

VUE ENTERTAINMENT ICE CREAM NUTRITIONAL INFORMATION

	Portion/ Pack Size	Ice Cream Portion (g)	Energy/ Kilojoules (kJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Fibre (ml) (per 100ml)	Sodium (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
Ice Cream Scooped Products												
Fairtrade Vanilla			970.0	230.0	4.0	20.0	20.0	15.0	9.0	<0.5	0.06	0.2
	3 Scoops	255	2473.5	586.5	10.2	51.0	51.0	38.3	23.0	trace	0.15	0.4
	2 Scoops	170	1649.0	391.0	6.8	34.0	34.0	25.5	15.3	trace	0.10	0.3
	1 Scoops	85	824.5	195.5	3.4	17.0	17.0	12.8	7.7	trace	0.05	0.1
Fairtrade Chunky Monkey			1200.0	290.0	4.5	27.0	27.0	18.0	10.0	1.5	0.04	0.1
	3 Scoops	255	3060.0	739.5	11.5	68.9	68.9	45.9	25.5	3.8	0.10	0.3
	2 Scoops	170	2040.0	493.0	7.7	45.9	45.9	30.6	17.0	2.6	0.07	0.2
	1 Scoops	85	1020.0	246.5	3.8	23.0	23.0	15.3	8.5	1.3	0.03	0.1
Fairtrade Caramel Chew Chew			1200.0	280.0	3.5	30.0	26.0	16.0	11.0	<0.5	0.09	0.2
	3 Scoops	255	3060.0	714.0	8.9	76.5	66.3	40.8	28.1	trace	0.23	0.6
	2 Scoops	170	2040.0	476.0	6.0	51.0	44.2	27.2	18.7	trace	0.15	0.4
	1 Scoops	85	1020.0	238.0	3.0	25.5	22.1	13.6	9.4	trace	0.08	0.2
Fairtrade Cherry Garcia			1000.0	240.0	3.5	25.0	25.0	14.0	9.0	0.8	0.05	0.1
	3 Scoops	255	2550.0	612.0	8.9	63.8	63.8	35.7	23.0	2.0	0.13	0.3
	2 Scoops	170	1700.0	408.0	6.0	42.5	42.5	23.8	15.3	1.4	0.09	0.2
	1 Scoops	85	850.0	204.0	3.0	21.3	21.3	11.9	7.7	0.7	0.04	0.1
Fairtrade Chocolate Fudge Brownie			1100.0	250.0	4.5	31.0	26.0	12.0	8.0	1.5	0.10	0.3
	3 Scoops	255	2805.0	637.5	11.5	79.1	66.3	30.6	20.4	3.8	0.26	0.6
	2 Scoops	170	1870.0	425.0	7.7	52.7	44.2	20.4	13.6	2.6	0.17	0.4
	1 Scoops	85	935.0	212.5	3.8	26.4	22.1	10.2	6.8	1.3	0.09	0.2
Fairtrade Satisfy My Bowl			1147.0	273.0	3.2	33.0	28.0	14.0	8.8	0.4	0.10	0.3
	3 Scoops	255	2924.9	696.2	8.2	84.2	71.4	35.7	22.4	1.0	0.26	0.6
	2 Scoops	170	1949.9	464.1	5.4	56.1	47.6	23.8	15.0	0.7	0.17	0.4
	1 Scoops	85	975.0	232.1	2.7	28.1	23.8	11.9	7.5	0.3	0.09	0.2
Fairtrade Cookie Dough			1100.0	270.0	4.0	30.0	25.0	15.0	9.0	0.6	0.07	0.2
	3 Scoops	255	2805.0	688.5	10.2	76.5	63.8	38.3	23.0	1.5	0.18	0.4
	2 Scoops	170	1870.0	459.0	6.8	51.0	42.5	25.5	15.3	1.0	0.12	0.3
	1 Scoops	85	935.0	229.5	3.4	25.5	21.3	12.8	7.7	0.5	0.06	0.1
Fairtrade Phish Food			1100.0	270.0	4.0	33.0	31.0	13.0	7.0	1.0	0.05	0.1
	3 Scoops	255	2805.0	688.5	10.2	84.2	79.1	33.2	17.9	2.6	0.13	0.3
	2 Scoops	170	1870.0	459.0	6.8	56.1	52.7	22.1	11.9	1.7	0.09	0.2
	1 Scoops	85	935.0	229.5	3.4	28.1	26.4	11.1	6.0	0.9	0.04	0.1

