



NUTRITION SURVIVAL GUIDE TO

VUE

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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POPCORN

Sweet Popcorn						
-Large	958.3	11.5	122.8	-	67.3	43.6
-Regular	716.3	8.6	91.8	-	50.3	32.6
-Kids	290.4	3.5	37.2	-	20.4	13.2
Salted Popcorn						
-Large	760	14.1	83.7	-	1.1	37.9
-Regular	577.2	10.7	63.6	-	0.8	28.8
-Kids	230.9	4.3	25.4	-	0.3	11.5
Salted Popcorn (Dublin)						
-Large	658.9	15.8	71.9	-	1.4	28
-Regular	500.4	12	54.6	-	1.1	21.2
-Kids	200.2	4.8	21.8	-	0.4	8.5

HOTDOG

Hotdog Portion						
-Yankee Dog Regular	523.7	18.8	56.6	-	9.4	23.9
-Harlem Hot One Regular	568.6	18.9	54.2	-	7.1	29.8
-West Side Sizzler Regular	535.3	18.9	59.5	-	11.7	23.9
-The Brooklyn Regular	575.3	19	54.8	-	7.6	30.3
-Nacho Libre Hotdog Regular	547.5	18.8	55.3	-	6.8	26.9
-Yankee Dog Large	647.7	24.6	59.3	-	9.9	33.9
-Harlem Hot One Large	692.6	24.7	56.9	-	7.6	39.8
-West Side Sizzler Large	659.3	24.7	62.2	-	12.2	33.9
-The Brooklyn Large	699.3	24.8	57.5	-	8.1	40.3
-Nacho Libre Large	671.5	24.6	58	-	7.3	36.9

NACHOS

Nachos Portion						
-Doritos Salted Chips	292.2	3.8	35.3	-	0.5	14
-Doritos Salted Chips	535.7	7	64.7	-	1	25.7
-Doritos Chilli Heatwave	297	3.8	34.4	-	3.5	15.2
-Doritos Chilli Heatwave	544.5	6.9	63	-	6.4	27.8
-Doritos Tangy Cheese	307.8	3.8	37.2	-	2.8	15
-Doritos Tangy Cheese	564.3	6.9	68.2	-	5.2	27.5
-Hot Cheese Sauce	180	2	9	-	3	15
-Salsa Sauce	77	1.1	14	-	10	0.4
-Jalapeno Peppers	1.2	0	0.2	-	0	0
-Guacamole	69	0.6	7.8	-	2.6	3.9
-Sour Cream	554	1	2.1	-	2	60.2
-Guacamole	69	0.6	7.8	-	2.6	3.9

1-200 CAL

201-300 CAL

301+ CAL

SWEETS PICK 'N' MIX (PER 100G)

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fudge Crunch	443	2.8	70	-	62.7	16.6	0.4
Fizzy Bubble Bottles	329	5.4	76.2	-	62.4	0.2	0.2
Vanilla Fudge	438	1.6	78	-	69	13	0.6
Giant Strawberrys	343	0.1	85.2	-	55.2	0.3	0
New Mixture Mini Egg	492	4.3	71.2	-	68.3	20.7	0.2
Bumper Bananas	376	2.9	90.5	-	81.1	0.3	0.2
Chocolate Flavoured Raisin	453	1.8	66	-	64	19.4	0.3
Gummy Cola Bottles	320	5.8	73.5	-	51.2	0.2	0
Jelly Beans	365	0.1	89.2	-	59.9	0.8	0.1
Giant Pink And White Mice	522	3.8	66.5	-	52.7	26.9	0.3
Fizzy Cherry Cola Bottle	330	5.5	76.3	-	62.3	0.2	0
Teddy Bears	326	5.9	74.1	-	52.2	0.2	0
Fizzy Cola Bottles	322	5.4	74.6	-	60.9	0.2	0
Fizzy Strawberry	354	0.1	87.4	-	60.9	0.1	0
Fizzy Twin Cherry	345	0.1	84	-	58	0.2	0.2
Giant Strawberry Cables	380	1.5	83	-	62	4.4	0.1
Fried Eggs	329	5.5	77	-	54	0.2	0.1
Red Candy Belt Rolls	368	0.4	86	-	60	1.8	0.2
Mega Snowies	496	2.8	71.1	-	56.1	22.4	0.3
Twin Cherry	320	5.9	73.4	-	49.9	0.2	0
Jumbo Fizzy Cola Bottles	330	6.3	75.8	-	61.9	0.2	0
Fizzy Dummies	330	6.3	75.7	-	62	0.2	0
Strawberry And Cream	319	5.5	73.1	-	51.6	0.2	0
Jelly Babies	344	4.6	79.2	-	70.5	0.9	0.5
Mini Teeth Fangs	329	5.5	77	-	54	0.2	0.1
Sour Strawberries Bites	386	1	87	-	68	3.6	0.2
Chocolate Flavoured Beans	468	1.7	77.8	-	75.1	16.5	0.3
Giant Dolphins	330	5.5	77	-	53	0.2	0.1
Black Raspberry	354	4.4	83	-	73	0	0.1
Crocodiles	329	5.5	76.6	-	53.6	0.2	0.1
Haribo Giant Cola	343	6.9	77	-	46	0.5	0.1
Chocolate Flavoured Peanut	552	11.1	44.5	-	39.1	35.6	0.1
Wine Gums	345	6.2	79	-	52	0.5	0.1
Hard Gums	345	0.1	84.4	-	54.3	0.6	0.1
Strawberry Milkshakes	342	4.6	79.2	-	61.8	0.6	0.1
Strawberry Bonbons	400	0	86.5	-	69.5	5.4	0
Turtles	320	5.5	74	-	52	0.2	0
Giant Apple Cables	380	1.5	83	-	62	4.4	0.1
Blue Raspberry Bonbons	402	0	85.8	-	68.6	5.4	0
Liquorice Creme Rock	349	2.2	81.3	-	58	1.6	0.2
Kola Cubes	397	0.1	96.3	-	71.2	0.7	0
Candy Cones	522	3.8	66.4	-	53	26.9	0.3
Large Pear Drops	397	0.1	96.3	-	71.2	0.7	0
Strawberry Twist Kisses	335	4.9	78	-	57	0.2	0.1
Water Melon Slices	341	4.3	80	-	56	0.2	0.1
Haribo Yellow Bellies	345	5.8	79	-	53	0.5	0

