Tim Hortons Menu Canada 2026

Prices & Calories — Fan Guide

All 314 menu items with prices and calories, as listed on timhortonsmenucan.com. Checked 21 November 2026.

About the prices: prices below were observed at Toronto, ON in November 2026 unless a different city is noted. Tim Hortons is franchise-priced — your restaurant may charge more or less, and prices are shown as ranges where sources disagree. Delivery prices run higher than in-store prices.
About the calories: figures marked "official chart" come from Tim Hortons' Nutrition Information guide, Canadian Edition, July 2026. Items marked "Calories not published" have no official figure — none is guessed. Items marked "Check at your location" have no verified price.

Brewed Coffee

Item	Price	Calories
Original Blend Coffee - Small	$1.59–$1.65	3 Cal (official chart)
Original Blend Coffee - Medium	$1.83–$2.09	4 Cal (official chart)
Original Blend Coffee - Large	$2.07–$2.29	5 Cal (official chart)
Original Blend Coffee - X Large	$2.35–$2.69	5 Cal (official chart)
Dark Roast Coffee - Small	$1.59–$1.65	3 Cal (official chart)
Dark Roast Coffee - Medium	$1.83–$2.09	4 Cal (official chart)
Dark Roast Coffee - Large	$2.07–$2.29	5 Cal (official chart)
Dark Roast Coffee - X Large	$2.35–$2.69	5 Cal (official chart)
Decaf Coffee - Small	$1.59–$1.65	3 Cal (official chart)
Decaf Coffee - Medium	$1.83–$2.09	4 Cal (official chart)
Decaf Coffee - Large	$2.07–$2.29	5 Cal (official chart)
Decaf Coffee - X Large	$2.35–$2.69	5 Cal (official chart)
Regular Coffee - Small	$1.59–$1.65	70 Cal (official chart)
Regular Coffee - Medium	$1.83–$2.09	100 Cal (official chart)
Regular Coffee - Large	$2.07–$2.29	120 Cal (official chart)
Regular Coffee - X Large	$2.35–$2.69	150 Cal (official chart)
Double Double Coffee - Small	$1.59–$1.65	130 Cal (official chart)
Double Double Coffee - Medium	$1.83–$2.09	200 Cal (official chart)
Double Double Coffee - Large	$2.07–$2.29	250 Cal (official chart)
Double Double Coffee - X Large	$2.35–$2.69	300 Cal (official chart)

Espresso Beverages

Item	Price	Calories
Cappuccino - Small	$2.99–$3.19	80 Cal (official chart)
Cappuccino - Medium	$3.49–$3.69	120 Cal (official chart)
Cappuccino - Large	$3.99–$4.19	170 Cal (official chart)

Item	Price	Calories
Latte - Small	$2.99–$3.19	90 Cal (official chart)
Latte - Medium	$3.49–$3.69	140 Cal (official chart)
Latte - Large	$3.99–$4.19	190 Cal (official chart)
Protein Latte - Small	Check at your location	110 Cal (official chart)
Protein Latte - Medium	Check at your location	170 Cal (official chart)
Protein Latte - Large	Check at your location	230 Cal (official chart)
Protein Latte with Sugar Free Vanilla Syrup - Small	Check at your location	120 Cal (official chart)
Protein Latte with Sugar Free Vanilla Syrup - Medium	Check at your location	190 Cal (official chart)
Protein Latte with Sugar Free Vanilla Syrup - Large	Check at your location	250 Cal (official chart)

