

# VUE ENTERTAINMENT FOOD NUTRITIONAL INFORMATION

	Portion/ Pack Size	Energy/ Kilojoules (kJ) (per 100g)	Energy/ Calories (kcal) (per 100g)	Protein (g) (per 100g)	Carbohydrate (g) (per 100g)	of which sugars (g) (per 100ml)	Fat (g) (per 100g)	of which saturates (g) (per 100g)	Salt equivalent (g) (per 100g)
<b>Popcorn</b>									
<b>Sweet Popcorn</b>									
		2039.0	488.0	6.3	57.6	18.4	23.7	1.8	0.0
	150oz	4037.2	966.2	12.4	114.1	36.4	47.0	3.6	0.0
	85oz	3017.7	722.2	9.3	85.3	27.2	35.1	2.7	0.0
	46oz	1223.4	292.8	3.8	34.6	11.0	14.2	1.1	0.0
<b>Salted Popcorn</b>									
		2028.0	486.0	6.2	48.1	0.6	26.9	2.2	2.0
	150oz	3204.2	767.9	9.8	76.0	0.9	42.5	3.4	3.1
	85oz	2433.6	583.2	7.4	57.8	0.7	32.3	2.6	2.3
	46oz	973.4	233.3	3.0	23.1	0.3	12.9	1.0	0.9
<b>Salted Popcorn (Dublin)</b>									
		1742.0	417.0	10.0	45.5	0.9	17.7	9.4	3.3
	150oz	2752.4	658.9	15.8	71.9	1.4	28.0	14.9	5.1
	85oz	2090.4	500.4	12.0	54.6	1.1	21.2	11.3	3.9
	46oz	836.2	200.2	4.8	21.8	0.4	8.5	4.5	1.6

## Nachos

<b>Nachos Portion</b>									
Doritos Nachos Cheese and Jalapeno Pepper	Regular	1589.2	379.8	5.4	42.0	3.4	20.2	3.1	2.2
Doritos Nachos Salsa and Jalapeno Pepper	Regular	1257.3	300.4	4.6	38.3	0.6	14.0	1.1	0.6
Doritos Nachos Cheese and Salsa	Regular	1617.7	386.6	6.2	45.0	3.4	20.2	3.1	2.0
Doritos Nachos Cheese, Salsa and Jalapeno Pepper	Regular	1620.7	387.3	6.2	45.0	3.4	20.2	3.1	2.2
Doritos Nachos Cheese, Salsa and Jalapeno Pepper	Large	2640.1	630.9	9.4	74.4	3.9	31.9	4.0	2.6
Doritos Nachos Double Salsa and Jalapeno Pepper	Large	2308.2	551.5	8.5	70.7	1.0	25.7	2.1	1.0
Doritos Nachos Double Cheese and Jalapeno Pepper	Large	2972.0	710.2	10.2	78.0	6.7	38.0	6.0	4.2

## Hotdogs

<b>Hotdog Portion</b>									
Yankee Dog	Large	2661.1	590.7	28.0	58.7	11.3	34.2	12.4	3.9
Harlem Hot One	Large	2815.1	628.7	27.7	55.1	8.3	40.3	12.9	3.8
West Side Sizzler	Large	2712.5	602.8	28.0	61.7	13.7	34.3	12.5	4.0
The Brooklyn	Large	2872.7	642.3	28.1	56.9	9.6	40.7	12.9	4.0
Nacho Libre	Large	2654.9	589.2	27.8	56.1	7.9	35.4	11.3	3.8
Yankee Dog	Regular	2196.1	480.7	21.5	56.7	10.8	24.7	8.9	2.9
Harlem Hot One	Regular	2350.1	518.7	21.2	53.1	7.8	30.8	9.4	2.8
West Side Sizzler	Regular	2247.5	492.8	21.5	59.7	13.2	24.8	9.0	3.0
The Brooklyn	Regular	2407.7	532.3	21.6	54.9	9.1	31.2	9.4	3.1
Nacho Libre	Regular	2189.9	479.2	21.3	54.1	7.4	25.9	7.8	2.9

