

NUTRITIONAL & ALLERGEN INFORMATION

EMPIRE
CINEMAS

Information compiled November 2018

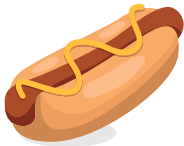
ALLERGEN INFORMATION

Please note this information is compiled from supplier data which has been provided to Empire Cinemas. We cannot accept any liability for its accuracy.

Products are not available in all cinemas and some promotional, trial products may not be listed.

EMPIRE
CINEMAS

HOT DOGS



**LARGE HOTDOG
BRIOCHE BUN** V

**REGULAR HOTDOG
BRIOCHE BUN** V

PORK FRANKFURTERS

**HALAL CHICKEN
FRANKFURTERS**

CRISPY ONIONS V

P PRESENT ON SITE M MAY CONTAIN Y ALLERGEN IS PRESENT

V SUITABLE FOR VEGETARIANS V SUITABLE FOR VEGANS

CONTAINS:

	Gluten & products thereof (wheat, rye, barley, oats)	Egg & Derivatives	Soya Beans & Derivatives	Milk & Derivatives	Sulphite >10mg/kg	Celery & Derivatives	Mustard & Derivatives
LARGE HOTDOG BRIOCHE BUN V	Y	Y	Y	Y			
REGULAR HOTDOG BRIOCHE BUN V	Y	Y	Y	Y			
PORK FRANKFURTERS							
HALAL CHICKEN FRANKFURTERS					Y	H	H
CRISPY ONIONS V	Y						

POPCORN



SWEET POPCORN V V

SALTED POPCORN V V

**WHIRL BUTTER
SUBSTITUTE** V

P PRESENT ON SITE M MAY CONTAIN Y ALLERGEN IS PRESENT

V SUITABLE FOR VEGETARIANS V SUITABLE FOR VEGANS

CONTAINS:

Gluten & products thereof
(wheat, rye, barley, oats)

Tree Nuts & Derivatives

Peanuts & Derivatives

Sesame Seeds & Derivatives

Soya Beans & Derivatives

Milk & Derivatives

Sulphite >10mg/kg

Y

SOFT DRINKS



V SUITABLE FOR VEGETARIANS **V** SUITABLE FOR VEGANS

POSTMIX PEPSI REGULAR **V V**

POSTMIX PEPSI MAX **V V**

POSTMIX PEPSI DIET **V V**

POSTMIX PEPSI MAX CHERRY **V V**

POSTMIX 7UP FREE **V V**

POSTMIX TANGO ORANGE **V V**

POSTMIX ROBINSONS BLACK **V V**

POSTMIX LIPTON ICE TEA **V V**

NO ALLERGENS ARE PRESENT IN SOFT DRINKS, NOR ARE THEY PRODUCED ON SITES WHICH USE ALLERGEN INGREDIENTS

FROZEN DRINKS



V SUITABLE FOR VEGETARIANS **V** SUITABLE FOR VEGANS

RASPBERRY TANGO ICEBLAST **V V**

CHERRY TANGO ICEBLAST **V V**

BUBBLEGUM TANGO ICEBLAST **V V**

ORANGE TANGO ICEBLAST **V V**

NO ALLERGENS ARE PRESENT IN SOFT DRINKS, NOR ARE THEY PRODUCED ON SITES WHICH USE ALLERGEN INGREDIENTS

PICK 'N' MIX



PICK 'N' MIX

Allergen information for all products is available on the Pick n Mix display. Please be aware that we cannot guarantee that scoops and tongs have not come into contact with allergens.

ICE CREAM (SCOOPED)



SCOOPED ICE CREAM

Allergen information for all Ben & Jerry's products are available upon request from your scooper. Please be aware that we cannot guarantee that ice cream scoops have not come into contact with allergens.

NUTRITIONAL INFORMATION

Please note this information is compiled from supplier data which has been provided to Empire Cinemas. We cannot accept any liability for its accuracy. Products are not available in all cinemas and some promotional, trial products may not be listed.

