

Tim Hortons - Bagels & Breads

Menu Item	FODMAP Ingredients to be Aware of
Bagels	
12 Grain Bagel	wheat flour 12 grain mix (wheat flakes, rye flakes, rolled oats, barley flakes) glucose-fructose/sugar wheat bran honey malted barley flour
Blueberry Bagel	enriched wheat flour glucose-fructose/sugar
Cinnamon Raisin Bagel	enriched wheat flour raisins glucose-fructose/sugar malted barley flour
Everything Bagel	enriched wheat flour glucose-fructose/sugar toasted onions malted barley flour garlic powder
Plain Bagel	enriched wheat flour glucose-fructose/sugar malted barley flour
Pretzel Bagel	enriched wheat flour glucose-fructose/sugar rye flour malted barley flour
Sesame Seed Bagel	Enriched wheat flour glucose-fructose/sugar rye flour malted barley flour
Specialty Bagels	
Four Cheese Bagel	enriched wheat flour glucose-fructose/sugar malted barley flour what gluten
Jalapeno Asiago Mozzarella Bagel	enriched wheat flour glucose-fructose/sugar sundried tomatoes malted barley flour onion

garlic

Maple Cinnamon French Toast Bagel enriched wheat flour
glucose-fructose/sugar
wheat flour
wheat gluten
flavour (milk)
biskrunch topping (wheat flour)

Roasted Garlic and Cheese Bagel enriched wheat flour
garlic
dehydrated toasted onions
dehydrated toasted garlic
garlic powder
wheat gluten

Sundried Tomato Asiago Parm Bagel enriched wheat flour
wheat gluten
malted barley flour
glucose-fructose/sugar
dehydrated onion
onion
garlic
dehydrated garlic
garlic powder
onion powder
dried glucose syrup

Breads & Wraps

English Muffin bleached enriched wheat flour
glucose-fructose
wheat gluten

Homestyle Biscuit enriched wheat flour
glucose-fructose/ sugar

Round Croissant enriched wheat flour
wheat gluten

White Tortilla enriched wheat flour

Ciabatta Bun enriched wheat flour
cultured rye flour
malted barley flour

Croissant enriched wheat flour
modified milk ingredient
dough conditioner (wheat gluten, enriched wheat flour)
malted barley flour

Croutons	enriched wheat flour garlic powder onion
Roasted Garlic & Cheese Bagel	enriched wheat flour garlic dehydrated toasted onions dehydrated roasted garlic garlic powder wheat gluten
White Panini Bread	enriched wheat flour wheat gluten malted barley flour
White Sandwich Bun	enriched wheat flour wheat gluten rye flour barley malt flour dried wheat sourdough
Whole Wheat Sandwich Bun	whole wheat flour enriched wheat flour wheat gluten dried wheat sourdough rye flour barley malt flour
White Bun	enriched whet flour wheat gluten rye flour barley malt flour dried wheat sourborough
Whole Wheat Bun	whole wheat flour enriched wheat flour wheat gluten rye flour barley malt flour dried wheat sourborough

Tim Hortons - Pastries/Desserts

Menu Item	FODMAP Ingredients to be Aware of
Muffins	
Chocolate Chip Muffins	Bleached enriched wheat flour
Chocolate Caramel Muffin	Bleached enriched wheat flour
Caramel Filling	sweetened condensed milk
Coffee Cake Muffin	Bleached enriched wheat flour sour cream yogurt
Caramel Filling	sweetened condensed milk
Cran Apple Walnut Bran Muffin	Bleached enriched wheat flour rolled oats cranberries wheat bran apples oat fiber wheat germ
Cranberry White Chocolate Muffin	Bleached enriched wheat flour cranberries whole milk powder buttermilk powder
Fruit Explosion Muffin	Bleached enriched wheat flour apples cranberries
Lemon Blueberry Greek Yogurt Muffin	Bleached enriched wheat flour oat hull fiber chicory root inulin Greeel Yogurt (partially skim milk)
Raisin Bran Muffin	Bleached enriched wheat flour raisins wheat bran
Whole Grain Carrot Orange Muffin	whole grain blend (bleached enriches wheat flour, wheat bran, wheat germ)

oat hull fiber

Streusel Topping

rolled oats
wheat bran
enriched wheat flour
malt barley flour

Whole Grain Pecan Banana Bread Muffin

whole grain blend (bleached enriches wheat flour,
wheat bran, wheat germ)
chicory root inulin

Wild Blueberry Muffin

Bleached enriched wheat flour

Classic Cookies

Chocolate Chunk Cookies

enriched wheat flour
may contain milk product

Ginger Molasses Cookies

Bleached enriched wheat flour

Oatcakes

rolled oats
enriched wheat flour
cereal (whole wheat, wheat bran, glucose-fructose,
malt)
glucose-fructose

