

Cineworld Nutritional Information

Per Portion or Pack

Energy/ Kilojoules (kJ) - (per pack)
 Energy/ Calories (kcal) - (per pack)
 Protein (g) - (per pack)
 Carbohydrate (g) - (per pack)
 of which sugars (g) - (per pack)
 Fat (g) - (per pack)
 of which saturates (g) - (per pack)
 Fibre (g) - (per pack)
 Sodium (g) - (per pack)
 Salt equivalent (g) - (per pack)

Confectionary											
Confectionary prepacked bags (values per 100g)	Portion/Pack size										
Mars Malteasers	121g	2115	505	8.1	61.7	51.9	24.8	15.2	0.00	0.00	0.41
Mars Galaxy Minstrels	153g	2116	505	5.3	70.1	68.9	22.2	13.3	0.00	0.00	0.20
Mars M&M Peanut	165g	2139	511	9.8	59.1	53.6	25.3	10.2	0.00	0.00	0.09
Mars M&M Crispy	141g	2083	498	4.3	64.1	54.2	24.2	16.0	0.00	0.00	0.35
Mars Revels	126g	2027	483	5.2	67.6	63.4	21.0	12.7	0.00	0.00	0.29
Mars Galaxy Counters	126g	2208	528	7.0	59.2	58.6	28.9	17.2	0.00	0.00	0.26
Mars Milky Way Magic Stars Pouch	117g / 33g	2330	559	6.4	54.2	53.6	34.7	21.5	0.00	0.00	0.20
Mars Twix Mix	126g	2089	499	6.0	64.3	51.5	23.8	14.0	0.00	0.00	0.17
Mars Galaxy Salted Caramel	24g	2016	482	5.0	61.3	55.4	23.8	14.3	0.00	0.00	0.69
The Natural Confectionary Company Jelly Snakes	160g	1380	325	3.8	76.0	65.5	0.2	0.1	0.00	0.00	0.03
Maynards Sour Patch Kids	160g	1380	325	2.8	77.0	57.5	0.1	0.1	0.00	0.00	0.05
Maynards Wine Gum	190g	1400	330	4.7	76.5	57.0	0.2	0.2	0.00	0.00	0.03
Bassett's Jelly Babies	190g	1400	330	3.5	78.5	74.0	0.0	0.0	0.00	0.00	0.03
Candy King Pick & Mix Sweets (per sweet)											
Banoffee Fudge	14.1g	253.80	60.63	0.1	10.6	9.4	1.8	0.0	0.00	0.00	0.00
Berries	4.4g	63.80	15.18	0.1	3.7	2.9	0.0	0.0	0.00	0.00	0.00
Black & Raspberries	5.3g	71.55	16.96	0.4	3.9	2.9	0.0	0.0	0.00	0.00	0.00
Blue Raspberry Bonbon	4.7g	72.85	17.16	0.0	3.8	3.2	0.2	0.2	0.00	0.00	0.00

