

VUE ENTERTAINMENT DRINKS NUTRITIONAL INFORMATION

The nutritional drinks information listed below includes a standard serving of ice.

	Portion/ Pack Size	Cup size in oz	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbo- hydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
SOFT DRINKS										
Coca Cola (Dispensed)			181	43.0	0.0	10.7	10.7	0.0	0.0	0.0
	Large	44oz	1489.6	353.9	0.0	88.1	88.1	0.0	0.0	0.0
	Regular	32oz	1078.8	256.3	0.0	63.8	63.8	0.0	0.0	0.0
	Junior	22oz	745.7	177.2	0.0	44.1	44.1	0.0	0.0	0.0
	Small	16oz	539.4	128.1	0.0	31.9	31.9	0.0	0.0	0.0
	Kids	12oz	400.0	95.0	0.0	23.6	23.6	0.0	0.0	0.0
Coca Zero (Dispensed)			1.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0
	Large	44oz	12.3	4.1	0.0	0.0	0.0	0.0	0.0	0.0
	Regular	32oz	8.9	3.0	0.0	0.0	0.0	0.0	0.0	0.0
	Junior	22oz	6.2	2.1	0.0	0.0	0.0	0.0	0.0	0.0
	Small	16oz	4.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0
	Kids	12oz	3.3	1.1	0.0	0.0	0.0	0.0	0.0	0.0
Diet Coke (Dispensed)			1.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0
	Large	44oz	12.3	4.1	0.0	0.0	0.0	0.0	0.0	0.0
	Regular	32oz	8.9	3.0	0.0	0.0	0.0	0.0	0.0	0.0
	Junior	22oz	6.2	2.1	0.0	0.0	0.0	0.0	0.0	0.0
	Small	16oz	4.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0
	Kids	12oz	3.3	1.1	0.0	0.0	0.0	0.0	0.0	0.0
Fanta Orange (Dispensed)			182.0	43.0	0.0	10.5	10.5	0.0	0.0	0.0
	Large	44oz	1497.9	353.9	0.0	86.4	86.4	0.0	0.0	0.0
	Regular	32oz	1084.7	256.3	0.0	62.6	62.6	0.0	0.0	0.0
	Junior	22oz	749.8	177.2	0.0	43.3	43.3	0.0	0.0	0.0
	Small	16oz	542.4	128.1	0.0	31.3	31.3	0.0	0.0	0.0
	Kids	12oz	402.2	95.0	0.0	23.2	23.2	0.0	0.0	0.0
Sprite (Dispensed)			117.0	28.0	0.0	6.6	6.6	0.0	0.0	0.0
	Large	44oz	962.9	230.4	0.0	54.3	54.3	0.0	0.0	0.0
	Regular	32oz	697.3	166.9	0.0	39.3	39.3	0.0	0.0	0.0
	Junior	22oz	482.0	115.4	0.0	27.2	27.2	0.0	0.0	0.0
	Small	16oz	348.7	83.4	0.0	19.7	19.7	0.0	0.0	0.0
	Kids	12oz	258.6	61.9	0.0	14.6	14.6	0.0	0.0	0.0
Schweppes (Dispensed)			80.0	19.0	0.0	4.3	4.3	0.0	0.0	0.0
	Lemonade									
	Regular	32oz	476.8	113.2	0.0	25.6	25.6	0.0	0.0	0.0

FROZEN DRINKS

	Portion/ Pack Size	Cup size in oz	Energy/ Kilojoules (kJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbo- hydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
Tango Ice Blast Raspberry			131.0	31.0	0.0	7.8	7.8	0.0	0.0	0.0
	Large	32oz	1116.1	264.1	0.0	66.5	66.5	0.0	0.0	0.0
	Regular	21oz	707.4	167.4	0.0	42.1	42.1	0.0	0.0	0.0
	Junior	12oz	372.0	88.0	0.0	22.2	22.2	0.0	0.0	0.0
Tango Ice Blast Cherry			131.0	31.0	0.0	7.8	7.8	0.0	0.0	0.0
	Large	32oz	1116.1	264.1	0.0	66.5	66.5	0.0	0.0	0.0
	Regular	21oz	707.4	167.4	0.0	42.1	42.1	0.0	0.0	0.0
	Junior	12oz	372.0	88.0	0.0	22.2	22.2	0.0	0.0	0.0
Tango Ice Blast Orange			131.0	31.0	0.0	7.6	7.6	0.0	0.0	0.0
	Large	32oz	1116.1	264.1	0.0	64.8	64.8	0.0	0.0	0.0
	Regular	21oz	707.4	167.4	0.0	41.0	41.0	0.0	0.0	0.0
	Junior	12oz	372.0	88.0	0.0	21.6	21.6	0.0	0.0	0.0

