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Iced French Vanilla Latte Strawberries & Cream Frappé Oreo® Cookies & Cream Frappé Strawberry Lemonade Refresher Omelette with Tomato & Herb (Single) Two Omelettes with Tomato & Herb Omelette with Cheese & Bacon (Single) Two Omelettes with Cheese & Bacon Bacon & Egg with Cheese Muffin Bacon & Egg with Cheese Muffin Stack Double Bacon & Egg with Cheese Muffin Double Bacon & Egg with Cheese Muffin Stack Sausage & Egg with Cheese Muffin Sausage & Egg with Cheese Muffin Stack Double Sausage & Egg with Cheese Muffin Double Sausage & Egg with Cheese Muffin Stack Veggie Sausage & Egg with Cheese Muffin Veggie Sausage & Egg with Cheese Muffin Stack Grilled Bagel Breakfast Sandwich with Sausage Grilled Bagel Breakfast Sandwich with Bacon Grilled Bagel Breakfast Sandwich with Veggie Sausage Bacon & Maple Flavour Pancakes Maple Flavour Syrup Pancakes Chocolate Hazelnut Spread Pancakes Tims® Double Cheeseburger Tims® Bacon Double Cheeseburger Tims® Triple Cheeseburger Nacho Crispy Chicken Sandwich Nacho Crispy Chicken Stack Nacho Meatless Chicken Sandwich Nacho Meatless Chicken Stack Tims® Crispy Chicken Sandwich Tims® Crispy Chicken Stack Nacho Crispy Chicken Wrap Crispy Meatless Chicken Sandwich Crispy Chicken & Bacon Wrap 5 Piece Tims® Chicken Tenders 3 Piece Tims® Chicken Tenders Ham & Cheese Melt - Mainland UK only Ham & Cheese Melt - NI Only Tims® Savers - Cheeseburger Tims® Savers - Crispy Chicken Snack Wrap Tims® Savers - 2 Chicken Tenders & Dip Nacho Chilli Cheese Bites Sharing Box Nacho Chilli Cheese Bites Pulled Beef Loaded Nachos Nacho Pulled Beef Loaded Lattice Fries Timmies Minis Chicken Mayo Sandwich Timmies Minis Cheeseburger Timmies Minis 2 Chicken Tenders Timmies Minis Cheese Melt Timmies Minis Lattice Fries 12 Box Old Fashioned Glazed Donuts Dozen Assorted Donuts Plus Dozen Old Fashioned Glazed Donuts Maple Flavour Syrup, Caramel and Fudge Pancakes Chocolate Hazelnut & Oreo® Pancakes Peach & Raspberry Deluxe Donut Old Fashioned Glazed Donut Peach & Raspberry Timbits® Old Fashioned Glazed Timbits® Chocolate Glazed Timbits® White Birthday Cake Timbits® There are 420 calories in a Bacon Breakfast Sandwich from Tim Hortons. Most of those calories come from fat (49%) and carbohydrates (32%). To burn the 420 calories in a Bacon Breakfast Sandwich, you would have to run for 37 minutes or walk for 60 minutes. – Advertisement. Content continues below – According to our website visitors, a Bacon Breakfast Sandwich is not a healthy and nutritious option from Tim Hortons, with only 40% of voters finding it to be healthy. Let us know what you think! Review the nutrition facts above and then vote on whether you think a Bacon Breakfast Sandwich is healthy or not.40% of voters think the Bacon Breakfast Sandwich is healthy. Vote: 2 3 100% of voters think the Bacon Breakfast Sandwich tastes good. Vote: 5 0 There are 15 Weight Watchers Freestyle Points, 15 WW SmartPoints and 11 WW PointsPlus in a serving of Bacon Breakfast Sandwich from Tim Hortons. Weight Watchers points for the full Tim Hortons menu Updated 2021. Menus will scroll left horizontally and vertically on your screen so that you can see all of the data. Jump to:DonutsBreakfastLunchBeveragesback to topback to topBreakfast Health Tip - The basic egg and cheese breakfast represents the lightest option on the menu, with around 220 calories and 12 grams of fat. Customers looking for something a little more filling may desire sandwiches like the sausage, egg, and cheese biscuit (560 calories/37 grams of fat) or the sausage, egg, and cheese English muffin (440 calories/28 grams of fat).Muffins and Bagels - Muffins and bagels also represent filling breakfast options and boast anywhere from 250 to 400 calories per serving.back to topSoups and Sandwiches - The heaviest soups include the aforementioned chili and the hearty potato bacon soup