Brains	7.6g	103.36	24.32	0.5	5.6	4.0	0.0	0.0	0.00	0.00	0.00
Cherries	10.4g	142.48	33.28	0.8	7.5	4.9	0.0	0.0	0.00	0.00	0.00
Chocolate Covered Fudge	12.8g	217.60	52.48	0.3	9.3	8.3	1.4	0.0	0.00	0.00	0.00
Citric Cherries	9.8g	142.10	33.32	0.0	8.2	4.5	0.0	0.0	0.00	0.00	0.00
Cola Bottle	7.2g	102.60	24.12	0.5	5.5	3.7	0.0	0.0	0.01	0.00	0.00
Cola Dummies	10g	146.30	34.40	0.0	8.5	4.6	0.1	0.0	0.00	0.00	0.00
Cola Rocketz	16.8g	272.16	65.52	0.2	14.4	11.3	0.7	0.3	0.05	0.00	0.00
Crispy Bite	14.6g	264.99	62.78	0.4	10.4	8.8	2.2	1.5	0.00	0.00	0.00
Crocodiles	34g	467.84	111.86	1.9	26.0	18.2	0.1	0.1	0.00	0.00	0.00
Duo Fudge	14.1g	279.46	66.55	0.3	10.1	0.0	2.8	0.0	0.00	0.00	0.00
Farm Animals	17.6g	269.28	56.32	1.0	13.2	9.5	0.0	0.0	0.00	0.00	0.00
Fizzy Bubblegum Bottles	8g	112.80	26.40	0.4	6.1	5.0	0.0	0.0	0.01	0.00	0.00
Fizzy Cherry Bottles	8g	112.00	26.40	0.4	6.1	5.0	0.0	0.0	0.00	0.00	0.00
Fizzy Cola Bottles	8g	112.80	26.40	0.4	6.2	5.0	0.0	0.0	0.01	0.00	0.00
Fizzy Dummies	5g	70.75	16.50	0.3	3.8	2.4	0.0	0.0	0.00	0.00	0.00
Fried Eggs	7.2g	99.36	23.04	0.4	5.3	2.2	0.0	0.0	0.00	0.00	0.00
Fruit Chews	4g	68.80	16.40	0.0	3.6	2.8	0.0	0.0	0.00	0.00	0.00
Giant Cola Fizz	22.2g	315.24	74.37	1.3	16.9	0.0	0.1	0.0	0.11	0.00	0.00
Giant Cola Bottles	18.1g	258.83	61.54	1.3	13.9	0.0	0.0	0.0	0.00	0.00	0.00
Giant Snowies	6g	126.00	30.00	0.2	4.3	0.0	1.3	0.0	0.00	0.00	0.00
Gourmet Jelly Beans	1.8g	28.76	6.77	0.0	1.7	1.4	0.0	0.0	0.00	0.00	0.00
Jelly Babies	5.6g	78.40	18.48	0.3	4.4	3.9	0.0	0.0	0.01	0.00	0.00
Jelly Foam Hearts	5.6g	80.08	19.04	0.3	4.2	3.4	0.0	0.0	0.00	0.00	0.00
Juicy Strawberries	9.6g	144.00	33.60	0.0	8.2	5.4	0.0	0.0	0.00	0.00	0.00
Magic Carpet	16.4g	248.46	58.55	0.5	13.9	0.0	0.1	0.0	0.00	0.00	0.00
Milk Chocolate Beans	0.95g	18.05	4.28	0.0	0.8	0.8	0.1	0.0	0.00	0.00	0.00
Milk Chocolate Brazils	15.1g	339.75	81.54	1.1	7.9	7.7	5.1	2.4	0.30	0.00	0.00
Milk Chocolate Honeycomb	3.4g	68.00	16.32	0.1	2.5	2.0	0.6	0.0	0.00	0.00	0.00
Milk Chocolate Mini Eggs	3.2g	64.32	15.36	0.2	2.3	2.2	0.6	0.4	0.05	0.00	0.00
Milk Chocolate Raisins	2.2g	37.40	9.02	0.1	1.4	1.4	0.3	0.2	0.07	0.00	0.00
Milk Chocolate Toffee Chews	3g	54.84	13.08	0.1	1.9	1.5	0.6	0.0	0.00	0.00	0.00
Milk Shake Bottles	5.7g	74.67	17.96	0.3	4.2	3.4	0.0	0.0	0.00	0.00	0.00
Milk Teeth	9.6g	131.52	30.72	0.0	7.0	5.5	0.0	0.0	0.00	0.00	0.00

Mini Strawberry Cables	14.9g	229.46	55.13	0.1	12.2	0.0	0.4	0.0	0.00	0.00	0.00
Pink And White Mice	8.4g	184.80	44.52	0.3	5.4	4.4	2.4	1.8	0.00	0.00	0.00
Red Metre	34g	476.00	112.20	0.9	25.5	16.3	0.3	0.0	0.17	0.00	0.00
Skulls	17.3g	389.25	93.42	0.6	11.2	0.0	5.0	0.0	0.00	0.00	0.00
Smileys	4.8g	67.20	15.84	0.2	3.7	2.3	0.0	0.0	0.01	0.00	0.00
Sour Lemon Bonbons	4.7g	73.79	17.39	0.0	3.9	3.3	0.2	0.2	0.00	0.00	0.00
Strawberries	8g	25.60	110.40	0.5	5.8	4.2	0.0	0.0	0.02	0.00	0.00
Strawberry Bonbon	4.7g	77.79	18.33	0.0	4.1	3.0	0.2	0.2	0.00	0.00	0.00
Strawberry Rocketz	16.8g	272.16	65.52	0.2	14.4	11.3	0.7	0.3	0.05	0.00	0.00
Sugared Strawberries	10.6g	159.00	37.10	0.0	9.2	5.2	0.0	0.0	0.00	0.00	0.00
Sweet Bananas	8.4g	128.52	30.24	0.1	7.5	6.6	0.0	0.0	0.00	0.00	0.00
Teddy Bears	7.2g	102.96	24.48	0.5	5.5	3.7	0.0	0.0	0.00	0.00	0.00
Vanilla Fudge	14.1g	250.28	59.22	0.2	10.4	9.6	1.8	1.6	0.00	0.00	0.00
Watermelon slices	5.6g	79.52	19.04	0.4	4.3	3.3	0.0	0.0	0.00	0.00	0.00
Wine Gums	5.4g	75.60	17.82	0.2	4.2	2.5	0.0	0.0	0.00	0.00	0.00
Yellow Belly Snakes	60.4g	893.92	210.19	4.7	47.7	0.0	0.1	0.0	0.00	0.00	0.00
Snacks											
Popcorn (per pack)											
Small Sweet Popcorn	60g	1185	283.2	4.2	35.9	10.1	12.3	1.0	5.95	0.01	0.02
Regular Sweet Popcorn	123g	2429.3	580.56	8.6	73.7	20.8	25.2	2.1	12.20	0.01	0.04
Large Sweet Popcorn	250g	4937.5	1180	17.5	149.8	42.2	51.2	4.2	24.80	0.03	0.08
Small Salt Popcorn	50g	894.5	213.5	4.8	26.4	0.3	8.3	0.7	7.21	0.30	0.76
Regular Salt Popcorn	100g	1789	427	9.7	52.7	0.7	16.6	1.4	14.41	0.59	1.51
Large Salt Popcorn	190g	3399.1	811.3	18.4	100.2	1.2	31.4	2.7	27.38	1.13	2.87
Munchbox Portion (Sweet)	66g	1303.5	311.52	4.6	39.5	11.1	13.5	1.1	6.55	0.01	0.02
Munchbox Portion (Salt)	55g	983.95	234.85	5.3	29.0	0.4	9.1	0.8	7.93	0.33	0.83
Thomas Tucker Toffee popcorn	200g	3464	820	5.0	169.0	108.0	12.0	2.0	7.00	0.86	2.20
Joe & Seph's Salted Caramel	90g	1814	433	3.0	58.7	36.3	19.9	13.0	0.00	0.00	1.30
Joe & Seph's Belgian Chocolate	90g	1915	458	3.9	53.9	35.7	24.3	15.1	0.00	0.00	0.81
Joe & Seph's Peanut Butter	80g	1802	431	6.2	46.5	25.2	24.5	10.0	0.00	0.00	0.48
Joe & Seph's White Chocolate & Strawberry	80g	1660	398	2.8	46.6	27.8	23.8	14.7	0.00	0.00	0.40

