

Nutritional Information

	Energy(KJ)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Fat (g)	Fat of which is saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)
Popcorn (per serving)										
Sweet Popcorn Kids Mix - 44g	755.48	179.52	3.25	28.17	8.82	5.98	0.55	4.47	Trace	Trace
Sweet Popcorn Small - 78g	1339.26	318.24	5.76	49.94	15.63	10.61	0.98	7.92	Trace	Trace
Sweet Popcorn Medium - 128g	2197.76	522.24	9.45	81.96	25.65	17.41	1.60	13.00	Trace	Trace
Sweet Popcorn Large - 200g	3434.00	816.00	14.76	128.06	40.08	27.20	2.50	20.32	Trace	Trace
Salt Popcorn Kids Mix - 41g	700.28	166.46	3.28	28.17	Trace	6.08	0.53	4.27	Trace	Trace
Salt Popcorn Small - 88g	1503.04	357.28	7.04	60.46	Trace	13.06	1.14	9.17	Trace	0.70
Salt Popcorn Medium - 150g	2562.00	609.00	12.00	103.07	0.83	22.26	1.95	15.63	Trace	1.20
Salt Popcorn Large - 200g	3416.00	812.00	16.00	137.42	1.10	29.68	2.60	20.84	0.64	1.60
Sweet & Salt Popcorn Kids Mix - 44g	865.48	206.80	3.63	25.63	7.67	8.97	0.68	4.51	Trace	0.62
Sweet & Salt Popcorn Small - 78g	1534.26	366.60	6.44	45.44	13.60	15.90	1.21	7.99	Trace	1.09
Sweet & Salt Popcorn Medium - 128g	2517.76	601.60	10.57	74.57	22.31	26.09	1.98	13.11	0.71	1.79
Sweet & Salt Popcorn Large - 200g	3934.00	940.00	16.52	116.52	34.86	40.76	3.10	20.48	1.10	2.80