1-200 CAL

201-300 CAL

301+ CAL

ICE CREAM SCOOPED

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-2 Scoops With Hazelnut Crunch Cold Topping	44.1	0.4	7.1	-	7	2	0
-2 Scoops With Caramel Sauce Hot Topping	78.5	0.3	14.3	-	6.8	2.3	0.7
-2 Scoops With Hot Chocolate Fudge Sauce Hot Topping	76.8	1.3	12.4	-	9.4	2.2	0.7
-1 Scoops	212.5	2.6	23	-	20.4	11.9	0.6
-1 Scoops With Dark Chocolate Fish Cold Topping	55	0.5	4.8	-	4.6	3.5	trace
-1 Scoops With Chocolate Peace Signs Cold Topping	53	0.8	5.6	-	5.6	3	0.2
-1 Scoops With White Chocolate Hearts Cold Topping	142	1.5	14.2	-	14.1	8.8	0
-1 Scoops With Hazelnut Crunch Cold Topping	44.1	0.4	7.1	-	7	2	0
-1 Scoops With Caramel Sauce Hot Topping	78.5	0.3	14.3	-	6.8	2.3	0.7
-1 Scoops With Hot Chocolate Fudge Sauce Hot Topping	76.8	1.3	12.4	-	9.4	2.2	0.7
Cookie Dough S'Wich Up							
-3 Scoops	739.5	11	81.6	-	63.8	40.8	0.6
-3 Scoops With Dark Chocolate Fish Cold Topping	55	7.6	86.4	-	68.4	44.3	trace
-3 Scoops With Chocolate Peace Signs Cold Topping	53	11.8	87.2	-	69.4	43.8	0.8
-3 Scoops With White Chocolate Hearts Cold Topping	142	12.5	95.8	-	77.9	49.6	0.6
-3 Scoops With Hazelnut Crunch Cold Topping	44.1	11.4	88.7	-	70.8	42.8	0.6
-3 Scoops With White Caramel Sauce Hot Topping	78.5	11.3	95.9	-	70.6	43.1	1.3
-3 Scoops With Hot Chocolate Fudge Sauce Hot Topping	76.8	12.3	94	-	73.2	43	1.3
-2 Scoops	493	7.3	54.4	-	42.5	27.2	0.4
-2 Scoops With Dark Chocolate Fish Cold Topping	548	7.8	59.2	-	47.1	30.7	trace
-2 Scoops With Chocolate Peace Signs Cold Topping	546	8.1	60	-	48.1	30.2	0.6
-2 Scoops With White Chocolate Hearts Cold Topping	635	8.8	68.6	-	56.6	36	0.4
-2 Scoops With Hazelnut Crunch Cold Topping	537.1	7.7	61.5	-	49.5	29.2	0.4
-2 Scoops With Caramel Sauce Hot Topping	571.5	7.6	68.7	-	49.3	29.5	1.1
-2 Scoops With Hot Chocolate Fudge Sauce Hot Topping	569.8	8.6	66.8	-	51.9	29.4	1.1
-1 Scoops	246.5	3.7	27.2	-	21.3	13.6	0.2
-1 Scoops With Dark Chocolate Fish Cold Topping	301.5	4.2	32	-	25.9	17.1	trace
-1 Scoops With Chocolate Peace Signs Cold Topping	299.5	4.5	32.8	-	26.9	16.6	0.4
-1 Scoops With White Chocolate Hearts Cold Topping	388.5	5.2	41.4	-	35.4	22.4	0.2
-1 Scoops With Hazelnut Crunch Cold Topping	290.6	4.1	34.3	-	28.3	15.6	0.2
-1 Scoops With Caramel Sauce Hot Topping	325	4	41.5	-	28.1	15.9	0.9
-1 Scoops With Hot Chocolate Fudge Sauce Hot Topping	323.3	5	39.6	-	30.7	15.8	0.9
Fairtrade Peanut Butter Cup							
-3 Scoops	841.5	17.9	63.8	-	58.7	56.1	1.2
-3 Scoops With Dark Chocolate Fish Cold Topping	896.5	18.4	68.6	-	63.3	59.6	trace
-3 Scoops With Chocolate Peace Signs Cold Topping	894.5	18.7	69.4	-	64.3	59.1	1.4
-3 Scoops With White Chocolate Hearts Cold Topping	983.5	19.4	78	-	72.8	64.9	1.2
-3 Scoops With Hazelnut Crunch Cold Topping	885.6	18.3	70.4	-	65.7	58.1	1.2
-3 Scoops With White Caramel Sauce Hot Topping	920	18.2	78.1	-	65.5	58.4	1.9
-3 Scoops With Hot Chocolate Fudge Sauce Hot Topping	918.3	19.2	76.2	-	68.1	58.3	1.9
-2 Scoops	561	11.9	42.5	-	39.1	37.4	0.8
-2 Scoops With Dark Chocolate Fish Cold Topping	616	12.4	47.3	-	43.7	40.9	trace
-2 Scoops With Chocolate Peace Signs Cold Topping	614	12.7	48.1	-	44.7	40.4	1
-2 Scoops With White Chocolate Hearts Cold Topping	703	13.4	56.7	-	53.2	46.2	0.8
-2 Scoops With Hazelnut Crunch Cold Topping	605.1	12.3	49.6	-	46.1	39.4	0.8