Nachos (per portion)											
Regular Rollover Nachos	approx 110g portion	2255	539	6.7	68.1	0.8	26.6	11.4	4.51	0.65	0.00
Large Rollover Nachos	approx 165g portion	3382.5	808.5	10.1	102.1	1.2	39.9	17.2	6.77	0.97	0.00
Rollover Salsa Nacho Dip Pots	approx 70g portion	112	26.6	0.9	5.3	3.6	0.3	0.1	0.28	0.21	0.53
Rollover Cheese Nacho Dip Pots	approx 70g portion	471.1	113.4	2.8	5.3	1.8	9.1	2.2	0.35	0.49	1.23
Rollover Sour Cream Nacho Dip Pots	approx 70g portion	511	123.9	1.5	2.9	2.8	11.8	7.8	0.07	0.04	0.09
Rollover Jalapenos Sliced	approx 40g portion	4	17.2	0.0	1.0	0.2	0.0	0.0	1.44	0.34	0.84
Sugar & Spice Cakes (per 100g)											
Delicious Caramel Shortcake	70g	1421	340	2.7	37.0	23.0	20.0	13.0	1.30	0.00	0.34
Decadent Chocolate Tiffin	70g	1384	331	3.1	41.0	27.0	17.0	9.0	2.10	0.00	0.17
Indulgent Chocolate Brownie	70g	1151	274	3.1	42.0	31.0	10.0	5.0	1.50	0.00	0.34
Bakewell Flapjack	70g	1301	311	3.4	43.0	23.0	15.0	9.5	3.30	0.00	1.90
Seriously Fruity Flapjack	70g	1181	282	3.7	45.0	23.0	11.0	6.3	4.00	0.00	0.29
Decadent Chocolate Muffin	100g	1665	398	4.8	48.0	28.0	21.0	4.3	2.10	0.00	0.87
Indulgent Raspberry & White Chocolate Muffin	100g	1641	393	4.6	50.0	32.0	19.0	3.7	1.00	0.00	0.67
Fruity Blueberry	100g	1593	381	4.8	49.0	29.0	18.0	2.3	1.20	0.00	0.72
Seriously Sticky Toffee Muffin	100g	1635	391	4.8	50.0	31.0	19.0	4.0	0.62	0.00	0.72
Jaffa Orange Muffin	100g	1637	392	4.7	49.0	30.0	19.0	4.2	1.20	0.00	0.67
Chocolate Chip Muffin	100g	1686	404	5.2	46.0	26.0	22.0	3.9	2.10	0.00	0.93
Blueberry Muffin	100g	1650	395	5.2	48.0	27.0	20.0	2.5	0.97	0.00	0.79
Cherry Bakewell Muffin	100g	1557	371	3.6	57.0	39.0	14.0	1.7	0.63	0.00	3.50
Hot Dogs											
Rollover Hot Dogs (per portion)											
Large Rollover Bockwurst Reduced Salt	140g	1628.2	393.4	18.9	0.7	0.0	35.0	14.0	0.00	0.00	1.93
Large Rollover Halal Chicken	140g	1440.6	344.4	22.4	1.0	0.0	28.0	11.2	12.60	0.84	2.38
Regular Rollover Bockwurst Low Salt	90g	1046.7	252.9	12.2	0.5	0.0	22.5	9.0	0.00	0.00	1.24
Regular Rollover Halal Chicken	90g	926.1	221.4	14.4	0.6	0.0	18.0	7.2	8.10	0.54	1.53
Rollover Fully Baked Baguette Sliced	each	1300	306.25	11.8	60.9	2.3	1.3	0.1	2.38	0.00	1.50
Rollover Ketchup	approx 15g	45.45	10.65	0.1	2.4	1.5	0.0	0.0	0.08	0.29	0.00
Rollover Mustard	approx 15g	50.55	12	0.5	1.4	0.7	0.5	0.0	0.27	0.29	0.00
Rollover Crispy Onions	approx 15g	361.5	87	0.9	6.0	2.3	6.6	3.0	0.68	0.06	0.00

