



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 July 2024.

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								
French Vanilla		x		x						
Hot Chocolate		x								
White Hot Chocolate		x								
London Fog		x				o				
Bagged Tea										
Steeped Tea										
Cold Beverages										
Original Iced Coffee		x								
Light Iced Coffee		x								
Original Cold Brew		x								
Vanilla Cream Cold Brew		x								
Roasted Hazelnut Cold Brew		x		x						
Original Iced Latte		x								
Unsweetened Iced Latte		x								
Original Iced Capp®	o	x				o				
Light Iced Capp®	o	x				o				
Mocha Iced Capp®	o	x				o				

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Vanilla Iced Capp®	o	x				o				
Caramel Iced Capp®	o	x				o				
Chocolate Creamy Chill	o	x				o				
Vanilla Creamy Chill	o	x				o				
Strawberry Creamy Chill	o	x				o				
Frozen Lemonade	o	o		o		o				o
Strawberry Frozen Lemonade	o	o		o		o				o
Classic Lemonade										
Peach Quencher										
Strawberry Watermelon Quencher										
Blackberry Yuzu Sparkling Quencher										
Wildberry Hibiscus Sparkling Quencher										
Mango Starfruit Sparkling Quencher										
Cold Beverages - Limited Time Only										
Tiramisu Cold Brew		x		x						x
Fudge Brownie Iced Latte		x								
Fudge Brownie Almond Iced Latte						x				
Caramilk Iced Capp	o	x		x		o				
Oreo Iced Capp	x	x		x		o				
Mango Frozen Lemonade	o	o		o		o				o
Beverage Additions										
Whipped Topping		x								
Espresso Foam		x		x						
Cane Sugar Syrup										
Mocha Syrup										
Vanilla Syrup										
Caramel Syrup		x								

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Roasted Hazelnut Flavoured Syrup										
Fudge Brownie Syrup										
Tiramisu Syrup										
Donuts										
Apple Fritter Donut	x	x	o	o		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

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Old Fashioned Sugar Donut	x	x	x	x		o				o
Powdered Venetian Cream Donut	x	x	o	o		o				o
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 Swirl 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
Donuts - Limited Time Only										
Wildberry Cheesecake Filled Ring Dream Donut	x	x	o	x	o	o				o
Caramilk Filled Ring Dream Donut	x	x	o	o		o				x
Dutchie Donut	x	x	o	o		o				o
Blueberry Sour Cream Donut	x	x	x	x		o				o
Sugar Twist Donut	x	x	o	o		o				o
Walnut Crunch Donut	x	x	x	x		x				o
Timbits®										
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

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
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
Toasted Coconut Timbit	x	x	x	x		o				o
Venetian Cream Timbit	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 Walnut Muffin	x	x	x	x		x				
Banana Pecan Muffin	x	x	x	o		x				
Lemon Poppyseed Muffin	x	x	x	o		o				
Cookies										
Chocolate Chunk Cookie	x	x	x	x	o	o				
Peanut Butter Cookie	x	x	x	x	x	o				
Dream Cookies™										
Rocky Road Dream Cookie with pecans	x	x	x	x	o	x				
Reese's Minis Dream Cookie with pecans	x	x	x	x	x	x				
Dream Cookie made with M&M Minis	x	x	x	x	o	o				
Chocolate Lava Dream Cookie	x	x	x	x	o	o				
Oreo Double Stuf Dream Cookie	x	x	x	x	o	o				
Caramilk Dream Cookie	x	x	x	x	o	o				x

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
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
Savoury Pastries										
Jalapeno Savoury Pastry	x	x	x	x						
Herb & Garlic Savoury Pastry	x	x	x	x						
Everything Twist	x	x		x						o
Four Cheese Twist	x	x		x						o
Roasted Red Pepper & Swiss Pinwheel	x	x	x	x						
Caramelized Onion & Parmesan Pinwheel	x	x	x	x						
Classic Bagels										
Plain Bagel	x	o	o	o		o		o		o
Sesame Seed Bagel	x	o	o	o		o		x		o
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 Asiago Mozzarella Bagel	x	x	o					o		o
Bagel Toppings										
Plain Cream Cheese		x								
Herb & Garlic Cream Cheese		x								
Strawberry Cream Cheese		x								

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Butter		x								
Strawberry Jam Packet										
Raspberry Jam Packet										
Peanut Butter					x					
Breakfast										
Classic Breakfast Sandwiches										
Sausage Homestyle Biscuit Sandwich	x	x	x	x						o
Bacon Homestyle Biscuit Sandwich	x	x	x	x						o
Egg & Cheese Homestyle Biscuit Sandwich	x	x	x	x						o
Steak & Egg Homestyle Biscuit Sandwich	x	x	x	x					x	o
Simply Sausage Homestyle Biscuit Sandwich	x	x		x						o
Sausage English Muffin Sandwich	x	x	x	x						
Bacon English Muffin Sandwich	x	x	x	x						
Egg & Cheese English Muffin Sandwich	x	x	x	x						
Bagel Breakfast Sandwiches										
Sausage Plain Bagel Sandwich	x	x	x	x		o		x		o
Bacon Plain Bagel Sandwich	x	x	x	x		o		x		o
Sausage Sesame Seed Bagel Sandwich	x	x	x	x		o		x		o
Bacon Sesame Seed Bagel Sandwich	x	x	x	x		o		x		o
Sausage Everything Bagel Sandwich	x	x	x	x		o		x		o
Bacon Everything Bagel Sandwich	x	x	x	x		o		x		o
Sausage 12-Grain Bagel Sandwich	x	x	x	x		o		x		o
Bacon 12-Grain Bagel Sandwich	x	x	x	x		o		x		o
Bagel BELT Breakfast Sandwiches										
Plain Bagel BELT Sandwich	x	x	x	x		o		x		o
Sesame Seed Bagel BELT Sandwich	x	x	x	x		o		x		o
Everything Bagel BELT Sandwich	x	x	x	x		o		x		o

