

Tim Hortons Canada nutrition sheet

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Read first. Official Canadian nutrition values for one standard serving, plain, captured 4 October 2026 from Tim Hortons Canada public menu data. This sheet has no prices, because prices differ by restaurant, channel and day. Confirm prices, availability, ingredients and allergens in the official Tim Hortons app or website before you order. Source: timhortons.ca. Live version: itsmenuguide.com/tim-hortons-calories/

Donuts

Item, one serving	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
Apple Fritter Donut	330	11	5	280	54	23	6
Boston Cream Donut	240	8	3.5	240	38	16	4
Canadian Maple Donut	250	8	3.5	240	38	16	4
Chocolate Cruller Donut	360	22	11	120	40	28	2
Chocolate Dip Donut	220	8	3.5	190	33	12	4
Chocolate Glazed Donut	330	21	10	210	34	20	3
Double Chocolate Donut	310	21	10	210	28	14	3
Honey Cruller Donut	320	22	11	120	30	18	2
Honey Dip Donut	250	7	3.5	190	41	21	4
Maple Dip Donut	220	7	3.5	190	33	12	4
Old Fashioned Glazed Donut	330	18	9	230	40	22	3
Old Fashioned Plain Donut	280	18	9	230	26	9	3
Sour Cream Glazed Donut	340	18	8	180	40	24	3
Strawberry Fill Donut	240	8	3.5	210	38	16	4
Sugar Loop Donut	200	7	3.5	190	29	8	4
Toasted Coconut Donut	360	21	12	240	39	21	4
Vanilla Dip Donut	250	7	3.5	190	40	19	4

Timbits, one piece

Item, one serving	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
Birthday Cake Timbit	80	3	1.5	60	13	9	1
Chocolate Glazed Timbit	80	3.5	1.5	70	11	6	1
Chocolate Snow Ball Timbit	70	3.5	1.5	70	8	3	1
Chocolate Toasted Coconut Timbit	90	4.5	3	75	11	6	1
Honey Dip Timbit	50	1.5	0.5	25	8	5	1
Old Fashion Sugar Timbit	70	3.5	1.5	65	9	4	1
Old Fashioned Glazed Timbit	80	3.5	1.5	64	12	7	1
Old Fashioned Plain Timbit	60	3.5	1.5	65	8	3	1
Powdered Strawberry Filled Timbit	50	2	1	30	7	3	1

Item, one serving	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
Raspberry Fill Timbit	50	1.5	0.5	30	8	4	1
Sour Cream Glazed Timbit	90	5	2.5	50	11	7	1
Sour Cream Sugar Timbit	80	5	2.5	50	8	4	1
Toasted Coconut Timbit	90	4.5	3	70	12	6	1
Venetian Cream Timbit	50	1.5	1	40	7	3	1

Muffins

Item, one serving	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
Carrot Cake with Walnut Muffin	360	13	2.5	480	55	28	6
Chocolate Chip Muffin	420	17	5	400	64	36	6
Chocolate Hazelnut Muffin	430	21	4.5	490	55	30	7
Fruit Explosion Muffin	360	12	2	490	59	30	5
Hot Chocolate Muffin	410	18	6	420	57	38	8
Lemon Poppyseed Cheesecake Muffin	370	14	3	490	56	29	6
Maple Pecan Filled Muffin	430	20	3	480	58	31	6
Pumpkin Spice Muffin	390	15	3	520	58	31	6
Raisin Bran Muffin	380	13	2	500	60	30	6
Strawberry Cheesecake Filled Muffin	380	14	3	540	57	29	6
Whole Grain Pecan Banana Bread Muffin	340	10	2	790	60	20	6
Wild Blueberry Muffin	380	12	2	590	57	26	6

Bagels

Item, one serving	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
12 Grain Bagel	320	7	1	460	57	9	11
Cinnamon Raisin Bagel	290	1	0.3	360	64	14	9
Everything Bagel	290	2	0.5	390	60	9	10
Four Cheese Bagel	330	5	1.5	580	58	4	11
Jalapeno Asiago Mozzarella Bagel	320	4.5	1.5	710	59	4	11
Plain Bagel	290	1.5	0.4	380	62	9	9
Protein Bagel	280	3	1.5	590	45	4	20
Sesame Seed Bagel	310	4	1	400	62	10	10

Cookies

Item, one serving	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
Chocolate Chunk Cookie	220	9	5	240	31	16	2
Oatmeal Raisin Cookie	290	11	6	220	44	26	4
Peanut Butter Cookie	320	16	8	310	39	21	5

Item, one serving	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
Smile Cookie	330	17	10	260	41	25	3