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-1 Scoops With White Chocolate Hearts Cold Topping	422.5	7.5	35.5	-	33.7	27.5	0.4
-1 Scoops With Hazelnut Crunch Cold Topping	324.6	6.4	28.4	-	26.6	20.7	0.4
-1 Scoops With Caramel Sauce Hot Topping	359	6.3	35.6	-	26.4	21	1.1
-1 Scoops With Hot Chocolate Fudge Sauce Hot Topping	357.3	7.3	33.7	-	29	20.9	1.1
Fairtrade Cookie Dough Swich Up							
-3 Scoops	739.5	11	81.6	-	63.8	40.8	0.6
-3 Scoops With Dark Chocolate Fish Cold Topping	794.5	11.5	86.4	-	68.4	44.3	trace
-3 Scoops With Chocolate Peace Signs Cold Topping	792.5	11.8	87.2	-	69.4	43.8	0.8
-3 Scoops With White Chocolate Hearts Cold Topping	881.5	12.5	95.8	-	77.9	49.6	0.6
-3 Scoops With Hazelnut Crunch Cold Topping	783.6	11.4	88.7	-	70.8	42.8	0.6
-3 Scoops With White Caramel Sauce Hot Topping	818	11.3	95.9	-	70.6	43.1	1.3
-3 Scoops With Hot Chocolate Fudge Sauce Hot Topping	816.3	12.3	94	-	73.2	43	1.3
-2 Scoops	493	7.3	54.4	-	42.5	27.2	0.4
-2 Scoops With Dark Chocolate Fish Cold Topping	548	7.8	59.2	-	47.1	30.7	trace
-2 Scoops With Chocolate Peace Signs Cold Topping	546	8.1	60	-	48.1	30.2	0.6
-2 Scoops With White Chocolate Hearts Cold Topping	635	8.8	68.6	-	56.6	36	0.4
-2 Scoops With Hazelnut Crunch Cold Topping	537.1	7.7	61.5	-	49.5	29.2	0.4
-2 Scoops With Caramel Sauce Hot Topping	571.5	7.6	68.7	-	49.3	29.5	1.1
-2 Scoops With Hot Chocolate Fudge Sauce Hot Topping	569.8	8.6	66.8	-	51.9	29.4	1.1
-1 Scoops	246.5	3.7	27.2	-	21.3	13.6	0.2
-1 Scoops With Dark Chocolate Fish Cold Topping	301.5	4.2	32	-	25.9	17.1	trace
-1 Scoops With Chocolate Peace Signs Cold Topping	299.5	4.5	32.8	-	26.9	16.6	0.4
-1 Scoops With White Chocolate Hearts Cold Topping	388.5	5.2	41.4	-	35.4	22.4	0.2
-1 Scoops With Hazelnut Crunch Cold Topping	290.6	4.1	34.3	-	28.3	15.6	0.2
-1 Scoops With Caramel Sauce Hot Topping	325	4	41.5	-	28.1	15.9	0.9
-1 Scoops With Hot Chocolate Fudge Sauce Hot Topping	323.3	5	39.6	-	30.7	15.8	0.9
Fairtrade One Love							
-3 Scoops	548.3	7.1	68.9	-	58.7	28.1	0.4
-3 Scoops With Dark Chocolate Fish Cold Topping	603.3	7.6	73.7	-	63.3	31.6	trace
-3 Scoops With Chocolate Peace Signs Cold Topping	601.3	7.9	74.5	-	64.3	31.1	0.6
-3 Scoops With White Chocolate Hearts Cold Topping	690.3	8.6	83.1	-	72.8	36.9	0.4
-3 Scoops With Hazelnut Crunch Cold Topping	592.4	7.5	76	-	65.7	30.1	0.4
-3 Scoops With White Caramel Sauce Hot Topping	626.8	7.4	83.2	-	65.5	30.4	1.1
-3 Scoops With Hot Chocolate Fudge Sauce Hot Topping	625.1	8.4	81.3	-	68.1	30.3	1.1
-2 Scoops	365.5	4.8	45.9	-	39.1	18.7	0.3
-2 Scoops With Dark Chocolate Fish Cold Topping	420.5	5.3	50.7	-	43.7	22.2	trace
-2 Scoops With Chocolate Peace Signs Cold Topping	418.5	5.6	51.5	-	44.7	21.7	0.5
-2 Scoops With White Chocolate Hearts Cold Topping	507.5	6.3	60.1	-	53.2	27.5	0.3
-2 Scoops With Hazelnut Crunch Cold Topping	409.6	5.2	53	-	46.1	20.7	0.3
-2 Scoops With Caramel Sauce Hot Topping	444	5.1	60.2	-	45.9	21	1
-2 Scoops With Hot Chocolate Fudge Sauce Hot Topping	442.3	6.1	58.3	-	48.5	20.9	1
-1 Scoops	182.8	2.4	23	-	19.6	9.4	0.1
-1 Scoops With Dark Chocolate Fish Cold Topping	237.8	2.9	27.8	-	24.2	12.9	trace
-1 Scoops With Chocolate Peace Signs Cold Topping	235.8	3.2	28.6	-	25.2	12.4	0.3
-1 Scoops With White Chocolate Hearts Cold Topping	324.8	3.9	37.2	-	33.7	18.2	0.1
-1 Scoops With Hazelnut Crunch Cold Topping	226.9	2.8	30.1	-	26.6	11.4	0.1
-1 Scoops With Caramel Sauce Hot Topping	261.3	2.7	37.3	-	26.4	11.7	0.8
-1 Scoops With Hot Chocolate Fudge Sauce Hot Topping	259.6	3.7	35.4	-	29	11.6	0.8