Oatmeal Raisin Spice Cookies

enriched wheat flour
raisins
oats

Peanut butter cookies

enriched wheat flour

White Chocolate Macadamia Nut Cookie

enriched wheat flour
whole milk

Filled Cookies

Double Chocolate Cookie with Peanut Butter Filling

Bleached enriched wheat flour

Lemon Shortbread Cookie with Raspberry Filling

Bleached enriched wheat flour
sorbitol

Red Velvet Cookie with Cream Cheese Filling

Bleached enriched wheat flour
cream cheese filling(cream cheese (milk, cream)
skim milk powder

Shortbread Cookie Filled with Nutella
enriched bleached wheat flour
hazelnuts
skim milk powder

Cinnamon Rolls
enriched wheat flour
skim milk powder
soybean flour
wheat gluten
wheat flour

Croissant
enriched wheat flour
modified milk ingredients (dairy product solids)
wheat gluten
enriched wheat flour
malted barley flour

Nutella Spread
hazelnuts
skim milk powder

Snow Sugar

Danishes, Pastries & Strudels

Cherry Cheese Danish
enriched wheat flour
cream cheese (modified milk ingredients)
modified milk ingredients
modified milk ingredients (dairy product solids)
wheat gluten
enriched wheat flour
enzymes (wheat)
soybean flour
malted barley flour

Simple Syrup
glucose-fructose

Maple Pecan Danish
enriched wheat flour
modified milk ingredients (dairy product solids)
soybean flour
wheat gluten
enriched wheat flour
malted barley flour

Simple Syrup
glucose-fructose

Pastry Pocket Filled with Nutella
enriched wheat flour

hazelnuts
skim milk powder
soy flour

Strawberry Cheese Strudel enriched wheat flour
glucose-fructose

Tea Biscuit

Cheese Tea Biscuit enriched wheat flour

Raisin Tea Biscuit enriched wheat flour
raisins

Donuts and Timbits

Apple Fritter Donut and Timbit enriched wheat flour
wheat starch

Chocolate Yeast Fill Donut enriched wheat flour
wheat starch
wheat gluten

Yeast Fill/Bloom/Ring/Eclair Donut and Yeast Timbit enriched wheat flour
wheat starch

Fillings

Banana Cream Donut Filling glucose-fructose

Blueberry Donut Filling

Caramel Donut Filling sweetened condensed milk

Diced Apple Donut Filling apples

Lemon Donut Filling

Nutella Spread hazelnuts
skim milk powder

Raspberry Donut Filling

Spiced Apple Coconut Filling apple pulp

Strawberry Donut Filling

Vanilla Fluff Donut Filling glucose-fructose

Venetian Cream Donut Filling

White Whipped Topping glucose-fructose

Glaze Sugar, Sprinkles & Toppings

Blue Sprinkles

Chocolatey Sprinkles

Chopped Peanuts

Cinnamon Donut Sugar

Crunchy Caramel Topping skim milk powder

Donut Glaze

Edible Image Decoration

Granulated Sugar

Green Sprinkles

Maraschino Cherry sugar/glucose-fructose

Mini Chocolate Chips milk ingredients

Orange Sprinkles

Pink Sprinkles

Rainbow Sprinkles

Red Raspberry Hearts white coating (skim milk powder, whole milk powder)

Roasted Hazelnuts hazelnuts

Shortbread Topping enriched wheat flour

Strawberry Bark whole milk powder
nonfat dry milk

Toasted Coconut coconut

White Cocount coconut

White Sprinkles

Yellow Sprinkles

Birthday Cake Timbit enriched wheat flour
skim milk powder

Chocolate Cake Donut & Timbit enriched wheat flour
soybean flour
skim milk powder

Salted Caramel Cake Timbit enriched wheat flour
soybean flour
artificial flavour (barley)
skim milk powder

Sour Cream Cake Donut & Timbit enriched wheat flour
skim milk powder
wheat starch
soybean flour
dextrose

White Cake Donut & Timbit soybean flour
skim milk powder
enriched wheat flour

Fondant

Chocolate Fondant

Maple Fondant

Strawberry Fondant

White Fondant

Pepermint Bark whole milk powder
nonfat dry milk

Honey Cruller Donut & Timbit wheat starch

Paczki enriched wheat flour
wheat gluten
soybean flour
skim milk powder

Greek Yogurt with Mixed Berries and Almond Granola

Vanilla Greek Yogurt skim milk
honey
fortified skim milk

Strawberry Greek Yogurt skim milk
honey
fortified skim milk

Mixed Berries blackberries

Almond Granola oats
quick cook oats
slice almonds

Tim Hortons - Beverages

Menu Item	FODMAP Ingredients to be Aware of
-----------	-----------------------------------