Drinks

Postmix drinks (per portion)

Small Coke	16oz	856.0	203.0	0.0	50.6	50.6	0.0	0.0	0.00	0.00	0.00
Regular Coke	22oz	1176.0	279.0	0.0	69.5	69.5	0.0	0.0	0.00	0.00	0.00
Large Coke	32oz	1712.0	406.0	0.0	101.2	101.2	0.0	0.0	0.00	0.00	0.00
Small Diet Coke	16oz	7.1	2.3	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Regular Diet Coke	22oz	9.8	3.2	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Large Diet Coke	32oz	14.1	4.7	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Small Coke Zero	16oz	6.6	1.4	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.09
Regular Coke Zero	22oz	9.1	2.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.13
Large Coke Zero	32oz	13.2	2.8	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.18
Small Sprite	16oz	553.0	132.4	0.0	31.2	31.2	0.0	0.0	0.00	0.00	0.00
Regular Sprite	22oz	760.0	182.0	0.0	42.9	42.9	0.0	0.0	0.00	0.00	0.00
Large Sprite	32oz	1106.0	264.8	0.0	62.4	62.4	0.0	0.0	0.00	0.00	0.00
Small Fanta	16oz	860.0	203.3	0.0	49.6	49.6	0.0	0.0	0.00	0.00	0.00
Regular Fanta	22oz	1183.0	279.5	0.0	68.2	68.2	0.0	0.0	0.00	0.00	0.00
Large Fanta	32oz	1721.0	406.6	0.0	99.3	99.3	0.0	0.0	0.00	0.00	0.00
Small Pepsi	16oz	796.0	191.0	0.0	50.0	50.0	0.0	0.0	0.00	0.00	0.00
Medium Pepsi	22oz	1094.0	263.0	0.0	69.0	69.0	0.0	0.0	0.00	0.00	0.00
Large Pepsi	32oz	1591.0	382.0	0.0	100.0	100.0	0.0	0.0	0.00	0.00	0.00
Small Diet Pepsi	16oz	14.0	2.7	0.0	0.0	0.0	0.0	0.0	0.00	0.27	0.27
Medium Diet Pepsi	22oz	19.0	4.0	0.0	0.0	0.0	0.0	0.0	0.00	0.38	0.38
Large Diet Pepsi	32oz	27.0	5.0	0.0	0.0	0.0	0.0	0.0	0.00	0.55	0.55
Small Pepsi Max	16oz	9.0	2.3	0.0	0.0	0.0	0.0	0.0	0.00	0.23	0.23
Medium Pepsi Max	22oz	13.0	3.1	0.0	0.0	0.0	0.0	0.0	0.00	0.31	0.31
Large Pepsi Max	32oz	18.0	5.0	0.0	0.0	0.0	0.0	0.0	0.00	0.45	0.45

