

Latest Update:		8/11/2021									
Nutritional information		Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohyd rate (g)	Carbohyd rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalen t (g)	Fibre (g)
POPCORN per serving											
Sweet Popcorn Kids Mix - 47g		951.28	227.48	10.34	0.85	29.14	15.98	2.73	0.00	0.00	0.00
Salt Popcorn Kids Mix - 29g		583.48	139.49	6.96	0.52	15.37	0.20	2.58	0.19	0.46	0.00
Sweet Popcorn Regular - 87g		1760.88	421.08	19.14	1.57	53.94	29.58	5.05	0.00	0.01	0.00
Salt Popcorn Regular - 54g		1086.48	259.74	12.96	0.97	28.62	0.38	4.81	0.35	0.86	0.00
Sweet Popcorn Medium - 176g		3562.24	851.84	38.72	3.17	109.12	59.84	10.21	0.01	0.02	0.00
Salt Popcorn Medium - 110g		2213.20	529.10	26.40	1.98	58.30	0.77	9.79	0.70	1.76	0.00
Sweet Popcorn Large - 298g		6031.52	1442.32	65.56	5.36	184.76	101.32	17.28	0.01	0.03	0.00
Salt Popcorn Large - 199g		4003.88	957.19	47.76	3.58	105.47	1.39	17.71	1.27	3.18	0.00
Fast and Furious 9 Popcorn Tin - Sweet 223g		4513.52	1079.32	49.06	4.01	138.26	75.82	12.93	0.01	0.02	0.00
Fast and Furious 9 Popcorn Tin - Salt 139g		5995.76	1433.38	71.52	5.36	157.94	2.09	26.52	1.91	4.77	0.00
Kids Mix Sweet Popped 44g		2186.08	527.56	39.60	33.44	38.37	12.76	4.22	0.00	0.00	5.28
Regular Sweet Popped 90g		2340.80	560.60	22.36	16.72	80.52	26.60	8.88	0.00	0.00	11.12
Medium Sweet Popped 160g		4220.30	1010.85	40.99	30.80	143.90	47.85	15.82	0.00	0.01	19.81
Large Sweet Popped 277g		7475.82	1790.74	73.08	55.00	253.89	84.04	27.97	0.00	0.01	35.03
Kids Mix Salt Popped 44g		879.70	211.65	11.37	8.80	23.56	1.65	3.61	0.00	0.00	4.52
Regular Salt Popped 90g		1879.10	451.70	22.15	16.72	54.35	3.80	8.33	0.00	0.00	10.43
Medium Salt Popped 160g		3920.79	943.54	51.93	40.48	102.59	7.42	15.67	0.00	0.00	19.63
Large Salt Popped 277g		5843.54	1407.28	83.15	66.00	142.14	11.38	21.53	0.00	0.00	26.97
Fast and Furious Tin - Sweet Popped 281g		5214.48	1248.49	48.37	3.10	182.27	60.61	20.04	0.00	0.01	25.09
Fast and Furious Tin - Salt Popped 242g		4694.99	1129.96	61.12	4.08	124.13	3.58	19.85	2.30	5.76	24.86
ButterWhirl ROI - 10g		340.40	82.80	9.20	2.10	0.00	0.00	0.00	0.05	0.13	0.00
ButterWhirl ROI - 20g		680.80	165.60	18.40	4.20	0.00	0.00	0.00	0.10	0.26	0.00
ButterWhirl ROI - 30g		1021.20	248.40	27.60	6.30	0.00	0.00	0.00	0.15	0.38	0.00
Smarties Hexatubes 38g		749.74	178.60	7.14	4.33	25.84	23.86	2.39	0.02	0.05	0.68
Rolo Tube 36g		721.44	172.08	7.45	4.10	24.26	20.88	1.73	46.08	0.12	0.43
Mini Rolos 40g (Replaced by Rolo Tube)		832.80	198.80	9.52	5.44	26.20	23.72	1.80	0.04	0.11	0.44
Oreos 33g		660.33	147.51	6.27	1.72	22.77	12.54	1.72	0.00	0.24	0.99
FILM FOOD											
Hot Dog (per serving)											
Large Pork Hot Dog - 120g		1478.40	357.60	32.40	14.40	0.60	0.60	15.60	0.91	2.28	4.80
Side Sliced Jumbo Hot Dog Roll 85g		935.85	221.00	2.98	1.02	39.95	4.08	7.48	0.29	0.72	2.21
Nachos (per serving)											
Medium Tortilla Chips - 110g		2124.10	508.20	20.13	1.65	72.27	2.31	5.83	0.47	1.21	7.26
Large Tortilla Chips - 150g		2896.50	693.00	27.45	2.25	98.55	3.15	7.95	0.65	1.65	9.90
Hot Food (per serving)											
Chicken Strips Southern Fried Portion 3 - 120g		1112.40	265.20	11.88	5.16	19.20	0.96	19.20	0.62	1.56	0.00
Chicken Strips Southern Fried Portion 5 - 200g		1854.00	442.00	19.80	8.60	32.00	1.60	32.00	1.04	2.60	0.00
Chicken Strips Classic Portion 3 - 120g		1015.20	242.40	12.00	5.64	13.20	0.00	20.40	0.42	1.06	0.00
Chicken Strips Classic Portion 5 - 200g		1692.00	404.00	20.00	9.40	22.00	0.00	34.00	0.70	1.76	0.00
Chicken Strips Classic Sub - 160g		1483.20	353.60	15.84	6.88	25.60	1.28	25.60	0.83	2.08	0.00
McCain Our Menu Sig Crispers 175g		1697.50	406.00	16.10	1.23	56.00	1.05	4.90	0.46	1.16	6.83
Mozzarella Sticks 100g		1313.00	314.00	16.50	6.30	27.80	1.80	12.80	0.76	1.90	1.60
Rapeseed Cooking Oil - 100g		3404.00	828.00	92.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00
Pizzella Margherita 200g		2098.00	498.20	13.80	8.20	72.00	18.40	19.40	0.00	3.38	4.20
Pizzella Pepperoni 225g		2203.43	524.03	16.88	8.33	56.93	20.03	33.53	0.00	3.80	5.18
Moving Mountains Vegan Burger (Per 100g Only at Leicester Square)		1119.00	270.00	19.80	17.60	6.10	0.60	14.30	0.44	1.10	5.00
Chef's Larder Gourmet Burger Bun (Per 100g Only at Leicester Square)		1120.00	265.00	4.50	1.60	46.00	2.50	9.20	0.37	0.93	1.90
Toppings (per serving)											
Jalapenos - 142g		120.70	28.40	0.00	0.00	5.68	2.84	0.00	1.39	3.48	2.84
Chunky Salsa - 142g		411.80	99.40	0.00	0.00	19.88	10.51	1.85	1.24	3.12	2.56
Mexican Salsa - 142g (Replacing the Chunky Salsa)		414.64	97.98	0.28	0.14	20.31	12.35	1.70	0.88	2.20	2.13
Creamy Garlic and Herb dip - 142g		940.04	227.20	20.31	12.92	5.54	2.41	5.54	0.57	1.56	0.43
Vegetarian Mature Cheese Sauce - 142g		1086.30	261.28	19.31	10.51	3.55	0.85	18.03	1.14	2.70	0.28
Guacamole-142g		903.12	215.84	19.88	3.12	10.51	2.70	2.13	0.62	1.56	5.96
Onions - 142g		106.50	25.56	0.00	0.00	2.13	1.85	2.13	0.01	0.01	4.26
Vegetarian Mature Cheese Sauce Mini Pots - 110g		841.50	202.40	14.96	8.14	2.75	0.66	13.97	0.88	2.09	0.22
Gherkins - 142g		249.92	58.22	0.28	0.00	13.21	13.21	0.85	0.21	0.57	1.99
Toppings (per 100g)											
Chef's Larder Tomato Ketchup -13g		45.11	10.66	0.07	0.01	2.47	1.56	0.09	0.07	0.18	0.00
Chef's Larder American-Style Mustard - 13g		35.75	8.58	0.55	0.04	0.14	0.08	0.52	0.15	0.38	0.53
Silver Screen Assorted Biscuits (Per Biscuit)											

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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Custard Cream - 12g	247.80	59.04	2.52	1.56	8.16	3.72	0.65	0.02	0.06	0.00
Shortcake - 10.3g	214.03	51.09	2.47	1.03	6.49	1.96	0.64	0.03	0.08	0.00
Sugared Jam Ring - 13g	253.24	60.32	2.34	1.13	8.84	3.51	0.75	0.03	0.08	0.00
Coconut Ring - 8.3g	170.15	40.59	1.74	0.91	5.56	2.16	0.49	0.03	0.07	0.00
Fruit Shortcake - 8g	156.88	37.36	1.60	0.65	5.20	1.92	0.46	0.03	0.07	0.00
Bourbon Cream - 14g	285.60	68.18	3.08	1.82	9.24	4.06	0.78	0.01	0.03	0.00
Dark Vanilla Cream - 14.1g	291.45	69.51	3.10	1.97	9.45	4.51	0.69	0.01	0.03	0.00
Oat Crunch Cream - 12.5g	251.38	60.00	2.63	1.50	8.13	4.75	0.63	0.04	0.10	0.00
Syrup Cream - 12.5g	260.63	62.25	3.00	1.88	8.00	4.13	0.60	0.05	0.12	0.00
Milk Chocolate Digestive -14.3g	298.01	71.21	3.43	1.72	9.01	4.00	0.93	0.05	0.13	0.00
Plain Chocolate Digestive - 14.3g	297.30	71.07	3.43	1.72	8.87	3.86	0.89	0.05	0.12	0.00
SAHARA NUTS										
Wheat coated peanuts with sweet chili taste, PER 100 GRAM	2087.00	500.00	29.40	4.10	42.10	6.90	13.90	0.00	4.10	4.90
LINDT CHOCOLATE (Per chocolate)										
Lindt Milk - 12.5g	328.50	79.13	0.48	5.63	5.50	6.00	4.50	0.02	10.15	0.03
Lindt Mint - 12.5g	322.63	77.63	0.63	5.38	5.25	5.88	4.38	0.28	11.45	0.03
Lindt Strawberries & Cream - 12.5g	327.50	78.88	0.49	5.63	5.50	6.00	4.50	0.03	10.29	0.03
Lindt Milk & White - 12.5g	325.88	78.50	0.61	5.38	5.25	6.00	4.50	0.16	12.66	0.03
Lindt Orange - 12.5g	324.38	78.13	0.61	5.25	5.13	6.00	4.50	0.31	10.59	0.03