Coffees

Original Blend Coffee

Dark Roast Coffee

Decaf Coffee

Specialty and Herbal Teas

Steeped Tea made with Whole Leaf

Apple Cinnamon Herbal Tea	roasted chicory root apple
---------------------------	-------------------------------

Chai Tea

Chamomile Herbal Tea (Caffeine-free)

Earl Grey Tea

English Breakfast Tea

Green Tea

Honey Lemon Tea	roasted chicory root
-----------------	----------------------

Orange Pekoe Tea

Decaffeinated Orange Pekoe Tea

Peppermint Herbal Tea

Hot Specialty Beverages

Apple Cider	apple powder
-------------	--------------

English Toffee Cappuccino	skim milk powder
---------------------------	------------------

French Vanilla Cappuccino	modified milk ingredients skim milk powder
---------------------------	---

Hot Chocolate modified milk ingredients

White Hot Chocolate modified milk ingredients

Espresso & Latte Beverages

Hot Cocoa Mix skim milk powder

Milk, Cream & Non-Dairy Alternatives

Skim Milk skim milk powder
Lactose

18% Cream milk, cream
Lactose

2% White Milk partly skimmed skim
Lactose

1% Chocolate Milk milk ingredients
Lactose

Soy Beverage soybeans

Beverage Toppings

White Whipped Beverage Topping glucose-fructose

Chocolate Whipped Beverage Topping glucose-fructose

Caramel Drizzle sweetened condensed milk

Chocolatey Dizzle glucose-fructose

Vanilla Drizzle glucose-fructose
sweetened condensed milk

Crunchy Caramel Topping skim milk powder

Flavour Shots

Cookies & Cream Flavour

Creamy Caramel Flavour

Hazelnut Flavour

Maple Flavour Shot

Mint Chocolate Flavour

Raspberry Flavour

Vanilla Bean Flavour

Iced Coffee

Vanilla Beverage Base

glucose-fructose
sweetened condensed milk

Fruit Smoothie

Pineapple Orange Fruit Smoothie with Greek Yogurt

drinkable greek yogurt (skim milk, milk, cream)
fruit purees and juice
apple juice concentrate
glucose-fructose

Strawberry Banana Fruit Smoothie with Greek Yogurt

drinkable greek yogurt (skim milk, milk, cream)
fruit purees and juice
apple juice concentrate
glucose-fructose

Other Frozen Beverages

Neutral Base

glucose-fructose

Vanilla Beverage Base

glucose-fructose
sweetened condensed milk

Bottled Juice, Iced Tea and Other Drinks

Apple Juice

concentrated apple juice

Orange Juice

concentrated orange juice

Citrus Green Iced Tea

Lemon Iced Tea

Peach Passion Drink

sugar and/or glucose-fructose

Beverage Toppings

Oreo Crumble

enriched wheat flour

Tim Hortons - Soups

Menu Item	FODMAP Ingredients to be Aware of
Bistro French Onion Soup	dehydrated onion
Croutons	enriched wheat flour garlic powder onion
Classic Chicken Noodle Soup	pasta shells (semolina wheat) dehydrated vegetables (onions, garlic) onion powder garlic powder flavour (soy, celery) natural flavour (soybean) modified milk ingredients
Cream of Broccoli Soup	broccoli skim milk powder onions heavy cream enriched flour flour enhancer (wheat protein) cream flavour (lactose, cream powder(cream, skim milk) butter flavour (milk, soy)
Cream of Potato Leek Soup	leeks cream yellow onion skim milk powder roasted onion puree onion powder garlic powder dehydrated parsley
Creamy Field Mushroom Soup	enriched wheat flour freeze dried and dehydrated mushrooms whey powder mushroom powder flavour (dehydrated butter, rye (wheat) onion powder

cream powder (cream, skim milk)
garlic powder
soy flour
skim milk powder

Sundried Tomato Soup

heavy cream
skim milk powder
sundried tomatoes
roasted garlic
cream flavour
onions
garlic

East Coast Clam Chowder

skim milk powder
celery
enriched wheat flour
heavy cream
dehydrated onion
flavour enhancer (wheat protein)
garlic

Harvest Vegetable Soup

celery
corn
cauliflower
garbanzo beans (garbanzo beans, kidney beans)
flavour enhancer (wheat protein)
roasted beef type flavour (wheat and soy gluten)
roast flavour (wheat gluten)

Hearty Potato Bacon

heavy cream
skim milk powder
celery
dehydrated onion
garlic powder
butter flavour (milk, soy)

Italian Wedding

enriched egg macaroni/noodle product (wheat semolina flour)
freeze-dried cooked meatballs with soy
toasted whet crumbs

onion powder
garlic powder
flavour and artificial flavour (barley, soy
sauce powder(soybeans and wheat)
onion powder
garlic powder
broccoli powder

