

# 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)	
<b>SOFT DRINKS*</b> All cups include a standard serving of ice												
<b>Coca Cola (Dispensed)</b>												
	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	
<b>Coca Zero (Dispensed)</b>												
	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	
<b>Diet Coke (Dispensed)</b>												
	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	
<b>Fanta Orange (Dispensed)</b>												
	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	
<b>Fanta Zero (Dispensed)</b>												
	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	
<b>Sprite Zero (Dispensed)</b>												
	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	
<b>Schweppes Lemonade (Mixer Dispensed)</b>												
		180	43.2	0	10.1	10.1	0	0	0	48	0.12	
<b>MILKSHAKES</b>												
<b>Chocolate Milkshake</b>												
	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	
<b>Strawberry Milkshake</b>												
	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	
<b>Vanilla Milkshakes</b>												
	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	
<b>MILKSHAKE TOPPINGS</b>												
	<b>Crunchie Bits</b>	30g	606	145	0.4	22.2	18.6	5.7	3.6	0.36	0	0.10
	<b>Cadbury Chunks</b>	30g	666	159	2.3	17	16.8	9.2	5.6	0.21	69	0.18
	<b>Oreo Crumb</b>	30g	603	144	1.5	20.7	11.4	6	3	0.8	27	0.7

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<b>ICE BLAST</b>											
<b>Tango Ice Blast Raspberry (Dispensed)</b>											
	Large	664	155	0	35	0	0	0	0	Trace	Trace
	Regular	438	102	0	23	0	0	0	0	Trace	Trace
	Junior	263	61	0	14	0	0	0	0	Trace	Trace
<b>Tango Ice Blast Orange (Dispensed)</b>											
	Large	664	155	0	35	0	0	0	0	Trace	Trace
	Regular	438	102	0	23	0	0	0	0	Trace	Trace
	Junior	263	61	0	14	0	0	0	0	Trace	Trace
<b>Tango Ice Blast Cherry (Dispensed)</b>											
	Large	664	155	0	35	0	0	0	0	Trace	Trace
	Regular	438	102	0	23	0	0	0	0	Trace	Trace
	Junior	263	61	0	14	0	0	0	0	Trace	Trace

<b>HOT DRINKS</b>											
<b>Lakeland Barista Milk</b>		188	45	3.7	5.4	5.4	1	0.6	0	53	0.1
<b>Cravendale Milk</b>		205	49	3.6	4.8	4.8	1.7	1	0	40	0.1
<b>Fairtrade White Sugar Stick</b>		1610	384	N/A	96	N/A	N/A	N/A	N/A	N/A	N/A
<b>English Breakfast Tea</b>											
<small>*Milk will add additional calories</small>											
	Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
	Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
<b>English Garden Green Tea</b>											
	Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
	Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
<b>English Garden Camomile Tea</b>											
	Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
	Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
<b>English Garden Peppermint Tea</b>											
	Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
	Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
<b>English Garden Earl Grey Tea</b>											
	Large	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
	Regular	17	4	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
<b>Lavazza Cappuccino</b>											
	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
<b>Lavazza Latte</b>											
	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
<b>Hot Chocolate</b>											
	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
<b>Lavazza Americano (Without Milk)</b>											
<small>*Milk will be added calories</small>											
	Large	100	24	1.1	0.88	04	1	0.46	3.6	0	01
	Regular	100	24	1.1	0.88	04	1	0.46	3.6	0	01
<b>Lavazza Espresso shot</b>											
	4oz	100	24	1.1	0.88	04	1	0.46	3.6	0	01

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<b>STARBUCKS - PRESTON &amp; BEDFORD</b>											
<b>Espresso</b>											
	Single	24	6	0.3	1	0	0	0	0	0	0
	Double	48	11	0.7	2	0	0	0	0	0	0
<b>Americano</b>											
	Regular	23	5	0.4	1	0	0	0	0	0	0
	Large	46	11	0.7	2	0	0	0	0	0	0
<b>Latte</b>											
	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
<b>Cappucino - Skimmed</b>											
	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
<b>Cappucino - Semi</b>											
	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
<b>Cappucino - Whole</b>											
	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
<b>Hot Chocolate - Skimmed</b>											
	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
<b>Cappucino - Semi</b>											
	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
<b>Cappucino - Whole</b>											
	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
<b>Mocha - Skimmed</b>											
	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
<b>Mocha - Semi</b>											
	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
<b>Mocha - Whole</b>											
	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
<b>Caramel Macchiato - Skimmed</b>											
	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
<b>Caramel Macchiato - Semi</b>											
	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
<b>Caramel Macchiato - Whole</b>											
	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
<b>Chai Latte - Skimmed</b>											
	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
<b>Chai Latte - Semi</b>											
	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
<b>Chai Latte - Whole</b>											
	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

