

## IMC CINEMAS NUTRITIONAL INFORMATION

<b>POPCORN</b>	Serving size (g)	Energy (cals)	Protein	Carbohydrate	Sugar	Fibre	Fat	Salt equivalent
<b>Salted Popcorn</b>								
Large	165g	1009	16.5	122		33	50	2.7
Medium	125g	765	12.5	92.5		25	38	2.05
Small	60g	367	6	44.4		12	18.3	0.09

<b>NACHOS</b>	Serving size (g)	Energy (cals)	Protein	Carbohydrate	Sugar	Fibre	Fat	Salt equivalent
<b>Nachos</b>								
Nacho Chips	100g	472	6.6	64	1.5	4	20	1
Salsa	100g	38	1.4	7.1	5.8	0.8	0.1	1
Cheese Sauce	100g	180	2	9	3	0	15	2.4

<b>DISPENSED DRINKS</b>	Serving size (g)	Energy (cals)	Protein	Carbohydrate	Sugar	Fibre	Fat	Salt equivalent
<b>Kids Drinks</b>								
Kids Coke	12oz	146	0	36.4	34.6	0	0	0
Kids Diet Coke	12oz	2	0	0	0	0	0	0
Kids Coke Zero	12oz	1	0	0	0	0	0	Trace
Kids Fanta Orange	12oz	146	0	35.72	35.72	0	0	0
Kids Sprite	12oz	96	0	22.45	22.45	0	0	Trace
<b>Small Drinks</b>								
Small Coke	16oz	195	0	48.53	48.53	0	0	0
Small Diet Coke	16oz	2	0	0	0	0	0	0
Small Coke Zero	16oz	1	0	0	0	0	0	Trace
Small Fanta Orange	16oz	195	0	47.63	47.63	0	0	0
Small Sprite	16oz	127	0	29.94	29.94	0	0	Trace
<b>Medium Drinks</b>								
Medium Coke	22oz	268	0	66.73	66.73	0	0	0
Medium Diet Coke	22oz	3	0	0	0	0	0	0
Medium Coke Zero	22oz	2	0	0	0	0	0	Trace
Medium Fanta Orange	22oz	268	0	65.49	65.49	0	0	0
Medium Sprite	22oz	175	0	41.16	41.16	0	0	Trace
<b>Large Drinks</b>								
Large Coke	32oz	390	0	97.07	97.07	0	0	0
Large Diet Coke	32oz	5	0	0	0	0	0	0
Large Coke Zero	32oz	3	0	0	0	0	0	Trace
Large Fanta Orange	32oz	390	0	95.25	95.25	0	0	0
Large Sprite	32oz	254	0	59.87	59.87	0	0	Trace

<b>SWEETS</b>	Serving size (g)	Energy (cals)	Protein	Carbohydrate	Sugar	Fibre	Fat	Salt equivalent
<b>Pre-packed Sweets</b>								
Maltesers Pouch	93g	467.8	7.6	57.3	48.1		22.9	0.4
Funsize Maltesers	195g	980.87	15.93	120.15	100.85		48.02	0.83
Black medium Maltesers	100g	503	8.2	61.6	51.7		24.6	0.45
Minstrels Pouch	118g	587.6	6.1	81.5	80.1		25.8	0.3
Galaxy Counters Pouch	112g	469.33	6.22	52.62	52.09		25.69	0.23
M&M Peanut Pouch	140g	716.8	13.7	82.5	74.9		35.7	0.1
M&M Chocolate Pouch	140g	672	7.14	98.28	94.78		27.02	0.18
M&M Crispy Pouch	121g	597.7	5.4	79	66.8		28.1	0.4
Revels Pouch	101g	387.17	4.17	54.19	52.06		16.83	0.23
Starburst Pouch	210g	850.5	0	176.19	174.51		15.33	0.02
Skittle Fruits Pouch	196g	791.84	0	177.06	176.2		8.23	0.06
Skittle Sours Pouch	196g	789.88	0	174.83	174.83		8.23	0.06
Mikky Way Magic Stars	91g	508.7	5.8	49.3	48.8		31.6	0.2
Funsize Milkyway	227g	1005.61	7.49	166.61	150.27		34.08	1.22
Funsize Twix	275g	1355.75	12.1	178.46	135.02		65.18	1.13
Mars Bites	96g	429.47	5.05	68.21	55.58		17.68	
Funsize Mars	250g	1107.5	9.75	176.76	154.75		39.25	1.08
Twix bites	123g	499	6	64.3	51.5		23.8	0.17
Snickers bites	119g	577.9	9.7	73.6	63		26.3	

<b>CRISPS</b>	Serving size (g)	Energy (cals)	Protein	Carbohydrate	Sugar	Fibre	Fat	Salt equivalent
<b>Packaged Crisps</b>								
Hunky Dory Sour cream	34g	180	2	18.8	1.3		10.5	0.6
Hunky Dory Salt&Vinegar	34g	179	1.7	18.6	0.2		10.7	0.8
Hunky Dory Cheese&Onion	34g	177	2.3	18.3	0.8		10.3	0.7
Hunky Dory Buffalo	34g	177	1.9	18.6	0.8		10.3	0.9
O'Donnell's Cheese&Onion	40g	205	2.3	22.3	2		11.5	0.5
O'Donnell's BBQ	40g	206	2.2	22.1	1.5		11.8	0.5
O'Donnell's Cheddar&Relish	40g	200	2.4	21.7	1.6		11	0.6
O'Donnell's Salt&Vinegar	40g	205	2.1	21.7	0.5		12	0.9
O'Donnell's Salted	40g	210	2.1	21.5	0.2		12.6	0.5
O'Donnell's Sweet Chilli	40g	207	2.2	22.4	1.6		11.8	0.5

<b>ICE-CREAM</b>	Serving size (g)	Energy (cals)	Protein	Carbohydrate	Sugar	Fibre	Fat	Salt equivalent
<b>Packaged Ice-Cream</b>								
B&J Car Chew	100g	280	3.5	30	26		16	0.22
B&J Peanut Butter	100g	330	7	25	23		22	0.49
B&J Choc Fudge	100g	247	4.2	30	27		13	0.19
B&J Vanilla	100g	167	2.9	14	14		11	0.1
B&J Cookie Dough	100g	270	4	30	25		15	0.17
B&J Straw Cheesecake	100g	178	2.3	20	17		9.9	0.16
Ice Burger	100g	187	3.1	27	17		7.4	0.29
Magun Classic	100g	244	2.8	23	21		15	0.1
Magun White	100g	239	2.8	26	24		14	0.12
Maxi Twist	100g	122	2.4	16	16		5.4	0.13
Cornetto Class	100g	236	2.6	26	17		14	0.16
Brunch	100g	170	2.2	16	12		11	0.1
Cornetto Strawberry	100g	176	1.4	27	21		7	0.1
Calippo	100g	100	0.5	24	20		0.5	0.013
Twister	100g	82	1	17.2	14		0.1	0.02

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