	Energy(KJ)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Fat (g)	Fat of which is saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)
Dispensed Drinks (Per Serving)										
Kids Mix Coke - 12oz	616.00	146.00	0.00	36.40	34.60	0.00	0.00	0.00	0.00	0.00
Kids Mix Diet Coke - 12oz	5.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Kids Mix Coke Zero - 12oz	5.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Trace
Kids Mix Sprite - 12oz	398.00	95.00	0.00	22.45	22.45	0.00	0.00	0.00	0.00	Trace
Kids Mix Sprite Zero - 12oz	17.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Trace
Kids Mix Fanta Orange - 12oz	619.00	146.00	0.00	35.72	35.72	0.00	0.00	0.00	0.00	0.00
Small Coke - 16oz	821.00	195.00	0.00	48.53	48.53	0.00	0.00	0.00	0.00	0.00
Small Diet Coke - 16oz	7.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Small Coke Zero - 16oz	6.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Trace
Small Sprite - 16oz	531.00	127.00	0.00	29.94	29.94	0.00	0.00	0.00	0.00	Trace
Small Sprite Zero - 16oz	23.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Trace
Small Fanta Orange - 16oz	826.00	195.00	0.00	47.63	47.63	0.00	0.00	0.00	0.00	0.00
No Sugar Small Tango Ice Blast Raspberry - 9oz	14.70	3.50	0.00	1.37	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Small Tango Ice Blast Cherry - 9oz	14.70	3.50	0.00	1.37	0.00	0.00	0.00	0.00	Trace	0.00
No sugar Small Tango Ice Blast Lemon - 9oz	14.70	3.50	0.00	1.37	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Small Tango Ice Blast Bubble Gum - 9oz	14.70	3.85	0.00	1.37	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Small Tango Ice Blast Orange - 9oz	14.70	3.85	0.00	1.37	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Small Tango Ice Blast Kiwi & Strawberry - 9oz	14.70	3.85	0.00	1.37	0.00	0.00	0.00	0.00	Trace	0.00
Small Tango Ice Blast Raspberry - 9oz	297.10	70.31	0.00	17.69	17.69	0.00	0.00	0.00	Trace	0.00
Small Tango Ice Blast Cherry - 9oz	297.10	70.31	0.00	17.69	17.69	0.00	0.00	0.00	Trace	0.00
Small Tango Ice Blast Lemon - 9oz	297.10	70.31	0.00	17.69	17.69	0.00	0.00	0.00	Trace	0.00
Small Tango Ice Blast Bubble Gum - 9oz	297.10	70.31	0.00	17.69	17.69	0.00	0.00	0.00	Trace	0.00
Small Tango Ice Blast Orange - 9oz	297.10	70.31	0.00	17.69	17.69	0.00	0.00	0.00	Trace	0.00
Small Tango Ice Blast Kiwi & Strawberry - 9oz	297.10	70.31	0.00	17.69	17.69	0.00	0.00	0.00	Trace	0.00
Regular Coke Zero - 22oz	1129.00	268.00	0.00	66.73	66.73	0.00	0.00	0.00	0.00	0.00
Regular Diet Coke - 22oz	9.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Regular Coke Zero - 22oz	9.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Trace
Regular Sprite - 22oz	730.00	175.00	0.00	41.16	41.16	0.00	0.00	0.00	0.00	Trace
Regular Sprite Zero - 22oz	31.00	6.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Trace
Regular Fanta Orange - 22oz	1135.00	268.00	0.00	65.49	65.49	0.00	0.00	0.00	0.00	0.00
Regular Tango Ice Blast Raspberry - 12oz	23.52	5.60	0.00	2.18	0.00	0.00	0.00	0.00	Trace	0.00
Regular Tango Ice Blast Cherry - 12oz	23.52	5.60	0.00	2.18	0.00	0.00	0.00	0.00	Trace	0.00
Regular Tango Ice Blast Lemon - 12oz	23.52	5.60	0.00	2.18	0.00	0.00	0.00	0.00	Trace	0.00
Regular Tango Ice Blast Bubble Gum - 12oz	23.52	6.16	0.00	2.18	0.00	0.00	0.00	0.00	Trace	0.00
Regular Tango Ice Blast Orange - 12oz	23.52	6.16	0.00	2.18	0.00	0.00	0.00	0.00	Trace	0.00
Regular Tango Ice Blast Kiwi & Strawberry - 12oz	23.52	6.16	0.00	2.18	0.00	0.00	0.00	0.00	Trace	0.00
Large Coke - 32oz	1642.00	390.00	0.00	97.07	97.07	0.00	0.00	0.00	0.00	0.00
Large Diet Coke - 32oz	14.00	5.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Large Coke Zero - 32oz	13.00	3.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Trace
Large Sprite - 32oz	1061.00	254.00	0.00	59.87	59.87	0.00	0.00	0.00	0.00	Trace
Large Sprite Zero - 32oz	45.00	9.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Trace
Large Fanta Orange - 32oz	1651.00	390.00	0.00	95.25	95.25	0.00	0.00	0.00	0.00	0.00
Frozen Coke Medium	384.00	90.00	0.00	22.80	22.80	0.00	0.00	0.00	0.00	0.00
Frozen Coke Large	640.00	150.00	0.00	38.00	38.00	0.00	0.00	0.00	0.00	0.00

