

Nutritional Information
a guide for customers



FOOD & DRINK
the facts **&** *figures*

EMPIRE
CINEMAS

PICK N MIX

Product	Nutrition per Pack										Nutrition per 100g									
	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
American Hard Gums	1476	346	0.20	85.2	36.5	0.50	0.40	0.10	0.06	0.15										
Blackberries & Raspberries	1477	353	4.40	82.8	72.2	0.00	0.00	0.20	0.05	0.12										
Chocolate Flavoured Beans	2183	518	3.00	64.4	57.5	27.90	25.40	1.80	trace	trace										
Chocolate Flavoured Peanuts	2357	566	13.00	41.2	37.5	38.90	14.10	3.90	0.20	0.63										
Chocolate Flavoured Raisins	1861	444	1.90	66.5	64.2	18.90	11.70	1.00	0.10	0.25										
Chocolate Flavoured Brazils	2340	585	7.30	44.0	41.0	42.20	16.90	2.00	0.10	0.25										
Coconut Mushrooms	1750	415	3.60	65.1	53.3	15.80	13.30	0.00	0.01	0.03										
Fizzy Bubble Bottles	1373	323	5.20	73.5	73.5	0.00	0.00	0.20	0.02	0.05										
Fizzy Cherry Cola Bottle	1409	331	5.30	75.5	75.5	0.00	0.00	0.20	0.01	0.03										
Fizzy Cola Bottles	1438	338	5.50	76.9	76.9	0.02	0.02	0.20	0.01	0.03										
Fizzy Dummies	1412	332	6.10	74.8	74.8	0.00	0.00	0.20	0.01	0.03										
Fizzy Strawberries	1493	351	0.06	86.7	60.5	0.06	0.06	0.10	0.02	0.05										
Fizzy Tongues	1476	347	0.06	85.4	59.7	0.15	0.15	0.10	0.02	0.05										
Fizzy Twin Cherries	1464	344	0.06	84.4	57.9	0.20	0.20	0.10	0.08	0.20										
Fried Eggs	1383	331	5.50	76.6	53.5	0.20	0.20	0.00	0.04	0.15										
Foam Mushrooms	1396	329	4.20	75.8	68.3	0.40	0.40	0.10	0.01	0.03										
Fudge Crisp	1935	456	3.20	74.0	58.0	16.00	11.00	1.20	0.23	0.58										
Giant Apple Cables	1574	376	2.60	81.4	62.6	4.50	0.60	2.00	0.02	0.05										
Giant Blue Dolphins	1382	330	5.50	76.8	53.4	0.20	0.20	0.00	0.04	0.11										
Giant Cola Bottles	1480	348	7.70	78.9	58.4	0.20	0.10	0.30	trace	trace										
Giant Fizzy Cola Bottles	1418	334	6.20	75.6	62.2	0.19	0.19	0.10	0.02	0.05										
Giant Foam Bananas	1620	380	3.60	91.2	90.0	0.30	0.10	0.10	trace	trace										
Giant Pink & White Mice	2215	530	3.80	63.9		29.30														
Giant Strawberries	1470	346	0.10	84.9	68.6	0.20	0.20	0.10	0.01	0.03										
Giant Strawberry Cables	1581	378	1.90	82.7	63.1	4.40	2.50	1.30	0.02	0.06										
Gummy Cola Bottles	1377	324	6.20	73.1	73.1	0.20	0.20	0.30	0.01	0.03										
Jelly Babies	1465	345	5.70	78.6	59.6	0.90	0.50	0.10	0.02	0.05										
Jelly Beans	1581	372	0.10	92.0	67.4	0.40	0.30	0.10	0.03	0.07										
Jelly Foam Strawberry/Cream	1378	324	5.80	73.4	51.8	0.23	0.23	0.20	0.02	0.05										
Jelly Spogs	1527	360	5.80	81.0	55.4	1.40	0.80	0.10	0.03	0.08										
Large Crocodiles	1376	329	5.40	76.6	53.5	0.20	0.20	0.00	0.04	0.10										
Mega Snowies	2012	479	2.08	75.3	64.0	18.50	16.00	0.50	0.11	0.27										
Milk Bottles	1533	361	3.90	83.2	61.4	1.40	1.10	0.10	0.03	0.07										
Milk Chocolate Mini Eggs	1968	466	3.90	77.3	75.1	17.20	10.20	1.60	0.05	0.13										
Mini Teeth Fangs	1383	331	5.50	76.6	53.6	0.20	0.20	0.00	0.04	0.10										
Mint Imperials	1650	390	0.10	96.5	94.1	0.20	trace	0.50	trace	trace										
Red Liquorice Roll	1532	366	0.60	85.0	55.3	1.80	1.00	0.40	0.05	0.13										
Shark Heads	1436	343	4.00	79.8	55.7	0.20	0.20	0.00	0.05	0.14										
Sour Strawberry Bites	1603	383	1.40	86.0	67.3	3.60	2.00	1.20	0.02	0.31										
Strawberry Bonbon	1683	398	0.30	86.7	61.3	5.50	5.30	0.00	0.01	0.03										
Strawberry Milkshake Bottle	1496	352	5.10	81.4	65.1	0.70	0.60	0.10	0.03	0.08										
Teddy Bears	1378	324	5.80	73.4	51.8	0.23	0.23	0.20	0.02	0.05										
Turtles	1345	316	6.00	71.3	71.3	0.20	0.20	0.20	0.02	0.05										
Twin cherries	1376	324	5.80	73.3	50.2	0.24	0.24	0.20	0.03	0.08										
Vanilla Fudge	2003	473	2.10	72.0	49.0	20.00	19.00		0.27	0.68										
Wine Gums	1440	340	5.50	78.0	51.0	0.20	0.20	0.00	0.03	0.08										

