



## AMC THEATRES - NUTRITION INFORMATION

<b>GOURMET POPCORN (POPPED IN CANOLA OIL)</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
House-made Caramel Corn Large	2630	550	62	20	0	12	26	70	140	870	507	22	318	20
House-made Caramel Corn Medium	1840	380	43	14	0	8	18	50	100	610	355	15	222	14
House-made Caramel Corn Small	1120	230	26	9	0	5	11	30	60	370	216	9	136	9
House-made Cheese Corn Large	1600	1010	114	47	0	19	42	25	970	720	131	22	10	27
House-made Cheese Corn Medium	1120	700	80	33	0	14	29	15	680	500	92	15	7	19
House-made Cheese Corn Small	680	430	49	20	0	8	18	10	410	310	56	9	4	11
Plain Popcorn (No Butter) Cameo	300	120	13	1.0	0	4.0	7	0	740	170	41	8	0	7
Plain Popcorn (No Butter) Medium	600	240	27	2.0	0	8	15	0	1530	350	82	15	0	14
Plain Popcorn Refillable Tub (No Butter) 190 fl oz	1090	440	49	4.0	0	15	28	0	2650	630	148	28	2	25
Plain Popcorn Tub (No Butter) 170 fl oz	980	390	44	3.5	0	13	25	0	2400	560	132	25	1	22

<b>GOURMET POPCORN (POPPED IN COCONUT OIL)</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
House-made Caramel Corn Large	2630	540	61	41		4.5	10	70	140	880	508	22	318	20
House-made Caramel Corn Medium	1840	380	43	29		3.0	7	50	100	610	355	15	222	14
House-made Caramel Corn Small	1120	230	26	18		2.0	4.5	30	60	370	216	9	136	9
House-made Cheese Corn Large	1590	1000	113	69	0	12	26	25	970	720	131	22	10	27
House-made Cheese Corn Medium	1110	700	79	48	0	8	18	15	680	500	92	15	7	19
House-made Cheese Corn Small	680	430	48	29	0	5	11	10	410	310	56	9	4	11
Plain Popcorn (No Butter) Cameo	300	120	13	9		1.0	1.0		740	170	41	8		7
Plain Popcorn (No Butter) Medium	600	230	27	19		2.5	2.5		1530	350	82	15		14
Plain Popcorn Refillable Tub (No Butter) 190 fl oz	1080	420	48	35		4.5	4.5		2650	630	148	28	2	25
Plain Popcorn Tub (No Butter) 170 fl oz	970	380	43	31		4.0	4.0		2400	560	132	25	1	22

<b>GOURMET POPCORN</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Caramel Corn 46 fl oz	1270	300	35	23					1610	450	242		149	11
Caramel Corn 85 fl oz	2340	560	64	43					2980	830	446		276	21
Cheddar Corn 46 fl oz	2070	1420	161	104				60	3220	710	127		11	23
Cheddar Corn 85 fl oz	3830	2630	298	191				105	5950	1320	234		21	43
Cheddar Crunch 46 fl oz	2430	1610	183	106		11	7	60	3750	820	163	2	14	28
Cheddar Crunch 85 fl oz	4550	3010	341	196		22	14	105	7010	1530	306	5	26	52
<b>HOT FOOD</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
\$1 Dog	270	130	15	5				30	730		26	1	4	9
Add: Sliced Cheese	70	50	6	3.5				20	300	15				3
Angus Burger	470	230	26	10				90	700		30	1	4	31
BBQ Chicken Flatbread Pizza	800	270	30	14				90	1020		92	4	16	36
Boneless Wings (Baked)	360	160	18	3.0		9	5	65	870		21			27
Buffalo Chicken Flatbread Pizza	740	250	28	12				80	1840		86	4	6	36

Cheeseburger Slider (a la Carte)	300	170	19	7			0.5	40	490	5	19		4	11
Cheeseburger Sliders Box with Royal Sauce	1450	810	92	30	0	13	10	95	2200	650	125	7	31	30
Chicken & Waffles (a la Carte)	350	160	18	8		3.0	1.5	30	420		35	2	18	8
Chicken & Waffles Box with Honey Mustard	1630	810	91	31	0	19	13	75	2380	640	174	11	68	25
Chicken Tender Box (No Sauce)	1360	790	90	21	0	32	19	70	2180	640	110	8	23	30
Chicken Tenders 3 Pieces (Fried)	430	240	27	4.0		13	8	50	960		24	2		22
Chicken Tenders 5 Pieces (Fried)	710	400	45	7	0	22	13	85	1600		40	3		37
Chili (2.5 Oz)	110	60	7	2.0	0			20	620		6	1	1	6
Chili Cheese Hot Dog	620	320	36	16	1.5		1.5	85	1480	470	49	2	5	25
Curly Fries (Fried)	630	390	44	9	0	13	5		1130	700	54	5	3	5
Spicy Sriracha Dog	790	490	55	18	1.5		1.5	80	1630	470	53	1	5	20
Four Cheese Flatbread Pizza	740	270	30	14				70	1160		84	4	8	32
Mustard & Kraut Dog	570	270	30	12	1.5		1.5	65	1850	470	48	3	4	19
Hot Dog Box	1390	740	83	27	1.5	13	11	80	2510	1110	132	8	27	27
Jumbo Fries (Baked)	850	290	33	9					950	1840	123	14		14
Mozzarella Sticks (Fried)	770	420	48	16	0	14	5	80	2400	200	56	8	8	32
Pepperoni Flatbread Pizza	840	350	40	16				90	1420		84	4	8	34
Plain Hot Dog	530	270	30	12	1.5		1.5	65	1290	470	46		4	19