Lindt Coconut - 12.5g	326.25	78.50	0.63	5.38	5.25	6.00	4.50	0.18	12.63	0.03
PICK N MIX (100g per sweet)										
Birthday Cake Fudge	1866.00	441.00	13.00	11.00	79.00	68.00	0.00	0.68	0.68	0.00
Black & Raspberries	1330.00	313.00	0.20	0.20	72.00	52.00	5.20	0.04	0.04	0.00
Blue Raspberry Bonbons	1550.00	370.00	5.00	4.30	81.00	69.00	0.00	<0.1	<0.1	0.00
Bunnies	1446.00	340.00	0.20	<0.1	82.00	51.00	0.40	0.33	0.33	0.00
Cherries	1395.00	327.00	0.20	0.20	76.00	58.00	5.10	0.04	0.04	0.00
Chocolate Brownie Fudge	1838.00	435.00	13.00	11.00	77.00	68.00	2.20	0.75	0.75	0.00
Cola Bottle	1334.00	314.00	0.40	0.40	71.00	52.00	5.10	0.05	0.05	0.00
Crispy Bite	1850.00	430.00	15.00	10.30	71.00	60.00	3.00	0.00	0.00	0.00
Duo Fudge	1849.00	437.00	13.00	11.00	77.00	69.00	2.00	0.41	0.41	0.00
Fairytale Mix	1386.00	326.00	0.20	0.10	80.00	53.00	0.00	0.04	0.04	0.00
Fish and Chips	2186.00	522.00	26.90	23.20	66.00	53.00	3.80	0.25	0.25	0.00
Fizzy Bubblegum Bottles	1396.00	329.00	0.20	0.10	76.00	62.00	5.50	0.19	0.19	0.00
Fizzy Cherry Bottles	1359.00	351.00	0.10	0.10	74.00	56.00	4.60	0.04	0.04	0.00
Fizzy Cola Bottles	1360.00	321.00	0.30	0.20	74.00	56.00	4.60	0.04	0.04	0.00
Fizzy Dummies	1356.00	320.00	0.00	0.00	75.00	56.00	4.80	0.03	0.03	0.00
Flowers	1378.00	324.00	0.30	0.30	74.00	56.00	5.20	0.13	0.13	0.00
Fried Eggs	1423.00	335.00	0.20	0.20	77.00	54.00	6.40	0.06	0.06	0.00
Giant Cola Bottles	1337.00	313.00	0.50	0.50	71.00	52.00	5.30	0.05	0.05	0.00
Giant Cola Fizz	1360.00	321.00	0.30	0.20	74.00	56.00	4.80	0.04	0.04	0.00
Giant Snowies	2080.00	500.00	22.00	19.00	71.00	56.00	2.80	0.28	0.28	0.00
Gourmet Jelly Beans Premium	1600.00	377.00	<0.1	<0.1	93.00	77.00	<0.1	0.20	0.20	0.00
Juicy Strawberries	1423.00	335.00	0.10	0.10	84.00	55.00	0.00	0.05	0.05	0.00
Mega Melons	1497.00	353.00	1.50	1.20	83.00	62.00	1.60	0.08	0.08	0.00
Milk Chocolate Beanies	1909.00	454.00	14.00	8.50	77.00	74.00	3.50	0.14	0.14	0.00
Milk Chocolate Fudgies	1801.00	427.00	12.00	7.90	78.00	67.00	2.00	0.60	0.60	0.00
Milk Chocolate Mini Eggs	2010.00	481.00	19.70	12.10	71.00	70.00	4.70	0.17	0.17	0.00
Milk Chocolate Raisins	1839.00	438.00	17.00	9.90	66.00	65.00	4.10	0.20	0.20	0.00
Milk Chocolate Toffee Chews	1769.00	422.00	15.80	8.70	66.00	61.00	2.80	0.00	0.00	0.00
Milk Shake Bottles	1310.00	315.00	0.20	0.00	73.00	59.00	5.00	0.00	0.00	0.00
Milk Teeth	1369.00	322.00	0.20	0.10	73.00	57.00	6.00	0.03	0.03	0.00
Mini Strawberry Cables	1545.00	370.00	3.30	3.10	82.00	64.00	1.10	0.14	0.14	0.00
Orange Bottles	1488.00	353.00	0.30	0.30	88.00	64.00	0.00	0.00	0.00	0.00
Partymix	1415.00	333.00	0.30	0.20	76.00	48.00	5.20	0.00	0.00	0.00
Pink And White Mice	2190.00	520.00	27.00	23.00	65.00	53.00	3.80	0.25	0.25	0.00
Rainbow Metre	1522.00	358.00	0.40	0.20	84.00	65.00	2.40	0.05	0.05	0.00
Red Metre	1406.00	331.00	0.90	0.90	76.00	50.00	2.30	0.90	0.90	0.00
Smileys	1423.00	337.00	0.20	0.20	84.00	60.00	0.00	0.21	0.21	0.00
Sour Cherries	1427.00	336.00	0.60	0.60	81.00	55.00	2.10	0.06	0.06	0.00
Sour Dracula Teeth	1388.00	325.00	0.10	<0.1	79.00	48.00	0.10	0.03	0.03	0.00
Spinning Tops	2180.00	500.00	22.00	19.00	71.00	56.00	2.80	0.28	0.28	0.00
Strawberry & White Candy Sticks	1591.00	375.00	3.50	3.10	84.00	65.00	1.50	0.19	0.19	0.00

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Regular Diet Coke - 22oz	8.73	1.87	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Medium Diet Coke - 32oz	12.70	2.72	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Large Diet Coke - 44oz	17.46	3.74	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Kids Mix Fanta Orange - 12oz	272.16	64.64	0.00	0.00	15.31	15.31	0.00	27.22	0.07	0.00
Regular Fanta Orange - 22oz	498.95	118.50	0.00	0.00	28.07	28.07	0.00	49.90	0.12	0.00
Medium Fanta Orange - 32oz	725.75	172.37	0.00	0.00	40.82	40.82	0.00	72.57	0.18	0.00
Large Fanta Orange - 44oz	997.90	237.00	0.00	0.00	56.13	56.13	0.00	99.79	0.25	0.00
Kids Mix Sprite Zero - 12oz	17.01	3.40	0.00	0.00	0.00	0.00	0.00	95.25	0.00	0.00
Regular Sprite Zero - 22oz	31.18	6.24	0.00	0.00	0.00	0.00	0.00	174.63	0.00	0.00
Medium Sprite Zero - 32oz	45.36	9.07	0.00	0.00	0.00	0.00	0.00	254.01	0.00	0.00
Large Sprite Zero - 44oz	62.37	12.47	0.00	0.00	0.00	0.00	0.00	349.27	0.00	0.00
Coca Cola Freestyle Per Serving										
Fast and Furious 9 Merchandise Cup - 32oz	The Fast and Furious Cup holds a 32oz drink. For the nutritional information specific to your choice of drink please refer to the 32oz 'Medium' size in our Nutritional Information document.									
Regular Coca Cola - 22oz Freestyle	1228.67	286.90	Negligible	Negligible	72.35	72.35	Negligible	24.95	0.06	0.00
Medium Coca Cola - 32oz Freestyle	1787.15	417.31	Negligible	Negligible	105.23	105.23	Negligible	36.29	0.09	0.00
Large Coca Cola - 44oz Freestyle	2457.34	573.79	Negligible	Negligible	144.70	144.70	Negligible	49.90	0.12	0.00
Regular Diet Coke - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke - 44oz Freestyle	12.47	3.74	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Cherry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.62	Negligible	24.95	0.06	0.00
Medium Diet Coke Cherry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.91	Negligible	36.29	0.09	0.00
Large Diet Coke Cherry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	1.25	Negligible	49.90	0.12	0.00
Regular Diet Coke Vanilla - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.87	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Vanilla - 32oz Freestyle	90.72	18.14	Negligible	Negligible	2.72	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Vanilla - 44oz Freestyle	124.74	24.95	Negligible	Negligible	3.74	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Raspberry - 22oz Freestyle	37.42	6.24	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Raspberry - 32oz Freestyle	54.43	9.07	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Raspberry - 44oz Freestyle	74.84	12.47	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Lime - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Lime - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Lime - 44oz Freestyle	62.37	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Cherry Vanilla - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Cherry Vanilla - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Cherry Vanilla - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Orange - 22oz Freestyle	12.47	2.49	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Orange - 32oz Freestyle	18.14	3.63	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Orange - 44oz Freestyle	24.95	4.99	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar - 44oz Freestyle	12.47	3.74	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Cherry - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.25	0.62	Negligible	49.90	0.12	0.00
Medium Coca Cola Zero Sugar Cherry - 32oz Freestyle	81.65	18.14	Negligible	Negligible	1.81	0.91	Negligible	72.57	0.18	0.00