CONFECTIONERY

Product	Nutrition per Pack										Nutrition per 100g									
	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
Cadbury Raisin Clusters150g	2790	660	7.20	87.0	73.5	31.50	19.20	3.00	0.30	0.78	1990	475	5.20	62.5	53.0	22.00	13.50	2.20	0.22	0.55
Cadbury Crunchie Rocks145g	2640	630	6.60	87.0	66.0	27.60	17.10	2.40	0.36	0.87	2050	490	5.00	67.5	51.0	21.50	13.50	2.00	0.27	0.68
Cadbury Caramel Nibbles175g	3480	840	11.60	92.0	90.0	46.00	28.80	1.20	0.16	0.40	2175	520	7.10	57.5	55.5	29.00	18.00	0.60	0.10	0.25
Cadbury Giant Buttons175g	3420	820	11.60	88.0	88.0	46.00	28.80	1.20	0.16	0.10	2210	530	7.60	56.5	56.5	30.00	18.50	0.70	0.10	0.25
Cadbury Raisins200g	3240	760	6.80	116.0	116.0	29.20	18.00	3.60	0.16	0.40	1755	420	3.80	63.5	63.5	16.00	9.80	2.00	0.09	0.23
Cadbury Twirl Bites165g	3160	760	10.00	82.0	82.0	44.00	26.80	0.40	0.04	0.12	2185	520	6.80	56.5	56.5	30.00	18.50	0.40	0.03	0.08
Cadbury Bitsa Wispa130g	2980	720	9.60	68.0	68.0	44.00	26.80	1.20	0.12	0.28	2285	550	7.30	53.0	52.5	34.00	20.50	0.90	0.09	0.23
Cadbury Dairy Milk Tasters160g	3500	840	12.00	90.8	90.0	47.20	29.20	1.20	0.16	0.40	2190	525	7.50	56.7	56.3	29.60	18.30	0.70	0.09	0.23
Cadbury Chocolate Eclairs180g	3438	819	7.56	126.0	85.5	31.50	13.86	0.72	0.25	0.63	1910	455	4.20	70.0	47.5	17.50	7.70	0.40	0.14	0.35
Cadbury Chocolate Popcorn130g	2700	640	6.00	84.0	74.0	30.40	17.60	3.60	0.32	0.80	2070	495	4.50	64.5	57.5	23.50	13.50	2.90	0.23	0.57
Cadbury Chocolate Pretzels110g	2100	495	8.40	68.1	38.4	21.00	14.40	4.40	0.56	1.40	1910	455	7.70	62.0	35.0	19.00	13.00	2.90	0.37	0.93
Maynards Sour Patch Kids160g	2220	525	4.50	125.7	93.6	0.30	0.30	0.00	0.03	0.09	1385	325	2.80	78.5	58.5	0.10	0.10	0.00	0.01	0.03
Bassetts Jelly Babies190g	2700	640	6.80	151.6	143.2	Trace	Trace	Trace	0.00	0.00	1415	335	3.50	79.7	75.4	Trace	Trace	Trace	0.01	0.03
Maynards Wine Gums190g	2620	620	10.80	143.2	108.8	0.40	0.40	0.00	0.04	0.12	1385	325	5.70	75.4	57.3	0.20	0.20	0.00	0.02	0.05
TNCC Jelly snakes (200g)	2760	640	6.40	154.8	110.4	0.40	0.40	0.00	0.04	0.12	1375	325	3.10	77.3	55.2	0.20	0.20	0.00	0.02	0.05
Maynards Sports Mix190g	2740	640	16.80	144.0	84.4	0.40	0.40	0.00	0.12	0.32	1450	340	8.90	75.8	44.4	0.20	0.20	0.00	0.07	0.18