No Sugar Large Tango Ice Blast Raspberry - 32oz	35.28	8.40	0.00	3.28	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Large Tango Ice Blast Cherry - 32oz	35.28	8.40	0.00	3.28	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Large Tango Ice Blast Lemon - 32oz	35.28	8.40	0.00	3.28	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Large Tango Ice Blast Bubble Gum - 32oz	35.28	9.24	0.00	3.28	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Large Tango Ice Blast Orange - 32oz	35.28	9.24	0.00	3.28	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Large Tango Ice Blast Kiwi & Strawberry - 32oz	35.28	9.24	0.00	3.28	0.00	0.00	0.00	0.00	Trace	0.00
Large Tango Ice Blast Raspberry - 32oz	779.90	184.56	0.00	46.44	46.44	0.00	0.00	0.00	Trace	0.00
Large Tango Ice Blast Cherry - 32oz	779.90	184.56	0.00	46.44	46.44	0.00	0.00	0.00	Trace	0.00
Large Tango Ice Blast Lemon - 32oz	779.90	184.56	0.00	46.44	46.44	0.00	0.00	0.00	Trace	0.00
Large Tango Ice Blast Bubble Gum - 32oz	779.90	184.56	0.00	46.44	46.44	0.00	0.00	0.00	Trace	0.00
Large Tango Ice Blast Orange - 32oz	779.90	184.56	0.00	46.44	46.44	0.00	0.00	0.00	Trace	0.00
Large Tango Ice Blast Kiwi & Strawberry - 32oz	779.90	184.56	0.00	46.44	46.44	0.00	0.00	0.00	Trace	0.00
No Sugar Extra Large Tango Ice Blast Raspberry - 32oz	44.1	10.50	0.00	4.10	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Extra Large Tango Ice Blast Cherry - 32oz	44.1	10.50	0.00	4.10	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Extra Large Tango Ice Blast Lemon - 32oz	44.1	10.50	0.00	4.10	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Extra Large Tango Ice Blast Bubble Gum - 32oz	44.1	11.55	0.00	4.10	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Extra Large Tango Ice Blast Orange - 32oz	44.1	11.55	0.00	4.10	0.00	0.00	0.00	0.00	Trace	0.00
No Sugar Extra Large Tango Ice Blast Kiwi & Strawberry 32oz	44.1	11.55	0.00	4.10	0.00	0.00	0.00	0.00	Trace	0.00
Extra Large Tango Ice Blast Raspberry - 32oz	1188.41	281.23	0.00	70.76	70.76	0.00	0.00	0.00	Trace	0.00
Extra Large Tango Ice Blast Cherry - 32oz	1188.41	281.23	0.00	70.76	70.76	0.00	0.00	0.00	Trace	0.00
Extra Large Tango Ice Blast Lemon - 32oz	1188.41	281.23	0.00	70.76	70.76	0.00	0.00	0.00	Trace	0.00
Extra Large Tango Ice Blast Bubble Gum - 32oz	1188.41	281.23	0.00	70.76	70.76	0.00	0.00	0.00	Trace	0.00
Extra Large Tango Ice Blast Orange - 32oz	1188.41	281.23	0.00	70.76	70.76	0.00	0.00	0.00	Trace	0.00
Extra Large Tango Ice Blast Kiwi & Strawberry	1188.41	281.23	0.00	70.76	70.76	0.00	0.00	0.00	Trace	0.00
Ice Blast Topping - Whipped Cream - 25ml	328.25	79.50	0.60	1.58	1.58	8.00	5.25	0.00	0.00	0.02

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness. Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional Information

	Energy(KJ)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Fat (g)	Fat of which is saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)
Hot Dog (per serving)										
Large Pork HotDog	1478.40	357.60	13.20	0.60	0.12	33.60	14.16	0.00	0.76	1.80
HotDog Roll	1176.40	277.95	9.78	54.74	1.70	3.15	0.94	2.38	0.41	1.02
Nachos (per serving)										
Medium Tortilla Chips - 110g	2317.70	554.40	5.06	62.15	3.30	29.81	11.77	8.80	0.57	1.43
Large Tortilla Chips - 150g	3160.50	756.00	6.90	84.75	4.50	40.65	16.05	12.00	0.78	1.95
McCain Sig Southern Fried Lattice - 150g	1758.00	421.50	3.75	44.40	2.25	25.35	1.95	3.75	1.65	0.00
McCain Sig Southern Fried Lattice - 220g	2578.40	618.20	5.50	65.12	3.30	37.18	2.86	5.50	2.42	0.00
McCain Sig Southern Fried Lattice - 320g	3750.40	899.20	8.00	94.72	4.80	54.08	4.16	8.00	3.52	0.00
McCain Sig Gastro Chunky Chips - 150g	1230.00	294.00	3.75	37.20	0.75	14.40	1.20	2.70	1.05	0.00
McCain Sig Gastro Chunky Chips - 220g	1804.00	431.20	5.50	54.56	1.10	21.12	1.76	3.96	1.54	0.00
McCain Sig Gastro Chunky Chips - 320g	2624.00	627.20	8.00	79.36	1.60	30.72	2.56	5.76	2.24	0.00
Toppings (per serving)										
Jalapenos - 142g	120.70	28.40	0.00	5.68	2.84	0.00	0.00	2.84	1.39	3.48
Chunky Salsa - 142g	411.80	99.40	1.85	19.88	10.51	0.00	0.00	1.85	1.24	3.12
Sour Cream - 142g	908.80	213.00	5.40	5.40	2.27	19.74	12.50	0.14	0.34	0.85
Mature Cheese Sauce - 142g	1074.94	257.02	18.03	3.55	0.71	19.31	10.51	0.14	1.08	2.70
Vegetable Chilli - 142g	511.20	122.12	19.03	17.18	3.55	2.70	0.14	4.69	0.00	0.57
Beef Chilli - 142g	576.52	137.74	10.65	8.80	4.69	5.40	2.27	5.82	0.30	0.75
Gucamole	215.84	2.13	10.51	2.70	19.88	3.12	5.96	0.62	1.56	0.02
Onions - 142g	54.00	12.96	1.08	1.08	0.94	0.00	0.00	2.16	Trace	0.00
Cheese Sauce Mini Pots - 110g	832.70	199.10	13.97	2.75	0.55	14.96	8.14	0.11	0.836	2.09
Onions - 142g	54	12.96	1.08	1.08	0.94	0	0	2.16	Trace	0