Specialty Beverages

Item	Price	Calories
Coffee Mocha - Small	$2.39	90 Cal (official chart)
Coffee Mocha - Medium	$2.79	110 Cal (official chart)
Coffee Mocha - Large	$2.99	150 Cal (official chart)
Coffee Mocha - X Large	$3.29	200 Cal (official chart)
French Vanilla Cappuccino - Small	$2.49–$2.69	260 Cal (official chart)
French Vanilla Cappuccino - Medium	$2.79–$2.99	330 Cal (official chart)
French Vanilla Cappuccino - Large	$2.99–$3.29	430 Cal (official chart)
French Vanilla Cappuccino - X Large	$3.29–$3.59	570 Cal (official chart)
Hot Chocolate - Small	$1.99–$2.39	220 Cal (official chart)
Hot Chocolate - Medium	$2.29–$2.69	280 Cal (official chart)
Hot Chocolate - Large	$2.49–$2.99	380 Cal (official chart)
Hot Chocolate - X Large	$2.79–$3.19	500 Cal (official chart)
White Hot Chocolate - Small	$1.99–$2.39	250 Cal (official chart)
White Hot Chocolate - Medium	$2.29–$2.69	330 Cal (official chart)
White Hot Chocolate - Large	$2.49–$2.99	430 Cal (official chart)
White Hot Chocolate - X Large	$2.79–$3.19	570 Cal (official chart)

Tea & Tea Lattes

Item	Price	Calories
Bagged Tea	$1.79–$1.89	0 Cal (official chart)
Steeped Tea	$1.79–$1.89	0 Cal (official chart)
Chai Latte - Small	Check at your location	150 Cal (official chart)
Chai Latte - Medium	Check at your location	230 Cal (official chart)
Chai Latte - Large	Check at your location	310 Cal (official chart)
London Fog - Small	$3.29	110 Cal (official chart)
London Fog - Medium	$3.79	160 Cal (official chart)
London Fog - Large	$4.29	240 Cal (official chart)

Iced Coffee & Cold Brew

Item	Price	Calories
Original Iced Coffee - Small	$2.19–$2.49	120 Cal (official chart)
Original Iced Coffee - Medium	$2.49–$2.59	150 Cal (official chart)
Original Iced Coffee - Large	$2.79–$2.89	240 Cal (official chart)
Light Iced Coffee - Small	$2.19–$2.49	80 Cal (official chart)
Light Iced Coffee - Medium	$2.49–$2.59	110 Cal (official chart)
Light Iced Coffee - Large	$2.79–$2.89	150 Cal (official chart)
Original Cold Brew - Small	$2.49–$2.99	120 Cal (official chart)
Original Cold Brew - Medium	$2.99–$3.49	150 Cal (official chart)
Original Cold Brew - Large	$3.49–$3.99	240 Cal (official chart)
Vanilla Cream Cold Brew - Small	$2.99–$3.49	120 Cal (official chart)
Vanilla Cream Cold Brew - Medium	$3.49–$3.99	160 Cal (official chart)
Vanilla Cream Cold Brew - Large	$3.99–$4.49	240 Cal (official chart)
Roasted Hazelnut Cold Brew - Small	$3.49	180 Cal (official chart)
Roasted Hazelnut Cold Brew - Medium	$3.99	220 Cal (official chart)
Roasted Hazelnut Cold Brew - Large	$4.49	300 Cal (official chart)

Iced Lattes

Item	Price	Calories
Original Iced Latte - Small	$2.99–$3.19	150 Cal (official chart)
Original Iced Latte - Medium	$3.49–$3.69	200 Cal (official chart)
Original Iced Latte - Large	$3.99–$4.19	250 Cal (official chart)
Unsweetened Iced Latte - Small	$2.99–$3.19	90 Cal (official chart)
Unsweetened Iced Latte - Medium	$3.49–$3.69	120 Cal (official chart)
Unsweetened Iced Latte - Large	$3.99–$4.19	140 Cal (official chart)
Original Protein Iced Latte - Small	$4.29	160 Cal (official chart)
Original Protein Iced Latte - Medium	Check at your location	230 Cal (official chart)
Original Protein Iced Latte - Large	Check at your location	310 Cal (official chart)
Protein Iced Latte with Sugar Free Vanilla Syrup - Small	Check at your location	120 Cal (official chart)
Protein Iced Latte with Sugar Free Vanilla Syrup - Medium	Check at your location	160 Cal (official chart)
Protein Iced Latte with Sugar Free Vanilla Syrup - Large	Check at your location	220 Cal (official chart)
Iced Chai Latte - Small	Check at your location	150 Cal (official chart)
Iced Chai Latte - Medium	Check at your location	200 Cal (official chart)
Iced Chai Latte - Large	Check at your location	250 Cal (official chart)