All nutritional information is on an estimated basis for the stated portion size. Pack and portion sizes may change from time to time which may cause deviations. The stated portion sizes are for guidance only; product assembly may result in small variances in portion size and therefore the corresponding nutritional values.

EMPIRE
CINEMAS



REGULAR NACHO CHIPS

LARGE NACHO CHIPS

JALAPEÑO PEPPERS

SALSA DIP

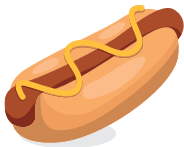
CHEESE SAUCE

SOUR CREAM & CHIVE DIP

GARLIC DIP

GUACAMOLE

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
110g	2129	509	20.13	7.15	72.7	2.4	6.05	1.21
132g	254	611	24.16	8.58	87.3	2.9	7.26	1.45
50g	43.0	10.0	0.00	0.00	2.0	1.0	0.00	1.23
90g	249	62.3	0.00	0.00	12.5	7.4	0.9	1.42
105g	844	199.5	15.75	10.10	2.8	0.8	13.13	1.79
95ml	2052	498	54.0	4.2	1.8	1.8	1.2	1.24
95ml	2208	534	57.6	4.2	3.0	2.4	1.2	1.28
100g	636	152	14.00	2.2	7.4	1.9	1.5	1.1



LARGE HOTDOG BRIOCHE BUN

REGULAR HOTDOG BRIOCHE BUN

LARGE PORK FRANKFURTERS

REGULAR PORK FRANKFURTERS

HALAL CHICKEN FRANKFURTERS

CRISPY ONIONS

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
115g	1437	340	9.7	5.6	51.5	4.4	10.5	0.98
67g	885	211	6	3.5	31.8	2.7	6.5	0.6
160g	1646	396	32.0	11.7	8.6	1.6	18.6	2.56
100g	1029	248	20.0	7.3	5.4	1.0	11.6	1.6
100g	938	226	18.0	0	5.0	0	11.0	1.75
7g	171	41	3.1	1.4	2.8	0.6	0.4	0.07



KIDS SWEET POPCORN

SMALL SWEET POPCORN

REGULAR SWEET POPCORN

LARGE SWEET POPCORN

KIDS SALTED POPCORN

SMALL SALTED POPCORN

REGULAR SALTED POPCORN

LARGE SALTED POPCORN

WHIRL BUTTER

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
57g	1157	278	14.65	1.13	27.1	10.9	4.62	0.06
68g	1380	331	17.45	1.35	32.3	13.1	5.51	0.07
151g	3065	735	38.81	3.00	71.7	29.0	12.23	0.15
222g	4507	1081	57.05	4.42	105.5	42.6	17.98	0.22
57g	1154	276	14.1	1.15	30.1	0.3	4.49	0.94
68g	1376	329	16.82	1.37	35.9	0.4	5.36	1.12
151g	3056	731	37.34	3.05	79.7	0.9	11.90	2.49
222g	4493	1074	54.90	4.48	117.2	1.3	17.49	3.66
30ml	1021	248	27.6	6.3	0	0	0	1.28

**PEPSI SMALL*****PEPSI REGULAR*****PEPSI LARGE*****PEPSI MAX SMALL****PEPSI MAX REGULAR****PEPSI MAX LARGE****PEPSI DIET SMALL****PEPSI DIET REGULAR****PEPSI DIET LARGE****TANGO ORANGE SMALL****TANGO ORANGE REGULAR****TANGO ORANGE LARGE****7UP FREE SMALL****7UP FREE REGULAR****7UP FREE LARGE**