Small Pepsi Max Cherry	16oz	9.0	2.3	0.0	0.0	0.0	0.0	0.0	0.00	0.23	0.23
Medium Pepsi Max Cherry	22oz	13.0	3.1	0.0	0.0	0.0	0.0	0.0	0.00	0.31	0.31
Large Pepsi Max Cherry	32oz	18.0	5.0	0.0	0.0	0.0	0.0	0.0	0.00	0.45	0.45
Small Tango	16oz	23.0	5.0	0.0	27.0	0.0	0.0	0.0	0.00	0.50	0.50
Medium Tango	22oz	31.0	6.0	0.0	38.0	0.0	0.0	0.0	0.00	0.69	0.69
Large Tango	32oz	49.0	5.0	0.0	55.0	0.0	0.0	0.0	0.00	1.00	1.00
Small 7UP	16oz	41.0	9.1	0.0	0.0	0.0	0.0	0.0	0.00	0.41	0.41
Medium 7UP	22oz	56.0	13.0	0.0	0.0	0.0	0.0	0.0	0.00	0.56	0.56
Large 7UP	32oz	82.0	18.0	0.0	0.0	0.0	0.0	0.0	0.00	0.82	0.82
Small Robinsons Apple & Blackcurrant	16oz	36.0	10.0	0.0	0.0	0.0	0.0	0.0	0.00	0.09	0.09
Medium Robinsons Apple & Blackcurrant	22oz	50.0	13.0	0.0	0.0	0.0	0.0	0.0	0.00	0.13	0.13
Large Robinsons Apple & Blackcurrant	32oz	73.0	18.0	0.0	0.0	0.0	0.0	0.0	0.00	0.18	0.18
Packaged drinks (per portion)											
Capri Sun Fruit Crush Apple and Blackcurrant	200ml	320	78	0.0	17.0	16.2	0.0	0.0	0.00	0.00	0.00
Capri Sun Fruit Crush Tropical	200ml	316	74	0.0	16.8	16.0	0.0	0.0	0.00	0.00	0.00
Capri Sun Apple Blackcurrant 330ml	330ml	531	126	0.0	30.0	30.0	0.0	0.0	0.00	0.00	0.00
Capri Sun Orange 330ml	330ml	528	123	0.0	30.0	30.0	0.0	0.0	0.00	0.00	0.00
Cherry Coke	500ml	955	225	0.0	56.0	56.0	0.0	0.0	0.00	0.00	0.00
Coca Cola	500ml	900	210	0.0	53.0	53.0	0.0	0.0	0.00	0.00	0.00
Coke Zero	500ml	7	1.5	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.10
Coke Vanilla	500ml	905	215	0.0	53.0	53.0	0.0	0.0	0.00	0.00	0.00
Diet Coke	500ml	8	2	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Coke Life	500ml	565	135	0.0	33.5	33.5	0.0	0.0	0.00	0.00	0.00
Diet Coke with citrus zest	500ml	23	6	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.10
Sprite Zero	500ml	25	5	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.35
Sprite	500ml	585	140	0.0	33.0	33.0	0.0	0.0	0.00	0.00	0.00
Dr Pepper	500ml	615	145	0.0	36.0	36.0	0.0	0.0	0.00	0.00	0.00
Dr Pepper Zero	500ml	9	2	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.10
Fanta Orange	500ml	605	145	0.0	34.5	34.5	0.0	0.0	0.00	0.00	0.00

Fanta Orange Zero	500ml	65	15.5	0.0	2.5	2.5	0.0	0.0	0.00	0.00	0.00
Glaceau Defence	500ml	270	65	0.0	15.0	15.0	0.0	0.0	0.00	0.00	0.00
Glaceau Multi V Zero	500ml	35	7.5	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Oasis Citrus Punch	500ml	385	90	0.0	20.5	20.5	0.0	0.0	0.00	0.00	0.40
Oasis Summer Fruits	500ml	370	85	0.0	20.5	20.5	0.0	0.0	0.00	0.00	0.40
Oasis Pineapple Rush	500ml	385	90	0.0	20.5	20.5	0.0	0.0	0.00	0.00	0.30
Monster	500ml	1006	237	0.0	60.0	55.0	0.0	0.0	0.00	0.00	0.96
Abbey Well Water	500ml	0	0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Abbey Well Water	750ml	0	0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Schweppes Lemonade	125ml	98	23	0.0	5.3	5.3	0.0	0.0	0.00	0.00	0.05
Slim Line Tonic	125ml	10	3	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.13
Tonic	125ml	116	28	0.0	6.4	6.4	0.0	0.0	0.00	0.00	0.70
Pepsi Max Ginger	600ml	12	0.24	0.0	0.0	0.0	0.0	0.0	0.00	0.36	0.18
Tango Cherry	600ml	270	66	0.6	14.4	14.4	0.0	0.0	0.00	0.36	0.36
Tango Apple	600ml	264	60	0.6	12.6	12.6	0.0	0.0	0.00	0.30	0.30
Mountain Dew Sugar Free	500ml	25	5	0.6	0.6	0.0	0.0	0.0	0.00	0.00	0.00
Juicy Drench Pear and Blueberry	500ml	500	100	0.0	23.5	23.5	0.0	0.0	0.00	0.35	0.35
Juicy Drench Peach & Mango	500ml	500	100	0.0	23.5	23.5	0.0	0.0	0.00	0.30	0.30
Robinsons Refresh'd Raspberry & Apple	500ml	200	45	0.0	10.0	10.0	0.0	0.0	0.00	0.00	0.00
Robinsons Refresh'd Orange & Lime	500ml	230	60	0.0	11.0	11.0	0.0	0.0	0.00	0.00	0.00
Lipton Ice Tea Peach	500ml	410	95	2.5	23.5	22.5	2.5	0.0	0.00	0.10	0.10
Purdeys Rejuvenate	250ml	315	75	1.3	15.8	15.8	0.0	0.0	0.00	0.00	0.00
Fruit Shoot Orange	200ml	40	10	0.0	1.6	1.6	0.0	0.0	0.00	0.04	0.04
Fruit Shoot Apple & Blackcurrant	200ml	40	10	0.0	1.6	1.6	0.0	0.0	0.00	0.06	0.06
Ballygowan Water Still	250ml	0	0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Ballygowan Water Still	500ml	0	0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Ballygowan Water Still	750ml	0	0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00
Frozen Drinks (per portion)											
Regular Tango Ice Blast Raspberry	12oz	447	106		27.0	27.0				Trace	
Large Tango Ice Blast Raspberry	21oz	782	185		47.0	47.0				Trace	
Regular Tango Ice Blast Cherry	12oz	447	106		27.0	27.0				Trace	
Large Tango Ice Blast Cherry	21oz	782	185		47.0	47.0				Trace	