Iced Capps

Item	Price	Calories
Original Iced Capp - Small	$3.29–$3.99	260 Cal (official chart)

Item	Price	Calories
Original Iced Capp - Medium	$3.79–$4.49	330 Cal (official chart)
Original Iced Capp - Large	$4.29–$4.99	430 Cal (official chart)
Light Iced Capp - Small	$3.29–$3.99	170 Cal (official chart)
Light Iced Capp - Medium	$3.79–$4.49	210 Cal (official chart)
Light Iced Capp - Large	$4.29–$4.99	270 Cal (official chart)
Mocha Iced Capp - Small	$3.99–$4.29	430 Cal (official chart)
Mocha Iced Capp - Medium	$4.49–$4.79	530 Cal (official chart)
Mocha Iced Capp - Large	$4.99–$5.49	650 Cal (official chart)
Vanilla Iced Capp - Small	$3.99–$4.29	440 Cal (official chart)
Vanilla Iced Capp - Medium	$4.49–$4.79	540 Cal (official chart)
Vanilla Iced Capp - Large	$4.99–$5.49	660 Cal (official chart)
Caramel Toffee Iced Capp - Small	$3.99–$4.29	440 Cal (official chart)
Caramel Toffee Iced Capp - Medium	$4.49–$4.79	530 Cal (official chart)
Caramel Toffee Iced Capp - Large	$4.99–$5.49	660 Cal (official chart)

Lemonades & Quenchers

Item	Price	Calories
Frozen Lemonade - Small	Check at your location	200 Cal (official chart)
Frozen Lemonade - Medium	Check at your location	250 Cal (official chart)
Frozen Lemonade - Large	Check at your location	330 Cal (official chart)
Strawberry Frozen Lemonade - Small	Check at your location	250 Cal (official chart)
Strawberry Frozen Lemonade - Medium	Check at your location	310 Cal (official chart)
Strawberry Frozen Lemonade - Large	Check at your location	410 Cal (official chart)
Classic Lemonade - Small	$2.49–$2.79	90 Cal (official chart)
Classic Lemonade - Medium	$2.49–$2.79	110 Cal (official chart)
Classic Lemonade - Large	$2.49–$2.79	140 Cal (official chart)
Blackberry Yuzu Quencher - Small	$3.29	80 Cal (official chart)
Blackberry Yuzu Quencher - Medium	$3.29	110 Cal (official chart)
Blackberry Yuzu Quencher - Large	$3.29	150 Cal (official chart)
Orange Tangerine Quencher - Small	$3.29	80 Cal (official chart)
Orange Tangerine Quencher - Medium	$3.29	120 Cal (official chart)
Orange Tangerine Quencher - Large	$3.29	160 Cal (official chart)
Peach Quencher - Small	$3.29	50 Cal (official chart)
Peach Quencher - Medium	$3.29	70 Cal (official chart)
Peach Quencher - Large	$3.29	100 Cal (official chart)
Strawberry Watermelon Quencher - Small	$3.29	40 Cal (official chart)
Strawberry Watermelon Quencher - Medium	$3.29	60 Cal (official chart)
Strawberry Watermelon Quencher - Large	$3.29	80 Cal (official chart)
Blackberry Yuzu Quencher - Small	Check at your location	120 Cal (official chart)
Blackberry Yuzu Quencher - Medium	Check at your location	170 Cal (official chart)