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
520ml	915	218	0.0	0.0	57.2	57.2	0.0	0.0
757ml	1332	318	0.0	0.0	83.3	83.3	0.0	0.0
1041ml	1832	437	0.0	0.0	114.5	114.5	0.0	0.0
520ml	10.4	3	0.0	0.0	0.0	0.0	0.5	0.26
757ml	15.4	4	0.0	0.0	0.0	0.0	0.0	0.38
1041ml	21	5	0.0	0.0	0.0	0.0	0.0	0.52
520ml	16	3	0.0	0.0	0.0	0.0	0.0	0.31
757ml	23	5	0.0	0.0	0.0	0.0	0.0	0.45
1041ml	31	6	0.0	0.0	0.0	0.0	0.0	0.62
520ml	26	5	0.0	0.0	0.0	0.0	0.0	0.62
757ml	38	8	0.0	0.0	0.0	0.0	0.0	0.91
1041ml	52	10	0.0	0.0	0.0	0.0	0.0	1.25
520ml	36	10	0.0	0.0	0.0	0.0	0.0	0.36
757ml	53	15	0.0	0.0	0.0	0.0	0.0	0.53
1041ml	73	21	0.0	0.0	0.0	0.0	0.0	0.73

*A SOFT DRINKS INDUSTRY SUGAR LEVY APPLIES TO **pepsi**®

POSTMIX DRINKS



PEPSI MAX CHERRY SML
PEPSI MAX CHERRY REG
PEPSI MAX CHERRY LRG
ROBINSONS APP/BLK SML
ROBINSONS APP/BLK REG
ROBINSONS APP/BLK LRG
LIPTON PEACH SMALL
LIPTON PEACH REGULAR
LIPTON PEACH LARGE

All values shown in grams unless otherwise stated

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
520ml	10.4	3	0.0	0.0	<0.5	0.0	<0.5	0.16
757ml	15.14	4	0.0	0.0	<0.8	0.0	<0.8	0.23
1041ml	21	5	0.0	0.0	<1.0	114.5	<1.0	0.31
520ml	42	10	0.0	0.0	0.0	0.0	0.5	0.10
757ml	61	15	0.0	0.0	0.0	0.0	0.0	0.15
1041ml	83	21	0.0	0.0	0.0	0.0	0.0	0.21
520ml	416	99	<2.6	<0.52	23.9	23.4	<2.6	0.16
757ml	606	144	<3.8	<0.76	34.8	34.1	<3.8	0.23
1041ml	833	198	<5.21	<1.04	47.9	46.8	<5.21	0.31

All values shown in grams unless otherwise stated

All values shown in grams unless otherwise stated



ICEBLAST REGULAR ALL FLAVOURS

ICEBLAST LARGE ALL FLAVOURS

ICEBLAST TWINCUP ALL FLAVOURS

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
12oz	143.2	34.1	0.0	0.0	13.0	0.0	0.0	trace
21oz	250.7	59.7	0.0	0.0	23.3	0.0	0.0	trace
32oz	381.9	90.9	0.0	0.0	35.5	0.0	0.0	trace

ICEBLAST



All hot drinks are prepared using semi-skimmed milk

ESPRESSO

LONG BLACK REGULAR

LONG BLACK LARGE

WHITE COFFEE REGULAR

WHITE COFFEE LARGE

LATTE REGULAR

LATTE LARGE

CAPPUCCINO REGULAR

CAPPUCCINO LARGE

MOCHA REGULAR

MOCHA LARGE

FLAT WHITE

CADBURYS HOT CHOCOLATE

If adding a flavoured syrup, add the following to your drink

CARAMEL SYRUP

VANILLA SYRUP

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
single	11	3	0.1	0.0	0.4	0.2	0.2	0.0
12oz	22	6	0.2	0.0	0.8	0.4	0.4	0.0
16oz	29	8	0.3	0.0	1.1	0.5	0.5	0.0
12oz	126	30.5	1.2	0.7	3.3	2.9	2.1	0.1
16oz	133	32.5	1.2	0.7	3.5	3.0	2.2	0.1
12oz	508	121	4.5	2.8	12.3	11.9	8.3	0.2
16oz	677	161	6.0	3.8	16.2	15.8	11.0	0.3
12oz	434	104	3.7	2.3	11.3	10.8	6.7	0.2
16oz	644	153	5.6	3.5	16.2	15.6	10.1	0.3
12oz	852	202	5.9	3.6	27.4	25.2	9.4	0.3
16oz	1241	295	8.3	5.1	40.9	37.4	13.0	0.4
8oz	516	122	4.6	2.9	12.3	12.1	8.4	0.1
12oz	465	110	2.7	0.4	19.7	0.2	1.5	1.0
12oz	137	33	0.0	0.0	8.0	8.0	0.0	0.0
16oz	205	49	0.0	0.0	12.1	12.1	0.0	0.0
12oz	142	34	0.0	0.0	8.4	8.4	0.0	0.0
16oz	213	51	0.0	0.0	12.7	12.6	0.0	0.0