HOT DOGS

Product	Nutrition per Pack										Nutrition per 100g									
	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
Large Hotdog Sausage 160g	1712.0	410.0	14.7	10.2	0.0	35.2	nil	nil	trace	trace	1070.0	256.0	9.2	6.4	0.0	22	0	0	trace	trace
Regular Hotdog Sausage 100g	1070.0	256.0	9.2	6.4	0.0	22	nil	nil	trace	trace	1070.0	256.0	9.2	6.4	0.0	22	0	0	trace	trace
Large Bun 133g	1536.0	363.0	12.7	63.3	0.00	6.60		5.80	0.49	1.23	1154.9	272.9	9.5	47.6	0.00	4.96		4.36	0.37	0.92
Regular Bun 83g	932.0	220.0	8.0	39.0	0.0	3.6		2.5	0.26	0.65	1122.9	265.1	9.6	47.0	0.0	4.33		3.01	0.31	0.78

NACHOS

Nutrition per Pack

Nutrition per 100g

Product	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
Tortilla Chips 110g	2534.0	606.0	9.6	67.0	0.0	25.3	12.3	6.8	0.7	1.8	2303.6	550.9	0.9	60.9	0.0	23.0	11.2	6.2	0.6	1.6
Cheese Sauce 95g	731.0	176.0	8.5	3.8	1.0	14.2	9.0	nil	0.9	2.3	769.5	185.3	8.9	4.0	1.1	14.9	9.5	nil	0.9	2.4
Salsa Sauce 90g	246.0	59.0	0.8	12.6	9.0	0.0	nil	0.8	0.5	1.3	273.3	65.6	0.9	14.0	10.0	0.0	0.0	0.9	0.6	1.4
Jalapenos 50g	120.0	27.0	0.5	6.0	4.2	0.0	nil	0.5	0.4	1.0	240.0	54.0	1.0	12.0	8.4	0.0	0.0	1.0	0.8	2.0
Primula Sour Cream & Chive Dip 90g	1100.0	267.0	3.9	1.2	0.8	27.5	8.6	0.9	0.5	1.3	1222.0	297.0	4.3	1.3	0.9	30.5	9.6	1.0	0.5	1.3
Primula Roasted Garlic Dip 90g	984.6	238.5	4.0	1.4	0.8	24.2	7.0	1.4	0.4	1.0	1094.0	265.0	4.4	1.5	0.9	26.9	7.8	1.5	0.4	1.1