Large Coca Cola Zero Sugar Cherry - 44oz Freestyle	112.26	24.95	Negligible	Negligible	2.49	1.25	Negligible	99.79	0.25	0.00
Regular Coca Cola Zero Sugar Orange - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.62	0.00	Negligible	49.90	0.12	0.00
Medium Coca Cola Zero Sugar Orange - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.91	0.00	Negligible	72.57	0.18	0.00
Large Coca Cola Zero Sugar Orange - 44oz Freestyle	12.47	3.74	Negligible	Negligible	1.25	0.00	Negligible	99.79	0.25	0.00
Regular Coca Cola Zero Sugar Vanilla - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.87	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Vanilla - 32oz Freestyle	81.65	18.14	Negligible	Negligible	2.72	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Vanilla - 44oz Freestyle	112.26	24.95	Negligible	Negligible	3.74	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Raspberry - 22oz Freestyle	31.18	6.24	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Raspberry - 32oz Freestyle	45.36	9.07	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Raspberry - 44oz Freestyle	62.37	12.47	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Lemon - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Lemon - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Lemon - 44oz Freestyle	12.47	3.74	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Lime - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Lime - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Lime - 44oz Freestyle	62.37	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Cherry Vanilla - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Cherry Vanilla - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Cherry Vanilla - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Peach - 22oz Freestyle	37.42	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00

Latest Update:	8/11/2021	<p>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.</p> <p>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)</p>
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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohyd rate (g)	Carbohyd rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Medium Coca Cola Zero Sugar Peach - 32oz Freestyle	54.43	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Peach - 44oz Freestyle	74.84	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free - 44oz Freestyle	12.47	3.74	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Cherry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.62	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Cherry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.91	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Cherry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	1.25	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Vanilla - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.87	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Vanilla - 32oz Freestyle	90.72	18.14	Negligible	Negligible	2.72	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Vanilla - 44oz Freestyle	124.74	24.95	Negligible	Negligible	3.74	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Raspberry - 22oz Freestyle	37.42	6.24	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Raspberry - 32oz Freestyle	54.43	9.07	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Raspberry - 44oz Freestyle	74.84	12.47	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Lime - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Lime - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Lime - 44oz Freestyle	62.37	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Cherry Vanilla - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Cherry Vanilla - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Cherry Vanilla - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Orange - 22oz Freestyle	12.47	2.49	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Orange - 32oz Freestyle	18.14	3.63	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Orange - 44oz Freestyle	24.95	4.99	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Dr Pepper - 22oz Freestyle	517.66	124.74	Negligible	Negligible	29.94	29.94	Negligible	24.95	0.06	0.00
Medium Dr Pepper - 32oz Freestyle	752.96	181.44	Negligible	Negligible	43.54	43.54	Negligible	36.29	0.09	0.00
Large Dr Pepper - 44oz Freestyle	1035.33	249.48	Negligible	Negligible	59.87	59.87	Negligible	49.90	0.12	0.00
Regular Dr Pepper Cherry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	30.56	Negligible	24.95	0.06	0.00
Medium Dr Pepper Cherry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	44.45	Negligible	36.29	0.09	0.00
Large Dr Pepper Cherry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	61.12	Negligible	49.90	0.12	0.00
Regular Dr Pepper Cherry Vanilla - 22oz Freestyle	561.32	130.97	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Dr Pepper Cherry Vanilla - 32oz Freestyle	816.47	190.51	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Dr Pepper Cherry Vanilla - 44oz Freestyle	1122.64	261.95	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Dr Pepper Strawberry - 22oz Freestyle	555.08	130.97	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Dr Pepper Strawberry - 32oz Freestyle	807.39	190.51	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Dr Pepper Strawberry - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Dr Pepper Zero - 22oz Freestyle	12.47	2.49	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Dr Pepper Zero - 32oz Freestyle	18.14	3.63	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Dr Pepper Zero - 44oz Freestyle	24.95	4.99	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Dr Pepper Zero Cherry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.62	Negligible	24.95	0.06	0.00
Medium Dr Pepper Zero Cherry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.91	Negligible	36.29	0.09	0.00
Large Dr Pepper Zero Cherry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	1.25	Negligible	49.90	0.12	0.00
Regular Dr Pepper Zero Cherry Vanilla - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Dr Pepper Zero Cherry Vanilla - 32oz Freestyle	81.65	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Dr Pepper Zero Cherry Vanilla - 44oz Freestyle	112.26	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Dr Pepper Zero Strawberry - 22oz Freestyle	37.42	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Dr Pepper Zero Strawberry - 32oz Freestyle	54.43	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Dr Pepper Zero Strawberry - 44oz Freestyle	74.84	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Orange - 22oz Freestyle	548.85	130.97	Negligible	Negligible	31.81	31.18	Negligible	24.95	0.06	0.00
Medium Fanta Orange - 32oz Freestyle	798.32	190.51	Negligible	Negligible	46.27	45.36	Negligible	36.29	0.09	0.00
Large Fanta Orange - 44oz Freestyle	1097.69	261.95	Negligible	Negligible	63.62	62.37	Negligible	49.90	0.12	0.00