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<b>PACKAGED DRINKS</b>											
<b>Glaceau Smart Water</b>		0	0	0	0	0	0	0	0	0	0
	600	0	0	0	0	0	0	0	0	0	0
<b>Glaceau Sparkling Water</b>		0	0	0	0	0	0	0	0	0	0
	600	0	0	0	0	0	0	0	0	0	0
<b>Coca Cola</b>		176	42	0	10.6	10.6	0	0	0	0	0
	500	880	210	0	53	53	0	0	0	0	0
<b>Coke Zero</b>		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
<b>Coke Zero Cherry</b>		1.5	0.4	0	0	0	0	0	0	0	0
	500	8	2	0	0	0	0	0	0	0	0
<b>Coke Zero Vanilla</b>		1	0.3	0	0	0	0	0	0	0	0
	500	5	1.5	0	0	0	0	0	0	0	0.1
<b>Diet Coke</b>		2	0.5	0	0	0	0	0	0	trace	0
	500	10	2.5	0	0	0	0	0	0	trace	0
<b>Diet Coke Sublime</b>		1.9	0.5	0	0	0	0	0	0	0	0
	500	10	2	0	0	0	0	0	0	0	0
<b>Dr Pepper</b>		85	20	0	4.9	4.9	0	0	0	trace	0
	500	426	100	0	24	24	0	0	0	trace	0
<b>Dr Pepper Zero</b>		2.1	0.5	0	0	0	0	0	0	trace	0
	500	10	2	0	0	0	0	0	0	trace	0
<b>Fanta Fruit Twist</b>		85	20	0	4.8	4.8	0	0	0	0	0
	500	426	100	trace	24	24	0	0	trace	0	0
<b>Fanta Icy Lemon</b>		81	19	0	4.5	4.5	0	0	0	0	0
	500	406	96	0	22	22	0	0	0	0	0.1
<b>Fanta Orange</b>		79	19	0	4.6	4.6	0	0	0	0	0
	500	395	95	0	23	23	0	0	0	0	0
<b>Lilt</b>		84	20	0	4.5	4.5	0	0	0	0	0
	500	420	100	trace	23	23	0	0	0	0	0
<b>Sprite</b>		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
<b>Oasis Citrus Punch</b>		77	18	0	4.1	4	0	0	0	0	0.1
	500	388	92	0	20	20	0	0	0	0	0.2
<b>Oasis Sour Cherry</b>		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
<b>Oasis Summer Fruits</b>		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
<b>Oasis Summer Fruits Light</b>		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
<b>Fruit Shoot Low Sugar Blackcurrant and Apple</b>		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
<b>Fruit Shoot Low Sugar Blackcurrant and Apple</b>		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
<b>Fruit Shoot Low Sugar Orange</b>		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
<b>Fruit Shoot Low Sugar Orange</b>		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
<b>Fruit Shoot Hydro Orange and Pineapple</b>		4	1	0	0	0	0	0	0	trace	0
	350	14	3.5	0	0	0	0	0	0	trace	0

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## PACKAGED DRINKS CONT.

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<b>Fruit Shoot Hydro Blackcurrant</b>		4	1	0	0	0	0	0	0	trace	0
	350	14	3.5	0	0	0	0	0	0	trace	0
<b>J20 Orange and Passionfruit</b>		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
<b>J20 Apple and Raspberry</b>		79	19	0	4	4	0	0	0	trace	0.1
	250	198	48	0	10	10	0	0	0	trace	0.2
<b>Irn-Bru</b>		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
<b>Irn-Bru Sugar Free</b>		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
<b>Red Bull</b>		192	46	0	11	11	0	0	0	trace	0
	250	480	115	0	27.5	27.5	0	0	0	trace	0
<b>Riverrock</b>		0	0	0	0	0	0	0	0	0	0
	750	0	0	0	0	0	0	0	0	0	0
<b>Powerade 104 Berry and Tropical flavour</b>		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
<b>Fruite Juicy Apple &amp; Blackcurrant</b>		250	12.5	52.5	0.3	2.5	2.5	trace	trace	trace	trace
<b>Sanpellegrino Limonata</b>		330	302	71	0	15.5	15.5	0	0	0.3	0
<b>Sanpellegrino Aranciata</b>		330	286	67	0.4	15.5	15.5	0	0	0	0
<b>Costa Caramel Latte Can</b>		250	400	95	3	13	8	3.8	2.7	0	trace
<b>Costa Latte Can</b>		250	445	105	4.3	13	9.5	4.3	3	0	trace
<b>Monster Energy</b>		500	1006	237	0	60	55	0	0	0	1
<b>Monster Energy Ultra</b>		500	50	11	0	4.4	0	0	0	0	1
<b>Capri - Sun Orange</b>		330	293	69	0	16	16	0	0	0	0
<b>Capri - Sun Orange</b>		200	178	420	0	9.8	9.8	0	0	0	0
<b>Capri-Sun Apple and Blackcurrant</b>		200	42	100	0	1.8	1.6	0	0	0	0
<b>Fuze Tea Mango and Camolie</b>		400	316	76	0	17.6	17.2	0	0	0	0
<b>Fuze Tea Hibiscus</b>		400	316	76	0	17.2	17.2	0	0	0	0