

VUE ENTERTAINMENT DRINKS NUTRITIONAL INFORMATION

	Portion/ Pack Size	Energy/ Kilojoules (KJ)	Energy/ Calories (Kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	of which saturates (g)	Fibre (g)	Sodium (mg)	Salt equivalent (g)	
SOFT DRINKS* All cups include a standard serving of ice												
Coca Cola (Dispensed)												
	Large	900	210	0	53	53	0	0	0	0	0	
	Regular	540	126	0	31.8	31.8	0	0	0	0	0	
	Junior	432	101	0	25.5	25.5	0	0	0	0	0	
	Kids	324	76	0	19.1	19.1	0	0	0	0	0	
Coca Zero (Dispensed)												
	Large	7	1.5	0	0	0	0	0	0	trace	0	
	Regular	4.2	0.9	0	0	0	0	0	0	trace	0	
	Junior	3.4	0.7	0	0	0	0	0	0	trace	0	
	Kids	2.5	0.5	0	0	0	0	0	0	trace	0	
Diet Coke (Dispensed)												
	Large	7	1.5	0	0	0	0	0	0	trace	0	
	Regular	4.2	0.9	0	0	0	0	0	0	trace	0	
	Junior	3.4	0.7	0	0	0	0	0	0	trace	0	
	Kids	2.5	0.5	0	0	0	0	0	0	trace	0	
Fanta Orange (Dispensed)												
	Large	470	113	0	26.8	26.8	0	0	0	0	0.1	
	Regular	325	79	0	18.5	18.5	0	0	0	0	0.1	
	Junior	235	57	0	13.4	13.4	0	0	0	0	0.1	
	Kids	174	42	0	9.9	9.9	0	0	0	0	0	
Fanta Zero (Dispensed)												
	Large	25	5	0	0	0	0	0	0	0	0	
	Regular	15	3	0	0	0	0	0	0	0	0	
	Junior	12	2.4	0	0	0	0	0	0	0	0	
	Kids	9	1.8	0	0	0	0	0	0	0	0	
Sprite Zero (Dispensed)												
	Large	23.8	6	0	0	0	0	0	0	0	0.4	
	Regular	16.5	4.1	0	0	0	0	0	0	0	0.3	
	Junior	11.9	3	0	0	0	0	0	0	0	0.2	
	Kids	8.8	2.2	0	0	0	0	0	0	0	0.2	
Schweppes Lemonade (Mixer Dispensed)												
		180	43.2	0	10.1	10.1	0	0	0	48	0.12	
MILKSHAKES												
Chocolate Milkshake												
	Junior	1725	476	14.3	66	64	7.52	4.4	3.8	78.5	0.2	
	Regular	2950	705	20.2	110.1	105.2	10.7	6	6.5	178.1	0.4	
	Large	3980	951	29.6	140.8	134.6	15.7	8.8	8.7	228.1	0.6	
Strawberry Milkshake												
	Junior	1903	455	14.3	66	64.2	7.52	4.2	3.8	78.6	0.2	
	Regular	2776	664	19.1	102.2	98.9	10.1	5.6	5.3	107	0.3	
	Large	3806	910	28.5	132	128.3	15.1	8.4	7.5	157	0.4	
Vanilla Milkshakes												
	Junior	1545	369	14.1	44.7	44.1	7.5	4.2	3.3	75	0.19	
	Regular	2060	492	18.8	59.6	58.8	10	5.6	4.4	100	0.25	
	Large	3090	738	28.2	89.4	88.2	15	8.4	6.6	150	0.38	
MILKSHAKE TOPPINGS												
	Crunchie Bits	30g	606	145	0.4	22.2	18.6	5.7	3.6	0.36	0	0.10
	Cadbury Chunks	30g	666	159	2.3	17	16.8	9.2	5.6	0.21	69	0.18
	Oreo Crumb	30g	603	144	1.5	20.7	11.4	6	3	0.8	27	0.7

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FROZEN DRINKS

Tango Ice Blast Raspberry (Dispensed)

Large	664	155	0	35	0	0	0	0	0	Trace	Trace
Regular	438	102	0	23	0	0	0	0	0	Trace	Trace
Junior	263	61	0	14	0	0	0	0	0	Trace	Trace

Tango Ice Blast Orange (Dispensed)

Large	664	155	0	35	0	0	0	0	0	Trace	Trace
Regular	438	102	0	23	0	0	0	0	0	Trace	Trace
Junior	263	61	0	14	0	0	0	0	0	Trace	Trace

