



NUTRITION SURVIVAL GUIDE TO

TIM HORTONS

CALORIES AND MACRONUTRIENTS

1-200 CAL

SANDWICHES, PANINI, WRAPS

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-------------------------------|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Bacon, Tomato & Cheese Panini | 600 | 26 | 62 | 7 | 4 | 30 | 3.5 |
| Tuscan Chicken Panini | 560 | 34 | 62 | 7 | 5 | 21 | 3.7 |
| Grilled Cheese Panini | 490 | 24 | 60 | 7 | 3 | 18 | 3.3 |
| Turkey, Bacon Club Sandwich | 400 | 26 | 52 | 5 | 5 | 11 | 3.2 |
| Ham & Swiss Sandwich | 370 | 24 | 46 | 5 | 3 | 11 | 2.9 |
| BLT Sandwich | 360 | 10 | 44 | 5 | 3 | 14 | 2 |
| Chicken Salad Sandwich | 330 | 20 | 45 | 5 | 3 | 9 | 2.4 |
| BBQ Chicken Wrap Snacker | 190 | 12 | 25 | 3 | 4 | 5 | 1.6 |
| Chicken Ranch Wrap Snacker | 190 | 12 | 22 | 3 | 1 | 6 | 1.6 |
| Chicken Salad Wrap Snacker | 190 | 10 | 22 | 3 | 1 | 7 | 1.4 |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BREAKFAST SANDWICHES

| | | | | | | | |
|--|-----|----|----|---|---|----|-----|
| Biscuit, Sausage, Egg, Cheese | 490 | 20 | 34 | 2 | 4 | 31 | 2.8 |
| Biscuit, Sausage, Egg White, Cheese | 430 | 19 | 32 | 2 | 3 | 26 | 2.6 |
| Biscuit, Bacon, Egg, Cheese | 410 | 19 | 34 | 2 | 4 | 22 | 2.6 |
| English Muffin, Sausage, Egg, Cheese | 410 | 19 | 30 | 1 | 3 | 24 | 2.1 |
| Biscuit, Bacon, Egg White, Cheese | 360 | 18 | 33 | 2 | 3 | 17 | 2.3 |
| English Muffin, Sausage, Egg White, Cheese | 360 | 18 | 29 | 1 | 2 | 19 | 1.9 |
| Biscuit, Egg, Cheese | 350 | 15 | 34 | 2 | 4 | 17 | 2.2 |
| English Muffin, Bacon, Egg, Cheese | 330 | 17 | 30 | 1 | 3 | 15 | 1.9 |
| Biscuit, Egg White, Cheese | 300 | 14 | 32 | 2 | 3 | 12 | 2 |
| English Muffin, Bacon, Egg White, Cheese | 280 | 17 | 29 | 1 | 2 | 10 | 1.6 |
| English Muffin, Egg, Cheese | 270 | 13 | 30 | 1 | 3 | 10 | 1.5 |
| English Muffin, Egg White, Cheese | 220 | 13 | 29 | 1 | 2 | 5 | 1.3 |

BREAKFAST PANINI

| | | | | | | | |
|---------------------------------------|-----|----|----|---|---|----|-----|
| Flatbread, Sausage, Egg, Cheese | 410 | 19 | 28 | 4 | 4 | 26 | 2.3 |
| Flatbread, Sausage, Egg White, Cheese | 350 | 18 | 26 | 4 | 3 | 21 | 2.1 |
| Flatbread, Bacon, Egg, Cheese | 330 | 18 | 28 | 4 | 4 | 17 | 2.1 |
| Flatbread, Bacon, Egg White, Cheese | 280 | 17 | 27 | 4 | 3 | 12 | 1.8 |

GRILLED BREAKFAST WRAPS

| | | | | | | | |
|----------------------|-----|----|----|---|---|----|-----|
| Sausage, Egg, Cheese | 390 | 17 | 24 | 3 | 1 | 26 | 2.2 |
| Bacon, Egg, Cheese | 310 | 15 | 24 | 3 | 1 | 17 | 1.9 |
| Egg, Cheese | 250 | 12 | 24 | 3 | 1 | 12 | 1.6 |

BREAKFAST (OTHER)

| | | | | | | | |
|-----------------------------------|-----|----|----|---|---|----|---|
| Sausage Bagel BELT™ (Plain Bagel) | 570 | 24 | 65 | 3 | 6 | 26 | 3 |
|-----------------------------------|-----|----|----|---|---|----|---|