	Portion/ Pack Size	Ice Cream Portion (g)	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Fibre (ml) (per 100ml)	Sodium (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
Fairtrade Baked Alaska			1100.0	260.0	3.5	29.0	26.0	15.0	10.0	<0.5	0.05	0.1
	3 Scoops	255	2805.0	663.0	8.9	74.0	66.3	38.3	25.5	trace	0.13	0.3
	2 Scoops	170	1870.0	442.0	6.0	49.3	44.2	25.5	17.0	trace	0.09	0.2
	1 Scoops	85	935.0	221.0	3.0	24.7	22.1	12.8	8.5	trace	0.04	0.1
Fairtrade Mint Choc Chunk			1200.0	280.0	4.0	25.0	25.0	18.0	13.0	1.0	0.05	0.1
	3 Scoops	255	3060.0	714.0	10.2	63.8	63.8	45.9	33.2	2.6	0.13	0.3
	2 Scoops	170	2040.0	476.0	6.8	42.5	42.5	30.6	22.1	1.7	0.09	0.2
	1 Scoops	85	1020.0	238.0	3.4	21.3	21.3	15.3	11.1	0.9	0.04	0.1
Fairtrade Strawberry Cheesecake			1000.0	250.0	3.0	27.0	24.0	14.0	7.0	<0.5	0.26	0.7
	3 Scoops	255	2550.0	637.5	7.7	68.9	61.2	35.7	17.9	trace	0.66	1.7
	2 Scoops	170	1700.0	425.0	5.1	45.9	40.8	23.8	11.9	trace	0.44	1.1
	1 Scoops	85	850.0	212.5	2.6	23.0	20.4	11.9	6.0	trace	0.22	0.6
Fairtrade Cone Sweet Cone			1200.0	280.0	4.0	30.0	24.0	16.0	11.0	0.0	0.00	0.3
	3 Scoops	255	3060.0	714.0	10.2	76.5	61.2	40.8	28.1	0.0	0.00	0.8
	2 Scoops	170	2040.0	476.0	6.8	51.0	40.8	27.2	18.7	0.0	0.00	0.6
	1 Scoops	85	1020.0	238.0	3.4	25.5	20.4	13.6	9.4	0.0	0.00	0.3
Fairtrade Clever Cookies			1200.0	290.0	4.0	29.0	24.0	18.0	9.0	<0.5	0.10	0.3
	3 Scoops	255	3060.0	739.5	10.2	74.0	61.2	45.9	23.0	trace	0.27	0.7
	2 Scoops	170	2040.0	493.0	6.8	49.3	40.8	30.6	15.3	trace	0.18	0.4
	1 Scoops	85	1020.0	246.5	3.4	24.7	20.4	15.3	7.7	trace	0.9	0.2
Fairtrade Peanut Butter Cup			1400.0	330.0	7.0	25.0	23.0	22.0	13.0	1.5	0.20	0.5
	3 Scoops	255	3570.0	841.5	17.9	63.8	58.7	56.1	33.2	3.8	0.51	1.2
	2 Scoops	170	2380.0	561.0	11.9	42.5	39.1	37.4	22.1	2.6	0.34	0.8
	1 Scoops	85	1190.0	280.5	6.0	21.3	19.6	18.7	11.1	1.3	0.17	0.4
Fairtrade Raspberry Chocolatey Chunk			910.0	220.0	4.0	29.0	24.0	9.0	7.0	0.7	34.89	0.1
	3 Scoops	255	2320.5	561.0	10.2	74.0	61.2	23.0	17.9	1.8	89.0	0.3
	2 Scoops	170	1547.0	374.0	6.8	49.3	40.8	15.3	11.9	1.2	59.3	0.2
	1 Scoops	85	773.5	187.0	3.4	24.7	20.4	17.7	6.0	0.6	29.7	0.1
Fairtrade Vanilla Honey Caramel			820.0	200.0	4.0	30.0	22.0	7.0	4.5	0.2	55.83	0.2
	3 Scoops	255	2091.0	510.0	10.2	76.5	56.1	17.9	11.5	0.5	142.4	0.5
	2 Scoops	170	1394.0	340.0	6.8	51.0	37.4	11.9	7.7	0.3	94.9	0.3
	1 Scoops	75	697.0	170.0	3.4	25.5	18.7	6.0	3.8	0.2	47.5	0.1