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-2 Scoops	448.8	6.3	51	-	44.2	23.8	1
-2 Scoops With Dark Chocolate Fish Cold Topping	503.8	6.8	55.8	-	48.8	27.3	trace
-2 Scoops With Chocolate Peace Signs Cold Topping	501.8	7.1	56.6	-	49.8	26.8	1.3
-2 Scoops With White Chocolate Hearts Cold Topping	590.8	7.8	65.2	-	58.3	32.6	1
-2 Scoops With Hazelnut Crunch Cold Topping	492.9	6.7	58.1	-	51.2	25.8	1
-2 Scoops With Caramel Sauce Hot Topping	527.3	6.6	65.3	-	51	26.1	1.8
-2 Scoops With Hot Chocolate Fudge Sauce Hot Topping	525.6	7.6	63.4	-	53.6	26	1.8
-1 Scoops	224.4	3.1	25.5	-	22.1	11.9	0.5
-1 Scoops With Dark Chocolate Fish Cold Topping	279.4	3.6	30.3	-	26.7	15.4	trace
-1 Scoops With Chocolate Peace Signs Cold Topping	277.4	3.9	31.1	-	27.7	14.9	0.7
-1 Scoops With White Chocolate Hearts Cold Topping	366.4	4.6	39.7	-	36.2	20.7	0.5
-1 Scoops With Hazelnut Crunch Cold Topping	268.5	3.5	32.6	-	29.1	13.9	0.5
-1 Scoops With Caramel Sauce Hot Topping	302.9	3.4	39.8	-	28.9	14.2	1.2
-1 Scoops With Hot Chocolate Fudge Sauce Hot Topping	301.2	4.4	37.9	-	31.5	14.1	1.2
Fairtrade Caramel Brownie							
-3 Scoops	652.8	10.2	79.1	-	71.4	33.2	1.1
-3 Scoops With Dark Chocolate Fish Cold Topping	707.8	10.7	83.9	-	76	36.7	trace
-3 Scoops With Chocolate Peace Signs Cold Topping	705.8	11	84.7	-	77	36.2	1.3
-3 Scoops With White Chocolate Hearts Cold Topping	794.8	11.7	93.3	-	85.5	42	1.1
-3 Scoops With Hazelnut Crunch Cold Topping	696.9	10.6	86.2	-	78.4	35.2	1.1
-3 Scoops With White Caramel Sauce Hot Topping	731.3	10.5	93.4	-	78.2	35.5	1.8
-3 Scoops With Hot Chocolate Fudge Sauce Hot Topping	729.6	11.5	91.5	-	80.8	35.4	1.8
-2 Scoops	512	6.8	52.7	-	47.6	22.1	0.7
-2 Scoops With Dark Chocolate Fish Cold Topping	490.2	7.3	57.5	-	52.2	25.6	trace
-2 Scoops With Chocolate Peace Signs Cold Topping	488.2	7.6	58.3	-	53.2	25.1	0.9
-2 Scoops With White Chocolate Hearts Cold Topping	577.2	8.3	66.9	-	61.7	30.9	0.7
-2 Scoops With Hazelnut Crunch Cold Topping	479.3	7.2	59.8	-	54.6	24.1	0.7
-2 Scoops With Caramel Sauce Hot Topping	513.7	7.1	67	-	54.4	24.4	1.4
-2 Scoops With Hot Chocolate Fudge Sauce Hot Topping	512	8.1	65.1	-	57	24.3	1.4
-1 Scoops	216.6	3.4	26.4	-	23.8	11.1	0.4
-1 Scoops With Dark Chocolate Fish Cold Topping	271.6	3.9	31.2	-	28.4	14.6	trace
-1 Scoops With Chocolate Peace Signs Cold Topping	269.6	4.2	32	-	29.4	14.1	0.6
-1 Scoops With White Chocolate Hearts Cold Topping	358.6	4.9	40.6	-	37.9	19.9	0.4
-1 Scoops With Hazelnut Crunch Cold Topping	260.7	3.8	33.5	-	30.8	13.1	0.4
-1 Scoops With Caramel Sauce Hot Topping	295.1	3.7	40.7	-	30.6	13.4	1.1
-1 Scoops With Hot Chocolate Fudge Sauce Hot Topping	293.4	4.7	38.8	-	33.2	13.3	1.1