Item	Price	Calories
Blackberry Yuzu Quencher - Large	Check at your location	220 Cal (official chart)
Orange Tangerine Quencher - Small	Check at your location	130 Cal (official chart)
Orange Tangerine Quencher - Medium	Check at your location	180 Cal (official chart)
Orange Tangerine Quencher - Large	Check at your location	230 Cal (official chart)
Peach Quencher - Small	Check at your location	90 Cal (official chart)
Peach Quencher - Medium	Check at your location	130 Cal (official chart)
Peach Quencher - Large	Check at your location	170 Cal (official chart)
Strawberry Watermelon Quencher - Small	Check at your location	90 Cal (official chart)
Strawberry Watermelon Quencher - Medium	Check at your location	120 Cal (official chart)
Strawberry Watermelon Quencher - Large	Check at your location	150 Cal (official chart)
Blackberry Yuzu Quencher - Small	$2.99–$3.99	330 Cal (official chart)
Blackberry Yuzu Quencher - Medium	$2.99–$3.99	390 Cal (official chart)
Blackberry Yuzu Quencher - Large	$2.99–$3.99	480 Cal (official chart)
Orange Tangerine Quencher - Small	$2.99–$3.99	340 Cal (official chart)
Orange Tangerine Quencher - Medium	$2.99–$3.99	400 Cal (official chart)
Orange Tangerine Quencher - Large	$2.99–$3.99	490 Cal (official chart)
Peach Quencher - Small	$2.99–$3.99	310 Cal (official chart)
Peach Quencher - Medium	$2.99–$3.99	350 Cal (official chart)
Peach Quencher - Large	$2.99–$3.99	430 Cal (official chart)
Strawberry Watermelon Quencher - Small	$2.99–$3.99	300 Cal (official chart)
Strawberry Watermelon Quencher - Medium	$2.99–$3.99	340 Cal (official chart)
Strawberry Watermelon Quencher - Large	$2.99–$3.99	410 Cal (official chart)

Donuts

Item	Price	Calories
Apple Fritter	$1.59–$2.09	330 Cal (official chart)
Boston Cream Donut	$1.59–$2.09	240 Cal (official chart)
Canadian Maple Donut	$1.59–$2.09	250 Cal (official chart)
Chocolate Cruller Donut	$1.59–$2.09	360 Cal (official chart)
Chocolate Dip Donut	$1.59–$2.09	220 Cal (official chart)
Chocolate Éclair Donut	$1.59–$2.09	310 Cal (official chart)
Chocolate Glazed Donut	$1.59–$2.09	330 Cal (official chart)
Chocolate Marble Donut	$1.59–$2.09	320 Cal (official chart)
Chocolate Snow Donut	$1.59–$2.09	290 Cal (official chart)
Chocolate Toasted Coconut Donut	$1.59–$2.09	360 Cal (official chart)
Coconut Cream Donut	$1.59–$2.09	260 Cal (official chart)
Double Chocolate Donut	$1.59–$2.09	310 Cal (official chart)
Honey Cruller Donut	$1.59–$2.09	320 Cal (official chart)
Honey Dip Donut	$1.59–$2.09	250 Cal (official chart)
Long John Donut	$1.59–$2.09	240 Cal (official chart)

Item	Price	Calories
Maple Glazed Donut	$1.59–$2.09	260 Cal (official chart)
Maple Cruller Donut	$1.59–$2.09	360 Cal (official chart)
Maple Dip Donut	$1.59–$2.09	220 Cal (official chart)
Maple Éclair Donut	$1.59–$2.09	310 Cal (official chart)
Maple Swirl Donut	$1.59–$2.09	250 Cal (official chart)
Old Fashioned Dip Donut	$1.59–$2.09	310 Cal (official chart)
Old Fashioned Glazed Donut	$1.59–$2.09	330 Cal (official chart)
Old Fashioned Plain Donut	$1.59–$2.09	280 Cal (official chart)
Old Fashioned Snow Donut	$1.59–$2.09	290 Cal (official chart)
Old Fashioned Sugar Donut	$1.59–$2.09	300 Cal (official chart)
Powdered Venetian Cream Donut	$1.59–$2.09	220 Cal (official chart)
Sour Cream Glazed Donut	$1.59–$2.09	340 Cal (official chart)
Sour Cream Plain Donut	$1.59–$2.09	280 Cal (official chart)
Sour Cream Sugar Donut	$1.59–$2.09	300 Cal (official chart)
Strawberry Dip Donut	$1.59–$2.09	220 Cal (official chart)
Strawberry Filled Donut	$1.59–$2.09	240 Cal (official chart)
Strawberry Swirl Donut	$1.59–$2.09	230 Cal (official chart)
Strawberry Vanilla Donut	$1.59–$2.09	270 Cal (official chart)
Sugar Loop Donut	$1.59–$2.09	200 Cal (official chart)
Toasted Coconut Donut	$1.59–$2.09	360 Cal (official chart)
Vanilla Dip Donut	$1.59–$2.09	250 Cal (official chart)