HOT DRINKS

English Breakfast Tea										
	Large	16oz	80.0	22.0	1.7	2.2	2.2	0.4	0.2	0.1
	Regular	12oz	40.0	11.0	0.8	1.1	1.1	0.2	0.1	0.0
Earl Grey Tea										
	Large	16oz	80.0	22.0	1.7	2.2	2.2	0.4	0.2	0.1
	Regular	12oz	40.0	11.0	0.8	1.1	1.1	0.2	0.1	0.0
Green Tea										
	Large	16oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
	Regular	12oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
Peppermint Tea										
	Large	16oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
	Regular	12oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
Camomile Tea										
	Large	16oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
	Regular	12oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
Hot Chocolate										
	Large	16oz	1175.2	278.2	13.7	46.7	46.1	3.9	2.4	0.5
	Regular	12oz	587.6	139.1	6.9	23.3	23.0	2.0	1.2	0.2
Lavazza Coffee										
	Large	16oz	39.6	10.8	72.0	144.0	72.0	36.00	0.0	Trace
	Regular	12oz	19.8	5.4	36.0	72.0	36.0	18.00	0.0	Trace
Lavazza Latte										
	Large	16oz	570.4	136.2	66.5	127.3	71.3	30.84	1.7	0.4
	Regular	12oz	285.2	68.1	33.3	63.7	35.7	15.42	0.9	0.2

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Lavazza Cappuccino										
	Large	16oz	353.8	84.9	62.3	121.2	65.2	29.70	1.0	0.2
	Regular	12oz	176.9	42.5	31.1	60.6	32.6	14.85	0.5	0.1

PACKAGED DRINKS

	Serving size (ml)								
Abbey Well Water		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	250	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Chaudfontaine Water		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	500	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	750	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cherry Coke		191.0	45.0	0.0	11.2	11.2	0.0	0.0	0.0
	500	955.0	225.0	0.0	56.0	56.0	0.0	0.0	0.0
Coca Cola		180.0	42.0	0.0	10.6	10.6	0.0	0.0	0.0
	500	900.0	210.0	0.0	53.0	53.0	0.0	0.0	0.0
Coke Zero		1.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0
	500	7.5	2.5	0.0	0.0	0.0	0.0	0.0	0.0
Coke Vanilla		181.0	43.0	0.0	10.6	10.6	0.0	0.0	0.0
	500	905.0	215.0	0.0	53.0	53.0	0.0	0.0	0.0
Diet Coke		2.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0
	500	10.0	2.5	0.0	0.0	0.0	0.0	0.0	0.0
Diet Cherry Coke		4.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0
	500	10.0	2.5	0.0	0.0	0.0	0.0	0.0	0.0
Dr Pepper		177.0	42.0	0.0	10.3	10.3	0.0	0.0	0.0
	500	885.0	210.0	0.0	51.5	51.5	0.0	0.0	0.0
Dr Pepper Zero		2.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0
	500	10.0	2.5	0.0	0.0	0.0	0.0	0.0	0.0
Fanta Fruit Twist		160.0	38.0	trace	9.2	9.2	0.0	0.0	0.0
	500	800.0	190.0	trace	46.0	46.0	0.0	0.0	0.0
Fanta Icy Lemon		145.0	34.0	trace	8.3	8.3	0.0	0.0	0.0
	500	725.0	170.0	trace	41.5	41.5	0.0	0.0	0.0
Fanta Orange		121.0	28.0	trace	6.9	6.9	0.0	0.0	0.0
	500	605.0	140.0	trace	34.5	34.5	0.0	0.0	0.0
Lilt		84.0	20.0	trace	4.6	4.6	0.0	0.0	0.0
	500	420.0	100.0	trace	23.0	23.0	0.0	0.0	0.0
Sprite		117.0	28.0	0.0	6.6	6.6	0.0	0.0	0.0
	500	585.0	140.0	0.0	33.0	33.0	0.0	0.0	0.0
Glaceau Defence		54.0	13.0	0.0	3.0	3.0	0.0	0.0	0.0
	500	270.0	65.0	0.0	15.0	15.0	0.0	0.0	0.0