1-200 CAL

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-----------------------------------|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Bagel BELT® (Plain Bagel) | 500 | 23 | 65 | 3 | 6 | 17 | 2.8 |
| Sausage and Biscuit | 350 | 11 | 29 | 2 | 3 | 22 | 1.7 |
| Oatmeal - Maple | 220 | 5 | 49 | 4 | 20 | 3 | 0.6 |
| Oatmeal - Mixed Berries | 210 | 6 | 44 | 6 | 14 | 3 | 0.6 |
| Hash Brown | 120 | 1 | 16 | 1 | 0 | 7 | 0.8 |
| Sausage Bagel BELT™ (Plain Bagel) | 570 | 24 | 65 | 3 | 6 | 26 | 3 |
| Bagel BELT® (Plain Bagel) | 500 | 23 | 65 | 3 | 6 | 17 | 2.8 |
| Sausage and Biscuit | 350 | 11 | 29 | 2 | 3 | 22 | 1.7 |
| Oatmeal - Maple | 220 | 5 | 49 | 4 | 20 | 3 | 0.6 |
| Oatmeal - Mixed Berries | 210 | 6 | 44 | 6 | 14 | 3 | 0.6 |
| Hash Brown | 120 | 1 | 16 | 1 | 0 | 7 | 0.8 |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

YEAST DONUTS

| | | | | | | | |
|-------------------------------------|-----|---|----|---|----|---|-----|
| Blueberry Fritter | 310 | 7 | 55 | 1 | 21 | 7 | 0.9 |
| Caramel Apple Fritter | 300 | 7 | 52 | 2 | 17 | 8 | 1 |
| Apple Fritter | 290 | 7 | 48 | 2 | 15 | 8 | 0.8 |
| Game Day (Vanilla Dip) | 250 | 4 | 46 | 1 | 24 | 6 | 0.5 |
| Vanilla Dip with Coloured Sprinkles | 250 | 4 | 46 | 1 | 24 | 6 | 0.5 |
| Dutchie | 230 | 5 | 38 | 1 | 15 | 6 | 0.5 |
| Chocolate Dip | 190 | 4 | 31 | 1 | 10 | 6 | 0.5 |
| Honey Dip | 190 | 4 | 31 | 1 | 11 | 6 | 0.5 |
| Maple Dip | 190 | 4 | 31 | 1 | 11 | 6 | 0.5 |

CAKE DONUTS

| | | | | | | | |
|---------------------------|-----|---|----|---|----|----|-----|
| Sour Cream Glazed | 340 | 3 | 46 | 1 | 29 | 16 | 0.6 |
| Chocolate White Coconut | 320 | 4 | 38 | 2 | 18 | 18 | 0.9 |
| Chocolate Toasted Coconut | 310 | 4 | 39 | 2 | 20 | 16 | 0.8 |
| Chocolate Peanut Crunch | 300 | 5 | 32 | 2 | 13 | 17 | 0.8 |
| Peanut Crunch | 300 | 5 | 39 | 1 | 20 | 14 | 0.7 |
| White Coconut | 300 | 4 | 39 | 2 | 20 | 14 | 0.7 |
| Sour Cream Sugar | 290 | 3 | 33 | 1 | 16 | 16 | 0.6 |
| Toasted Coconut | 290 | 4 | 40 | 1 | 22 | 13 | 0.7 |
| Chocolate Glazed | 280 | 4 | 37 | 1 | 19 | 14 | 0.8 |
| Chocolate Mint | 280 | 4 | 36 | 1 | 17 | 14 | 0.8 |
| Double Chocolate | 270 | 4 | 35 | 1 | 16 | 14 | 0.8 |
| Old Fashion Glazed | 270 | 3 | 41 | 1 | 23 | 10 | 0.7 |
| Sour Cream Cinnamon | 270 | 3 | 29 | 1 | 12 | 16 | 0.5 |
| Sour Cream Plain | 270 | 3 | 27 | 1 | 11 | 16 | 0.5 |
| Old Fashion Dip | 250 | 3 | 36 | 1 | 17 | 10 | 0.7 |
| Old Fashion Sugar | 240 | 3 | 33 | 1 | 15 | 10 | 0.7 |
| Cinnamon Sugar | 220 | 3 | 28 | 1 | 10 | 10 | 0.7 |
| Old Fashion Plain | 210 | 3 | 25 | 1 | 8 | 10 | 0.7 |

| Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|

1-200 CAL

FILLED DONUTS

| | | | | | | | |
|----------------|-----|---|----|---|----|---|-----|
| Boston Cream | 220 | 5 | 37 | 1 | 15 | 6 | 0.6 |
| Canadian Maple | 210 | 5 | 37 | 1 | 16 | 6 | 0.6 |
| Blueberry | 200 | 4 | 34 | 1 | 12 | 5 | 0.6 |
| Cherry | 200 | 5 | 33 | 1 | 11 | 6 | 0.5 |
| Raspberry | 200 | 4 | 33 | 1 | 12 | 5 | 0.6 |
| Strawberry | 200 | 5 | 34 | 1 | 14 | 5 | 0.6 |
| Banana Cream | 190 | 4 | 31 | 1 | 9 | 6 | 0.6 |
| Lemon | 190 | 4 | 31 | 1 | 10 | 5 | 0.6 |
| Spiced Apple | 190 | 4 | 32 | 1 | 11 | 5 | 0.6 |
| Venetian Cream | 190 | 5 | 30 | 1 | 9 | 6 | 0.6 |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

DONUTS (OTHER)

| | | | | | | | |
|------------------|-----|---|----|---|----|----|-----|
| Walnut Crunch | 360 | 4 | 38 | 2 | 20 | 22 | 0.9 |
| Honey Cruller | 310 | 2 | 37 | 0 | 22 | 18 | 0.5 |
| Game Day Supreme | 260 | 5 | 48 | 1 | 25 | 6 | 0.6 |
| Long John | 250 | 5 | 43 | 1 | 15 | 7 | 0.6 |

COOKIES

| | | | | | | | |
|-------------------------------|-----|---|----|---|----|----|-----|
| Peanut Butter | 280 | 6 | 27 | 2 | 16 | 17 | 0.6 |
| Caramel Chocolate Pecan | 250 | 3 | 32 | 1 | 16 | 12 | 0.7 |
| Smile Cookie | 250 | 3 | 38 | 1 | 22 | 10 | 0.6 |
| White Chocolate Macadamia Nut | 250 | 3 | 32 | 1 | 16 | 13 | 0.6 |
| Chocolate Chunk | 240 | 3 | 34 | 1 | 19 | 10 | 0.6 |
| Triple Chocolate | 230 | 2 | 29 | 2 | 19 | 12 | 0.5 |
| Trail Mix with Fruit and Nuts | 220 | 4 | 34 | 4 | 20 | 8 | 0.4 |
| Ginger Molasses | 210 | 2 | 35 | 1 | 19 | 7 | 0.4 |
| Oatmeal Raisin Spice | 210 | 3 | 32 | 1 | 19 | 8 | 0.5 |
| Oatcakes | 180 | 2 | 22 | 2 | 10 | 9 | 0.5 |

HOT BEVERAGES

| | | | | | | | |
|---------------------------|-----|---|----|---|----|---|-----|
| White Hot Chocolate | 260 | 1 | 42 | 0 | 35 | 9 | 0.6 |
| French Vanilla Cappuccino | 250 | 4 | 41 | 1 | 31 | 8 | 0.5 |
| Hot Chocolate | 240 | 2 | 45 | 2 | 38 | 6 | 0.8 |
| English Toffee Cappuccino | 240 | 4 | 41 | 2 | 30 | 7 | 0.5 |
| Apple Cider | 210 | 0 | 52 | 0 | 52 | 0 | 0 |
| Café Mocha | 190 | 1 | 29 | 1 | 24 | 8 | 0.4 |
| Chocolate Latte | 180 | 6 | 24 | 0 | 22 | 6 | 0.3 |
| Flavoured Latte | 100 | 7 | 19 | 0 | 18 | 0 | 0.3 |
| Latte | 80 | 8 | 12 | 0 | 11 | 0 | 0.3 |

| Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|

1-200 CAL

COLD BEVERAGES

| | | | | | | | |
|--|-----|---|----|---|----|----|-----|
| Mocha Iced Capp™ | 290 | 2 | 42 | 0 | 38 | 11 | 0.2 |
| Iced Capp™ (Cream) | 250 | 2 | 33 | 0 | 33 | 11 | 0.1 |
| Flavoured Iced Capp™ (Cream) | 250 | 2 | 34 | 0 | 33 | 11 | 0.1 |
| Iced Chocolate Latte | 180 | 4 | 26 | 1 | 22 | 6 | 0.3 |
| Iced Capp™ (Chocolate Milk) | 160 | 3 | 36 | 0 | 36 | 1 | 0.2 |
| Iced Capp™ (Milk) | 150 | 3 | 32 | 0 | 32 | 2 | 0.1 |
| Mocha Iced Coffee | 150 | 2 | 20 | 0 | 13 | 6 | 0.2 |
| Mixed Berry Fruit Smoothie w Yogurt | 150 | 2 | 35 | 1 | 32 | 1 | 0.1 |
| Strawberry Banana Fruit Smoothie w Yogurt | 150 | 2 | 34 | 0 | 31 | 1 | 0.1 |
| Mixed Berry Fruit Smoothie no Yogurt | 130 | 0 | 33 | 1 | 30 | 0 | 0 |
| Strawberry Banana Fruit Smoothie no Yogurt | 130 | 0 | 33 | 0 | 30 | 0 | 0 |
| Frozen Lemonade | 120 | 0 | 28 | 0 | 26 | 0 | 0 |
| Iced Coffee (Cream) | 110 | 1 | 12 | 0 | 8 | 6 | 0.1 |
| Flavoured Iced Coffee (Cream) | 110 | 1 | 13 | 0 | 8 | 6 | 0.1 |
| Iced Latte | 90 | 4 | 14 | 0 | 14 | 2 | 0.2 |
| Flavoured Iced Latte | 90 | 4 | 15 | 0 | 14 | 2 | 0.2 |
| Iced Coffee (Chocolate Milk) | 80 | 2 | 16 | 0 | 11 | 1 | 0.2 |
| Iced Coffee (Milk) | 70 | 2 | 12 | 0 | 8 | 1 | 0.1 |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

DRINKS (OTHER)

| | | | | | | | |
|-----------------------------|----|---|---|---|---|---|---|
| Whipped Topping and Drizzle | 80 | 0 | 7 | 0 | 6 | 5 | 0 |
| Espresso Shot | 2 | 0 | 1 | 0 | 0 | 0 | 0 |
| Flavour Shot | 0 | 0 | 1 | 0 | 0 | 0 | 0 |

YEAST TIMBITS

| | | | | | | | |
|---------------|----|---|---|---|---|---|-----|
| Apple Fritter | 50 | 1 | 9 | 0 | 4 | 2 | 0.1 |
| Dutchie | 50 | 1 | 9 | 0 | 4 | 2 | 0.1 |
| Honey Dip | 45 | 1 | 8 | 0 | 4 | 1 | 0.1 |

CAKE TIMBITS

| | | | | | | | |
|---------------------------|----|---|----|---|---|---|-----|
| Sour Cream Glazed | 90 | 1 | 12 | 0 | 7 | 5 | 0.1 |
| Chocolate Peanut Crunch | 80 | 1 | 10 | 1 | 5 | 4 | 0.2 |
| Chocolate Toasted Coconut | 80 | 1 | 10 | 0 | 5 | 4 | 0.2 |
| Chocolate White Coconut | 80 | 1 | 10 | 1 | 5 | 4 | 0.2 |
| Peanut Crunch | 80 | 1 | 11 | 1 | 5 | 4 | 0.2 |
| Sour Cream Cinnamon | 80 | 1 | 8 | 0 | 4 | 5 | 0.1 |
| White Coconut | 80 | 1 | 11 | 1 | 5 | 4 | 0.2 |
| Chocolate Glazed | 70 | 1 | 10 | 0 | 5 | 3 | 0.2 |
| Old Fashion Glazed | 70 | 1 | 10 | 0 | 5 | 3 | 0.2 |
| Sour Cream Plain | 70 | 1 | 7 | 0 | 3 | 5 | 0.1 |

1-200 CAL

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-------------------|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Cinnamon Sugar | 60 | 1 | 8 | 1 | 3 | 3 | 0.2 |
| Honey Cruller | 60 | 0 | 8 | 0 | 5 | 3 | 0.1 |
| Old Fashion Sugar | 60 | 1 | 8 | 0 | 3 | 3 | 0.2 |
| Old Fashion Plain | 50 | 1 | 7 | 0 | 2 | 3 | 0.2 |