POPCORN

Nutrition per Pack

Nutrition per 100g

Product	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
Salted Popcorn																				
55g	1115.4	267.3	3.40	27.0	0.3	14.8	1.2	6.3	0.4	1.1	2028.00	486.00	6.19	49.13	0.57	26.89	2.16	11.52	0.77	1.95
141g	2859.5	685.3	8.70	69.3	0.8	37.9	3	16.2	1.08	2.7										
192g	3893.8	933.1	11.90	94.3	1.1	51.60	4.10	22.10	1.47	3.7										
Sweet Popcorn																				
63g	1248.6	307.4	3.94	36.3	11.6	14.9	1.1	5.9	0.006	0.01	2039.00	488.00	6.25	57.63	18.40	23.73	1.82	9.44	0.01	0.01
155g	3160.0	756.4	9.69	89.3	28.5	36.8	2.8	14.6	0.016	0.016										
216g	4404.0	1054.1	13.50	124.5	39.70	51.30	3.90	20.40	0.02	0.02										
Toffee Popcorn																				
185g	3441	818	3.90	148.4	102.1	25	9.6	7.95	0.9	0.185	1860.00	442.00	2.10	80.20	55.20	13.50	5.20	4.30	0.48	1.20

BEN & JERRY'S

Nutrition per Pack

Nutrition per 100g

Product	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
Cookie Dough 85g	935	230	3.4	25.5	12.8	12.8	7.7	0.0	0.06	0.15	1100	270	4.0	30.0	25.0	15.0	9.0	0.6mg	0.07	0.18
Chunky Monkey 85g	1020	238	3.8	23.0	23.0	14.5	8.5	1.3	0.03	0.09	1200	280	4.5	27.0	27.0	17.0	10.0	1.5	0.04	0.10
Caramel Chew Chew 85g	1020	238	3.0	25.5	24.7	13.6	9.4	<0.5	0.07	0.17	1200	280	3.5	30.0	29.0	16.0	11.0	<0.5	0.08	0.20
Chocolate Fudge Brownie 85g	935	213	3.8	25.5	22.1	11.1	6.8	1.3	0.08	0.20	1100	250	4.5	30.0	26.0	13.0	8.0	1.5	0.09	0.23
Baked Alaska 85g	935	221	3.0	28.9	28.1	11.9	8.5	<0.5	0.05	0.13	1100	260	3.5	34.0	33.0	14.0	10.0	<0.5	0.06	0.15
Phish Food 85g	935	230	3.0	29.8	27.2	11.1	7.7	1.3	0.05	0.13	1100	270	3.5	35.0	32.0	13.0	9.0	1.5	0.06	0.15
Cherry Garcia 85g	850	204	3.0	21.3	21.3	11.9	7.7	0.7	0.04	0.11	1000	240	3.5	25.0	25.0	14.0	9.0	0.8	0.05	0.13
Vanilla 85g	825	196	3.4	17.0	17.0	12.8	8.5	0.1	0.00	0.00	970	230	4.0	20.0	20.0	15.0	10.0	0.1	0.00	0.00
Mint Choc Chunk 85g	935	230	3.4	21.3	20.4	14.5	10.2	0.9	0.04	0.11	1100	270	4.0	25.0	24.0	17.0	12.0	1.0	0.05	0.13
Cone Sweet Cone 85g	900	220	3.0	23.0	19.0	12.0	8.0		0.10	0.26	1200	280	4.0	30.0	24.0	16.0	11.0		0.13	0.33
Vermont 85g	935	221	3.0	23.8	20.4	12.8	7.7	<0.5	0.07	0.17	1100	260	3.5	28.0	24.0	15.0	9.0	<0.5	0.08	0.20
Strawberry Cheesecake 85g	850	204	3.4	24.7	20.4	10.2	6.0	0.9	0.09	0.21	1000	240	4.0	29.0	24.0	12.0	7.0	1.0	0.10	0.25
Clever Cookies 85g	1020	247	3.4	24.7	20.4	15.3	7.7		0.09	0.22	1200	290	4.0	29.0	24.0	18.0	9.0		0.10	0.26
Peanut Butter Cup 85g	1190	281	6.0	21.3	19.6	18.7	11.1	1.3	0.17	0.42	1400	330	7.0	25.0	23.0	22.0	13.0	1.5	0.20	0.49
Choc Fudge Brownie Frozen Yogurt 85g	646	153	4.3	28.9	22.1	2.1	1.3	0.9	0.08	0.20	760	180	5.0	34.0	26.0	2.5	1.5	1.0	0.09	0.23
White Chocolate Polar Bears 10g	230	55	1.0	6.0	6.0	3.0	2.0	0.0	0.01	0.03	2315	553	5.3	58.9	58.5	32.8	20.7	0.0	0.13	0.33
Dark Chocolate Fish 10g	230	55	1.0	5.0	5.0	4.0	2.0	0.7	<0.005	0.01	2290	550	4.9	48.0	45.5	35.4	22.1	6.9	0.01	0.03
Chocolate Peace Signs 10g	230	55	1.0	5.0	6.0	4.0	2.0	0.2	0.006	0.01	2299	551	6.3	51.5	50.8	36.0	22.3	2.0	0.06	0.15
Hazelnut Crunch 10g	202	44	0.0	7.0	7.0	2.0	1.0	0.2	<0.005	0.01	2019	441	4.5	71.0	70.0	20.0	5.1	2.4	0.00	0.00
Hot Caramel Sauce 31g	410	100	0.0	18.0	9.0	3.0	2.0	0.1	0.06	0.20	1337	320	1.0	57.5	27.0	9.5	6.8	0.2	0.20	0.50
Hot Chocolate Sauce 31g	425	100	2.0	43.0	13.0	5.0	3.0	1.5	0.02	0.13	1372	328	5.5	43.2	41.5	13.7	9.4	4.8	0.05	0.13
Sugar Cone 10g	170	40	1.0	9.0	4.0	1.0	0.0	0.2	0.02	0.05	1720	400	6.0	85.0	37.0	6.5	0.5	2.1	0.20	0.50
Waffle Cone 20g	345	80	1.0	17.0	7.0	1.0	0.5	1.0	0.02	0.06	1723	407	6.0	85.0	34.5	4.0	2.5	2.5	0.10	0.25