	Portion/ Pack Size	Ice Cream Portion (g)	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Fibre (ml) (per 100ml)	Sodium (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
Fairtrade Greek Blueberry Cheesecake			736.0	175.0	2.8	25.0	18.0	6.8	3.2			0.2
	3 Scoops	255	1876.8	446.3	7.1	63.8	45.9	17.3	8.2	0.0	0.0	0.5
	2 Scoops	170	1251.2	297.5	4.8	42.5	30.6	11.6	5.4	0.0	0.0	0.3
	1 Scoops	75	625.6	148.8	2.4	21.3	15.3	5.8	2.7	0.0	0.0	0.2
Fairtrade Cinnamon Buns			921.0	220.0	2.7	25.0	22.0	12.0	7.1			0.2
	3 Scoops	255	2348.6	561.0	6.9	63.8	56.1	30.6	18.1	0.0	0.0	0.5
	2 Scoops	170	1565.7	374.0	4.6	42.5	37.4	20.4	12.1	0.0	0.0	0.3
	1 Scoops	75	782.9	187.0	2.3	21.3	18.7	10.2	6.0	0.0	0.0	0.2

Ice Cream Cold Toppings

			Size in (g)									
White Chocolate Polar Bear			2315.0	553.0	5.3	58.9	58.5	32.8	20.7	0.0	0.1	0.3
1 Portion	10		231.5	55.3	0.5	5.9	5.9	3.3	2.1	0.0	0.0	0.0
Chocolate Peace Signs			2216.0	530.0	7.6	56.4	55.8	29.7	18.8	2.3	0.9	2.3
1 Portion	10		221.6	53.0	0.8	5.6	5.6	3.0	1.9	0.2	0.1	0.2
Hazelnut Crunch			2019.0	441.0	4.4	71.1	70.1	19.8	5.1	2.4	0.0	0.0
1 Portion	10		201.9	44.1	0.4	7.1	7.0	2.0	0.5	0.2	0.0	0.0

Ice Cream Hot Toppings

			Size in (g)									
Caramel Sauce			1313.0	314.0	1.0	57.1	27.1	9.0	6.5	1.0	1.1	2.8
1 Portion	25		328.3	78.5	0.3	14.3	6.8	2.3	1.6	0.3	0.3	0.7
Hot Chocolate Fudge Sauce			1284.0	307.0	5.2	49.6	37.6	8.9	6.3	3.8	1.1	2.8
1 Portion	25		321.0	76.8	1.3	12.4	9.4	2.2	1.6	1.0	0.3	0.7

Cones

			Size in (g)									
Sugar Cone			1720.0	400.0	6.0	85.0	37.0	6.5	0.5	0.0	0.0	0.0
1 Cone	10		172.0	40.0	0.6	8.5	3.7	0.7	0.1	0.0	0.0	0.0
Waffle Cone			1760.0	420.0	6.0	84.0	33.0	6.0	0.0	0.0	0.0	0.0
1 Cone	10		352.0	84.0	1.2	16.8	6.6	1.2	0.0	0.0	0.0	0.0

	Portion/ Pack Size	Ice Cream Portion (g)	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Fibre (ml) (per 100ml)	Sodium (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
--	--------------------------	--------------------------------	---	---	-----------------------------------	-------------------------------------	---	-------------------------------	---	---------------------------------	----------------------------------	--

Waffles

		Size in (g)										
Belgian Sugar Waffle			1540.0	367.0	12.5	61.5	18.4	20.8	8.9	5.5	5.0	12.6
1 Waffle	12.6	194.0	46.2	1.6	7.7	2.3	2.6	1.1	0.7	0.6	1.6	

Wrapped Ice Cream

		Size in (g)										
Magnum Classic												
	120	926.0	222.0	2.6	21.0	19.6	14.0	10.3	1.0	0.0	0.1	
Magnum White												
	120	897.0	215.0	2.7	22.3	21.3	12.7	9.4	0.2	0.1	0.1	
Magnum Infinity												
	120	1144.0	275.0	3.3	23.8	21.2	17.7	12.7	3.3	0.0	0.1	
Magnum with Marc de Champagne												
	100	1100.0	260.0	2.5	23.0	21.0	18.0	14.0	0.7	0.1	N/A	
Magnum Black Espresso												
	100	991.0	237.0	2.8	22.0	23.0	16.0	11.0	0.0	0.0	0.1	
Magnum Pink Raspberry												
	100	1158.0	276.0	2.5	26.0	24.0	18.0	14.0	0.0	0.0	0.1	
Cornetto Strawberry												
	120	1100.0	270.0	2.5	38.0	29.0	11.0	9.0	1.0	0.1	0.2	
Calippo Orange												
	105	400.0	95.0	<0.5	23.0	19.0	<0.5	0.0	<0.5	<0.005	<0.013	
Calippo Bubblegum												
	105	380.0	90.0	<0.5	22.0	21.0	<0.5	22.0	<0.5	<0.005	<0.013	
Twister												
	80	500.0	120.0	0.8	23.0	18.0	2.5	2.0	<0.05	0.0	0.1	
Solero Mojitos												
	65	55.0	1.7	<0.5	12.0	12.0	<0.5	<0.5	1	<0.005	<0.013	
Maxi Twist (Dublin)												
	180	290.0	70.0	1.0	12.0	12.0	1.5	1.5	0.5	0.03	0.1	