Timbits

Item	Price	Calories
Birthday Cake Timbit	$0.33–$0.49	80 Cal (official chart)
Chocolate Glazed Timbit	$0.33–$0.49	80 Cal (official chart)
Chocolate Snow Ball Timbit	$0.33–$0.49	70 Cal (official chart)
Chocolate Toasted Coconut Timbit	$0.33–$0.49	90 Cal (official chart)
Honey Dip Timbit	$0.33–$0.49	50 Cal (official chart)
Old Fashioned Glazed Timbit	$0.33–$0.49	80 Cal (official chart)
Old Fashioned Plain Timbit	$0.33–$0.49	60 Cal (official chart)
Old Fashioned Sugar Timbit	$0.33–$0.49	70 Cal (official chart)
Snow Ball Timbit	$0.33–$0.49	70 Cal (official chart)
Sour Cream Glazed Timbit	$0.33–$0.49	90 Cal (official chart)
Sour Cream Plain Timbit	$0.33–$0.49	80 Cal (official chart)
Sour Cream Sugar Timbit	$0.33–$0.49	80 Cal (official chart)
Strawberry Timbit	$0.33–$0.49	50 Cal (official chart)
Toasted Coconut Timbit	$0.33–$0.49	90 Cal (official chart)
Venetian Cream Timbit	$0.33–$0.49	50 Cal (official chart)

Muffins & Baked Goods

Item	Price	Calories
Chocolate Chip Muffin	Check at your location	420 Cal (official chart)
Fruit Explosion Muffin	Check at your location	360 Cal (official chart)
Wild Blueberry Muffin	$2.19	380 Cal (official chart)
Raisin Bran Muffin	Check at your location	380 Cal (official chart)
Carrot Cake Walnut Muffin	Check at your location	360 Cal (official chart)
Banana Pecan Muffin	Check at your location	340 Cal (official chart)
Chocolate Chunk Cookie	$1.49	310 Cal (official chart)
Oatmeal Raisin Cookie	Check at your location	290 Cal (official chart)
Peanut Butter Cookie	$1.49	320 Cal (official chart)
Reese's Minis Dream Cookie	$2.29	350 Cal (official chart)
Double Chocolate Brownie	Check at your location	410 Cal (official chart)
Plain Croissant	$2.29	260 Cal (official chart)
Cheese Croissant	$2.49	290 Cal (official chart)
Chocolate Croissant	$2.59	350 Cal (official chart)
Cheese Tea Biscuit	Check at your location	250 Cal (official chart)
Raisin Tea Biscuit	Check at your location	250 Cal (official chart)
Herb & Garlic Savoury Pastry	$2.99	240 Cal (official chart)

Bagels & Toppings

Item	Price	Calories
Plain Bagel	$1.99–$2.19	290 Cal (official chart)
Sesame Seed Bagel	$1.99–$2.19	310 Cal (official chart)
Everything Bagel	$1.99–$2.19	290 Cal (official chart)
12-Grain Bagel	$1.99–$2.19	320 Cal (official chart)
Cinnamon Raisin Bagel	$1.99–$2.19	290 Cal (official chart)
Four Cheese Bagel	$2.79	330 Cal (official chart)
Jalapeno Asiago Mozzarella Bagel	$2.79	320 Cal (official chart)
Protein Bagel	Check at your location	280 Cal (official chart)
Plain Cream Cheese	Check at your location	100 Cal (official chart)
Herb & Garlic Cream Cheese	Check at your location	100 Cal (official chart)
Strawberry Cream Cheese	Check at your location	100 Cal (official chart)
Butter	Check at your location	60 Cal (official chart)
Strawberry Jam Packet	Check at your location	60 Cal (official chart)
Raspberry Jam Packet	Check at your location	60 Cal (official chart)
Peanut Butter	Check at your location	110 Cal (official chart)

