

# VUE ENTERTAINMENT DRINKS NUTRITIONAL INFORMATION

The nutritional drinks information listed below includes a standard serving of ice.

## SOFT DRINKS

	Cup Size in OZ	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
<b>Coca Cola (Dispensed)</b>		181.0	43.0	0.0	10.7	10.7	0.0	0.0	0.0
Large	32oz	1078.8	256.3	0.0	63.8	63.8	0.0	0.0	0.0
Regular	22oz	745.7	177.2	0.0	44.1	44.1	0.0	0.0	0.0
Junior	16oz	539.4	128.1	0.0	31.9	31.9	0.0	0.0	0.0
Kids	12oz	400.0	95.0	0.0	23.6	23.6	0.0	0.0	0.0
<b>Coke Zero (Dispensed)</b>		1.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0
Large	32oz	8.9	3.0	0.0	0.0	0.0	0.0	0.0	0.0
Regular	22oz	6.2	2.1	0.0	0.0	0.0	0.0	0.0	0.0
Junior	16oz	4.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0
Kids	12oz	3.3	1.1	0.0	0.0	0.0	0.0	0.0	0.0
<b>Diet Coke (Dispensed)</b>		1.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0
Large	32oz	8.9	3.0	0.0	0.0	0.0	0.0	0.0	0.0
Regular	22oz	6.2	2.1	0.0	0.0	0.0	0.0	0.0	0.0
Junior	16oz	4.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0
Kids	12oz	3.3	1.1	0.0	0.0	0.0	0.0	0.0	0.0
<b>Fanta Orange (Dispensed)</b>		182.0	43.0	0.0	10.5	10.5	0.0	0.0	0.0
Large	32oz	1084.7	256.3	0.0	62.6	62.6	0.0	0.0	0.0
Regular	22oz	749.8	177.2	0.0	43.3	43.3	0.0	0.0	0.0
Junior	16oz	542.4	128.1	0.0	31.3	31.3	0.0	0.0	0.0
Kids	12oz	402.2	95.0	0.0	23.2	23.2	0.0	0.0	0.0
<b>Sprite Zero (Dispensed)</b>		1.0	0.0	0.0	0.0	0.0	0.0	0.1	
Large	32oz	29.8	6.0	0.0	0.0	0.0	0.0	0.0	0.4
Regular	22oz	20.6	4.1	0.0	0.0	0.0	0.0	0.0	0.3
Junior	16oz	14.9	3.0	0.0	0.0	0.0	0.0	0.0	0.2
Kids	12oz	11.1	2.2	0.0	0.0	0.0	0.0	0.0	0.2
<b>Schweppes Lemonade (Dispensed)</b>		80.0	19.0	0.0	4.3	4.3	0.0	0.0	0.0
Regular	32oz	476.8	113.2	0.0	25.6	25.6	0.0	0.0	0.0

## FROZEN DRINKS

	Cup Size in OZ	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
<b>Tango Ice Blast Raspberry No Sugar</b>									
Large	32oz	357.8	85.2	0.0	33.2	0.0	0.0	0.0	0.0
Regular	21oz	226.8	54.0	0.0	21.1	0.0	0.0	0.0	0.0
Junior	12oz	119.3	28.4	0.0	11.1	0.0	0.0	0.0	0.0
<b>Tango Ice Blast Orange No Sugar</b>									
Large	32oz	391.9	93.7	0.0	33.2	0.0	0.0	0.0	0.0
Regular	21oz	248.4	59.4	0.0	21.1	0.0	0.0	0.0	0.0
Junior	12oz	130.6	31.2	0.0	11.1	0.0	0.0	0.0	0.0
<b>Tango Ice Blast Cherry No Sugar</b>									
Large	32oz	357.8	85.2	0.0	33.2	0.0	0.0	0.0	0.0
Regular	21oz	226.8	54.0	0.0	21.1	0.0	0.0	0.0	0.0
Junior	12oz	119.3	28.4	0.0	11.1	0.0	0.0	0.0	0.0