containing 300 calories and 18 grams of fat and 230 calories and 13 grams of fat, respectively. Sandwich selections offer similar caloric profiles, with the heaviest item (pesto chicken Panini) containing 460 calories and the lightest (chicken salad sandwich) serving up 340 calories.back to topCoffee and Timbits - A single cup of coffee and an order of Timbits (bite-size donuts) consists of around 250 calories and between five and 10 grams of fat, on average.Additional Drinks - Tim Hortons teas contain no fat and around 100 calories per 16oz. Hot chocolate orders feature 240 calories and six grams of fat (10oz.), while smoothies run customers anywhere from 140 calories to 210 calories with zero grams of fat.Lattes and Espresso's - A standard latte (coffee with steamed cow's milk) provides 70 calories. Espresso's, drinks without milk, contain zero calories. Chocolates used to make mochas make drinks even more dense, with 180 calories and six grams of fat.One of the largest coffee shop chains in the world, Tim Hortons sells assorted breakfast items in addition to the staple beverage options synonymous with the restaurant. Locations also cater to lunch crowds and offer various kinds of soups, sandwiches, and wraps at affordable prices. A majority of patrons choose the Canadian-born coffeehouse for a quick drink paired with a bagel, donut, or muffin. Most individuals carry out orders as opposed to dining in. The quick-service menus generally reflect the snack-like natures of daily offerings in terms of nutrition, as smaller portions remain standard.back to top 1 sandwich of Tim Hortons breakfast sandwich (Homestyle, Bacon, Egg & Cheese) contains 430 Calories. The macronutrient breakdown is 33% carbs, 51% fat, and 16% protein. This is a good source of protein (30% of your Daily Value). Amount Unit gramssandwichoz For 1 sandwich of Tim Hortons breakfast sandwich (154g) NutrientValue%DVCalories430Saturated fats15g 75%Trans fats- Net carbs34g Fiber1g 4%Sugar- Calcium0mg 0%Iron0mg 0%Potassium210mg 4%Vitamin D- Vitamins and MineralsAlpha carotene- Beta carotene- Caffeine- Choline- Copper- Fluoride- Folate (B9)- Lycopene- Magnesium- Manganese- Niacin- Pantothenic acid- Phosphorus- Retinol- Riboflavin (B2)- Selenium- Theobromine- Thiamine- Vitamin A IU- Vitamin A90µg 10%Vitamin B12- Vitamin B6- Vitamin C13mg 15%Vitamin D IU- Vitamin D2- Vitamin D3- Vitamin E- Vitamin K- Zinc- SugarsSugar- Sucrose- Glucose4g Fructose- Lactose- Maltose- Galactose- Starch- FatsSaturated fats15g 75%Monounsaturated fats0g Polyunsaturated fats0g Trans fats- Fatty AcidsTotal omega 3- Total omega 6- Alpha Linolenic Acid (ALA)- Docosahexaenoic Acid (DHA)- Eicosapentaenoic Acid (EPA)- Docosapentaenoic Acid (DPA)- Amino AcidsAlanine- Arginine- Aspartic acid- Cystine- Glutamic acid- Glycine- Histidine- Hydroxyproline- Isoleucine- Leucine- Lysine- Methionine- Phenylalanine- Proline- Serine- Threonine- Tryptophan- Tyrosine- Valine- Generate your perfect meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan Tim Hortons introduced the Tim Hortons Harvest Breakfast Sandwich and Harvest Farmer's Wrap this spring to cater to those looking for a breakfast item featuring a plant-based alternative to meat. These new items are made with plant-based Impossible™ Sausage and a 100 per cent Canadian freshly cracked egg. The Harvest Breakfast Sandwich has 390 calories. The Simply Harvest version has 261 calories (no cheese, no egg). Sample pricing from a single Tim Hortons location at 1205 Burrard Street, Vancouver BC. Please check your local Tim Hortons for accurate pricing. The Harvest Breakfast Sandwich is \$4.69. The Simply Harvest Breakfast Sandwich is \$3.49. Calories 390.9 kcalFat 18.4 gSaturated Fat 7.9 gTrans Fat 0.2 gCholesterol 206 mgSodium 862.7 mgCarbohydrates 37.7 gFiber 2.4 gSugar 6.6 gProteins 20.1 g Calories 261.5 kcalFat 8.5 gSaturated Fat 3.1 gTrans Fat 0 gCholesterol 0.6 