Regular Fanta Cherry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Cherry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta Cherry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Raspberry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Raspberry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta Raspberry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Lemon - 22oz Freestyle	523.90	124.74	Negligible	Negligible	29.94	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Lemon - 32oz Freestyle	762.04	181.44	Negligible	Negligible	43.54	43.54	Negligible	36.29	0.09	0.00
Large Fanta Lemon - 44oz Freestyle	1047.80	249.48	Negligible	Negligible	59.87	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Grape - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Grape - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta Grape - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Peach - 22oz Freestyle	567.56	130.97	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Peach - 32oz Freestyle	825.54	190.51	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00

Latest Update:

8/11/2021

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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate rate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Large Fanta Peach - 44oz Freestyle	1135.12	261.95	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Strawberry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Strawberry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta Strawberry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Fruit Punch - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Fruit Punch - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta Fruit Punch - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Zero - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero - 44oz Freestyle	37.42	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Cherry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Cherry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Cherry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Raspberry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Raspberry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Raspberry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Lemon - 22oz Freestyle	12.47	3.12	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Lemon - 32oz Freestyle	18.14	4.54	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Large Fanta Zero Lemon - 44oz Freestyle	24.95	6.24	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Regular Fanta Zero Grape - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Grape - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Large Fanta Zero Grape - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Regular Fanta Zero Peach - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Peach - 32oz Freestyle	81.65	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Peach - 44oz Freestyle	112.26	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Strawberry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Strawberry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Strawberry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Fruit Punch - 22oz Freestyle	49.90	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Fruit Punch - 32oz Freestyle	72.57	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Fruit Punch - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles - 22oz Freestyle	523.90	124.74	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles - 32oz Freestyle	762.04	181.44	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles - 44oz Freestyle	1047.80	249.48	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Cherry - 22oz Freestyle	567.56	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Cherry - 32oz Freestyle	825.54	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Cherry - 44oz Freestyle	1135.12	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Raspberry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Raspberry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Raspberry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Lemon - 22oz Freestyle	523.90	124.74	Negligible	Negligible	29.94	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Lemon - 32oz Freestyle	762.04	181.44	Negligible	Negligible	43.54	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Lemon - 44oz Freestyle	1047.80	249.48	Negligible	Negligible	59.87	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Grape - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Grape - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Grape - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Peach - 22oz Freestyle	567.56	130.97	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Peach - 32oz Freestyle	825.54	190.51	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Peach - 44oz Freestyle	1135.12	261.95	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Strawberry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Strawberry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Strawberry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Fruit Punch - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Fruit Punch - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Fruit Punch - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero - 44oz Freestyle	37.42	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Cherry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Cherry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Cherry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Raspberry - 22oz Freestyle	43.66	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Raspberry - 32oz Freestyle	63.50	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Raspberry - 44oz Freestyle	87.32	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00

Latest Update:	8/11/2021	<p>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.</p> <p>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)</p>