Classic Breakfast Sandwiches

Item	Price	Calories
Sausage Homestyle Biscuit	$4.49–$5.79	530 Cal (official chart)
Bacon Homestyle Biscuit	$4.49–$5.39	410 Cal (official chart)
Egg & Cheese Homestyle Biscuit	$3.99–$4.79	350 Cal (official chart)
Simply Sausage Homestyle Biscuit	$2.99–$3.59	450 Cal (official chart)
Sausage English Muffin	$4.49–$5.79	450 Cal (official chart)
Bacon English Muffin	$4.49–$5.39	330 Cal (official chart)
Egg & Cheese English Muffin	$3.99–$4.79	270 Cal (official chart)

Bagel Breakfast Sandwiches

Item	Price	Calories
Sausage Plain Bagel Sandwich	Check at your location	600 Cal (official chart)
Bacon Plain Bagel Sandwich	Check at your location	480 Cal (official chart)
Sausage Sesame Seed Bagel Sandwich	Check at your location	620 Cal (official chart)
Bacon Sesame Seed Bagel Sandwich	Check at your location	500 Cal (official chart)
Sausage Everything Bagel Sandwich	Check at your location	600 Cal (official chart)
Bacon Everything Bagel Sandwich	Check at your location	480 Cal (official chart)
Sausage 12-Grain Bagel Sandwich	Check at your location	630 Cal (official chart)
Bacon 12-Grain Bagel Sandwich	Check at your location	510 Cal (official chart)
Plain Bagel BELT Sandwich	$5.49–$5.99	490 Cal (official chart)
Sesame Seed Bagel BELT Sandwich	$5.49–$5.99	510 Cal (official chart)
Everything Bagel BELT Sandwich	$5.49–$5.99	490 Cal (official chart)
12-Grain Bagel BELT Sandwich	$5.49–$5.99	520 Cal (official chart)
Protein Bagel BELT Sandwich	$5.49–$5.99	480 Cal (official chart)

Breakfast Wraps & Loaded Breakfast

Item	Price	Calories
Sausage Breakfast Wrap	$4.79	530 Cal (official chart)
Bacon Breakfast Wrap	$4.79	400 Cal (official chart)
Sausage & Bacon Breakfast Wrap	$6.59	580 Cal (official chart)
Sausage Farmer's Wrap	$5.49–$6.39	640 Cal (official chart)
Bacon Farmer's Wrap	$5.49–$6.39	520 Cal (official chart)
Sausage & Bacon Farmer's Wrap	$5.49–$6.39	700 Cal (official chart)
Sausage Scrambled Egg Loaded Wrap	Check at your location	650 Cal (official chart)
Bacon Scrambled Egg Loaded Wrap	Check at your location	530 Cal (official chart)
Scrambled Egg & Cheese Loaded Wrap	$5.59	470 Cal (official chart)
Sausage Scrambled Egg Loaded Box	Check at your location	600 Cal (official chart)
Bacon Scrambled Egg Loaded Box	Check at your location	490 Cal (official chart)
Scrambled Egg Loaded Box	$5.59	440 Cal (official chart)
Sausage Scrambled Egg Loaded Croissant	Check at your location	590 Cal (official chart)

Item	Price	Calories
Bacon Scrambled Egg Loaded Croissant	Check at your location	460 Cal (official chart)
Scrambled Egg & Cheese Loaded Croissant	Check at your location	410 Cal (official chart)
Bacon & Cheese Omelette Bites	$3.99	210 Cal (official chart)
Spinach & Egg White Omelette Bites	$3.99	130 Cal (official chart)
Sausage & Four Cheese Omelette Bites	$3.99	290 Cal (official chart)
Hash Brown	$1.99–$2.39	120 Cal (official chart)
Yogurt Parfait	Check at your location	250 Cal (official chart)