## MILKSHAKES

	Cup Size in OZ	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
<b>Chocolate</b>									
Regular	21oz	2157.0	513.3	13.7	78.7	74.5	7.3	4.1	0.8
Junior	12oz	2147.1	512.1	16.0	68.4	65.9	8.5	4.8	0.6
<b>Strawberry</b>									
Regular	21oz	2026.8	482.1	12.9	72.1	70.2	6.8	3.8	0.8
Junior	12oz	2082.0	496.5	15.6	65.1	63.8	8.3	4.6	0.6
<b>Vanilla</b>									
Regular	21oz	1479.6	353.7	12.7	40.2	39.7	6.8	3.8	0.3
Junior	12oz	1808.4	432.3	15.5	49.2	48.5	8.3	4.6	0.3

## HOT DRINKS

	Cup Size in OZ	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
<b>English Breakfast Tea</b>									
<b>Large</b>	16oz	80.0	22.0	1.7	2.2	2.2	0.4	0.2	0.1
<b>Regular</b>	12oz	40.0	11.0	0.8	1.1	1.1	0.2	0.1	0.0
<b>Earl Grey Tea</b>									
<b>Large</b>	16oz	80.0	22.0	1.7	2.2	2.2	0.4	0.2	0.1
<b>Regular</b>	12oz	40.0	11.0	0.8	1.1	1.1	0.2	0.1	0.0
<b>Green Tea</b>									
<b>Large</b>	16oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
<b>Regular</b>	12oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
<b>Peppermint Tea</b>									
<b>Large</b>	16oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
<b>Regular</b>	12oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
<b>Camomile Tea</b>									
<b>Large</b>	16oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
<b>Regular</b>	12oz	2.0	2.0	0.1	Trace	Trace	Trace	Trace	Trace
<b>Hot Chocolate</b>									
<b>Large</b>	16oz	1175.2	278.2	13.7	46.7	46.1	3.9	2.4	0.5
<b>Regular</b>	12oz	587.6	139.1	6.9	23.3	23.0	2.0	1.2	0.2
<b>Lavazza Coffee</b>									
<b>Large</b>	16oz	39.6	10.8	72.0	144.0	72.0	36.00	0.0	Trace
<b>Regular</b>	12oz	19.8	5.4	36.0	72.0	36.0	18.00	0.0	Trace
<b>Lavazza Latte</b>									
<b>Large</b>	16oz	570.4	136.2	66.5	127.3	71.3	30.84	1.7	0.4
<b>Regular</b>	12oz	285.2	68.1	33.3	63.7	35.7	15.42	0.9	0.2
<b>Lavazza Cappuccino</b>									
<b>Large</b>	16oz	353.8	84.9	62.3	121.2	65.2	29.70	1.0	0.2
<b>Regular</b>	12oz	176.9	42.5	31.1	60.6	32.6	14.85	0.5	0.1