	Energy(KJ)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Fat (g)	Fat of which is saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)
Ben & Jerry's (per 85g scoop)										
Birthday Cake	980.90	233.75	2.81	27.20	32.30	12.75	6.80	0.00	0.00	0.16
Caramel Chew Chew	1020.00	238.00	2.98	25.50	22.10	13.60	9.35	0.00	0.00	0.19
Cherry Garcia	850.00	204.00	2.98	21.25	21.25	11.90	7.65	0.00	0.00	0.09
Chocolate Fudge Brownie	880.60	209.95	3.57	25.50	22.95	11.05	6.55	0.00	0.00	0.16
Chunky Monkey	1020.00	246.50	3.83	22.95	22.95	15.30	8.50	0.00	0.00	0.09
Cinnamon Buns	993.65	237.15	2.89	27.20	23.80	12.75	7.65	0.00	0.00	0.22
Cookie Dough	935.00	229.50	3.40	25.50	21.25	12.75	7.65	0.00	0.00	0.14
Double Caramel Brownie	913.75	217.60	3.40	26.35	23.80	11.05	6.80	0.00	0.00	0.36
Empowermint	910.35	217.60	3.66	22.95	22.10	11.90	7.40	0.00	0.00	0.15
Home Sweet Comb	942.65	224.40	3.15	25.50	22.10	11.90	7.91	0.00	0.00	0.20
Mint Choc Chunk	1020.00	238.00	3.40	21.25	20.40	14.45	10.20	0.00	0.00	0.10
One Love	974.10	232.05	2.72	28.05	23.80	11.90	7.48	0.00	0.00	0.20
One Sweet World	978.35	232.90	3.15	29.75	23.80	11.05	7.91	0.00	0.00	0.31
Peanut Butter Cup	1190.00	280.50	5.95	21.25	19.55	18.70	11.05	0.00	0.00	0.42
Phish Food	935.00	229.50	3.40	28.90	22.95	11.05	7.65	0.00	0.00	0.14
Strawberry Cheesecake	850.00	212.50	2.55	22.95	20.40	11.90	5.95	0.00	0.00	0.56
S'Wich Up	1034.45	246.50	3.66	27.20	21.25	13.60	7.74	0.00	0.00	0.19
Sweetest Peace	1014.05	242.25	3.23	24.65	21.25	14.45	8.42	0.00	0.00	0.19
Vanilla Fairtrade	828.75	197.20	3.40	17.00	17.00	12.75	8.16	0.00	0.00	0.12
Vanilla Pecan Blondie	963.90	229.50	3.49	23.80	21.25	13.60	7.48	0.00	0.00	0.31
Toppings (per serving)										
Sugar Cones - 10g	172	40	0.6	9	4	0.65	Trace	0	0	Trace
Waffle Cones - 22g	378	90	2	17	6	1	1	0	0	Trace
Hot Choc Fudge Sauce - 35g	321	77	1	12	9	2	2	0	0	Trace
Caramel Fudge Sauce -35g	328	79	Trace	14	7	2	2	0	0	Trace
White Chocolate Polar Bears Shapes - 15g	579	138	1	15	15	8	5	0	0	Trace
Milk Chocolate Peace Sign Shapes - 12g	554	133	2	14	14	7	5	0	0	Trace
Waffle Vanilla Dough - 60g	1925	459	6	61	8	21	11	0	0	0.75
Chocolate Drops (Cone dipping) - 7g	157	39	0.5	2	2	3	2	0	0	Trace
Rainbow Sprinkles - 15g	428	102	Trace	25	25	Trace	Trace	0	0	Trace
Waffle Cone Mix - 125g	1037	247	3.6	46	26	5	2	0	0	0
Hazelnut Crunch - 15g	524	125	0.75	19	18	5	Trace	0	0	0