CONES

Sugar Cone	40	0.6	8.5	-	3.7	0.7	0
Waffle Cone	84	1.2	16.8	-	6.6	1.2	0
Chocolate Drops (for cone dipping)	39	0.5	2	-	2	3	0

WAFFLE

Belgian Sugar Waffle	46.2	1.6	7.7	-	2.3	2.6	1.6
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1-200 CAL

201-300 CAL

301+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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WRAPPED ICE CREAM

Magnum Classic	333.9	4	31.9	-	29.7	20.9	0.1
Magnum White	330	4.2	34.1	-	33	19.8	0.2
Magnum White Chocolate Cookie	260	3.2	28	-	23	15	0.4
Magnum Double Raspberry	280.8	2.2	43.2	-	33.6	11.2	0.2
Calippo Orange	85.6	0.4	17.6	-	14.4	1	0
Kinder Bueno Ice Cream Bar	132	2	10	-	9.9	8.9	0.1
Kinder Bueno Ice Cream Cone	204	2.9	22	-	16	11	0.2
B&Js Wich Dough	337	4.7	47	-	30	14	0.3
B&Js Wich Choc Fudgebrownie	268	3.9	36	-	24	12	0.3

TUB ICE CREAM

Haagen Daz Vanilla	249	4.3	19.9	-	19.6	16.9	0.2
	1145	19.8	91.5	-	90.2	77.7	0.7
Haagen Daz Strawberry Cheese Cake	262	3.8	29.4	-	24.8	14.3	0.3
	1210	17.9	131.1	-	115	67.6	1.5
Haagen Daz Belgian Chocolate	262	4.3	22.4	-	16.8	17.1	0
	1435	20.7	118.7	-	114.5	95.5	0.5
Haagen Daz Cookies & Cream	1196	20.2	102.6	-	92.5	78.2	1
Ben & Jerry's Fairtrade Chocolate Fudge Brownie	260	4.5	32	-	27	12	0.2
Ben & Jerry's Fairtrade Strawberry Cheesecake	247	3.2	27	-	24	14	0.2
Ben & Jerry's Fairtrade Vanilla	212.7	5.3	30.2	-	29.5	7.5	0.2
Grom Chocolate	235	5.5	24	-	23	12	0.1
Grom Cream Di Grom	259	6.3	26	-	22	15	0
Grom Pistachio	258	6.8	27	-	25	14	0.2

AVALANCHE ICE CREAM

Kit Kat Avalanche	209.6	4.8	24.4	-	22.7	10	0.3
Milkybar Avalanche	221.3	5.5	23.7	-	23.6	11.4	0.4
Smarties Avalanche	209.3	4.7	25.9	-	9.4	3.3	0.3
Mint Matchmaker Avalanche	177.1	4.2	21.1	-	20.5	8.2	0.3

1-200 CAL

201-300 CAL

301+ CAL

PRE-PACKED

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Packed							
-Thomas Tucker Sweet N Salt	360	5.7	48.7	-	16.5	13.8	0.9
-Thomas Tucker Classic Toffee Popcorn	698.7	3.8	145.3	-	74.6	10.4	2
-Metcalf's Skinny Sea Salt Popcorn Single	115.2	2.3	11.3	-	0	5.6	0.3
-Metcalf's Skinny Sweet & Salt Popcorn Single	115.4	1.9	12.8	-	4.3	5.7	0.3
-Metcalf's Skinny Popcorn Cinema Sweet Popcorn Single	96.4	1.7	11.1	-	3.4	4.6	trace