Lunch Sandwiches & Wraps

Item	Price	Calories
Turkey Bacon Club Sandwich	$6.99	550 Cal (official chart)
BLT Sandwich	$5.99	490 Cal (official chart)
Ham & Cheddar Sandwich	$5.99	520 Cal (official chart)
Steak & Cheddar Sandwich	Check at your location	560 Cal (official chart)
Crispy Chicken Sandwich	Check at your location	660 Cal (official chart)
Supreme Stack Sandwich	Check at your location	620 Cal (official chart)
Crispy Chicken Craveable	$4.99	470 Cal (official chart)
Steak Craveable	$4.99	450 Cal (official chart)
Chicken Bacon Ranch Wrap	$6.99	420 Cal (official chart)
Crispy Chicken Bacon Ranch Wrap	Check at your location	530 Cal (official chart)
Classic Chicken Wrap	$6.49	380 Cal (official chart)
Classic Crispy Chicken Wrap	Check at your location	490 Cal (official chart)
Cilantro Lime Chicken Loaded Wrap	$7.79	590 Cal (official chart)
Cilantro Lime Crispy Chicken Loaded Wrap	$8.79	690 Cal (official chart)
Cilantro Lime Veggie Loaded Wrap	$6.79	570 Cal (official chart)
Habanero Chicken Loaded Wrap	$7.79	560 Cal (official chart)
Habanero Crispy Chicken Loaded Wrap	$8.79	660 Cal (official chart)
Habanero Veggie Loaded Wrap	$6.79	540 Cal (official chart)

Loaded Bowls, Flatbreads & Melts

Item	Price	Calories
Cilantro Lime Chicken Loaded Bowl	$8.99	550 Cal (official chart)
Cilantro Lime Crispy Chicken Loaded Bowl	$9.99	710 Cal (official chart)
Cilantro Lime Veggie Loaded Bowl	$7.99	570 Cal (official chart)
Habanero Chicken Loaded Bowl	$8.99	530 Cal (official chart)
Habanero Crispy Chicken Loaded Bowl	$9.99	690 Cal (official chart)
Habanero Veggie Loaded Bowl	$7.99	550 Cal (official chart)
Simply Cheese Flatbread Pizza	Check at your location	630 Cal (official chart)
Pepperoni Flatbread Pizza	Check at your location	750 Cal (official chart)

Item	Price	Calories
Chicken Parmesan Flatbread Pizza	Check at your location	760 Cal (official chart)
Grilled Cheese Melt	$5.79	560 Cal (official chart)
Bacon Grilled Cheese Melt	Check at your location	650 Cal (official chart)

Soups, Chili & Sides

Item	Price	Calories
Chicken Noodle Soup - Regular	$4.49	140 Cal (official chart)
Chicken Noodle Soup - Large	$4.49	190 Cal (official chart)
Cream of Broccoli Soup - Regular	$4.49	100 Cal (official chart)
Cream of Broccoli Soup - Large	$4.49	150 Cal (official chart)
Garden Minestrone Soup - Regular	$4.49	100 Cal (official chart)
Garden Minestrone Soup - Large	$4.49	140 Cal (official chart)
Tomato Parmesan Soup - Regular	$4.49	150 Cal (official chart)
Tomato Parmesan Soup - Large	$4.49	210 Cal (official chart)
Potato Bacon Soup - Regular	$4.49	220 Cal (official chart)
Potato Bacon Soup - Large	$4.49	310 Cal (official chart)
Clam Chowder - Regular	$4.49	150 Cal (official chart)
Clam Chowder - Large	$4.49	210 Cal (official chart)
Chili - Regular	$5.99	310 Cal (official chart)
Chili - Large	Check at your location	430 Cal (official chart)
Potato Wedges	$2.79	170 Cal (official chart)
Soup Bun	Check at your location	210 Cal (official chart)

Before you order

Prices, calories, availability and promotions change, and they vary by location. Always check the menu at the location you plan to visit on timhortons.ca before you order.

This is an independent fan guide. It is not affiliated with Tim Hortons or Restaurant Brands International, and Tim Hortons does not endorse it. Roll Up To Win 2026 ended 22 March 2026.

Full menu, nutrition, allergen information, deals and breakfast: deals: timhortonsmenucan.com