Tango Ice Blast Cherry (Dispensed)

Large	664	155	0	35	0	0	0	0	0	Trace	Trace
Regular	438	102	0	23	0	0	0	0	0	Trace	Trace
Junior	263	61	0	14	0	0	0	0	0	Trace	Trace

Tango Ice Blast Strawberry & Banana (Dispensed)

Large	518	118	0	28	0	0	0	0	0	Trace	Trace
Regular	342	78	0	19	0	0	0	0	0	Trace	Trace
Junior	205	47	0	11	0	0	0	0	0	Trace	Trace

Frozen Fanta Raspberry (Dispensed)

Large	697	166	0	42.5	26.5	0	0	0	0	Trace	Trace
Regular	460	110	0	28	17.5	0	0	0	0	Trace	Trace
Junior	276	66	0	16.83	10.5	0	0	0	0	Trace	Trace

Frozen Fanta Strawberry (Dispensed)

Large	697	166	0	42.5	26.5	0	0	0	0	Trace	Trace
Regular	460	110	0	28	17.5	0	0	0	0	Trace	Trace
Junior	276	66	0	16.83	10.5	0	0	0	0	Trace	Trace

HOT DRINKS

Lakeland Barista Milk

188	45	3.7	5.4	5.4	1	0.6	0	53	0.1
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Cravendale Milk

205	49	3.6	4.8	4.8	1.7	1	0	40	0.1
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Fairtrade White Sugar Stick

1610	384	N/A	96	N/A	N/A	N/A	N/A	N/A	N/A
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English Breakfast Tea

*Milk will add additional calories

Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace

English Garden Green Tea

Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace

English Garden Camomile Tea

Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace

English Garden Peppermint Tea

Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace

English Garden Earl Grey Tea

Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace

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HOT DRINKS (CONT.)											
Lavazza Cappuccino											
	Large	739	177	13.7	19.2	18.4	4.4	2	3.6	180	0.3
	Regular	523	136	9.4	13	12.2	3.3	1.8	3.6	119	0.3
Lavazza Latte											
	Large	739	177	13.7	19.2	18.4	4.4	2	3.6	180	0.3
	Regular	523	136	9.4	13	12.2	3.3	1.8	3.6	119	0.3
Hot Chocolate											
	Large	1175	278	13.7	46.7	46.1	3.9	2.4	0		0.5
	Regular	881	209	10.3	35.1	34.6	3	1.8	0		0.4
Lavazza Americano (Without Milk)											
<small>*Milk will be added calories</small>											
	Large	100	24	1.1	0.88	0.4	1	0.46	3.6	0	0.1
	Regular	100	24	1.1	0.88	0.4	1	0.46	3.6	0	0.1
Lavazza Espresso shot											
	4oz	100	24	1.1	0.88	0.4	1	0.46	3.6	0	0.1

STARBUCKS - PRESTON & BEDFORD											
Espresso											
	Single	24	6	0.3	1	0	0	0	0	0	0
	Double	48	11	0.7	2	0	0	0	0	0	0
Americano											
	Regular	23	5	0.4	1	0	0	0	0	0	0
	Large	46	11	0.7	2	0	0	0	0	0	0
Latte											
	Regular	578	128	7.1	11.3	9.4	7.2	4.6	0	0	0.2
	Large	695	166	8.5	13.4	11.4	8.7	5.6	0	0	0.2
Cappuccino - Skimmed											
	Regular	393	93	8.8	13.8	11.9	4.3	2.6	0	0	0.2
	Large	436	103	10.3	15.3	13.3	4.8	2.9	0	0	0.3
Cappuccino - Semi											
	Regular	542	129	9.3	13.4	11.4	8.5	5.5	0	0	0.2
	Large	603	143	10.3	14.8	12.8	9.6	6.1	0	0	0.3
Cappuccino - Whole											
	Regular	680	163	8.3	13.1	11.1	8.5	8.5	0	0	0.2
	Large	758	181	9.2	14.5	12.5	9.6	6.1	0.3	0	0.3
Hot Chocolate - Skimmed											
	Regular	851	203	7.2	23.9	23.1	8.4	5.8	1.6	0	0.1
	Large	1037	247	8.6	29.9	28.8	9.9	6.8	2.1	0	0.2
Cappuccino - Semi											
	Regular	978	234	7.6	23.5	22.7	11.8	8	1.6	0	0.1
	Large	1188	284	9.1	29.4	28.3	14	9.4	2.1	0	0.2
Cappuccino - Whole											
	Regular	1094	262	6.8	23.3	22.5	15.4	10.4	1.6	0	0.1
	Large	1327	318	8.1	29.2	28.1	18.3	12.3	2.1	0	0.2
Mocha - Skimmed											
	Regular	820	196	6.3	22.8	20.5	11	7.5	1.6	0	0.1
	Large	1045	249	8.6	30	27.4	13.7	9.2	2	0	0.2
Mocha - Semi											
	Regular	920	220	6.6	22.8	20.5	11	7.5	1.6	0	0.1
	Large	1186	283	9	30	27.4	13.7	9.2	2	0	0.2

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STARBUCKS - PRESTON & BEDFORD (CONT.)