-Metcalf's Skinny Yoghurt Rice Cake	165.2	2.6	22.6	-	11.1	7.1	0
-Joe & Seph's Salted Caramel Popcorn	384.8	2.6	52.2	-	32.2	17.7	1.1
-Joe & Seph's Peanut Butter Popcorn	431.2	6.2	46.5	-	25.2	24.5	0.5
-Joe & Seph's Toffee Apple & Cinnamon Popcorn	392	2.6	54.2	-	32.4	18.2	0.6
-Joe & Seph's Caramel & Belgian Chocolate Popcorn	407.2	3.4	47.9	-	31.8	21.6	0.7
-Joe & Seph's Mature Cheddar Cheese Popcorn	517.6	11.8	20.9	-	0.2	43	1
-Candy Floss	403	0.1	99.6	-	99.6	0.5	0
-Candy Floss (Dublin)	168	0	70	-	70	0	0
-Candy Floss (Dublin)	60	0	25	-	25	0	0
-Jacobs Crisp Sour Cream & Cheese	705	8.6	99.6	-	10.2	29.4	2.7
-Jacobs Crisp Sea Salt & Balsamic Vinegar	705	7.8	100.5	-	11.3	29	2.7
-Monster Munch Pickled Onion	196.8	2.4	24	-	1.2	10	0.6
-Market Deli Anglesey Salt	709.5	10.2	87.7	-	0.8	32.7	1.8
-Market Deli Chorizo & Onion	702	10.5	90.3	-	4.1	31.5	1.8
-Market Deli Chorizo & Onion	187.2	2.8	24.1	-	1.1	8.4	0.5
-Market Deli Anglesey Salt	189.2	2.7	23.9	-	0.2	8.7	0.5
-Market Deli Mature Cheddar	186.8	2.6	24.3	-	1.5	8.3	0.5
-Market Deli Balsamic Vinegar	186.8	2.6	24.3	-	1.5	8.3	0.5
-Walkers Max Strong Hot Chicken Wings	798	9.5	76.5	-	4.8	49.5	2
-Walkers Max Strong Jalapeño & Cheese	796.5	9.8	76.5	-	3.9	49.5	2
-Walkers Cheese & Onion	910	10.9	92.1	-	5.8	53.6	2.2
-Walkers Ready Salted	920.5	10.7	90.1	-	0.7	55.8	2.5
-Sensations Thai Sweet Chilli	741	10.4	88.5	-	6	37.1	2.1
-Walkers Mixups Snacks Mix Spicy	591.6	7.6	72	-	4.6	28.8	2.1
-Walkers Poppables Cheddar Cheese	564.3	5.7	69.3	-	3.5	28.6	1.7
-Walkers Bugles Southern Style BBQ Snacks	577.5	7.2	61.6	-	5.5	33	2.4
-Sensations Lime & Coriander Chutney Poppadoms	401.8	5.3	48	-	2.1	20.6	2.5
-Sensations Thai Sweet Chilli Coated Peanuts	861	21.3	58.1	-	11.1	59.7	3.2
-Sensations Honey & Salt Roasted Peanut	813.5	27.6	45	-	36.3	58	2
-Doritos Cool Original	892.8	11	101	-	4.3	46.8	2.5
-Doritos Tangy Cheese	898.2	12.2	99.7	-	4.7	47.3	2.3
-Doritos Heatburst BBQ	892.8	10.8	108.2	-	7.2	44.3	2.3
-Pipers Anglesey Sea Salt 40g	532	5.1	57.2	-	0.5	30.7	0.9
-Pipers Chorizo 40g	526	5	56.9	-	5.6	30.1	2
-Pipers Cider Vinegar 40g	523	5.2	57	-	2.7	29.7	2.1
-Pipers Cheese & Onion 40g	533	6.2	56.1	-	1.5	30.8	1.6