Regular Tango Ice Blast Lemon	12oz	447	106		27.0	27.0					Trace	
Large Tango Ice Blast Lemon	21oz	782	185		47.0	47.0					Trace	
Regular Tango Ice Blast Bubblegum	12oz	447	106		27.0	27.0					Trace	
Large Tango Ice Blast Bubblegum	21oz	782	185		47.0	47.0					Trace	
Impulse products												
Ben & Jerry's Caramel Chew Chew	100ml	812	194	2.6	21.0	18.0	11.0	7.6				0.13
Ben & Jerry's Choc Fudge Brownie	100ml	790	190	3.5	23.0	19.0	9.0	6.0				0.17
Ben & Jerry's Cookie Dough	100ml	810	193	2.9	21.0	18.0	11.0	7.2				0.10
Ben & Jerry's Vanilla	100ml	702	167	2.9	14.0	14.0	11.0	6.9				0.10
Häagen Dazs Vanilla	100ml	1044	251	4.2	20.0	14.0	17.0	10.0				0.15
Magnum Infinity Choc & Caramel	100ml	1144	274	3.3	24.0	22.0	18.0	13.0				0.06
Magnum Classic	120ml	1084	260	3.1	25.0	23.0	16.0	12.0				0.11
Magnum White	120ml	1076	258	3.3	27.0	26.0	15.0	11.0				0.15
Cornetto Strawberry	90ml	643	153	1.5	25.0	18.0	5.6	4.4				0.13
Calippo Orange	105ml	420	100	<0.5	24.0	20.0	<0.5	<0.5				<0.013
Twister	80ml	360	85	0.6	16.0	13.0	2.0	1.5				0.04
Haribo Push Up	85ml	398	94	1.5	18.0	13.0	1.9	1.7				<0.01
Coffee Republic Hot Drinks												
Regular Americano with Milk	12oz		27		28.0	0.9						
Large Americano with Milk	16oz		27		28.0	0.9						
Regular Cappuccino	12oz		95		9.9	3.2						
Large Cappuccino	16oz		102		10.6	3.4						
Regular Hot Chocolate	12oz		307		46.2	7.5					0.70	
Large Hot Chocolate	16oz		355		54.1	8.6					0.90	
Regular Tea	12oz		27		2.8	0.9						
Large Tea	16oz		27		2.8	0.9						
Regular Café Latte	12oz		141		14.7	4.7						
Large Café Latte	16oz		160		16.6	5.3						
Baskin Robbins Scoops 112g / 4oz												
AMERICA'S BRITHDAY CAKE	112g	1062	253	3.4	32.0	27.3	12.4	6.7	0.20	0.08		0.19
BANANA CAMEL	112g	1021	244	3.7	27.8	23.9	13.2	8.4	0.67	0.09		0.24
BANANA 'N STRAWBERRY	112g	922	220	3.1	28.3	24.0	10.4	6.5	0.60	0.07		0.17
BLACK FOREST GATEAUX	112g	1101	263	3.8	34.5	28.6	12.1	7.7	0.39	0.09		0.23