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness. Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional Information

	Energy(KJ)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Fat (g)	Fat of which is saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)
Beechdean (per scoop 80g)										
Vanilla	599.20	143.20	2.16	16.24	13.44	7.68	4.88	0.32	0.05	0.08
Chocolate	700.80	167.20	2.64	20.72	19.28	8.00	4.80	0.72	0.02	0.16
Strawberry	657.60	156.80	2.16	19.76	17.12	7.68	4.64	0.24	0.06	0.16
Mint Choc Chip	708.00	169.60	2.40	19.52	16.88	8.96	5.44	0.40	0.06	0.16
Rum & Raisin	676.80	161.60	2.16	20.56	18.08	7.60	4.64	0.24	0.06	0.16
Banana & Butterscotch	646.40	154.40	2.16	19.36	16.64	7.60	4.56	0.40	0.05	0.16
Brownies & Cream	800.00	191.20	3.04	15.44	11.92	12.88	8.16	0.56	0.02	0.06
Raspberry Ripple	667.20	159.20	2.16	20.08	17.12	7.68	4.64	0.24	0.06	0.16
Coconut	694.40	165.60	2.24	19.44	16.72	8.80	5.52	0.40	0.06	0.16
Sticky Toffee Fudge	676.80	161.60	2.48	22.16	18.08	7.04	4.40	0.32	0.06	0.16
Peach & Mango	553.60	132.80	1.68	19.84	16.72	5.04	3.12	0.40	0.04	0.08
Eton Mess	685.60	164.00	2.08	21.20	17.92	7.76	4.72	0.24	0.05	0.16
Honeycomb Choc Swirl	732.80	174.40	2.16	23.20	19.76	8.08	4.88	0.24	0.04	0.08
Honey & Ginger	724.80	172.80	1.92	24.72	21.20	7.36	4.64	0.24	0.05	0.08
Apple Pie & Custard	597.60	142.40	1.92	19.76	15.92	6.24	3.92	0.64	0.05	0.08
Coffee	647.20	154.40	2.56	17.68	15.04	8.16	4.96	0.16	0.06	0.16
Salted Caramel	796.80	191.20	2.88	19.28	17.20	11.36	7.36	0.24	0.14	0.32
Toppings (per serving)										
Tip Top Cones (0010)	64.28	15.16	0.46	3.21	0.09	0.08	0.03	0.14	0.01	0.03
Twin Cones (0003)	96.42	22.74	0.70	4.81	0.13	0.13	0.04	0.29	0.02	0.05
Little Bear Teddy Top Cones (0008)	96.42	22.74	0.70	4.81	0.13	0.13	0.04	0.21	0.02	0.05
Sugar Cones Mini (2604)	68.44	16.16	0.24	3.44	1.56	0.14	0.05	0.11	0.00	0.01
Florentine Wafers (0206)	35.22	8.34	0.14	1.64	0.78	0.14	0.11	0.05	0.00	0.01
Chocolate sauce (4611)	183.55	33.99	0.11	10.70	5.27	0.06	0.03	0.17	0.00	0.00
Strawberry sauce (4613)	179.99	42.33	0.00	10.58	5.35	0.00	0.00	0.00	0.00	0.00
Toffee sauce (4620)	199.92	47.12	0.11	10.82	7.25	0.39	0.25	0.00	0.00	0.00
Hazelnut Crunch (6705)	209.80	49.90	0.43	6.66	6.45	2.33	0.26	0.29	0.00	0.00
Honeycomb Sprinkles (6057)	166.20	39.10	0.00	9.77	8.61	0.00	0.00	0.00	0.08	0.20
Strawberry Flavour Crunch (6576)	169.00	40.40	0.00	9.95	9.77	0.00	0.00	0.00	0.00	0.00
Chocolate Fudge Brownies (6623)	178.30	42.36	0.18	7.52	6.46	1.28	0.33	0.00	0.02	0.05
Mini Chocolate Candies (6116)	196.90	46.90	0.33	7.30	7.30	1.70	1.00	0.00	0.01	0.02
Vermicelli Milk Chocolate (6109)	218.50	52.20	0.53	6.15	6.08	2.77	1.67	0.24	0.01	0.01