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Mocha - Whole											
	Regular	1012	242	6	22.7	20.4	13.8	9.4	1.6	0	0.1
	Large	1316	315	8.2	29.8	27.2	17.7	11.9	2	0	0.2
Caramel Macchiato - Skimmed											
	Regular	621	146	8.7	25.8	23.3	1	0.5	0	0	0.3
	Large	792	187	10.8	33.5	31	1	0.5	0	0	0.3
Caramel Macchiato - Semi											
	Regular	767	180	9.1	25.3	22.9	4.9	3	0	0	0.3
	Large	977	229	11.4	33	30.4	6	3.7	0	0	0.3
Caramel Macchiato - Whole											
	Regular	902	215	8.2	25.1	22.6	9.1	5.8	0	0	0.3
	Large	1148	273	10.2	32.7	30.1	11.3	7.2	0	0	0.3
Chai Latte - Skimmed											
	Regular	679	160	5.7	32.9	32.8	0.2	0	1.8	0	0.2
	Large	881	208	7.2	42.9	42.8	0.3	0	2.4	0	0.2
Chai Latte - Semi											
	Regular	780	185	6	32.5	32.5	3	1.8	1.8	0	0.2
	Large	1009	239	7.6	42.9	42.4	3.7	2.2	2.4	0	0.2
Chai Latte - Whole											
	Regular	875	208	5.4	32.4	32.3	5.9	3.7	1.8	0	0.2
	Large	1127	268	6.8	42.3	42.2	7.4	4.7	2.4	0	0.2

PACKAGED DRINKS

Glaceau Smart Water		0	0	0	0	0	0	0	0	0	0
	600	0	0	0	0	0	0	0	0	0	0
Glaceau Sparkling Water		0	0	0	0	0	0	0	0	0	0
	600	0	0	0	0	0	0	0	0	0	0
Coca Cola		176	42	0	10.6	10.6	0	0	0	0	0
	500	880	210	0	53	53	0	0	0	0	0
Coke Zero		1.5	0.5	0	0	0	0	0	0	trace	0
	500	7.5	2.5	0	0	0	0	0	0	trace	0
Coke Zero Cherry		1.5	0.4	0	0	0	0	0	0	0	0
	500	8	2	0	0	0	0	0	0	0	0
Coke Zero Vanilla		1	0.3	0	0	0	0	0	0	0	0
	500	5	1.5	0	0	0	0	0	0	0	0.1
Diet Coke		2	0.5	0	0	0	0	0	0	trace	0
	500	10	2.5	0	0	0	0	0	0	trace	0
Diet Coke Sublime		1.9	0.5	0	0	0	0	0	0	0	0
	500	10	2	0	0	0	0	0	0	0	0
Dr Pepper		85	20	0	4.9	4.9	0	0	0	trace	0
	500	426	100	0	24	24	0	0	0	trace	0
Dr Pepper Zero		2.1	0.5	0	0	0	0	0	0	trace	0
	500	10	2	0	0	0	0	0	0	trace	0
Fanta Fruit Twist		85	20	0	4.8	4.8	0	0	0	0	0
	500	426	100	trace	24	24	0	0	trace	0	0
Fanta Icy Lemon		81	19	0	4.5	4.5	0	0	0	0	0
	500	406	96	0	22	22	0	0	0	0	0.1
Fanta Orange		79	19	0	4.6	4.6	0	0	0	0	0
	500	395	95	0	23	23	0	0	0	0	0
Lilt		84	20	0	4.5	4.5	0	0	0	0	0
	500	420	100	trace	23	23	0	0	0	0	0