IMPULSE ICE CREAM

Nutrition per Pack

Nutrition per 100g

Product	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
Magnum Classic 86g	1100	260	3.00	25.0	23.0	16.00	12.00	1.50	0.04	0.09	1300	300	3.50	29.0	27.0	19.00	14.00	1.50	0.05	0.10
Magnum White 86g	1100	260	3.50	27.0	26.0	15.00	11.00	<0.5	0.06	0.12	1300	300	4.00	31.0	30.0	18.00	13.00	0.50	0.07	0.18
Magnum Ecuador 86g	1100	270	3.50	24.0	21.0	17.00	12.00	2.50	0.03	0.08										
Magnum Infinity 80g	1100	270	3.50	22.0	19.0	18.00	13.00	4.00	0.03	0.08	1400	340	4.00	30.0	27.0	22.00	16.00	4.00	0.03	0.08
Cornetto Strawberry 75g	750	180	2.00	29.0	23.0	6.00	4.50	0.80	0.07	0.15	1000	240	2.50	39.0	31.0	8.00	6.00	1.00	0.09	0.20
Cornetto Mint 75g	830	190	3.00	23.0	18.0	10.00	8.00	0.60	0.09	0.23	1200	290	3.00	35.0	24.0	15.00	13.00	1.50	0.12	0.30
Cornetto Enigma 75g	980	240	4.00	28.0	20.0	12.00	8.00	2.00	0.08	0.20	1300	320	5.00	37.0	26.0	16.00	10.00	2.50	0.11	0.30
Feast 85g	1100	280	3.00	20.0	18.0	20.00	17.00	0.70	0.10	0.25										
Solero Exotic 75g	390	90	1.00	19.0	17.0	1.50	1.00	0.50	0.02	0.08	520	120	1.50	25.0	22.0	2.00	1.50	0.70	0.03	Trace
Calippo Orange 105g	420	100	<0.5	24.0	20.0	<0.5	<0.5	<0.5	<0.005	<0.013	400	95	<0.5	23.0	19.0	<0.5	0.00	<0.5	<0.005	<0.013
Twister 71g	350	85	0.60	16.0	13.0	2.00	1.50	<0.5	0.01	0.04	500	120	0.80	23.0	18.0	2.50	2.00	<0.05	0.02	0.05