## Pre-packed

	Portion/ Pack Size	Energy/ Kilojoules (KJ) (per 100g)	Energy/ Calories (kcal) (per 100g)	Protein (g) (per 100g)	Carbohydrate (g) (per 100g)	of which sugars (g) (per 100ml)	Fat (g) (per 100g)	of which saturates (g) (per 100g)	Salt equivalent (g) (per 100g)
<b>Thomas Tucker Toffee Popcorn</b>		1755.0	415.0	1.4	86.2	69.5	6.6	1.5	1.1
	200	3510.0	830.0	2.9	172.5	138.9	13.3	2.9	2.2
<b>Thomas Tucker Coconut Toffee</b>		1749.0	414.0	2.5	82.1	59.1	7.4	4.8	0.7
	175	3060.8	724.5	4.4	143.7	103.4	13.0	8.3	1.3
<b>Thomas Tucker Fruits of the Forest</b>		1680.0	397.0	2.2	86.0	86.3	4.3	1.1	0.8
	175	2940.0	694.8	3.9	150.5	151.0	7.4	1.9	1.5
<b>Thomas Tucker Chilli and Lemon</b>		1869.0	452.0	7.0	60.1	19.9	17.0	1.4	1.4
	75	1401.8	339.0	5.3	45.1	14.9	12.8	1.1	1.1
<b>Thomas Tucker Smoked Cheddar Cheese</b>		1939.0	464.0	9.1	53.0	4.1	21.6	2.1	2.2
	75	1454.3	348.0	6.8	39.8	3.1	16.2	1.6	1.7
<b>Metcalfe's Skinny Sea Salt Popcorn Single</b>		1962.0	471.0	6.6	48.5	0.4	24.4	20.0	264.0
	20	392.4	94.2	1.3	9.7	0.1	4.9	4.0	52.8
<b>Metcalfe's Skinny Sweet Cinnamon Spice Popcorn Single</b>		1959.0	468.0	4.9	61.5	26.2	20.4	1.8	0.1
	20	391.8	93.6	1.0	12.3	5.2	4.1	0.4	0.0
<b>Metcalfe's Skinny Honey Bee Popcorn Single</b>		1957.0	467.0	6.6	60.4	24.2	20.0	1.5	1.3
	25	489.3	116.8	1.7	15.1	6.1	5.0	0.4	0.3
<b>Metcalfe's Skinny Sweet &amp; Salt Popcorn Single</b>		1920.0	459.0	6.4	59.2	19.6	19.2	1.5	1.3
	25	480.0	114.8	1.6	14.8	4.9	4.8	0.4	0.3
<b>Metcalfe's Skinny Cinema Sweet Popcorn Single</b>		1950.0	466.0	7.8	59.5	8.5	19.5	1.6	trace
	20	390.0	93.2	1.6	11.9	1.7	3.9	0.3	trace
<b>Metcalfe's Skinny Wasabi Popcorn Single</b>		1950.0	466.0	7.8	59.5	8.5	19.5	1.6	trace
	25	487.5	116.5	2.0	14.9	2.1	4.9	0.4	trace
<b>Metcalfe's Skinny Sea Salt Popcorn Sharing Bag</b>		1962.0	471.0	6.6	48.5	0.4	24.4	20.0	264.0
	70	1373.4	329.7	4.6	34.0	0.3	17.1	14.0	184.8
<b>Metcalfe's Skinny Honey Bee Popcorn</b>		1957.0	467.0	6.6	60.4	24.2	20.0	1.5	1.3
	75	1467.8	350.3/td >	5.0	45.3	18.2	15.0	1.1	0.9
<b>Metcalfe's Skinny Sweet &amp; Salt Popcorn Sharing Bag</b>		1920.0	459.0	6.4	59.2	19.6	19.2	1.5	1.3
	80	1536.0	367.2	5.1	47.4	15.7	15.4	1.2	1.0
<b>Metcalfe's Skinny Cinema Sweet Popcorn</b>		1950.0	466.0	7.8	59.5	8.5	19.5	1.6	trace
	70	1365.0	326.2	5.5	41.7	6.0	13.7	1.1	trace
<b>Metcalfe's Skinny Dark Chocolate Popcorn Thin</b>		2000.0	477.0	6.4	64.5	30.0	20.3	12.7	0.2
	35	680.0	162.2	2.2	21.9	10.2	6.9	4.3	0.1
<b>Metcalfe's Skinny Milk Chocolate Popcorn Thin</b>		2019.0	481.0	6.3	68.9	30.5	19.5	11.5	0.2
	34	686.5	163.5	2.1	23.4	10.4	6.6	3.9	0.1
<b>Metcalfe's Skinny Dark Corncakes</b>		1972.0	471.0	7.7	60.9	19.7	20.6	12.9	0.2
	50	986.0	235.5	3.9	30.5	9.9	10.3	6.5	0.1
<b>Metcalfe's Skinny Milk Corncakes</b>		1987.0	473.0	7.4	67.1	22.3	19.2	12.1	0.2
	50	993.5	236.5	3.7	33.6	11.2	9.6	6.1	0.1