ICE CREAM (SCOOPED)



One Scoop = 85g

- BIRTHDAY CAKE
- CARAMEL CHEW CHEW
- CHERRY GARCIA
- CHOCOLATE FUDGE BROWNIE
- CINNAMON BUNS
- COOKIE DOUGH
- HOME SWEET COMB
- MINT CHOC CHUNK
- PEANUT BUTTER CUP
- PHISH FOOD
- ONE LOVE
- ONE SWEET WORLD
- S'WICH UP
- SALTED CARAMEL BROWNIE
- STRAWBERRY CHEESECAKE
- VANILLA FAIR TRADE
- HOT CARAMEL FUDGE SAUCE
- HOT CHOCOLATE FUDGE SAUCE
- MILK CHOCOLATE PEACE SIGNS
- CARAMEL NUTS
- WHITE CHOCOLATE POLAR BEARS
- RAINBOW SPRINKLES
- SUGAR CONE
- LARGE WAFFLE CONE
- WAFFLE CONE (BAKED IN STORE)

All values shown in grams unless otherwise stated

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
per 100g	1154	275	15.0	8.0	32.0	38.0	3.3	0.19
per 100g	1200	280	16.0	11.0	30.0	26.0	3.5	0.22
per 100g	1000	240	14.0	9.0	25.0	25.0	3.5	0.11
per 100g	1036	247	13.0	7.7	30.0	27.0	4.2	0.19
per 100g	1169	279	15.0	9.0	32.0	28.0	3.4	0.26
per 100g	1100	270	15.0	9.0	30.0	25.0	4.0	0.17
per 100g	1109	264	14.0	9.3	30.0	26.0	3.7	0.23
per 100g	1200	280	17.0	12.0	25.0	24.0	4.0	0.12
per 100g	1400	330	22.0	13.0	25.0	23.0	7.0	0.49
per 100g	1100	270	13.0	9.0	34.0	27.0	4.0	0.16
per 100g	1146	273	14.0	8.8	33.0	28.0	3.2	0.23
per 100g	1151	274	13.0	9.3	35.0	28.0	3.7	0.37
per 100g	1217	290	16.0	9.1	32.0	25.0	4.3	0.22
per 100g	1075	256	13.0	8.0	31.0	28.0	4.0	0.42
per 100g	1000	250	14.0	7.0	27.0	24.0	3.0	0.66
per 100g	975	232	15.0	9.6	20.0	20.0	4.0	0.14
25g	328	79	2.0	2.0	14.0	7.0	0.25	0.07
25g	321	77	2.0	2.0	12.0	9.0	1.0	0.03
25g	554	133	7.0	5.0	14.0	14.0	2.0	0.06
25g	524	125	5.0	0.25	19.0	18.0	0.75	0.0
25g	579	138	8.0	5.0	15.0	15.0	1.0	0.2
25g	428	102	0.25	0.25	25.0	25.0	0.07	0.05
10g	172	40	0.65	0.05	9.0	4.0	0.6	0.05
22g	378	90	1.0	1.0	17.0	6.0	2.0	0.1
60g	1037	247	5.0	2.0	46.0	26.0	3.6	0.0