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PACKAGED DRINKS (CONT.)											
Sprite		59	14	0	3.3	3.3	0	0	0	0	0
	500	295	70	0	16.5	16.5	0	0	0	0	0
Oasis Citrus Punch		77	18	0	4.1	4	0	0	0	0	0.1
	500	388	92	0	20	20	0	0	0	0	0.2
Oasis Sour Cherry		75	18	0	4.1	4.1	0	0	0	0	0.1
	500	375	90	0	20.5	20.5	0	0	0	0	0.5
Oasis Summer Fruits		76	18	trace	4.1	4	0	0	trace	0	0.1
	500	382	90	trace	20	20	0	0	trace	0.2	0.2
Oasis Summer Fruits Light		13	3	0	0.5	0.5	0	0	0	0	0.5
	500	65	15	0	2.5	2.5	0	0	0	0.2	0
Fruit Shoot Low Sugar Blackcurrant and Apple		21	5	0	0.8	0.8	0	0	0	trace	0
	275	58	14	0	2.2	2.2	0	0	0	trace	0
Fruit Shoot Low Sugar Blackcurrant and Apple		21	5	0	0.8	0.8	0	0	0	trace	0
	200	42	10	0	1.6	1.6	0	0	0	trace	0
Fruit Shoot Low Sugar Orange		21	5	0	0.8	0.8	0	0	0	trace	0
	275	47	11.3	0	1.8	1.8	0	0	0	trace	0
Fruit Shoot Low Sugar Orange		21	5	0	0.8	0.8	0	0	0	trace	0
	200	42	10	0	1.6	1.6	0	0	0	trace	0
Fruit Shoot Hydro Orange and Pineapple		4	1	0	0	0	0	0	0	trace	0
	350	14	3.5	0	0	0	0	0	0	trace	0
Fruit Shoot Hydro Blackcurrant		4	1	0	0	0	0	0	0	trace	0
	350	14	3.5	0	0	0	0	0	0	trace	0
J20 Orange and Passionfruit		79	19	0	4.1	4.1	0	0	0	0	0
	250	198	48	0	10.3	10.3	0	0	0	0	0
J20 Apple and Raspberry		79	19	0	4	4	0	0	0	trace	0.1
	250	198	48	0	10	10	0	0	0	trace	0.2
Irn-Bru		79	19	0.5	4.5	4.5	0	0	0	trace	0
	500	395	95	2.5	22.5	22.5	0	0	0	trace	0.1
Irn-Bru Sugar Free		3	0.7	0.5	0	0	0	0	0	trace	0
	500	15	3.5	2.5	0	0	0	0	0	trace	0.1
Red Bull		192	46	0	11	11	0	0	0	trace	0
	250	480	115	0	27.5	27.5	0	0	0	trace	0
Riverrock		0	0	0	0	0	0	0	0	0	0
	750	0	0	0	0	0	0	0	0	0	0
Powerade 104 Berry and Tropical flavour		71	16	0	3.9	3.9	0	0	0	<0.1	<0.1
	500	355	80	0	19.5	19.5	0	0	0	0	trace
Fruice Juicy Apple & Blackcurrant		25	12.5	52.5	0.3	2.5	2.5	trace	trace	trace	trace
	250	12.5	52.5	0.3	2.5	2.5	trace	trace	trace	trace	trace
Sanpellegrino Limonata		330	302	71	0	15.5	15.5	0	0	0.3	0
	330	302	71	0	15.5	15.5	0	0	0.3	0	0
Sanpellegrino Aranciata		330	286	67	0.4	15.5	15.5	0	0	0	0
	330	286	67	0.4	15.5	15.5	0	0	0	0	0
Costa Caramel Latte Can		250	400	95	3	13	8	3.8	2.7	0	trace
	250	400	95	3	13	8	3.8	2.7	0	trace	0.1
Costa Latte Can		250	445	105	4.3	13	9.5	4.3	3	0	trace
	250	445	105	4.3	13	9.5	4.3	3	0	trace	0.2
Monster Energy		500	1006	237	0	60	55	0	0	0	1
	500	1006	237	0	60	55	0	0	0	0	1

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PACKAGED DRINKS (CONT.)											
Monster Energy Ultra	500	50	11	0	4.4	0	0	0	0	0	1
Capri - Sun Orange	330	293	69	0	16	16	0	0	0	0	0
Capri - Sun Orange	200	178	420	0	9.8	9.8	0	0	0	0	0
Capri-Sun Apple and Blackcurrant	200	42	100	0	1.8	1.6	0	0	0	0	0
Fuze Tea Mango and Camolie	400	316	76	0	17.6	17.2	0	0	0	0	0
Fuze Tea Hibiscus	400	316	76	0	17.2	17.2	0	0	0	0	0