Minestrone Soup

enriched macaroni/ noodle
product(durum wheat semolina)
dehydrated red kidney beans
dehydrated chick peas
onion and garlic powder
dehydrated onion
dehydrated green peas
soy and wheat protein
soy sauce powder (soybeans and wheat)
dehydrated vegetables (onions, peas)
dehydrated garbanzo beans

Roasted Red Pepper Gouda

cream
skim milk powder
garlic
modified milk ingredients
wheat flour
onion powder

Spicy Thai Chicken

cream
mushrooms
portobello mushrooms
skim milk powder
garlic
 Worcestershire sauce
onion
wheat flour
soy sauce (wheat, soybeans)
seasoning (wheat)

Sweet Potato Bisque

sweet potatoes
apples
cream
wheat flour

skim milk powder
modified milk ingredients
dehydrated garlic
onion powder

Turkey & Wild Rice

onion powder
dehydrated onion
spices (celery)
garlic powder

Chili

red kidney beans
diced onion
mushrrom pieces (mushroom, celery)
garlic puree (garlic)
worcestershire sauce
glucose-fructose
onions
garlic
shallots
textured soy protein (soy flour)
garlic powder
onion powder

Tim Hortons - Sauces & Spreads

Menu Item	FODMAP Ingredients to be Aware of
-----------	-----------------------------------

Cream Cheese

Herb & Garlic Cream Cheese Spread	cream cheese
-----------------------------------	--------------

Light Plain Cream Cheese Spread	cream cheese
---------------------------------	--------------

Light Strawberry Cream Cheese Spread	cream cheese
--------------------------------------	--------------

Plain Cream Cheese Spread	cream cheese
---------------------------	--------------

Other Bagel Toppings

Blueberry Jam	Sugar/glucose-fructose
---------------	------------------------

Butter	cream
--------	-------

Honey	honey
-------	-------

Raspberry Jam	Sugar/glucose-fructose
---------------	------------------------

Strawberry Jam	Sugar/glucose-fructose
----------------	------------------------

Margarine

Mustard Spread

Peanut Butter

Cheese

Light Plain Cheese Spread	milk ingredients modified milk ingredient
---------------------------	--

Cheddar Cheese

Swiss Cheese

Processed Cheddar Cheese

Processed Mozzarella Cheese

Sauces and Spread

Balsamic Vinaigrette dried garlic

Black Pepper Mustard Mayo-Type Sauce dehydrated garlic
fresh garlic

Chipotle Sauce dehydrated onion
dehydrated garlic

Creamy Caesar Dressing garlic powder
dried onion
dried garlic

Creamy Sundried Tomato Spread buttermilk powder
garlic
flavours (milk)

Hickory BBQ Sauce sugar/glucose-fructose
worcestershire sauce
garlic powder
aquaresin garlic
onion powder

Honey Mustard Sauce sugar/glucose-fructose
honey
glucose-fructose
honey

Light Mayonnaise - Type Sauce

Ranch Sauce garlic juice
skim milk powder
powdered buttermilk

Spicy Mayo-Type Sauce hot sauce (garlic powder)

Hollandaise Sauce hot sauce (garlic powder)

Tim Hortons - Miscellaneous

Menu Item	FODMAP Ingredients to be Aware of
Vegetables	
Cucumbers	
Crispy Onions	onion powder enriched wheat flour sunflower
Lettuce	
Pepper and Onion Blend	onions
Red Onion	red onion
Sauteed Mushrooms	white mushrooms granulated garlic
Tomato	
Breakfast	
Mixed Berries	blackberries
Oatmeal	rolled oats
Hash Brown	
Maple Flakes	
Chip & Potato Wedges	
Classic Barbecue Flavoured Warm Kettle Cooked Potato Chips	worcestershire sauce garlic onion powder garlic powder
Savoury Potato Wedges	wheat flour garlic powder

onion powder

Warm Kettle Cooked Potato Chips

Meat

Bacon

Chicken Salad

dehydrated onion

Cooked Ham Capicola

Crispy Seasoned Chicken

wheat flour
toasted wheat crumbs
onion powder
dried garlic
garlic powder
dehydrated garlic
breader (wheat flour, garlic powder)
wheat gluten
seasoning (onion powder, dehydrated garlic)
enriched wheat flour
malted barley flour

Genoa Salami

garlic powder

Pepperoni

garlic powder

Pulled Pork

Pork Sausage

Seasoned Chicken Strips

onion powder
garlic powder

Sliced Seasoned Steak

garlic powder
onion powder

Smoked Black Forest Style Ham

Smoked Turkey Breast

Spicy Crispy Seasoned Chicken

wheat flour
toasted wheat crumbs
dried garlic
garlic powder
wheat gluten
onion powder
dehydrated garlic
enriched wheat flour
enriched bleached wheat flour
malted barley flour

Egg Omelette

skim milk powder