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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohyd rate (g)	Carbohyd rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Regular Fanta No Bubbles Zero Lemon - 22oz Freestyle	12.47	3.12	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Lemon - 32oz Freestyle	18.14	4.54	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Lemon - 44oz Freestyle	24.95	6.24	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Grape - 22oz Freestyle	49.90	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Grape - 32oz Freestyle	72.57	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Grape - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Peach - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Peach - 32oz Freestyle	81.65	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Peach - 44oz Freestyle	112.26	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Strawberry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Strawberry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Strawberry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Fruit Punch - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Fruit Punch - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Fruit Punch - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Lemon - 22oz Freestyle	536.37	124.74	Negligible	Negligible	29.94	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Lemon - 32oz Freestyle	780.18	181.44	Negligible	Negligible	43.54	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Lemon - 44oz Freestyle	1072.75	249.48	Negligible	Negligible	59.87	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Raspberry - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Raspberry - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Raspberry - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Peach - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Peach - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Peach - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Strawberry - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Strawberry - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Strawberry - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Vanilla - 22oz Freestyle	548.85	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Vanilla - 32oz Freestyle	798.32	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Vanilla - 44oz Freestyle	1097.69	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Orange - 22oz Freestyle	536.37	124.74	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Orange - 32oz Freestyle	780.18	181.44	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Orange - 44oz Freestyle	1072.75	249.48	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Lemon - 22oz Freestyle	24.95	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Lemon - 32oz Freestyle	36.29	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Lemon - 44oz Freestyle	49.90	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Raspberry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Raspberry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Raspberry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Peach - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Peach - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Peach - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Strawberry - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Strawberry - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Strawberry - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Vanilla - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Vanilla - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Vanilla - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Orange - 22oz Freestyle	24.95	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Orange - 32oz Freestyle	36.29	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Orange - 44oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Powerade Zero Cherry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Cherry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Cherry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Orange - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.00	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Orange - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.00	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Orange - 44oz Freestyle	37.42	12.47	Negligible	Negligible	0.00	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Raspberry - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Raspberry - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Raspberry - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Lemon - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.00	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Lemon - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.00	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Lemon - 44oz Freestyle	37.42	12.47	Negligible	Negligible	0.00	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Grape - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.62	0.00	Negligible	249.48	0.62	0.00

Latest Update:

8/11/2021

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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohyd rate (g)	Carbohyd rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Medium Powerade Zero Grape - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.91	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Grape - 44oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Strawberry - 22oz Freestyle	37.42	6.24	Negligible	Negligible	0.62	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Strawberry - 32oz Freestyle	54.43	9.07	Negligible	Negligible	0.91	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Strawberry - 44oz Freestyle	74.84	12.47	Negligible	Negligible	1.25	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Fruit Punch - 22oz Freestyle	37.42	12.47	Negligible	Negligible	0.62	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Fruit Punch - 32oz Freestyle	54.43	18.14	Negligible	Negligible	0.91	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Fruit Punch - 44oz Freestyle	74.84	24.95	Negligible	Negligible	1.25	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Berry Tropical - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Berry Tropical - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Berry Tropical - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	0.00	Negligible	498.95	1.25	0.00
Regular Schweppes Lemonade - 22oz Freestyle	536.37	124.74	Negligible	Negligible	29.94	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade - 32oz Freestyle	780.18	181.44	Negligible	Negligible	43.54	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade - 44oz Freestyle	1072.75	249.48	Negligible	Negligible	59.87	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Cherry - 22oz Freestyle	561.32	130.97	Negligible	Negligible	30.56	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Cherry - 32oz Freestyle	816.47	190.51	Negligible	Negligible	44.45	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Cherry - 44oz Freestyle	1122.64	261.95	Negligible	Negligible	61.12	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Orange - 22oz Freestyle	536.37	124.74	Negligible	Negligible	29.94	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Orange - 32oz Freestyle	780.18	181.44	Negligible	Negligible	43.54	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Orange - 44oz Freestyle	1072.75	249.48	Negligible	Negligible	59.87	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Raspberry - 22oz Freestyle	561.32	130.97	Negligible	