Cream Sugar Timbit	x	x	x	x		o				o
Strawberry Timbit	x	x	o	o		o				o

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Toasted Coconut Timbit	x	x	x	x		o				o
Venetian Cream Timbit	x	x	o	o		o				o
Timbiebs®										
Sour Cream Chocolate Chip Timbieb	x	x	x	x	o	o		o		o
Chocolate White Fudge Timbieb	x	x	x	x	o	o		o		o
Birthday Cake Waffle Timbieb	x	x	x	x	o	o		o		o
Baked Goods										
Muffins										
Chocolate Chip Muffin	x	x	x	x		o				
Fruit Explosion Muffin	x	x	x	o		o				
Wild Blueberry Muffin	x	x	x	o		o				
Raisin Bran Muffin	x	x	x	o		o				
Carrot Cake with Walnuts Muffin	x	x	x	x		x				
Whole Grain Banana Pecan Muffin	x	x	x	o		x				
Cookies										
Chocolate Chunk Cookie	x	x	x	x	o	o				
Peanut Butter Cookie	x	x	x	x	x	o				
Croissants										
Plain Croissant	x	x	o	x		o		o		o
Cheese Croissant	x	x	o	x		o		o		o
Chocolate Croissant	x	x	o	x		o		o		o
Tea Biscuits										
Cheese Tea Biscuit	x	x	o	o						o
Raisin Tea Biscuit	x	x	o	o						o
Classic Bagels										
Plain Bagel	x	o	o	o		o		o		o
Sesame Seed Bagel	x	o	o	o		o		x		o

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Everything Bagel	x	o	o	o		o		x		o
12-Grain Bagel	x	o	o	o		o		x		o
Cinnamon Raisin Bagel	x	o	o	o		o		o		o
Blueberry Bagel	x	o	o	o		o		o		o
Specialty Bagels										
Four Cheese Bagel	x	x	o					o		o
Jalapeno Cheddar Bagel	x	x	o					o		o
Bagel Toppings										
Plain Cream Cheese		x								
Herb & Garlic Cream Cheese		x								
Strawberry Cream Cheese		x								
Butter		x								
Strawberry Jam Packet										
Raspberry Jam Packet										
Peanut Butter					x					
Breakfast										
Classic Breakfast Sandwiches										
Homestyle Biscuit Sandwich - Sausage	x	x	x	x						o
Homestyle Biscuit Sandwich - Bacon	x	x	x	x						o
Homestyle Biscuit Sandwich - Egg & Cheese	x	x	x	x						o
Homestyle Biscuit Sandwich - Steak & Egg	x	x	x	x					x	o
Homestyle Biscuit Sandwich - Simply Sausage	x	x								o
English Muffin Sandwich - Sausage	x	x	x	x						
English Muffin Sandwich - Bacon	x	x	x	x						
English Muffin Sandwich - Egg & Cheese	x	x	x	x						
Bagel Breakfast Sandwiches										
Plain Bagel Sandwich - Sausage	x	x	x	x		o		o		o

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Plain Bagel Sandwich - Bacon	x	x	x	x		o		o		o
Sesame Seed Bagel Sandwich - Sausage	x	x	x	x		o		x		o
Sesame Seed Bagel Sandwich - Bacon	x	x	x	x		o		x		o
Everything Bagel Sandwich - Sausage	x	x	x	x		o		x		o
Everything Bagel Sandwich - Bacon	x	x	x	x		o		x		o
12-Grain Bagel Sandwich - Sausage	x	x	x	x		o		x		o
12-Grain Bagel Sandwich - Bacon	x	x	x	x		o		x		o
Bagel BELT Breakfast Sandwiches										
Plain Bagel BELT Sandwich	x	x	x	x		o		o		o
Sesame Seed Bagel BELT Sandwich	x	x	x	x		o		x		o
Everything Bagel BELT Sandwich	x	x	x	x		o		x		o
12-Grain Bagel BELT Sandwich	x	x	x	x		o		x		o
Grilled Breakfast Wraps										
Breakfast Wrap - Sausage	x	x	x	x				o		o
Breakfast Wrap - Bacon	x	x	x	x				o		o
Breakfast Wrap - Sausage & Bacon	x	x	x	x				o		o
Farmer's Wrap - Sausage	x	x	x	x				o		o
Farmer's Wrap - Bacon	x	x	x	x				o		o
Other										
Hash Brown										
Yogurt Parfait	o	x		o		x				x
Breakfast - Limited Time Only										
English Muffin Sandwich - Harvest	x	x	x	x						
English Muffin Sandwich - Simply Harvest	x	x		x						
Farmer's Wrap - Harvest	x	x	x	x				o		o
Plain Bagel Sandwich - Habanero Sausage	x	x	x	x		o		o		o

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Lunch										
Sandwiches										
Turkey Bacon Club Sandwich	x	o	x					o	x	
BLT Sandwich	x	o	x					o	x	
Ham & Cheddar Sandwich	x	x	x					o	x	
Roast Beef & Cheddar Sandwich	x	x	x					o	x	
Caprese Sandwich	x	x	x					o		
Crispy Chicken Craveable	x	x	x	o				o	x	
Roast Beef Craveable	x	x	x					o	x	
Slow-Cooked Chicken Wraps										
Spicy Buffalo Chicken Wrap	x	x	x	o				o		o
Chicken Bacon Ranch Wrap	x	x	x	x				o		o
Southwest Chicken Wrap	x	x	x	o				x		o
Classic Chicken Wrap	x	o	x	o				o	x	o
Crispy Chicken Wraps										
Spicy Buffalo Chicken Wrap	x	x	x	o				o		o
Chicken Bacon Ranch Wrap	x	x	x	x				o		o
Southwest Chicken Wrap	x	x	x	o				x		o
Classic Chicken Wrap	x	x	x	o				o	x	o
Loaded Wraps										
Cilantro Lime Slow-Cooked Chicken Wrap	x	x	x	x				o		o
Cilantro Lime Crispy Chicken Loaded Wrap	x	x	x	x				o		o
Cilantro Lime Veggie Loaded Wrap	x	x	x	x				o		o
Habanero Slow-Cooked Chicken Loaded Wrap	x		x	x				o		o
Habanero Crispy Chicken Loaded Wrap	x	x	x	x				o		o
Habanero Veggie Loaded Wrap	x		x	x				o		o

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Loaded Bowls										
Cilantro Lime Slow-Cooked Chicken Bowl	x	x	x	x						
Cilantro Lime Crispy Chicken Loaded Bowl	x	x	x	x						
Cilantro Lime Veggie Loaded Bowl	x	x	x	x						
Habanero Slow-Cooked Chicken Loaded Bowl	x		x	x						
Habanero Crispy Chicken Loaded Bowl	x	x	x	x						
Habanero Veggie Loaded Bowl	x		x	x						
Melts										
Grilled Cheese Melt	x	x		x				x		
Bacon Grilled Cheese Melt	x	x		x				x		
Turkey Melt	x	x	x	x				x	x	
Ham Melt	x	x	x	x				x	x	
Soups & Chili										
Chicken Noodle Soup	x	x	x	o						
Cream of Broccoli Soup		x		x						
Garden Vegetable Soup	x	x	x							
Tomato Parmesan Soup		x								
Spicy Thai Soup	x	x		x			x			
Potato Bacon Chowder		x		x						
Clam Chowder	x	x					x			
Chili				x						
Sides										
Potato Wedges	x									
Soup Bun	x	o	x					o		