1-200 CAL

201-300 CAL

301+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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SOFT DRINKS

Coca Cola (Dispensed)							
-Large	250.3	0	63.2	-	63.2	0	0
-Regular	173	0	43.7	-	43.7	0	0
-Junior	125.2	0	31.6	-	31.6	0	0
-Kids	92.8	0	23.4	-	23.4	0	0
Coke Zero (Dispensed)							
-Large	3	0	0	-	0	0	0
-Regular	2.1	0	0	-	0	0	0
-Junior	1.5	0	0	-	0	0	0
-Kids	1.1	0	0	-	0	0	0
Diet Coke (Dispensed)							
-Large	1.8	0	0	-	0	0	0
-Regular	1.2	0	0	-	0	0	0
-Junior	0.9	0	0	-	0	0	0
-Junior	0.7	0	0	-	0	0	0
Fanta Orange (Dispensed)							
-Large	113.2	0	26.8	-	26.8	0	0.1
-Regular	78.3	0	18.5	-	18.5	0	0.1
-Junior	56.6	0	13.4	-	13.4	0	0.1
-Kids	42	0	9.9	-	9.9	0	0
Sprite Zero (Dispensed)							
-Large	6	0	0	-	0	0	0.4
-Regular	4.1	0	0	-	0	0	0.3
-Junior	3	0	0	-	0	0	0.2
-Kids	2.2	0	0	-	0	0	0.2
Schweppes Lemonade (Dispensed)							
-Regular	107.3	0	25	-	25	0	0.3

FROZEN DRINKS

Tango Ice Blast Raspberry No Sugar							
-Large	85.2	0	33.2	-	0	0	0
-Regular	54	0	21.1	-	0	0	0
-Junior	28.4	0	11.1	-	0	0	0
Tango Ice Blast Sugar Free Orange							
-Large	93.7	0	33.2	-	0	0	0
-Regular	59.4	0	21.1	-	0	0	0
-Junior	31.2	0	11.1	-	0	0	0
Tango Ice Blast Cherry No Sugar							
-Large	85.2	0	33.2	-	0	0	0
-Regular	54	0	21.1	-	0	0	0
-Junior	28.4	0	11.1	-	0	0	0
Tango Ice Blast Sugar Free Safari Smash							
-Large	85.2	0	33.2	-	0	0	0
-Regular	54	0	21.1	-	0	0	0
-Junior	28.4	0	11.1	-	0	0	0

1-200 CAL

201-300 CAL

301+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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MILKSHAKES

Chocolate							
-Regular	565.5	16.5	87.7	-	83.3	8.8	0.4
-Junior	411.9	13.2	59.5	-	57.1	7	0.2
Strawberry							
-Regular	534.3	15.7	81.1	-	79	8.3	0.2
-Junior	396.3	12.8	56.2	-	54.9	6.8	0.2
Vanilla							
-Regular	405.9	15.5	49.2	-	48.5	8.3	0.2
-Junior	332.1	12.7	40.2	-	39.7	6.8	0.2