## PACKAGED DRINKS

	Serving size (ml)	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
<b>Abbey Well Water</b>		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Packed	250	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Packed	500	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Packed	750	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Cherry Coke Zero</b>		1.5	0.4	0.0	0.0	0.0	0.0	0.0	0.0
Packed	500	7.5	2.0	0.0	0.0	0.0	0.0	0.0	0.1
<b>Cherry Coke</b>		191.0	45.0	0.0	11.2	11.2	0.0	0.0	0.0
Packed	500	955.0	225.0	0.0	56.0	56.0	0.0	0.0	0.0
<b>Coca Cola</b>		180.0	42.0	0.0	10.6	10.6	0.0	0.0	0.0
Packed	500	900.0	210.0	0.0	53.0	53.0	0.0	0.0	0.0
<b>Coke Zero</b>		1.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0
Packed	500	7.5	2.5	0.0	0.0	0.0	0.0	0.0	0.0
<b>Coke Zero Vanilla</b>		1.4	0.3	0.0	0.0	0.0	0.0	0.0	0.2
Packed	500	7.0	1.5	0.0	0.0	0.0	0.0	0.0	1.0
<b>Diet Coke</b>		2.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0
Packed	500	10.0	2.5	0.0	0.0	0.0	0.0	0.0	0.0
<b>Dr Pepper</b>		177.0	42.0	0.0	10.3	10.3	0.0	0.0	0.0
Packed	500	885.0	210.0	0.0	51.5	51.5	0.0	0.0	0.0
<b>Dr Pepper Zero</b>		2.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0
Packed	500	10.0	2.5	0.0	0.0	0.0	0.0	0.0	0.0
<b>Fanta Fruit Twist</b>		160.0	38.0	trace	9.2	9.2	0.0	0.0	0.0
Packed	500	800.0	190.0	trace	46.0	46.0	0.0	0.0	0.0
<b>Fanta Icy Lemon</b>		145.0	34.0	trace	8.3	8.3	0.0	0.0	0.0
Packed	500	725.0	170.0	trace	41.5	41.5	0.0	0.0	0.0
<b>Fanta Orange</b>		121.0	28.0	trace	6.9	6.9	0.0	0.0	0.0
Packed	500	605.0	140.0	trace	34.5	34.5	0.0	0.0	0.0
<b>Lilt</b>		84.0	20.0	trace	4.6	4.6	0.0	0.0	0.0
Packed	500	420.0	100.0	trace	23.0	23.0	0.0	0.0	0.0

## PACKAGED DRINKS

	Serving size (ml)	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
<b>Sprite</b>		117.0	28.0	0.0	6.6	6.6	0.0	0.0	0.0
<b>Packed</b>	500	585.0	140.0	0.0	33.0	33.0	0.0	0.0	0.0
<b>Fuze Tea Mango and Camomile</b>		80.0	19.0	0.0	4.4	4.3	0.0	0.0	0.03
<b>Packed</b>	400	320.0	76.0	0.0	17.6	17.2	0.0	0.0	0.1
<b>Fuze Tea Peach and Habiscus</b>		79.0	19.0	0.0	4.3	4.3	0.0	0.0	0.03
<b>Packed</b>	400	316.0	76.0	0.0	17.2	17.2	0.0	0.0	0.1
<b>Oasis Citrus Punch</b>		77.0	17.0	trace	4.1	4.1	0.0	0.0	0.0
<b>Packed</b>	500	385.0	85.0	trace	20.5	20.5	0.0	0.0	0.0
<b>Oasis Sour Apple Cherry</b>		19.0	4.0	0.0	0.6	0.6	0.0	0.0	0.1
<b>Packed</b>	500	95.0	20.0	0.0	3.0	3.0	0.0	0.0	0.6
<b>Oasis Summer Fruits</b>		75.0	18.0	trace	4.1	4.1	0.0	0.0	0.0
<b>Packed</b>	500	375.0	90.0	trace	20.5	20.5	0.0	0.0	0.0
<b>Monster Ultra</b>		10.0	2.0	0.0	0.9	0.0	0.0	0.0	0.2
<b>Packed</b>	500	50.0	10.0	0.0	4.5	0.0	0.0	0.0	1.0
<b>Monster Hydro Mean Green</b>		158.0	37.0	0.0	9.0	4.6	0.0	0.0	0.0
<b>Packed</b>	550	869.0	203.5	0.0	49.5	25.3	0.0	0.0	0.2
<b>Monster Hydro Tropical Thunder</b>		155.0	36.0	0.0	9.0	4.6	0.0	0.0	0.0
<b>Packed</b>	550	852.5	198.0	0.0	49.5	25.3	0.0	0.0	0.2
<b>Fruit Shoot Low Sugar Blackcurrant and Apple</b>		21.0	5.0	trace	0.8	0.8	trace	trace	0.0
<b>Packed</b>	200	42.0	10.0	trace	1.6	1.6	trace	trace	0.0
<b>Fruit Shoot Low Sugar Orange</b>		24.0	6.0	trace	1.0	1.0	trace	trace	0.0
<b>Packed</b>	275	66.0	16.5	trace	2.8	2.8	trace	trace	0.0
<b>Fruit Shoot Low Sugar Orange</b>		24.0	6.0	trace	1.0	1.0	trace	trace	0.0
<b>Packed</b>	200	48.0	12.0	trace	2.0	2.0	trace	trace	0.0
<b>Fruit Shoot Hydro Orange and Pineapple</b>		6.0	1.0	trace	nil	nil	nil	nil	0.0
<b>Packed</b>	350	21.0	3.5	trace	nil	nil	nil	nil	0.0
<b>Fruit Shoot Hydro Blackcurrant</b>		6.0	1.0	trace	nil	nil	nil	nil	0.0
<b>Packed</b>	350	21.0	3.5	trace	nil	nil	nil	nil	0.0