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Glaceau Multi-V			56.0	13.0	0.0	3.0	3.0	0.0	0.0	0.0
	500		280.0	65.0	0.0	15.0	15.0	0.0	0.0	0.0
Glaceau Power C			55.0	13.0	0.0	3.0	3.0	0.0	0.0	0.0
	500		275.0	65.0	0.0	15.0	15.0	0.0	0.0	0.0
Glaceau Sunshine			57.0	13.0	0.0	3.0	3.0	0.0	0.0	0.0
	500		285.0	65.0	0.0	15.0	15.0	0.0	0.0	0.0
Oasis Citrus Punch			77.0	17.0	trace	4.1	4.1	0.0	0.0	0.0
	500		385.0	85.0	trace	20.5	20.5	0.0	0.0	0.0
Oasis Peach Passionfruit Light			14.0	3.5	1.0	0.6	0.6	0.0	0.0	0.0
	500		70.0	17.5	5.0	3.0	3.0	0.0	0.0	0.0
Oasis Summer Fruits			75.0	18.0	trace	4.1	4.1	0.0	0.0	0.0
	500		375.0	90.0	trace	20.5	20.5	0.0	0.0	0.0
Oasis Summer Fruits Light			14.0	3.5	trace	0.5	0.5	0.0	0.0	0.0
	500		70.0	17.5	trace	2.5	2.5	0.0	0.0	0.0
Relentless Origin			182.0	43.0	0.0	10.1	10.1	0.0	0.0	0.0
	500		910.0	215.0	0.0	50.5	50.5	0.0	0.0	0.0
Monster			201.0	47.0	0.0	12.0	11.0	0.0	0.0	0.0
	500		1005.0	235.0	0.0	60.0	55.0	0.0	0.0	0.0
Fruit Shoot Low Sugar Blackcurrant and Apple			21.0	5.0	trace	0.8	0.8	trace	trace	0.0
	275		57.8	13.8	trace	2.2	2.2	trace	trace	0.0
Fruit Shoot Low Sugar Blackcurrant and Apple			21.0	5.0	trace	0.8	0.8	trace	trace	0.0
	200		42.0	10.0	trace	1.6	1.6	trace	trace	0.0
Fruit Shoot Low Sugar Orange			24.0	6.0	trace	1.0	1.0	trace	trace	0.0
	275		66.0	16.5	trace	2.8	2.8	trace	trace	0.0
Fruit Shoot Low Sugar Orange			24.0	6.0	trace	1.0	1.0	trace	trace	0.0
	200		48.0	12.0	trace	2.0	2.0	trace	trace	0.0
Fruit Shoot Hydro Orange and Pineapple			6.0	1.0	trace	nil	nil	nil	nil	0.0
	350		21.0	3.5	trace	nil	nil	nil	nil	0.0
Fruit Shoot Hydro Blackcurrant			6.0	1.0	trace	nil	nil	nil	nil	0.0
	350		21.0	3.5	trace	nil	nil	nil	nil	0.0
J20 Orange and Passionfruit			199.0	47.0	0.3	10.5	10.5	0.1	0.1	0.0
	330		656.7	155.1	1.0	34.7	34.7	0.3	0.3	0.0
J20 Apple and Mango			182.0	43.0	trace	10.0	10.0	trace	trace	0.0
	330		600.6	141.9	trace	33.0	33.0	trace	trace	0.0
San Pellegrino Aranciata			153.0	36.0	0.0	8.7	8.7	0.0	0.0	0.0
	330		504.9	118.8	0.0	28.7	28.7	0.0	0.0	0.0
San Pellegrino Limonata			164.0	38.0	0.0	8.9	8.9	0.0	0.0	0.0

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	330		541.2	125.4	0.0	29.4	29.4	0.0	0.0	0.0
Irn-Bru			182.0	43.0	trace	10.5	10.5	0.0	0.0	trace
	500		910.0	215.0	trace	52.5	52.5	0.0	0.0	trace
Irn-Bru Sugar Free			3.1	0.7	0.0	trace	0.0	0.0	0.0	trace
	500		15.5	3.5	0.0	trace	0.0	0.0	0.0	trace
Red Bull			192	45.0	0.0	11.0	11.0	0.0	0.0	0.0
	250		480.0	112.5	0.0	27.5	27.5	0.0	0.0	0.0
Riverrock (Dublin)			0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	330		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	500		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	750		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Powerade 104 Berry and Tropical flavour (Dublin)			71.0	16.0	0.0	3.9	3.9	0.0	0.0	trace
	500		355.0	80.0	0.0	19.5	19.5	0.0	0.0	trace
Fruite Juicy Apple & Blackcurrent (Dublin)			5.0	21.0	0.1	1.0	1.0	trace	trace	trace
	250		12.5	52.5	0.3	2.5	2.5	trace	trace	trace

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.