BLACKBERRIES & RASPBERRIES
CK PREMIUM JELLY BEANS
CHERRIES
CHOCOLATE DELIGHT
COLA BOTTLE
DUO FUDGE
FIZZY BUBBLEGUM BOTTLES
FIZZY CHERRY BOTTLES
FIZZY COLA BOTTLES
FIZZY DUMMIES
FRIED EGGS
GIANT COLA BOTTLES
GIANT SNOWIES
JELLY FOAM HEARTS
JUICY STRAWBERRIES
MILK CHOCOLATE BEANIES
MILK CHOCOLATE HONEYCOMB
MILK CHOCOLATE MINI EGGS
MILK CHOCOLATE RAISINS
MILK TEETH
MINI STRAWBERRY CABLES
MONKEY BANANAS
PARTY MIX
PINK & WHITE MICE

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
100g	1330	313	0.2	0.2	72.0	52.0	5.2	0.04
100g	1600	377	<0.1	<0.1	93.0	77.0	<0.1	
100g	1425	335	0.5	<0.1	76.9	51.4	<0.1	
100g	1975	470	18.9	11.4	70.5	50.0	11.40	2.30
100g	1334	314	0.4	0.4	71.0	52.0	0.4	0.05
100g	1982	472	20.0		71.3	60.0		
100g	1410	330	0.2	0.2	76.0	63.0	0.2	
100g	1359	351	0.1	0.1	74.0	56.0	0.1	0.04
100g	1360	321	0.1	0.1	74.0	56.0	0.1	0.04
100g	1356	320	0.0	0.0	75.0	56.0	0.0	0.03
100g	1318	310	0.1	0.1	71.4	50.1	0.1	
100g	1337	313	0.5	0.5	71.0	52.0	0.5	0.05
100g	2080	496	22.0	18.0	71.1	56.1	18.0	0.0
100g	1430	340	0.2	0.2	75.0	61.0	0.2	0.0
100g	1465	345	0.28	0.27	84.6	55.6	0.27	0.0
100g	1900	450	14.0	0.0	79.0	79.0	0.0	0.0
100g	2000	480	19.0	0.0	73.0	59.0	3.5	0.0
100g	2010	480	20.0	12.0	71.0	70.0	5.0	
100g	1700	410	15.0	9.0	65.0	63.0	4.5	3.0
100g	1370	320	0.2	<0.1	73.0	57.0	6.0	
100g	1546	370	3.2	3.1	82.0	63.0	1.2	
100g	2186	522	23.2	23.2	66.4	52.7	4.8	
100g	1415	333	0.3	0.2	75.4	47.9	5.2	
100g	2200	530	29.0	22.0	64.0	52.0	4.0	

PICK 'N' MIX



RED METRE
RAINBOW METRE
SOUR CHERRIES
SOUR DRACULA TEETH
S'BERRY & WHITE CANDYSTICKS
STRAWBERRY BONBON
STRAWBERRY FUDGE
STRAWBERRY ROCKETZ
SUGARED STRAWBERRIES
SWEET BANANAS
TEDDY BEARS
THE BOA
VANILLA FUDGE
WATERMELON SLICES
WINE GUMS

Serving Size	Energy kJ	Energy Kcal	Fat	of which saturates	Carbo-hydrate	of which sugars	Protein	Salt
100g	1400	330	1.0		75.0	48.0	2.5	
100g	1522	358	0.4	0.2	84.0	65.0	2.4	0.10
100g	1418	334	0.6	0.6	80.0	55.0	2.1	
100g	1388	326	0.2	<0.1	79.0	48.0	0.1	
100g	1620	380	4.5	2.6	84.0	64.0	1.5	
100g	1655	390	4.9	4.2	87.0	63.0	0.0	
100g	1848	437	13.0	11.0	78.0	69.0	1.6	0.59
100g	1620	390	4.0	2.0	86.0	67.0	1.4	
100g	1459	343	0.0	0.0	86.0	67.0	0.0	
100g	1530	360	0.0	0.0	89.0	78.0	1.2	0.0
100g	1330	313	0.2	0.2	72.0	52.0	5.2	0.04
100g	1382	325	0.1	0.1	73.8	51.3	7.2	
100g	1775	420	13.0	11.0	74.0	68.0	1.5	
100g	1420	340	0.2	0.2	77.0	59.0	6.6	
100g	1408	331	0.2	0.2	77.0	39.0	5.5	