Negligible	30.56	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Raspberry - 32oz Freestyle	816.47	190.51	Negligible	Negligible	44.45	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Raspberry - 44oz Freestyle	1122.64	261.95	Negligible	Negligible	61.12	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Strawberry - 22oz Freestyle	586.27	137.21	Negligible	Negligible	31.18	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Strawberry - 32oz Freestyle	852.75	199.58	Negligible	Negligible	45.36	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Strawberry - 44oz Freestyle	1172.54	274.42	Negligible	Negligible	62.37	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Fruit Punch - 22oz Freestyle	573.79	137.21	Negligible	Negligible	30.56	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Fruit Punch - 32oz Freestyle	834.61	199.58	Negligible	Negligible	44.45	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Fruit Punch - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	61.12	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade - 22oz Freestyle	24.95	6.24	Negligible	Negligible	0.00	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade - 32oz Freestyle	36.29	9.07	Negligible	Negligible	0.00	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade - 44oz Freestyle	49.90	12.47	Negligible	Negligible	0.00	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Cherry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	0.62	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Cherry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	0.91	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Cherry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Orange - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.00	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Orange - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.00	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Orange - 44oz Freestyle	62.37	12.47	Negligible	Negligible	0.00	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Raspberry - 22oz Freestyle	56.13	12.47	Negligible	Negligible	0.62	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Raspberry - 32oz Freestyle	81.65	18.14	Negligible	Negligible	0.91	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Raspberry - 44oz Freestyle	112.26	24.95	Negligible	Negligible	1.25	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Strawberry - 22oz Freestyle	81.08	18.71	Negligible	Negligible	1.25	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Strawberry - 32oz Freestyle	117.93	27.22	Negligible	Negligible	1.81	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Strawberry - 44oz Freestyle	162.16	37.42	Negligible	Negligible	2.49	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Fruit Punch - 22oz Freestyle	62.37	12.47	Negligible	Negligible	0.62	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Fruit Punch - 32oz Freestyle	90.72	18.14	Negligible	Negligible	0.91	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Fruit Punch - 44oz Freestyle	124.74	24.95	Negligible	Negligible	1.25	0.00	Negligible	149.69	0.37	0.00
Regular Sprite Zero - 22oz Freestyle	12.47	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero - 32oz Freestyle	18.14	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero - 44oz Freestyle	24.95	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Cherry - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Cherry - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Cherry - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Orange - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Orange - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Orange - 44oz Freestyle	37.42	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Vanilla - 22oz Freestyle	37.42	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Vanilla - 32oz Freestyle	54.43	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Vanilla - 44oz Freestyle	74.84	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Raspberry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Raspberry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Raspberry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Grape - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Grape - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00

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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate (g)	Carbohydrate rates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Large Sprite Zero Grape - 44oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Peach - 22oz Freestyle	37.42	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Peach - 32oz Freestyle	54.43	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Peach - 44oz Freestyle	74.84	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Strawberry - 22oz Freestyle	37.42	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Strawberry - 32oz Freestyle	54.43	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Strawberry - 44oz Freestyle	74.84	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Frozen Fanta & Ice blast per serving										
Frozen Fanta Orange Small - 330ml	336.60	79.20	Nil	Nil	21.12	13.20	Nil	Nil	Nil	Nil
Frozen Fanta Orange Large - 560ml	571.20	134.40	Nil	Nil	35.84	22.40	Nil	Nil	Nil	Nil
Frozen Fanta Exotic Small - 330ml	445.50	105.60	Nil	Nil	26.07	26.07	Nil	Nil	Nil	Nil
Frozen Fanta Exotic Large - 560ml	756.00	179.20	Nil	Nil	44.24	44.24	Nil	Nil	Nil	Nil
Frozen Coke Small - 330ml	452.10	108.90	Nil	Nil	26.07	26.07	Nil	Nil	Nil	Nil
Frozen Coke Large - 560ml	767.20	184.80	Nil	Nil	44.24	44.24	Nil	Nil	Nil	0.00
Frozen Fanta Raspberry Small - 330ml	346.50	82.50	0.00	0.00	25.41	16.17	0.00	0.00	0.00	0.00
Frozen Fanta Raspberry Large - 560ml	588.00	140.00	0.00	0.00	43.12	27.44	0.00	0.00	0.00	0.00
Frozen Fanta Strawberry Small - 330ml	346.50	82.50	0.00	0.00	25.41	16.17	0.00	0.00	0.00	0.00
Frozen Fanta Strawberry Large - 560ml	588.00	140.00	0.00	0.00	43.12	27.44	0.00	0.00	0.00	0.00
Tango Ice Blast No Sugar Raspberry - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Raspberry - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Raspberry - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Cherry - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Cherry - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Cherry - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Lemon - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Lemon - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Lemon - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Bubblegum - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Bubblegum - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Bubblegum - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Orange - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Orange - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Orange - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