201-300 CAL

FILLED TIMBITS

| | | | | | | | |
|----------------|----|---|---|---|---|---|-----|
| Strawberry | 50 | 1 | 8 | 0 | 4 | 1 | 0.1 |
| Lemon | 45 | 1 | 7 | 0 | 3 | 1 | 0.1 |
| Raspberry | 45 | 1 | 8 | 0 | 4 | 1 | 0.1 |
| Spiced Apple | 45 | 1 | 8 | 0 | 3 | 1 | 0.1 |
| Venetian Cream | 45 | 1 | 7 | 0 | 2 | 2 | 0.1 |

301-400 CAL

401-500 CAL

MUFFINS

| | | | | | | | |
|---------------------------|-----|---|----|---|----|----|-----|
| Chocolate Chip | 410 | 5 | 62 | 2 | 36 | 16 | 1.1 |
| Triple Chocolate | 400 | 5 | 63 | 2 | 38 | 15 | 1 |
| Banana Nut | 390 | 6 | 52 | 2 | 27 | 18 | 1 |
| Lemon Poppyseed | 390 | 6 | 56 | 1 | 26 | 16 | 1.1 |
| Oatmeal Raisin Nut | 390 | 6 | 59 | 3 | 24 | 14 | 0.9 |
| Whole Grain Raspberry | 380 | 5 | 55 | 4 | 26 | 15 | 1.1 |
| Raisin Bran | 370 | 5 | 64 | 4 | 37 | 12 | 0.9 |
| Strawberry Sensation | 360 | 5 | 57 | 1 | 27 | 11 | 1.3 |
| Whole Grain Carrot Orange | 360 | 5 | 57 | 4 | 29 | 13 | 1 |
| Fruit Explosion | 350 | 5 | 57 | 2 | 27 | 11 | 1.2 |
| Whole Grain Blueberry | 350 | 5 | 53 | 5 | 24 | 14 | 1.1 |
| Blueberry | 330 | 5 | 54 | 2 | 25 | 11 | 1.2 |
| Low Fat Double Berry | 290 | 4 | 59 | 2 | 30 | 3 | 1.3 |
| Cranberry Blueberry Bran | 280 | 5 | 53 | 4 | 24 | 13 | 1 |

501+ CAL

CLASSIC BAGELS

| | | | | | | | |
|-----------------|-----|----|----|---|----|---|-----|
| 12 Grain | 350 | 11 | 55 | 6 | 7 | 9 | 1.3 |
| Cinnamon Raisin | 300 | 9 | 63 | 3 | 11 | 2 | 1 |
| Everything | 300 | 10 | 57 | 2 | 3 | 4 | 1.2 |
| Sesame Seed | 300 | 10 | 57 | 3 | 4 | 4 | 1.2 |
| Onion | 290 | 10 | 59 | 2 | 4 | 2 | 1.2 |
| Plain | 290 | 10 | 58 | 2 | 4 | 2 | 1.2 |
| Wheat 'N Honey | 290 | 10 | 58 | 5 | 7 | 3 | 1.2 |
| Blueberry | 280 | 9 | 58 | 2 | 6 | 2 | 1.1 |
| Cheddar Cheese | 210 | 9 | 40 | 2 | 2 | 3 | 1.1 |

1-200 CAL

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|--------------------------------------|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Plain Cream Cheese Spread | 140 | 3 | 2 | 0 | 2 | 14 | 0.5 |
| Herb and Garlic Cream Cheese Spread | 140 | 3 | 2 | 0 | 2 | 13 | 0.6 |
| Peanut Butter | 110 | 3 | 5 | 1 | 1 | 9 | 0.2 |
| Light Plain Cream Cheese Spread | 100 | 4 | 2 | 0 | 2 | 8 | 0.6 |
| Light Strawberry Cream Cheese Spread | 100 | 3 | 8 | 0 | 7 | 6 | 0.4 |
| Butter | 70 | 0 | 0 | 0 | 0 | 8 | 0.2 |
| Strawberry Jam | 60 | 0 | 14 | 0 | 14 | 0 | 0 |
| Margarine | 50 | 0 | 0 | 0 | 0 | 6 | 0.1 |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