## PACKAGED DRINKS

	Serving size (ml)	Energy/ Kilojoules (KJ) (per 100ml)	Energy/ Calories (kcal) (per 100ml)	Protein (ml) (per 100ml)	Carbohydrate (ml) (per 100ml)	of which sugars (ml) (per 100ml)	Fat (ml) (per 100ml)	of which saturates (ml) (per 100ml)	Salt equivalent (ml) (per 100ml)
<b>J20 Orange and Passionfruit</b>		199.0	47.0	0.3	10.5	10.5	0.1	0.1	0.0
<b>Packed</b>	330	656.7	155.1	1.0	34.7	34.7	0.3	0.3	0.0
<b>J20 Apple and Mango</b>		182.0	43.0	trace	10.0	10.0	trace	trace	0.0
<b>Packed</b>	330	600.6	141.9	trace	33.0	33.0	trace	trace	0.0
<b>San Pellegrino Aranciata</b>		153.0	36.0	0.0	8.7	8.7	0.0	0.0	0.0
<b>Packed</b>	330	504.9	118.8	0.0	28.7	28.7	0.0	0.0	0.0
<b>San Pellegrino Limonata</b>		164.0	38.0	0.0	8.9	8.9	0.0	0.0	0.0
<b>Packed</b>	330	541.2	125.4	0.0	29.4	29.4	0.0	0.0	0.0
<b>Irn-Bru</b>		182.0	43.0	trace	10.5	10.5	0.0	0.0	trace
<b>Packed</b>	500	910.0	215.0	trace	52.5	52.5	0.0	0.0	trace
<b>Irn-Bru Sugar Free</b>		3.1	0.7	0.0	trace	0.0	0.0	0.0	trace
<b>Packed</b>	500	15.5	3.5	0.0	trace	0.0	0.0	0.0	trace
<b>Red Bull</b>		192.0	45.0	0.0	11.0	11.0	0.0	0.0	0.0
<b>Packed</b>	250	480.0	112.5	0.0	27.5	27.5	0.0	0.0	0.0
<b>Riverrock (Dublin)</b>		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Packed</b>	330	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Packed</b>	500	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Packed</b>	750	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Fruice Juicy Apple &amp; Blackcurrant (Dublin)</b>		5.0	21.0	0.1	1.0	1.0	trace	trace	trace
<b>Packed</b>	250	12.5	52.5	0.3	2.5	2.5	trace	trace	trace
<b>Powerade 104 Berry and Tropical flavour (Dublin)</b>		71.0	16.0	0.0	3.9	3.9	0.0	0.0	<0.1
<b>Packed</b>	500	355.0	80.0	0.0	19.5	19.5	0.0	0.0	trace

## GUIDELINE DAILY AMOUNT VALUES

Typical values	Women	Men	Children (5-10 years)
Calories	2,000 kcal	2,500 kcal	1,800 kcal
Protein	45 g	55 g	24 g
Carbohydrate	230 g	300g	220 g
Sugars	90 g	120 g	85 g
Fat	70 g	95 g	70 g
Saturates	20 g	30 g	20 g
Fibre	24 g	24 g	15 g
Salt	6 g	6 g	4 g