	Energy(KJ)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Fat (g)	Fat of which is saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)
Bubbleology (Per Serving)										
Regular - 17.6oz										
Large - 24.6oz										
Jasmine Tea (Regular)	1.81	Trace	Trace	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jasmine Tea (Large)	2.11	0.50	Trace	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Lychee Syrup (Regular)	433.80	103.68	0.00	25.78	23.98	0.00	0.00	0.00	Trace	7.52
Lychee Syrup (Large)	506.10	120.96	0.00	30.07	27.97	0.00	0.00	0.00	Trace	8.78
Passionfruit Syrup (Regular)	412.71	98.64	Trace	24.59	22.79	0.00	0.00	0.00	Trace	23.72
Passionfruit Syrup (Large)	481.49	115.08	Trace	28.69	26.59	0.00	0.00	0.00	Trace	27.68
Strawberry Syrup (Regular)	379.57	90.72	0.00	22.68	21.78	0.00	0.00	0.00	Trace	7.20
Strawberry Syrup (Large)	442.83	105.84	0.00	26.46	25.41	0.00	0.00	0.00	Trace	8.40
Green Apple Syrup (Regular)	396.14	94.68	0.00	23.65	20.02	0.00	0.00	0.00	Trace	19.91
Green Apple Syrup (Large)	462.16	110.46	0.00	27.59	23.35	0.00	0.00	0.00	Trace	23.23
Mango Syrup (Regular)	417.23	99.72	Trace	24.91	22.79	0.00	0.00	0.00	Trace	28.80
Mango Syrup (Large)	486.77	116.34	Trace	29.06	26.59	0.00	0.00	0.00	Trace	33.60
White Peach Syrup Non Dairy (Regular)	412.71	99.36	0.24	24.66	21.70	0.00	0.00	0.00	Trace	30.60
White Peach Syrup Non Dairy (Large)	481.49	115.92	0.28	28.77	25.31	0.00	0.00	0.00	Trace	35.70
White Peach Syrup Dairy (Regular)	412.71	98.64	0.00	24.48	23.76	0.00	0.00	0.00	Trace	30.60
White Peach Syrup Dairy (Large)	481.49	115.08	0.00	28.56	27.72	0.00	0.00	0.00	Trace	35.70
Raspberry Syrup (Regular)	406.68	97.20	0.00	24.48	23.04	0.00	0.00	0.00	0.00	0.00
Raspberry Syrup (Large)	474.47	113.40	0.00	28.56	26.88	0.00	0.00	0.00	0.00	0.00
Kiwi Syrup (Regular)	395.54	94.54	0.00	23.83	20.30	0.00	0.00	0.00	Trace	21.67
Kiwi Syrup (Large)	461.46	110.29	0.00	27.80	23.69	0.00	0.00	0.00	Trace	25.28
Strawberry Bobas	83.68	7.00	0.00	1.80	1.20	0.00	0.00	0.00	0.00	4.80
Passionfruit Bobas	83.68	7.00	0.00	1.80	1.20	0.00	0.00	0.00	0.00	5.20
Litchi Bobas	87.03	7.00	0.00	1.80	1.20	0.00	0.00	0.00	0.00	4.80
Litchi Jelly	81.17	16.00	0.00	4.20	3.20	0.00	0.00	0.00	Trace	6.40
Mango Jelly	81.17	16.00	0.00	4.20	3.20	0.00	0.00	0.00	Trace	6.40
Grape Jelly	81.17	16.00	0.00	4.20	3.20	0.00	0.00	0.00	Trace	6.40
Strawberry Jelly	81.17	16.00	0.00	4.20	3.20	0.00	0.00	0.00	Trace	6.40
Apple Jelly	81.17	16.00	0.00	4.20	3.20	0.00	0.00	0.00	Trace	6.40