Drinks by size

Drink	Size	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
Blackberry Yuzu Protein Quencher	Small	170	3	2	40	24	23	11
Blackberry Yuzu Protein Quencher	Medium	230	4	3	55	34	34	14
Blackberry Yuzu Protein Quencher	Large	300	5	3	70	45	44	17
French Vanilla	Small	260	10	10	180	39	30	3
French Vanilla	Medium	330	12	12	230	50	39	3
French Vanilla	Large	430	17	16	310	66	51	5
French Vanilla	Extra Large	570	22	22	410	88	68	6
Hot Chocolate	Small	220	3	3	180	48	34	1
Hot Chocolate	Medium	280	4	3.5	230	62	43	1
Hot Chocolate	Large	380	5	4.5	310	82	58	2
Hot Chocolate	Extra Large	500	7	6	410	108	76	3
Iced Capp	Small	218	7.5	4.9	75	36.6	34.6	1.4
Iced Capp	Medium	288	12.5	7.9	105	43.6	40.6	2.4
Iced Capp	Large	388	18.5	11.9	140	57.6	54.6	3.4
Iced Coffee	Small	54.4	2.5	1.9	35	7.7	7.7	0.4
Iced Coffee	Medium	84.4	4.5	2.9	40	14.7	14.7	0.4
Iced Coffee	Large	174.4	9.5	5.9	65	22.7	21.7	0.4
Mango Iced Matcha Latte	Small	244.9	11.4	9.7	115	30.6	27.6	7
Mango Iced Matcha Latte	Medium	304.9	12.4	9.7	140	40.6	36.6	9
Mango Iced Matcha Latte	Large	354.9	12.4	10.7	160	49.6	44.6	11
Orange Tangerine Protein Quencher	Small	170	3	2	45	24	22	11
Orange Tangerine Protein Quencher	Medium	240	4	3	60	34	32	14
Orange Tangerine Protein Quencher	Large	300	5	3	75	45	42	17
Original Blend Coffee	Small	3	0	0	0	0	0	0.3
Original Blend Coffee	Medium	4	0	0	0	0	0	0.5
Original Blend Coffee	Large	5	0	0	0	0	0	1
Original Blend Coffee	Extra Large	5	0	0	0	0	0	1
Original Iced Matcha Latte	Small	64.1	3.4	1.7	80	3.9	2.9	5
Original Iced Matcha Latte	Medium	100.5	4.4	2.7	105	8	6	7
Original Iced Matcha Latte	Large	126.9	4.4	2.7	125	11.1	9.1	9
Peach Protein Quencher	Small	140	3	2	45	17	15	11
Peach Protein Quencher	Medium	190	4	3	60	25	22	14
Peach Protein Quencher	Large	240	5	3	75	32	28	17

Drink	Size	Calories	Fat g	Sat fat g	Sodium mg	Carbs g	Sugar g	Protein g
Protein Iced Chai Latte	Small	119.1	4	3	54	6.4	6	13.9
Protein Iced Chai Latte	Medium	153.7	5	3	71	9.1	7.9	17.8
Protein Iced Chai Latte	Large	198.2	7	4	88	10.8	9.9	22.8
Steeped Tea	Small	0	0	0	0	0	0	0
Steeped Tea	Medium	0	0	0	0	0	0	0
Steeped Tea	Large	0	0	0	0	0	0	0
Steeped Tea	Extra Large	0	0	0	0	0	0	0
Strawberry Watermelon Protein Quencher	Small	130	3	2	50	15	13	11
Strawberry Watermelon Protein Quencher	Medium	170	4	3	70	21	18	14
Strawberry Watermelon Protein Quencher	Large	220	5	3	85	28	23	17
Vanilla Iced Matcha Latte	Small	244.9	11.4	9.7	140	29.6	26.6	6
Vanilla Iced Matcha Latte	Medium	304.9	12.4	10.7	180	39.6	35.6	8
Vanilla Iced Matcha Latte	Large	354.9	13.4	11.7	220	48.6	44.6	10
Vanilla Matcha Latte (hot)	Small	134.9	2.4	1.7	110	21.6	20.6	5
Vanilla Matcha Latte (hot)	Medium	224.9	4.4	2.7	170	33.6	32.6	9
Vanilla Matcha Latte (hot)	Large	304.9	6.4	4.7	230	45.6	43.6	12
White Hot Chocolate	Small	250	9	8	250	43	36	1
White Hot Chocolate	Medium	330	11	10	310	55	45	1
White Hot Chocolate	Large	430	15	14	420	73	60	2
White Hot Chocolate	Extra Large	570	20	18	550	96	80	2

Values come from the source as published and are rounded to one decimal. An item in this data is not proof that your restaurant has it today. Allergen decisions need the official Nutrition and Allergens tool.