

ALWAYS FRESH

Prices may vary by location
Canada pricing (CAD)

Tim Hortons

Wraps Menu — Canada

Tim Hortons currently offers 13 wraps across four categories: Loaded Wraps with Cheese, Sous Vide Chicken Wraps, Craveable Wraps, and Classic & Specialty Wraps. Most wraps are priced at \$6.49. Calories range from 146 cal (Chipotle Craveable Wrap) to 680 cal (Cilantro Lime Sous Vide Chicken Wrap).

LOADED WRAPS WITH CHEESE

WRAP NAME	PRICE	CAL	PROTEIN	CARBS	FAT
Cilantro Lime Chicken Loaded Wrap w/ Cheese	\$6.49	—	—	—	—
Habanero Chicken Loaded Wrap w/ Cheese	\$6.49	—	—	—	—
BBQ Chicken Loaded Wrap w/ Cheese	\$6.49	—	—	—	—
Cilantro Lime Veggie Loaded Wrap w/ Cheese	\$6.49	323	3.7g	38g	17.6g
Habanero Veggie Loaded Wrap w/ Cheese	\$6.49	293	3.7g	36g	15.6g

SOUS VIDE CHICKEN WRAPS

WRAP NAME	PRICE	CAL	PROTEIN	CARBS	FAT
Cilantro Lime Sous Vide Chicken Wrap	\$6.49	680	31g	71g	30g
Habanero Sous Vide Chicken Wrap	\$6.49	650	30g	70g	28g

CRAVEABLE WRAPS

WRAP NAME	PRICE	CAL	PROTEIN	CARBS	FAT
Ranch Craveable Wrap	\$6.49	172	6.7g	16g	9.2g
Chipotle Craveable Wrap	\$6.49	146	6.7g	16g	5.4g

CLASSIC & SPECIALTY WRAPS

WRAP NAME	PRICE	CAL	PROTEIN	CARBS	FAT
Classic Chicken Wrap	\$6.49	—	—	—	—
Chicken Bacon Ranch Wrap	\$6.49	—	—	—	—
Pesto Chicken Wrap	\$6.49	471	29.7g	40.9g	22.4g
Chipotle Veggie Wrap	\$5.29	600	15g	65g	30g

QUICK PICKS GUIDE

🏆 BEST OVERALL Cilantro Lime Sous Vide Chicken Wrap	🌶️ SPICIEST Habanero Chicken Loaded Wrap w/ Cheese
🥩 MOST PROTEIN Cilantro Lime Sous Vide (31g protein)	🥬 BEST VEGGIE Cilantro Lime Veggie Loaded Wrap w/ Cheese
🔥 LOWEST CALORIE Chipotle Craveable Wrap (146 cal)	💰 BEST VALUE Chipotle Veggie Wrap (\$5.29)
🍷 MOST INDULGENT Chicken Bacon Ranch Wrap	🥗 BEST CAL/PROTEIN Pesto Chicken Wrap (471 cal / 29.7g)

& Nutrition Note: Values marked "—" have not been published by Tim Hortons. Prices, calories, and menu items may vary by province, city, or restaurant. For the latest information, visit [timhortons.com](https://www.timhortons.com) or check the Tim Hortons app.