BLUEBERRY PANNA COTTA	112g	979	234	3.0	28.8	7.5	11.9	7.5	0.41	0.07	0.17
CHERRIES JUBILEE	112g	1035	246	3.4	32.3	28.0	11.5	7.3	0.32	0.07	0.17
CHOCOLATE	112g	1043	249	3.7	30.6	28.4	13.1	10.6	1.50	0.07	0.17
CHOCOLATE CHIP	112g	1094	262	3.6	27.6	26.5	15.6	12.4	0.81	0.06	0.14
CHOCOLATE CHIP COOKIE DOUGH	112g	1198	297	4.3	33.3	25.4	15.1	9.4	0.54	0.12	0.31
CHOC CHIP CUP CAKE	112g	1141	272	3.6	33.0	28.1	14.0	8.5	0.13	0.09	0.21
CHOCOLATE COCONUT FLAN	112g	1017	243	3.4	30.6	30.5	11.9	7.1	1.12	0.06	0.13
CHOCOLATE MOUSSE ROYALE	112g	1193	284	4.1	33.8	29.5	15.9	10.3	2.40	0.09	0.22
CHOCOLATE STRAWBERRY GANACHE	112g	1079	258	4.1	33.4	28.6	11.9	7.4	0.72	0.05	0.12
COCOA LATTE	112g	1076	257	4.0	33.4	28.6	11.9	7.4	0.72	0.05	0.12
COCONUT	112g	1040	249	3.8	27.0	23.2	14.0	9.1	0.16	0.08	0.20
COFFEE COFFEE CHIP	112g	1105	264	4.3	28.0	28.0	15.0	9.1	0.30	0.08	0.20
COOKIES 'N CREAM	112g	1141	273	3.6	31.5	27.6	14.9	12.3	0.56	0.11	0.28
COTTON CANDY	112g	991	237	3.4	25.2	25.1	13.8	11.5	0.18	0.06	0.14
CRÈME BRULÈE	112g	1111	265	3.5	36.8	34.2	11.5	7.2	0.13	0.10	0.25
ENGLISH TOFFEE	112g	1154	276	3.7	32.5	28.8	14.6	9.1	0.35	0.07	0.17
FOOTBALL FEVER	112g	1166	279	4.1	34.3	28.8	13.9	8.6	0.88	0.10	0.25
FUJI APPLE	112g	973	233	3.4	26.2	26.0	12.8	7.6	0.21	0.08	0.16
GOLD MEDAL RIBBON	112g	1092	261	3.5	29.9	28.6	14.3	11.3	0.52	0.06	0.14
HONEY HONEYCOMB	112g	1102	263	3.1	34.7	33.4	12.4	7.5	0.27	0.07	0.18
HOKEY POKEY	112g	1108	264	3.1	32.1	30.4	13.8	11.0	0.13	0.07	0.17
JAMOCA	112g	1026	245	3.5	27.7	27.4	13.4	11.3	0.18	0.07	0.17
JAMOCA ALMOND FUDGE	112g	1108	265	3.5	29.8	27.2	15.5	9.5	1.80	0.04	0.11
LEMON HONEY GINGER	112g	1036	246	2.9	31.9	18.7	12.0	7.4	0.20	0.08	0.20
LOVE POTION #31	112g	1101	263	3.7	29.6	25.5	14.4	9.1	1.70	0.07	0.17
MANDARIN ORANGE CHEESECAKE	112g	1326	317	3.9	39.6	36.2	15.8	8.7	0.36	0.10	0.25
MANGO TANGO	112g	911	217	3.6	28.0	23.5	10.1	6.3	0.65	0.07	0.17
MINT CHOCOLATE CHIP	112g	1079	259	4.1	25.4	21.2	15.6	9.9	0.80	0.08	0.20
MISSISSIPPI MUD	112g	1127	269	3.8	33.9	27.9	13.1	8.3	2.10	0.08	0.20
NEAPOLITAN VANILLA	112g	1047	251	4.4	24.1	24.1	15.2	9.1	0.17	0.09	0.22
NUTTY COCONUT	112g	1244	299	5.2	25.0	8.8	19.7	8.8	1.50	0.07	0.17
NUTTY CREAM CHEESE BROWNIE	112g	1247	298	4.1	33.3	28.1	16.6	8.5	2.00	0.07	0.17
OLD FASHIONED BUTTER PECAN	112g	1150	276	1.8	27.8	27.1	17.5	11.1	0.77	0.09	0.21