Tango Ice Blast No Sugar Kiwi & Strawberry - Regular (16oz as served)	331.42	77.18	0.00	0.00	17.71	0.00	0.00	0.03	0.05	0.00
Tango Ice Blast No Sugar Kiwi & Strawberry - Medium (25oz as served)	518.30	120.70	0.00	0.00	27.69	0.00	0.00	0.04	0.07	0.00
Tango Ice Blast No Sugar Kiwi & Strawberry - Large (30oz as served)	621.96	144.84	0.00	0.00	33.23	0.00	0.00	0.05	0.09	0.00
ODEON LEICESTER SQUARE RETAIL OFFER										
Ingredients Per 100g/ml										
Dessert										
Judes Very Vanilla - 89g	456.57	108.58	5.70	3.38	11.66	11.66	2.67	0.04	0.09	0.00
Judes Vegan Vanilla - 89g	492.17	117.48	5.34	4.63	15.75	10.59	0.62	0.04	0.11	0.00
Judes Strawberries & Cream - 89g	499.29	118.37	5.61	3.38	14.60	14.42	2.58	0.04	0.09	0.00
Judes Raspberry Ripple - 89g	554.47	131.72	5.70	3.38	17.27	14.06	2.67	0.05	0.12	0.00
Judes Truly Chocolate - 89g	498.40	118.37	5.79	3.20	13.35	12.64	2.85	0.04	0.08	0.00
Judes Mint Choc Chip - 89g	558.03	132.61	7.03	4.27	14.24	14.15	3.03	0.04	0.10	0.00
Judes Salted Caramel - 89g	501.96	119.26	6.32	3.83	13.17	12.91	2.40	0.11	0.27	0.00
Judes Mango Sobert - 89g	280.35	65.86	0.09	0.00	16.29	15.04	0.18	0.00	0.00	0.00
ODEON ISLINGTON RETAIL OFFER										
Ingredients Per 100g/ml										
Mains/Sides										
Ultimate Wagyu Beef Burger	1001.00	241.00	17.00	7.30	5.40	0.50	16.00	0.30	0.74	0.00
Farm Fresh Little Gem	60.00	14.00	0.10	0.00	1.40	1.40	1.20	0.04	0.10	1.50
Farm Fresh Beef Tomato	84.00	20.00	0.30	0.10	3.10	3.10	0.70	0.04	0.10	1.00
Chef's Larder Super Crisp Skin On Gourmet Fries	617.00	147.00	5.20	0.60	22.00	<0.5	1.90	0.28	0.69	2.30
Chef's Larder Gourmet Wild Boar Hot Dogs	1129.00	272.00	23.00	9.00	5.00	2.00	12.00	0.60	1.50	0.00
Chef's Larder BBQ Pulled Pork	544.00	129.00	1.70	0.70	13.00	11.00	15.00	0.39	0.97	0.00
Chef's Larder American BBQ Pulled Pork - Substitute	716.00	171.00	6.90	2.60	12.00	11.00	1.50	0.34	0.84	0.00
Chef's Larder Cooked Smoked Streaky Sandwich Bacon	1759.00	424.00	32.00	13.00	<0.5	<0.5	32.00	2.12	5.30	0.00
Chef's Larder Gourmet Burger Buns	1120.00	265.00	4.50	1.60	46.00	2.50	9.20	0.37	0.93	1.90
Chef's Larder Beer Battered Onion Rings	969.00	231.00	11.00	1.80	29.00	3.40	2.80	0.48	1.20	2.00

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Farm Fresh Baby Plum Tomato	108.00	26.00	0.50	0.10	3.60	3.60	1.10	0.04	0.10	1.20
Farm Fresh Cucumbers	65.00	16.00	0.60	<0.1	1.20	1.20	1.00	0.00	<0.01	0.70
Farm Fresh Curly Kale	166.00	40.00	1.60	0.20	1.40	1.30	3.40	0.04	0.10	3.40
Farm Fresh Spring Onions	116.00	28.00	0.50	0.10	3.00	2.80	2.00	0.04	0.10	1.50
Ginger	334.00	80.00	0.80	0.20	18.00	1.70	1.80	0.01	0.03	2.00
Chef's Larder Houmous	1192.00	288.00	25.00	2.50	8.80	<0.5	6.60	0.48	1.20	2.50
Delphi Houmous Dip - Substitute	1219.00	295.00	24.64	1.81	7.58	1.10	6.86	0.47	1.18	7.40
Chef's Larder Super Crisp Sweet Potato Gourmet Fries	791.00	189.00	8.50	0.90	24.00	14.00	2.40	0.16	0.39	3.40
Chef's Larder Crunch Extra Mature Cheddar	1729.00	417.00	36.00	24.00	<0.5	<0.5	24.00	0.72	1.80	0.00
Chef's Larder Small Southern Fried Chicken Fillets	927.00	221.00	9.90	4.30	16.00	0.80	16.00	0.52	1.30	0.00
Seedless Red Grapes	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Farm Fresh Red Onions	166.00	39.00	0.10	<0.1	8.00	6.20	1.00	0.04	0.10	1.10
Chef's Larder The Ultimate Chocolate Fudge Cake	1666.00	398.00	19.00	7.00	50.00	41.00	5.90	0.23	0.58	0.00
Chef's Larder Red Cherry Fruit Topping and Pie Filling	450.00	106.00	<0.5	<0.1	25.00	20.00	0.50	0.02	0.06	0.00
Chef's Larder Burger Sauce	1978.00	479.00	46.00	3.70	14.00	8.60	1.30	0.44	1.10	0.00
Chef's Larder Caramelised Red Onion Chutney	834.00	196.00	0.00	0.00	47.00	41.00	1.80	0.12	0.30	0.00
Chef's Larder Salsa	206.00	49.00	<0.5	<0.1	8.00	7.90	1.60	0.30	0.74	0.00
Chef's Larder Salsa - Substitute	176.00	42.00	<0.5	<0.1	8.40	5.90	1.30	0.29	0.73	0.00
Chef's Larder Classic French Dressing	2272.00	552.00	59.00	4.90	4.30	3.10	<0.5	0.52	1.30	0.00
Chef's Larder Caesar Dressing	1899.00	460.00	45.00	3.80	12.00	2.90	1.50	0.56	1.40	1.90
Chef's Larder Sweet Chilli Dipping Sauce	744.00	175.00	<0.5	<0.1	43.00	31.00	<0.5	0.20	0.50	0.00
Chef's Larder Sweet Chilli Dipping Sauce (Delisted)	744.00	175.00	<0.5	<0.1	43.00	31.00	<0.5	0.20	0.50	0.00
Chef's Larder Mayonnaise	2639.00	641.00	69.00	5.30	17.00	4.50	1.00	0.40	1.00	3.60
Chef's Larder Pure Clear Honey	1360.00	320.00	<0.5	0.00	79.00	79.00	0.50	0.01	0.02	0.00
Chef's Larder Multigrain Cracker	1918.00	457.00	17.00	7.00	65.00	7.60	9.10	0.40	1.00	5.70
Chef's Larder Salt & Black Pepper Cracker	1863.00	443.00	13.00	5.70	71.00	2.10	9.30	0.52	1.30	4.00
Chef's Larder Bran Cracker	1919.00	457.00	17.00	8.40	64.00	1.00	9.70	0.76	1.90	4.00
Chef's Larder Water Biscuit	1720.00	407.00	6.80	2.90	75.00	2.60	9.90	0.44	1.10	4.00
Chef's Larder Cornish Wafer	2155.00	516.00	30.00	14.00	52.00	1.60	8.40	0.35	0.88	3.00
Chef's Larder Dixie Chive Cracker	1910.00	454.00	16.00	7.10	67.00	4.90	9.40	0.60	1.50	3.30
Chef's Larder Poppy Seed Cracker	1959.00	467.00	18.00	7.50	64.00	4.90	9.80	0.40	1.00	4.50
Chef's Larder Wheatsheaf Digestive	2010.00	480.00	20.00	9.40	64.00	16.00	9.00	0.44	1.10	3.60
Chef's Larder Sesame Carlton	2017.00	481.00	21.00	8.70	61.00	4.00	9.40	0.60	1.50	3.60
Chef's Larder Cream Cracker	1876.00	446.00	15.00	6.70	67.00	1.50	9.80	0.48	1.20	3.50
Chef's Larder Premium Gourmet Extra Mature Cheddar Slices	1725.00	416.00	35.00	22.00	<0.5	<0.5	25.00	0.76	1.90	0.00
Chef's Larder Mature Wt Cheddar Slices - Substitute	1725.00	416.00	35.00	22.00	<0.5	<0.5	25.00	0.76	1.90	0.00
Chef's Larder Medium White Cheddar Slices - Substitute	1725.00	416.00	35.00	22.00	<0.5	<0.5	25.00	0.76	1.90	0.00
Chef's Larder Mild White Cheddar Slices - Substitute	1725.00	416.00	35.00	22.00	<0.5	<0.5	25.00	0.76	1.90	0.00
St Pierre Brioche Burger Buns	1327.00	315.00	10.20	3.40	43.50	9.80	11.40	0.44	1.10	2.00
Corn Fed Chicken Supreme	531.00	127.00	8.20	2.30	0.00	0.00	13.40	0.04	0.10	0.00
Charcuti Spanish Chorizo	1535.00	370.00	31.00	12.00	3.80	3.50	19.00	1.52	3.80	N/A
St Pierre Brioche Baguette	1300.00	308.00	6.30	1.30	52.20	10.80	9.50	0.52	1.30	2.30
Monterey Jack Grated	1538.00	368.00	30.70	19.00	0.90	0.10	22.80	0.76	1.90	0.00
Chef's Larder Grated Mozz & Chedd Mix - Substitute	1372.00	330.00	25.00	16.00	2.30	0.70	24.00	0.60	1.50	0.00
CE Mild White Grated - Substitute	1561.00	376.00	31.00	20.00	2.50	<0.5	22.00	0.72	1.80	0.00
Fiorello Grated Mozz/Cheddar 70/30 Mix - Substitute	1421.00	340.00	26.10	17.00	TRACE	TRACE	25.60	0.64	1.60	1.00
Fiorello Grated Pizza Mix - Substitute	1287.00	310.00	25.20	14.40	1.00	1.00	20.00	0.64	1.60	1.00
Fiorello Shredded Mozz/Cheddar 80/20 Mix - Substitute	1368.00	330.00	24.80	16.30	TRACE	TRACE	25.60	0.60	1.50	1.00
Finnebrogue Artisan Veggie 4 Halloumi & Tomato Burgers	Awaiting information from the supplier. Please speak to a member of staff who can provide the product label for reference.									