OTHER BAKED GOODS

| | | | | | | | |
|-----------------------------|-----|---|----|---|----|----|-----|
| Cinnamon Roll - Frosted | 460 | 4 | 58 | 2 | 22 | 24 | 0.9 |
| Danish - Chocolate | 450 | 7 | 52 | 3 | 22 | 25 | 0.6 |
| Cinnamon Roll - Chocolate | 420 | 4 | 52 | 2 | 16 | 22 | 0.9 |
| Cinnamon Roll - Glazed | 410 | 4 | 49 | 2 | 14 | 22 | 0.9 |
| Danish - Maple Pecan | 400 | 7 | 53 | 2 | 21 | 19 | 0.7 |
| Danish - Blueberry | 380 | 6 | 52 | 2 | 23 | 16 | 0.7 |
| Danish - Cherry Cheese | 370 | 5 | 50 | 1 | 24 | 16 | 0.8 |
| Croissant - Cheese | 310 | 7 | 30 | 1 | 3 | 17 | 0.8 |
| Tea Biscuit - Cheese | 300 | 9 | 36 | 1 | 5 | 14 | 1.7 |
| Danish - Caramel Apple | 290 | 5 | 32 | 1 | 21 | 16 | 0.7 |
| Tea Biscuit - Ham & Cheese | 290 | 9 | 34 | 1 | 5 | 13 | 1.7 |
| Croissant - Plain | 280 | 6 | 30 | 1 | 3 | 15 | 0.7 |
| Tea Biscuit - Raisin | 280 | 6 | 46 | 2 | 15 | 9 | 1.4 |
| Tea Biscuit - Plain | 240 | 5 | 35 | 1 | 5 | 9 | 1.4 |
| Homestyle Biscuit | 210 | 6 | 29 | 2 | 3 | 8 | 1.1 |
| Strudel - Strawberry Cheese | 160 | 2 | 18 | 1 | 6 | 9 | 0.4 |
| Strudel - Apple | 150 | 2 | 18 | 1 | 6 | 8 | 0.3 |

YOGHURT & BERRIES

| | | | | | | | |
|-----------------------------|-----|---|----|---|----|---|-----|
| Creamy Vanilla with Berries | 160 | 4 | 33 | 2 | 25 | 2 | 0.1 |
| Strawberry with Berries | 140 | 4 | 27 | 2 | 20 | 3 | 0.1 |

| Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|------------------|-------------|-------------------------|-------------------|------------|---------------|----------|

1-200 CAL

HOT BOWLS

| | | | | | | | |
|-------------------------------|-----|----|----|---|---|----|-----|
| Chili | 290 | 18 | 20 | 5 | 5 | 16 | 3 |
| French Onion Soup | 230 | 10 | 26 | 1 | 6 | 9 | 2.4 |
| Hearty Potato Bacon Soup | 230 | 6 | 22 | 1 | 5 | 13 | 1.9 |
| Creamy Sundried Tomato Soup | 210 | 5 | 19 | 1 | 8 | 13 | 1.9 |
| Clam Chowder | 190 | 9 | 23 | 1 | 6 | 7 | 1.7 |
| Cauliflower Cheese Soup | 170 | 6 | 12 | 1 | 2 | 12 | 2.1 |
| Italian Wedding Soup | 160 | 4 | 28 | 1 | 7 | 3 | 1.6 |
| Cream of Broccoli Soup | 150 | 6 | 16 | 2 | 6 | 7 | 1.7 |
| Creamy Field Mushroom Soup | 150 | 2 | 29 | 1 | 3 | 3 | 1.6 |
| Split Pea with Ham Soup | 150 | 7 | 26 | 2 | 7 | 2 | 1.7 |
| Tomato Whole Grain Pasta Soup | 140 | 4 | 29 | 2 | 5 | 1 | 1.9 |
| Beef Noodle Soup | 130 | 6 | 24 | 2 | 7 | 1 | 2.1 |
| Minestrone Soup | 120 | 4 | 25 | 3 | 8 | 1 | 1.7 |
| Turkey and Wild Rice Soup | 120 | 5 | 23 | 1 | 4 | 1 | 1.6 |
| Chicken Noodle Soup | 110 | 5 | 19 | 1 | 5 | 2 | 1.6 |
| Hearty Vegetable Soup | 80 | 4 | 14 | 2 | 3 | 0 | 1.5 |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BUNS & BREAD

| | | | | | | | |
|--------------------------|-----|---|----|---|---|---|-----|
| Regular White Buns | 210 | 7 | 42 | 2 | 1 | 1 | 1.1 |
| Regular Whole Wheat Buns | 200 | 8 | 40 | 4 | 1 | 1 | 1.1 |
| Mini Whole Wheat Buns | 110 | 4 | 21 | 2 | 0 | 1 | 0.6 |