PEPPERMINT BARK	112g	1164	278	3.5	33.7	32.4	14.3	8.8	2.01	0.00	0.12
PISTACHIO ALMOND	112g	1174	281	5.9	22.4	18.5	18.7	8.4	1.70	0.08	0.20
PRALINES 'N CREAM	112g	1180	282	3.5	31.7	30.9	15.9	11.0	0.45	0.07	0.17
ROCKY ROAD	112g	1123	269	4.6	32.7	30.6	14.1	9.9	1.90	0.07	0.17
RUM RAISIN	112g	1001	239	3.6	29.3	25.6	11.9	7.5	0.43	0.07	0.18
STRAWBERRY CHEESECAKE	112g	1123	269	4.0	30.5	28.4	14.6	8.8	0.35	0.09	0.22
TIRAMISU	112g	1147	274	3.9	31.4	29.9	14.8	8.0	0.64	0.10	0.24
VANILLA	112g	988	236	4.0	24.2	19.9	13.8	8.7	0.18	0.08	0.20
VERY BERRY STRAWBERRY	112g	980	234	3.6	29.5	25.0	11.3	7.2	0.24	0.07	0.17
WHITE CHOCOLATE KISS	112g	1107	264	3.8	32.4	28.2	13.3	8.5	0.32	0.08	0.20
WORLD CLASS CHOCOLATE	112g	1100	263	3.9	29.5	27.0	14.8	9.5	0.86	0.09	0.21
Lighter Side											
BLACKCURRANT SORBET	112g	551	130	0.2	32.1	28.8	0.0	0.0	0.88	0.00	0.00
BLUE RASPBERRY SHERBET	112g	605	143	1.2	29.9	23.3	2.0	1.2	0.81	0.02	0.06
BUTTER ALMOND CRUNCH NSA	112g	850	203	6.3	27.4	8.4	7.5	2.1	4.50	0.09	0.21
FROZEN LOW FAT YOGHURT	112g	648	153	5.5	28.0	28.0	2.1	1.3	0.11	0.10	0.25
KIWI SORBET	112g	564	133	0.0	33.2	33.2	0.0	0.0	0.36	0.00	0.00
LEMON SORBET	112g	533	125	0.1	31.2	24.4	0.0	0.0	0.65	0.00	0.01
MANGO SORBET	112g	556	131	0.2	32.1	25.4	0.1	0.0	0.74	0.00	0.01
ORANGE SHERBET	112g	634	150	1.2	32.1	31.7	2.0	1.7	0.44	0.01	0.03
PINEAPPLE COCONUT NSA	112g	675	159	5.2	29.9	10.0	2.1	1.1	0.68	0.13	0.34
RAINBOW SHERBET	112g	617	146	1.1	31.2	30.6	2.0	1.7	0.49	0.01	0.03
RED RASPBERRY SHERBET	112g	592	140	1.0	30.0	29.5	2.0	1.7	0.55	0.01	0.03
WATERMELON SORBET	112g	633	149	0.2	34.5	34.4	1.1	0.7	0.62	0.00	0.01
Seasonal											
Warm Waffle (Low End)	Per serving	2088	497	2.9	91.8	71.7	12.9	3.8	1.70	0.26	0.64
2 Scoop Sundae (Low End)	Per serving	1903	452	1.5	96.2	82.2	6.6	2.6	1.75	0.04	0.11
3 Scoop Sundae (Low End)	Per serving	2443	579	1.5	127.8	106.9	6.6	2.6	2.41	0.04	0.11
Big Boy (Low End)	Per serving	1384	329	1.7	70.9	48.7	4.0	2.3	1.66	0.03	0.07
Warm Chocolate Fondant (Low End)	Per serving	4343	1047	10.0	122.3	95.2	56.6	32.5	4.82	0.11	0.27
2 Scoop Sundae (High End)	Per serving	3365	826	10.8	90.0	70.9	44.7	24.5	2.13	0.06	0.14
3 Scoop Sundae (High End)	Per serving	4577	1127	15.1	123.7	96.7	60.0	34.0	2.67	0.06	0.14
Big Boy (High End)	Per serving	2393	589	8.1	74.0	50.2	27.0	16.6	1.49	0.03	0.07

Warm Chocolate Fondant (High End)	Per serving	5014	1219	14.2	124.4	96.2	71.9	42.0	4.71	0.11	0.27
Rockslide Brownie Sundae (High End)	Per serving	5492	1319	14.6	141.8	109.0	76.6	41.8	4.19	0.22	0.54
Rockslide Brownie Sundae (Low End)	Per serving	4031	944	5.3	148.0	120.4	38.5	19.8	3.82	0.21	0.51
Warm Brownie (High End)	Per serving	3441	830	8.0	97.8	77.9	44.4	22.5	3.23	0.09	0.24
Warm Rockslide Brownie (High End)	Per serving	4160	989	10.1	107.6	82.7	58.4	30.3	3.65	0.22	0.54
Warm Rockslide Brownie (Low End)	Per serving	3485	815	5.8	105.4	81.6	43.1	20.7	3.76	0.22	0.54
Warm Waffle (High End)	Per serving	2757	670	7.2	93.9	72.7	28.1	17.3	1.59	0.26	0.64
Sticky Toffee Pudding (High End)	Per serving	2882	699	6.9	100.8	74.5	28.4	15.2	2.34	0.20	0.51
Sticky Toffee Pudding (Low End)	Per serving	2211	526	2.7	98.8	73.5	13.2	5.7	2.45	0.20	0.51
American Style Pancakes (High End)	Per serving	3198	763	14.3	135.5	76.9	17.6	10.0	2.13	0.14	0.34
American Style Pancakes (Low End)	Per serving	2527	590	10.1	133.5	75.9	2.4	0.5	2.25	0.14	0.34
Warm Brownie (Low End)	Per serving	2766	656	3.8	95.7	76.8	29.1	13.0	3.34	0.09	0.24

All nutritional information provided is on an estimated basis for the stated portion size. Pack, standard portion sizes and recipe ingredients may change from time to time which may cause deviations from the data provided. Stated portion sizes are for guidance purposes only; product assembly may result in minor variations to actual portion size and corresponding nutritional values.

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