HOT DRINKS

Product	Nutrition per Pack										Nutrition per 100ml									
	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
White Coffee																				
With Semi Skimmed Milk 12oz	126	30.5	2.1	3.3	2.9	1.2	0.7				37	8.9	0.6	0.97	0.85	0.35	0.2			
With Semi Skimmed Milk 16oz	133	32.5	2.2	3.5	3.0	1.2	0.7													
Cappuccino																				
With Semi Skimmed Milk 12oz	433.5	103.5	6.7	11.3	10.8	3.7	2.3				127	30.4	2	3.31	3.17	1.09	0.7			
With Semi Skimmed Milk 16oz	644	153	10.1	16.2	15.6	5.6	3.5													
Latte																				
With Semi Skimmed Milk 12oz	507.5	120.5	8.3	12.3	11.9	4.5	2.8				149	35.3	2.43	3.61	3.49	1.32	0.8			
With Semi Skimmed Milk 16oz	676.5	160.5	11.0	16.2	15.8	6.0	3.8													
Long Black																				
12oz	22	6	0.4	0.8	0.4	0.2	0.0				6	1.8	0.1	0.23	0.1	0.06	0			
16oz	29	8	0.5	1.1	0.5	0.3	0.0													
Flat White																				
With Semi Skimmed Milk 8oz	516	122	8.4	12.3	12.1	4.6	2.9				227	53.7	3.7	5.42	5.33	2.03	1.3			
Mocha																				
With Semi Skimmed Milk 12oz	851.5	202	9.4	27.4	25.2	5.9	3.6				249	59.2	2.76	8.04	7.39	1.73	1.1			
With Semi Skimmed Milk 16oz	1241	294.5	13.0	40.9	37.4	8.3	5.1													
Espresso																				
Single	11	3	0.2	0.4	0.2	0.1	0.0				3.2	0.9	0.1	0.1		0.03	0			
Double	22	6	0.4	0.8	0.4	0.2	0.0													
Ristretto																				
Single	11	3	0.2	0.4	0.2	0.1	0.0				3.2	0.9	0.1	0.1		0.03	0			
Double	22	6	0.4	0.8	0.4	0.2	0.0													
If adding a flavoured syrup, add the following to those of the drink:																				
Caramel																				
12oz	137	33	0.0	8.0	8.0	0.0	0.0													
16oz	205	49	0.0	12.1	12.1	0.0	0.0													
Vanilla																				
12oz	142	34	0.0	8.4	8.4	0.0	0.0													
16oz	213	51	0.0	12.7	12.6	0.0	0.0													
Cadburys Hot Chocolate 27g	465	110	1.5	19.7	0.2	2.7	0.4													