Avo Grande Avocado Slices	628.90	151.80	13.00	3.40	7.40	0.20	1.30	0.14	0.35	6.50
Farm Fresh Avocado - Substitute	784.00	190.00	19.50	4.10	1.90	0.50	1.90	<0.01	0.01	3.40
Lion Premium Vegan Mayo	2262.00	550.00	60.00	4.20	3.30	1.50	0.00	0.40	1.12	0.00
Hellmanns Vegan Mayonnaise - Substitute	2740.00	655.00	72.00	5.30	4.00	2.70	0.40	0.00	1.50	0.00
Violife Mature Slices	1190.00	285.00	23.00	21.00	20.00	0.00	0.00	0.92	2.30	0.00
Fiorette Baby Leaf	85.00	20.00	0.00	0.00	1.00	0.30	2.00	0.05	0.13	2.30
Merchant Gourmet Authentic Puy Lentils	1380.00	327.00	1.80	0.20	45.00	1.10	25.00	0.00	0.01	16.00
Gran Duca Parmigiano Reggiano	Awaiting information from the supplier. Please speak to a member of staff who can provide the product label for reference.									
OK Bell Peppers With Feta	797.00	192.00	16.20	5.30	6.00	3.80	5.60	1.48	3.70	0.00
The Clay Oven Bakery Plain Naan Breads	984.00	232.00	1.80	0.52	44.50	3.20	8.40	0.44	1.09	2.20
Yamas Froz Halloumi Fries	1377.00	329.00	26.40	18.20	1.20	1.20	21.60	1.04	2.60	0.00
Moving Mountains Vegan Burger	1119.00	270.00	19.80	17.60	6.10	0.60	14.30	0.44	1.10	5.00
Naked Glory Vegan Burgers - Substitute	800.00	191.00	8.60	4.10	9.70	0.40	15.00	0.48	1.20	4.30
Ermitage French Brie	Awaiting information from the supplier. Please speak to a member of staff who can provide the product label for reference.									
Toasted Croutons Original	Awaiting information from the supplier. Please speak to a member of staff who can provide the product label for reference.									

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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate (g)	Carbohydrates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)	
Wensleydale & Cranberry	1555.00	374.00	29.00	16.00	11.00	10.00	18.00	0.99	2.50	0.00	
Shirevale White Stilton & Apricot - Substitute	1500.00	359.00	25.00	16.70	19.00	10.30	16.00	0.40	1.00	1.50	
Westland Old Amsterdam	1788.00	431.00	35.00	23.30	0.00	0.00	29.00	0.92	2.30	0.00	
Colla Parmesan Wedge	1654.00	398.00	29.00	18.00	0.00	0.00	33.00	0.60	1.50	0.00	
Simply Luxury Milk Chocolate Flavour Topping Sauce	2435.00	586.00	41.60	8.10	45.70	44.20	5.90	0.07	0.18	Not specified	
Shropshire Blue Quarter Cheese	1700.00	410.00	35.00	23.00	0.10	0.10	23.70	0.83	2.10	0.00	
Chef's Larder T&T Stilton - Substitute	1700.00	410.00	35.00	23.00	0.00	0.00	24.00	0.80	2.00	0.00	
Chef's Larder Premium Super Skinny Gourmet Julienne Fries	661.00	157.00	4.50	0.60	26.00	<0.5	2.30	0.22	0.54	2.40	
CCL Cornish Brie - Substitute	Awaiting information from the supplier. Please speak to a member of staff who can provide the product label for reference.										
Dessert											
Grom Chocolate Per 100g	983.00	240.00	12.00	7.00	24.00	23.00	5.50	0.02	0.05	0.00	
Grom Pistachio Per 100g	1083.00	259.00	14.00	3.90	27.00	25.00	6.80	0.08	0.21	0.00	
Grom Vanilla Per 100g	954.00	228.00	13.00	7.00	22.00	21.00	5.60	0.03	0.08	0.00	
Grom Raspberry Per 100g	502.00	120.00	<0.5	0.10	27.00	27.00	0.50	0.00	0.01	0.00	
English Cheesecake Company Red Velvet Cheesecake	1742.00	416.00	28.80	13.10	34.80	21.30	4.70	0.14	0.36	1.50	
Macphie Ku-li® Raspberry Fruit Coulis 300g	453.00	108.00	0.40	0.10	23.00	23.00	1.70	56.00	0.14	0.00	
Sidoli Gluten Free Vegan Cheesecake	1648.00	395.00	31.60	13.60	25.00	16.00	1.00	0.07	0.17	0.60	
Churros with Cinnamon Sugar 900g	1659.00	397.00	21.90	2.40	43.00	3.90	6.20	0.04	1.10	2.40	
Garnishes for Cocktails (Odeon Full Bars Only INCL Islington and Leicester Square)											
Limes	83.00	20.00	0.10	0.05	7.10	7.10	0.50	0.05	0.05	1.90	
Lemons	79.00	19.00	0.30	0.10	3.20	3.20	1.00	0.05	0.01	0.00	
Oranges	152.00	36.00	0.20	0.10	8.20	8.20	0.80	0.01	<0.01	2.90	
Raspberries	109.00	25.00	0.30	0.10	4.60	4.60	1.40	<0.01	<0.01	2.50	
Blackberries	104.00	25.00	0.20	Trace	5.10	5.10	0.90	<0.01	<0.01	3.10	
Mint	181.00	43.00	0.70	0.00	5.30	0.00	3.80	0.02	0.04	0.00	