HOT DRINKS

English Breakfast Tea							
-Large	22	1.7	2.2	-	2.2	0.4	0.1
-Regular	11	0.8	1.1	-	1.1	0.2	0
Earl Grey Tea							
-Large	22	1.7	2.2	-	2.2	0.4	0.1
-Regular	11	0.8	1.1	-	1.1	0.2	0
Green Tea							
-Large	2	0.1	Trace	-	Trace	Trace	Trace
-Regular	2	0.1	Trace	-	Trace	Trace	Trace
Peppermint Tea							
-Large	2	0.1	Trace	-	Trace	Trace	Trace
-Regular	2	0.1	Trace	-	Trace	Trace	Trace
Camomile Tea							
-Large	2	0.1	Trace	-	Trace	Trace	Trace
-Regular	2	0.1	Trace	-	Trace	Trace	Trace
Hot Chocolate							
-Large	278.2	13.7	46.7	-	46.1	3.9	0.5
-Regular	139.1	6.9	23.3	-	23	2	0.2
Lavazza Coffee							
-Large	10.8	72	144	-	72	36	Trace
-Regular	5.4	36	72	-	36	18	Trace
Lavazza Latte							
-Large	136.2	66.5	127.3	-	71.3	30.84	0.4
-Regular	68.1	33.3	63.7	-	35.7	15.42	0.2
Lavazza Cappuccino							
-Large	84.9	62.3	121.2	-	65.2	29.7	0.2
-Regular	42.5	31.1	60.6	-	32.6	14.85	0.1

PACKAGED DRINKS

Abbey Well Water	0	0	0	-	0	0	0
Glaceau Smartwater Still	0	0	0	-	0	0	0
Glaceau Smartwater Sparkling	0	0	0	-	0	0	0
Cherry Coke Zero	1.5	0	0	-	0	0	0.1

1-200 CAL

201-300 CAL

301+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fanta Orange	95	0	23	-	23	0	0
Lilt	100	0.1	22.5	-	22.5	0	0
Sprite	70	0	16.5	-	16.5	0	0
Oasis Citrus Punch	85	0	20.5	-	20.5	0	0
Oasis Summer Fruits	85	0	20.5	-	20.5	0	0
Oasis Sour Apple Cherry	90	0	20.5	-	20.5	0	0.5
Oasis Summer Fruits Xtra Light	15	0	2.5	-	2.5	0	0.5
Fuze tea Mango Chamomile	76	0	17.6	-	17.2	0	0.1
Fuze tea Peach Hibiscus	76	0	17.2	-	17.2	0	0.1
Monster Ultra	15	0	4.5	-	0	0	1
Monster Hydro Mean Green	203.5	0	49.5	-	25.3	0	0.2
Monster Hydro Tropical Thunder	198	0	49.5	-	25.3	0	0
Capri Sun Orange	69.3	0	16.2	-	16.2	0	0
Fruit Shoot Low Sugar Blackcurrant and Apple	10	0	1.6	-	1.6	0	0
	13.8	0	2.2	-	2.2	0	0
Fruit Shoot Low Sugar Orange	10	0	1.6	-	1.6	0	0
	13.8	0	1.6	-	1.6	0	0
Fruit Shoot Hydro Orange and Pineapple	3.5	0	0	-	0	0	0.1
Fruit Shoot Hydro Blackcurrant	3.5	trace	nil	-	nil	nil	0
J2O Orange and Passionfruit	75.9	0	15.8	-	15.5	0	0
J2O Apple and Mango	69.3	0	15.5	-	15.5	0	0.2
San Pellegrino Aranciata	141.9	0	33	-	32	0	0
San Pellegrino Limonata	247.5	0	34.7	-	33	0	0
Im-Bru	100	2.5	24	-	23.5	0	0.4
Im-Bru Sugar Free	3.5	2.5	0	-	0	0	0.1
Red Bull	115	0	27.5	-	27.5	0	0
Riverrock (Dublin)							
-Packed	0	0	0	-	0	0	0
-Packed	0	0	0	-	0	0	0
-Packed	0	0	0	-	0	0	0
Fruice Juicy Apple & Blackcurrant (Dublin)	52.5	0.3	2.5	-	2.5	trace	trace
Powerade IO4 Berry and Tropical flavour (Dublin)	80	0	19.5	-	19.5	0	trace

SWEETS

Maltesers Teasers	186.2	2.6	20.3	-	18.6	10.4	0.1
Milky Way	95.2	0.8	15.2	-	13.3	3.6	0.1
Milkybar Buttons	163.8	2.3	17.3	-	17.2	9.5	0
Kit Kat 4 Finger	208.3	2.8	26		21.2	10.2	0.1
Smarties	175.6	1.8	26.1	-	24.1	7	0.1
Jelly Tots	148.3	0	36.3	-	25.3	0	0.2
Jaffa Cakes	185	2.4	34.6		25.7	3.9	0.1
Yoyo Bear Strawberry	55	0.4	12.6	-	8.4	0	0
Haribo Star Mix	54.7	1.1	12.3	-	7.5	0.1	0
Haribo Star Mix	143.6	2.8	32.3	-	19.7	0.2	0
Haribo Tangfastics	145.3	2.8	33.6	-	21	0.1	0