BOTTLED SOFT DRINKS

Product	Nutrition per Pack										Nutrition per 100ml									
	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)	Energy (KJ)	Energy (Kcal)	Protein (g)	Carbohydrates (g)	of which sugars(g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (g)	Salt equiv (g)
Fruit Shoot Low Sugar Orange 275ml	52	14	Trace	2.2	2.2	Trace	nil	Trace	Trace	Trace	19	5	Trace	0.8	0.8	Trace	Nil	Trace	Trace	Trace
Fruit Shoot Low Sugar Orange 200ml	38	10	Trace	1.6	1.6	Trace	Nil	Trace	Trace	Trace	19	5	Trace	0.8	0.8	Trace	Nil	Trace	Trace	Trace
Fruit Shoot Low Sugar Blackcurrant & Apple 275ml	52	14	Trace	2.2	2.2	Trace	nil	Nil	Trace	Trace	19	5	Trace	0.8	0.8	Trace	Nil	Nil	Trace	Trace
Fruit Shoot Low Sugar Blackcurrant & Apple 200ml	38	10	Trace	1.6	1.6	Trace	Nil	Nil	Trace	Trace	19	5	Trace	0.8	0.8	Trace	Nil	Nil	Trace	Trace
Fruit Shoot Low Sugar Tropical 275ml	61	14	Trace	2.2	2.2	Trace	nil	Trace	Trace	Trace	22	5	Trace	0.8	0.8	Trace	Nil	Trace	Trace	Trace
Fruit Shoot Low Sugar Apple 275ml	69	17	Trace	2.5	2.5	Trace	nil	nil	Trace	Trace	25	6	Trace	0.9	0.9	Trace	Nil	Trace	Trace	Trace
Fruit Shoot Hydro Orange & Pineapple 350ml	15	3	0.09	nil	nil	nil	nil	nil	Trace	Trace	6	1	Nil	Nil	Nil	Nil	Nil	Nil	Trace	Trace
Fruit Shoot Hydro Blackcurrant 350ml	18	4	0.09	nil	nil	nil	nil	nil	Trace	Trace	6	1	Nil	Nil	Nil	Nil	Nil	Nil	Trace	Trace
Drench Orange & Passionfruit 440ml	493	114	0.44	26.4	26.4	Trace	nil	Trace	Trace	Trace	112	26	0.10	6.0	6.0	Trace	Nil	Trace	Trace	Trace
Drench Cranberry & Raspberry 440ml	427	101	Trace	22.9	22.9	Trace	nil	nil	Trace	Trace	97	23	Trace	5.2	5.2	Trace	Nil	Nil	Trace	Trace
Drench Blackcurrant & Apple 440ml	502	119	Trace	27.7	27.7	Trace	nil	nil	Trace	Trace	114	27	Trace	6.3	6.3	Trace	Nil	Nil	Trace	Trace
Gatorade Orange 500ml	520	125	nil	30.0	30.0	nil	nil	0.25	0.65		104	25	Nil	6.0	6.0	Nil	Nil	Nil	0.05	0.13
J20 Orange & Passionfruit 330ml	452	106	1.00	23.8	23.8	Trace	Trace	0.66	nil	nil	137	32	0.30	7.2	7.2	Trace	Trace	0.20	Nil	Nil
J20 Apple & Mango 330ml	383	89	0.33	20.5	20.5	Trace	Trace	0.66	Trace	Trace	116	27	0.10	6.2	6.2	Trace	Trace	0.20	Trace	Trace
Mountain Dew Energy 500ml	1000	240	nil	60.0	60.0	nil	nil	nil	nil	nil	200	48	Nil	12.0	12.0	Nil	Nil	Nil	Nil	Nil
Mountain Dew Sugar Free 500ml	13.6	3	0.20	nil	nil	nil	nil	Trace	nil	nil	2.7	0.6	Trace	nil	nil	nil	nil	Trace	nil	nil
Lipton Ice Tea Peach 500ml	600	150	nil	34.0	34.0	nil	nil	nil	trace	Trace	120	30	Nil	6.8	6.8	Nil	Nil	Nil	Trace	trace
Lipton Ice Tea Lemon 500ml	595	140	Trace	34.5	34.5	nil	nil	nil	Trace	Trace	119	28	Trace	6.9	6.9	nil	nil	nil	Trace	Trace
Pepsi 500ml	876	210	nil	55.0	55.0	nil	nil	nil	trace	Trace	175	42	nil	11.0	11.0	nil	nil	nil	Trace	Trace
Pepsi Diet 600ml	10.8	2.4	nil	nil	nil	nil	nil	nil	trace	Trace	1.8	0.4	nil	nil	nil	nil	nil	nil	Trace	Trace
Pepsi Max 600ml	78	1.8	0.60	nil	nil	nil	nil	nil	trace	Trace	1.3	0.3	0.10	nil	nil	nil	nil	nil	Trace	Trace
Tango Orange 600ml	474	114	0.60	25.2	25.2	trace	nil	0.60	trace	Trace	79	19	0.10	4.2	4.2	trace	nil	0.10	Trace	Trace
Tango Apple 600ml	252	60	Trace	12.6	12.6	nil	nil	nil	Trace	Trace	42	10	Trace	2.1	2.1	nil	nil	nil	Trace	Trace
Tango Cherry 600ml	270	66	Trace	14.4	14.4	nil	nil	nil	Trace	Trace	45	11	Trace	2.4	2.4	nil	nil	nil	Trace	Trace
7UP Free 600ml	48	11.4	0.60	0.6	nil	nil	nil	nil	trace	Trace	8	1.9	0.10	0.1	nil	nil	nil	nil	Trace	Trace
V Water Glow 500ml	20	5	Nil	1.0	Nil	Nil	Nil	Nil	Nil	Nil	4	1	Nil	0.2	Nil	Nil	Nil	Nil	Nil	Nil