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness. Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional Information

	Energy(KJ)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Fat (g)	Fat of which is saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)
Joe Delucci's Per 100g serving										
Joe Delucci's Chocolate 5l	903.00	215.00	2.70	26.00	26.00	11.00	8.60	0.00	0.00	0.20
Joe Delucci's Mint Choc Chip 5l	744.00	177.00	0.50	32.00	29.00	5.10	4.10	0.00	0.00	0.10
Joe Delucci's Coconut 5l	901.00	214.00	2.70	27.00	26.00	11.00	9.80	0.00	0.00	0.20
Joe Delucci's Strawberries & Cream 5l	720.00	171.00	1.90	27.00	24.00	6.00	4.80	0.00	0.00	0.20
Joe Delucci's Cookies & Cream 5l	1022.00	243.00	3.40	31.00	24.00	12.00	8.10	0.00	0.00	0.30
Joe Delucci's Vanilla 5l	900.00	214.00	3.30	26.00	23.00	11.00	8.30	0.00	0.00	0.20

	Energy(KJ)	Calories (kcal)	Protein (g)	Carbohydrate (g)	Carbohydrate of which sugars (g)	Fat (g)	Fat of which is saturates (g)	Fibre (g)	Sodium (g)	Salt Equivalent (g)
Pic & Mix 100g (100g per sweet)										
Black & Raspberries	1350	320	7	73.00	55.00	Trace	0.00	0.00	0.00	0.05
Blackcurrant & White Candy Sticks	1596	377	1.6	84.00	84.00	3.6	3.2	0.00	0.00	Trace
Blue Raspberry Bonbons	1550	365	0	81.00	69.00	4.9	4.2	0.00	0.00	0.00
Bunnies	1446	340	0.4	82.00	51.00	0.20	Trace	0.00	0.00	Trace
Cherries	1425	335	7	76.90	51.40	0.50	Trace	0.00	0.00	Trace
Chocolate Delight	1975	470	4.5	70.50	50.00	18.90	11.40	2.30	0.00	Trace
Cola Bottle	1425	335	6.9	76.90	51.20	Trace	Trace	0.00	0.00	Trace
Crispy Bite	1815	430	3	71.00	60.00	15.00	10.30	0.00	0.00	0.00
Duo Fudge	1982	472	2.4	71.30	0.00	20.00	0.00	0.00	0.00	0.00
Fingers	1427	336	4	78.00	55.00	Trace	Trace	0.00	0.00	Trace
Fizzy Beetles	1460	335	4.1	78.00	72.00	0.00	0.00	0.00	0.00	Trace
Fizzy Bubblegum Bottles	1410	330	5.5	76.00	63.00	Trace	Trace	Trace	0.00	Trace
Fizzy Cherry Bottles	1400	330	5.5	76.00	63.00	Trace	0.00	0.00	0.00	Trace
Fizzy Cola Bottles	1410	330	5.5	77.00	63.00	Trace	0.00	0.10	0.00	<0.5
Fizzy Dummies	1459	343	6.6	79.20	62.50	Trace	<0.05	0.00	0.00	Trace
Fried Eggs	1318	310	5.9	71.40	50.10	Trace	Trace	0.00	0.00	Trace
Fruit Chews	1720	410	0.5	91.00	69.00	3.30	2.90	0.00	0.00	Trace
Giant Cola Bottles	1425	335	6.9	76.90	51.20	Trace	Trace	0.00	0.00	Trace
Giant Cola Fizz	1452	342	6.4	79.00	60.70	Trace	Trace	0.00	0.00	Trace
Giant Snowies	2100	500	2.5	72.00	0.00	22.00	0.00	0.60	0.00	0.28
Gourmet Jelly Beans	1598	376	0	94.00	77.00	0.00	0.00	0.00	0.00	Trace
Jelly Foam Hearts	1430	340	5.3	75.00	61.00	Trace	Trace	0.00	0.00	0.00
Juicy Strawberries Natural	1465	345	0.1	84.60	55.60	0.28	0.27	0.00	0.00	0.00
Magic Carpet	1380	325	3.4	77.00	45	0.6	Trace	0.00	0.00	0.27