mgSodium 585.6 mgCarbohydrates 35.9 gFiber 2.1 gSugar 6.3 gProteins 11.2 g Sandwich Type: Simply Harvest 261 Cals (has no cheese and no protein)Breakfast Bread:Four Cheese Bagel (+\$0.80)Impossible SasuageEgg: Regular (default, 72 calories), Extra (+\$1.40, 144 calories), None (in Simply Harvest version)Cheese: Regular Processed Cheese 42 Cals (default), Extra Processed Cheese 84 Cals (+\$0.50), No Processed Chees 0 Cals (in Simply Harvest version) The Tim Hortons Harvest Farmer's Breakfast Wrap has 567 calories. The Simply Harvest version has 632 calories (no cheese, no egg). Sample pricing from a single Tim Hortons location at 1205 Burrard Street, Vancouver BC. Please check your local Tim Hortons for accurate pricing. The Harvest Farmer's Breakfast Wrap is \$5.49. The Simply Harvest version is \$4.29. Calories 567.6 kcalFat 29.3 gSaturated Fat 8.9 gTrans Fat 0.4 gCholesterol 206.1 mgSodium 1077.6 mgCarbohydrates 55.7 gFiber 4.3 gSugar 4.2 gProteins 22 g Calories 632 kcalFat 25.2 gSaturated Fat 6.1 gTrans Fat 0.3 gCholesterol 4.9 mgSodium 1259.1 mgCarbohydrates 86.2 gFiber 6.4 gSugar 6.5 gProteins 17.4 g Sandwich Type:Harvest 567 CalsSauces: No Chipotle Sauce 0 Cals, Regular Chipotle Sauce 38 Cals (default), Extra Chipotle Sauce 76 CalsProtein: Regular Egg 72 Cals (default), Extra Fresh Egg 144 Cals (+\$1.40)Cheese: No Cheddar Cheese 0 Cals, Regular Cheddar Cheese 44 Cals (default), Extra Cheddar Cheese 88 Cals (+\$0.50)Simply Harvest 632 CalsSauces: No Chipotle Sauce 0 Cals, Regular Chipotle Sauce 38 Cals (default), Extra Chipotle Sauce 76 CalsCheese: No Cheddar Cheese 0 Cals (default), Cheddar Cheese 44 Cals (+\$0.50) Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, fatsecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, fatsecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. 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The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. The Tim Hortons Bacon, Egg & Cheese Breakfast Sandwich is a warm and tasty way to start your day. It features crispy, naturally smoked bacon, a freshly cracked egg, and melted cheese, all served on a soft English muffin. This sandwich is a favorite for many because it's both delicious and filling. To learn more about what's inside, check out the Nutrition Information for Tim Hortons Bacon, Egg & Cheese Breakfast Sandwich. Whether you want a quick snack, a filling meal, or a coffee treat, this Tim Hortons item hits the spot. They use quality ingredients and offer lots of choices. That's why Americans love coming back. From breakfast to baked goods and drinks, there's always something tasty. Explore the full Tim Hortons full menu to see it all. Product descriptionA breakfast staple! Toasted English muffin with rashers of bacon, a freshly cracked egg, a cheese slice and a sauce of your choice Allergens: eggs, milk, wheat, rye May contain: soybeans, nuts, rye Dietary considerations: under 400 calories Calculated on a child's RDI (up to 10 years of age). Tim Hortons® is committed to reducing the risk of allergens present in our kitchens. Our priority is to ensure customers with food allergies and intolerances have accurate information to enable them to make safe choices from our menu. Tim Hortons® kitchens have strict controls in place to reduce the risk of cross-contact such as separate storage areas, utensils and cleaning equipment for products containing allergens.In common with other catering operations, our kitchens are fast-paced and have shared equipment and open environments, therefore we cannot guarantee that any product is entirely free from allergens. Customers with food allergies and intolerances should be aware of this information. We also cannot guarantee that our meat and poultry products are free from bone. For allergen information for other items such as dip pots, sachets and bottled drinks, see printed packaging for details.