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12-Grain Bagel BELT Sandwich	x	x	x	x		o		x		o
Breakfast Wraps										
Sausage Breakfast Wrap	x	x	x	x						
Bacon Breakfast Wrap	x	x	x	x						
Sausage & Bacon Breakfast Wrap	x	x	x	x						
Sausage Farmer's Wrap	x	x	x	x						
Bacon Farmer's Wrap	x	x	x	x						
Sausage & Bacon Farmer's Wrap	x	x	x	x						
Omelette Bites										
Bacon & Cheese Omelette Bites		x	x	x						
Spinach & Egg White Omelette Bites		x	x	x						
Other										
Hash Brown										
Yogurt Parfait	o	x		o		x				x
Breakfast - Limited Time Only										
Maple Bacon Cheddar Croissant Sandwich	x	x	x	x		o		o		x
Maple Bacon English Muffin Sandwich	x	x	x	x						x
Maple Bacon Farmer's Wrap	x	x	x	x						x
Maple Bacon Everything Bagel BELT	x	x	x	x				x		x
Lunch										
Sandwiches										
Turkey Bacon Club Sandwich	x	o	x	o		o		o	x	x
BLT Sandwich	x	o	x	o		o		o	x	
Ham & Cheddar Sandwich	x	x	x	o		o		o	x	
Roast Beef & Cheddar Sandwich	x	x	x	o		o		o	x	
Crispy Chicken Craveable	x	x	x	o		o		o	x	
Roast Beef Craveable	x	x	x	o		o		o	x	

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Wraps										
Chicken Bacon Ranch Wrap	x	x	x	x						
Crispy Chicken Bacon Ranch Wrap	x	x	x	x						
Classic Chicken Wrap	x		x						x	
Classic Crispy Chicken Wrap	x	x	x	o					x	
Loaded Wraps										
Cilantro Lime Chicken Loaded Wrap	x	x	x	x						
Cilantro Lime Crispy Chicken Loaded Wrap	x	x	x	x						
Cilantro Lime Veggie Loaded Wrap	x	x	x	x						
Habanero Chicken Loaded Wrap	x		x	x						
Habanero Crispy Chicken Loaded Wrap	x	x	x	x						
Habanero Veggie Loaded Wrap	x		x	x						
Chipotle Steak Loaded Wrap	x	x	x	x						
Loaded Bowls										
Cilantro Lime Chicken Loaded 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 Chicken Loaded Bowl	x		x	x						
Habanero Crispy Chicken Loaded Bowl	x	x	x	x						
Habanero Veggie Loaded Bowl	x		x	x						
Chipotle Steak Loaded Bowl	x	x	x	x						
Flatbread Pizzas										
Simply Cheese Flatbread Pizza	x	x		x				o		x
Pepperoni Flatbread Pizza	x	x		x				o		x
Chicken Parmesan Flatbread Pizza	x	x		x				o		x
Bacon Everything Flatbread Pizza	x	x		x				o		x
Melts										
Grilled Cheese Melt	x	x		x				x		

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Bacon Grilled Cheese Melt	x	x		x				x		
Turkey Melt	x	x	x	x				x	x	x
Ham Melt	x	x	x	x				x	x	
<i>Soups & Chili</i>										
Chicken Noodle Soup	x	x	x	o						
Cream of Broccoli Soup		x		x					x	
Garden Minestrone Soup	x	x	x							
Tomato Parmesan Soup		x								
Spicy Thai Soup	x	x		x			x			
Potato Bacon Chowder		x		o						
Clam Chowder	x	x					x			
Beef Chili				x						
<i>Sides</i>										
Potato Wedges	x									
Soup Bun	x	o	o	o		o		o		
<i>Lunch - Limited Time Only</i>										
Buffalo Ranch Chicken Loaded Wrap	x	x	x	x						x
Buffalo Ranch Crispy Chicken Loaded Wrap	x	x	x	x						x
Buffalo Ranch Chicken Loaded Bowl	x	x	x	x						x
Buffalo Ranch Crispy Chicken Loaded Bowl	x	x	x	x						x
<i>Sauces</i>										
Mayonnaise			x						x	
Buttermilk Ranch Sauce		x	x	x						
Chipotle Sauce		x	x	x						
Creamy BBQ Sauce			x						x	
Spicy Habanero Sauce			x	x						
Cilantro Lime Sauce		x	x	x						

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Menu Item	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Steak Sauce			x						x	
Sweet Chili Sauce										