Milk Chocolate Beanies	1900	450	3.5	79.00	79.00	14.00	0.00	0.00	0.00	0.20
Milk Chocolate Honeycomb	2000	480	3.5	73.00	59.00	19.00	0.00	0.00	0.00	0.00
Milk Chocolate Mini Eggs	2010	480	5	71.00	70.00	20.00	12.00	1.60	0.00	Trace
Milk Chocolate Raisins	1700	410	4.5	65.00	63.00	15.00	9.00	3	0.00	Trace
Milk Chocolate Toffee Chews	1828	436	4.3	62.80	49.40	20.00	0.00	0.00	0.00	0.00
Milk Shake Bottles	1310	315	5	73	59	Trace	0.00	0.00	0.00	0.00
Milk Teeth	1369	322	6	85.00	56.00	Trace	Trace	0.00	0.00	Trace
Mini Strawberry Cables	1546	370	1.2	82.00	63.00	3.2	3.1	0.00	0.00	0.12
Partymix	1415	333	5.2	75.70	47.9	0.30	Trace	0.00	0.00	0.00
Pink And White Mice	2200	530	4	64.00	52.00	29.00	22.00	0.00	0.00	Trace
Rainbow Metre	1522	358	2.4	84.00	85.00	Trace	0.50	0.50	0.00	0.00
Raspberry Jelly	1450	350	5.1	81.00	48.00	<0.5	0.00	0.00	0.00	0.00
Red Metre	1400	330	2.5	75.00	48.00	1.00	0.00	0.5	0.00	0.90
Smileys	1450	341	3.4	81.40	41.30	Trace	Trace	0.00	0.00	0.13
Sour Cherries	1418	334	2.1	80.00	55.00	0.60	0.60	0.00	0.00	0.05
Strawberry & White Candy Sticks	1620	380	1.5	84.00	64.00	4.5	2.6	0.00	0.00	0.19
Strawberry Bonbons	1655	390	0	87.00	63.00	4.90	4.20	0.00	0.00	0.00
Strawberry Buttons	2080	496	2.8	71.10	56.10	22.40	19.00	0.00	0.00	Trace
Strawberry Rocketz	1620	390	1.4	86.00	67.00	4.00	2.00	Trace	0.00	Trace
Sugared Strawberries	1459	343	0	86.00	67.00	0.00	0.00	0.00	0.00	0.04
Sweet Bananas	1530	360	1.2	89.00	78.00	0.00	0.00	0.00	0.00	Trace
Teddy Bears	1425	335	6.9	76.90	51.40	<0.1	<0.05	0.00	0.00	Trace
The Boa	1382	325	7.2	73.80	51.30	Trace	Trace	0.00	0.00	0.06
Vanilla Fudge	1775	420	1.5	74.00	68.00	13.00	11.00	0.00	0.00	0.00
Watermelon slices	1420	340	6.6	77.00	59.00	Trace	Trace	0.00	0.00	0.10
Wine Gums	1408	331	5.5	77.00	39.00	0.20	0.20	0.00	0.00	0.06
Zoo Animals	2186	522	3.8	66.40	52.70	26.90	23.20	0.50	0.00	Trace

Costa Food and Drink

For all Costa products currently being served in our Odeon Costa stores. If you can please follow the link to the Costa Nutritional and Allergen Information page. Please note this data is accurate up until the point where the products enter the store. Once displayed/heated the allergen status of the products is likely to change. - <http://www.costa.co.uk/nutrition/>

Croma Pizza Range

For all Croma products currently being served in our Odeon Croma restaurants and Pizza Points. If you can please speak to a member of staff in the restaurant or Pizza Point for any dietary information, or contact Croma on the following email address - manchester@cromapizza.co.uk

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness. Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)