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<b>Metcalfe's Skinny Dark Rice Cake</b>		1901.0	452.0	5.9	70.1	4.7	15.8	1.6	1.5
	50	950.5	226.0	3.0	35.1	2.4	7.9	0.8	0.8
<b>Metcalfe's Skinny Milk Rice Cake</b>		2036.0	486.0	6.0	64.0	28.0	22.2	15.4	0.1
	50	1018.0	243.0	3.0	32.0	14.0	11.1	7.7	0.0
<b>Metcalfe's Skinny Yogurt Rice Cake</b>		1961.0	469.0	8.9	64.5	29.9	18.6	11.5	0.3
	50	980.5	234.5	4.5	32.3	15.0	9.3	5.8	0.1
<b>Metcalfe's Skinny Popcorn Crisps Sweet Chilli</b>		1901.0	452.0	5.9	70.1	4.7	15.8	1.6	1.5
	37	703.4	167.2	2.2	25.9	1.7	5.8	0.6	0.6
<b>Metcalfe's Skinny Popcorn Crisps Kettle Original</b>		1972.0	470.0	5.4	68.2	1.8	18.6	2.6	1.2
	30	591.6	141.0	1.6	20.5	0.5	5.6	0.8	0.3
<b>Metcalfe's Skinny Popcorn Crisps Say Cheese!</b>		1915.0	456.0	6.9	70.0	2.3	15.9	2.0	1.4
	37	708.6	168.7	2.6	25.9	0.9	5.9	0.7	0.5
<b>Candy Floss</b>		1711.0	403.0	0.1	99.6	99.6	0.5	0.5	0.0
	100	1711.0	403.0	0.1	99.6	99.6	0.5	0.5	0.0
	50	855.5	201.5	0.0	49.8	49.8	0.2	0.2	0.0
<b>Candy Floss (Dublin)</b>		1005.0	240.0	0.0	100.0	100.0	0.0	0.0	0.0
	70	703.5	168.0	0.0	70.0	70.0	0.0	0.0	0.0
	25	251.3	60.0	0.0	25.0	25.0	0.0	0.0	0.0
<b>Ritz Thins Cheese &amp; Onion</b>		1890.0	450.0	5.7	68.0	5.4	16.0	1.8	1.4
	100	1890.0	450.0	5.7	68.0	5.4	16.0	1.8	1.4
<b>Ritz Thins Salt &amp; Vinegar</b>		1875.0	455.0	5.6	67.0	5.7	16.0	1.7	1.9
	100	1875.0	455.0	5.6	67.0	5.7	16.0	1.7	1.9
<b>Sensations Thai Sweet Chilli</b>		2105.0	504.0	5.0	59.1	3.6	26.2	2.1	1.6
	150	3157.5	756.0	7.5	88.7	5.4	39.3	3.2	2.4
<b>Walkers Mixups Snacks Mix Spicy</b>		2059.0	492.0	6.4	60.0	3.5	24.0	2.1	1.7
	110	2264.9	541.2	7.0	66.0	3.9	26.4	2.3	1.9
<b>Walkers Mixups Snacks Mix Cheese</b>		2081.0	497.0	6.0	61.0	4.6	25.0	2.5	1.7
	110	2289.1	546.7	6.6	67.1	4.7	27.5	2.8	1.8
<b>Doritos Cool Original</b>		2115.0	506.0	8.2	57.1	2.8	26.5	3.0	1.8
	200	4230.0	1012.0	16.4	114.2	5.6	53.0	6.0	3.7
<b>Doritos Tangy Cheese</b>		2115.0	506.0	8.2	57.1	2.8	26.5	3.0	1.8
	200	4230.0	1012.0	16.4	114.2	5.6	53.0	6.0	3.7
<b>Doritos Chilli Heatwave</b>		2090.0	500.0	4.8	60.6	4.8	25.8	6.1	1.6
	200	4180.0	1000.0	9.6	121.2	9.6	51.6	12.2	3.2

## GUIDELINES DAILY AMOUNT VALUES

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