	Portion/ Pack Size	Ice Cream Portion (g)	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Fibre (ml) (per 100ml)	Sodium (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
--	--------------------------	--------------------------------	---	---	-----------------------------------	-------------------------------------	---	----------------------------	---	---------------------------------	----------------------------------	--

Tub Ice Cream

	Tub size (ml)											
Haagen-Daz Vanilla												
	100	1046.0	251.0	4.2	20.2	14.3	17.0	10.4	0.0	0.1	0.0	
Haagen-Daz Strawberry Cheese Cake												
	100	1099.0	263.0	3.7	28.0	21.5	15.1	9.4	0.4	0.1	0.0	
Haagen-Daz Belgian Chocolate												
	100	1289.0	309.0	4.4	26.6	21.8	20.6	12.4	1.9	0.1	0.0	
Haagen-Daz Pralines & Cream												
	100	1142.0	273.0	4.0	28.1	22.4	16.2	9.0	0.2	0.1	0.0	
Haagen-Daz Cookies & Cream												
	100	1090.0	261.0	4.3	23.2	15.5	16.8	10.4	0.2	0.1	0.0	
Haagen-Daz SS Choc Fondant												
	100	944.0	226.0	3.9	22.6	16.3	13.0	7.6	1.6	0.1	0.0	
Haagen-Daz SS Creme Brulee												
	100	940.0	225.0	2.7	24.1	20.3	13.1	7.7	0.0	0.0	0.0	
Haagen-Daz Cookies & Cream												
	500	5230.0	1255.0	21.0	101.0	71.5	85.0	52.0	0.0	0.3	0.0	
Haagen-Daz Vanilla												
	500	5230.0	1255.0	21.0	101.0	71.5	85.0	52.0	0.0	0.3	0.0	
Haagen-Daz Belgian Chocolate												
	500	6445.0	1545.0	22.0	133.0	109.0	103.0	62.0	9.5	0.4	0.0	
Haagen-Daz Straw Cheesecake												
	500	5495.0	1315.0	18.5	140.0	107.5	75.5	47.0	2.0	0.7	0.0	
Ben and Jerry's Fairtrade Chocolate Fudge Brownie												
	100	780.0	190.0	3.5	23.0	19.0	9.0	6.0	1.0	0.1	0.2	
Ben and Jerry's Fairtrade Vanilla												
	100	740.0	180.0	3.0	15.0	15.0	11.0	7.0	0.5	0.0	0.1	

Ben and Jerry's Fairtrade Caramel Cookie Dough	100	870.0	210.0	3.0	23.0	19.0	11.0	7.0	0.5	0.1	0.1
Ben and Jerry's Fairtrade Caramel Chew Chew	100	870.0	210.0	2.5	23.0	20.0	12.0	8.0	0.5	0.1	0.2
Ben and Jerry's Fairtrade Peanut Buttercup	100	1100.0	260.0	5.0	20.0	18.0	17.0	10.0	1.0	0.2	0.4

GUIDELINES DAILY AMOUNT VALUES

Typical values	Women	Men	Children (5-10 years)
Calories	2,000 kcal	2,500 kcal	1,800 kcal
Protein	45g	55g	24g
Carbohydrate	230g	300g	220g
Sugars	90g	120g	85g
Fat	70g	95g	70g
Saturates	20g	30g	20g
Fibre	24g	24g	15g
Salt	6g	6g	4g

All nutritional information provided is based on an average 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. Not all products are available in all cinemas and some promotional, regional or trial products may not be listed. Please note that the information provided is compiled from supplier data which has been provided to Vue Entertainment and we cannot accept liability for its accuracy or completeness. If you have any uncertainty about the information or would like information about other products not listed please contact Vue Entertainment Customer Services. Phone: 08712 240240*, press 0 (zero) to speak to an advisor who will be happy to assist you with your enquiry. Our Customer Services line is open from 9am - 10pm 7 days a week. Other networks may vary. For Irish customers, the 24 hour booking line is 1520 501 000 and calls are charged at 15c per minute from Eircom - charges from other networks and mobiles may vary. Post: Customer Services, Vue Entertainment, 10 Chiswick Park, 566 Chiswick High Rd, London, W4 5XS Information compiled September 2013.