Regular Fries (Baked)	430	150	17	4.5					470	920	61	7		7
Royal Garden Hot Dog	750	450	51	15	1.5		1.5	75	1740	470	52		7	20
Spicy Chicken Sandwich (Baked)	410	140	16	2.5		7	3.5	45	1170		44	2	4	24
<b>ICED TEA</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Gold Peak Brewed Tea - 16 fl oz	0								15	180	1			
Gold Peak Brewed Tea - 20 fl oz	5								20	220	2			
Gold Peak Brewed Tea - 30 fl oz	10								25	330	3			
Gold Peak Brewed Tea - 44 fl oz	15					0			40	480	4			
<b>MOVIE NACHOS</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Nacho Cheese (1 Portion Cup)	160	90	10	2.5				5	1100		14		3	3
Tostitos Chips	630	280	31	4.5					490		81	4		9

<b>SAUCES &amp; SIDES</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Apple Sauce	40								5	75	10		8	
BBQ Dipping Sauce	60								740		16		5	
Buffalo Dipping Sauce	15								1650		3			
Cocktail Seafood Sauce	10								140		3		2	
Honey Mustard Dipping Sauce	80	10	1.0						320		18		9	1
Pickle	30								2790		6			
Ranch Dipping Sauce	230	200	23	4.0				20	470		4		3	1
Tostitos Cheese Sauce	160	100	11	1.0				5	620		15	1	1	1
Tostitos Salsa	35								810	310	9	4	5	1
<b>PRETZELS</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bavarian Legend with Cheese Cup & Mustard	1920	310	35	15				55	7600		339	15	8	48
Pretzel Bites (Plain - No Sauce, with Butter)	800	120	14	7		0	3.0	30	550	0	155	5	5	20
Pretzel Bites: Add Cheese Cup	160	90	10	2.5				5	1100		14		3	3

Pretzel Bites: Add Cinnamon Sugar	0							0		1				
Pretzel Bites: Add Honey Mustard	0							10		0				
Pretzel Bites: Add Icing Cup	230	50	6	3.0				45		43		40		
Pretzel Bites: Add Magic Dust	0	0	0					0					0	
Pretzel Bites: Add Salt								300						
<b>PIZZA</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cheese Pizza	720	190	22	10				50	1540		98	4	10	28
Pepperoni Pizza	800	270	30	14				60	1860		100	4	10	32
<b>SMOOTHIES</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Banana Smoothie 16 fl oz	260										70		66	
Banana Smoothie 24 fl oz	390										105		99	
Mango Peach Real Fruit Smoothie	210	0	0	0		0			5	220	55	2	49	1
Mango Smoothie 16 fl oz	270								50		72		68	

Mango Smoothie 24 fl oz	400								75		108		103	
Peach Smoothie 16 fl oz	260								20	0	69		67	
Peach Smoothie 24 fl oz	390								30	0	104		101	
Strawberry Banana Real Fruit Smoothie	230	0	0	0	0	0	0		10	330	59	3	46	1
Strawberry Banana Smoothie 16 fl oz	260										68		62	
Strawberry Banana Smoothie 24 fl oz	390										102		93	
Strawberry Smoothie 16 fl oz	260										68		62	
Strawberry Smoothie 24 fl oz	390										102		93	
Wildberry Real Fruit Smoothie	210	0	0	0	0	0	0		10	220	55	3	45	1
<b>SHAKES</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Chocolate Shake	830	340	38	25	1.0	0	1.0	135	270	25	107	3	89	12
Cookies & Cream Shake	1070	480	54	30	1.0	3.0	8	135	680	200	131	2	97	15
Espresso Shake	690	340	38	25	1.0	0	1.0	135	280	90	74		64	11
Strawberry Shake	770	340	38	25	1.0	0	1.0	135	270	25	93		83	10
Vanilla Shake	690	340	38	25	1.0	0	1.0	135	270	25	74		64	10



<b>DESSERTS</b>	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brownie Bites	480	190	21	4.5				45	290		66	3	36	6
Chocolate Chip Cookie	280	110	13	7		1.0	4.5	15	190		37	2	21	3
Churros	1480	800	90	45				200	1600		165		35	20
Funnel Cake Fries	370	130	15	5.0				35	380	0	57		24	3

The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.