

VUE ENTERTAINMENT ICECREAM NUTRITIONAL INFORMATION

Portion Pack Size	Ice Cream Portion (g)	Energy/ Kilojoules (g) (per 100g)	Energy/ Calories (g) (per 100g)	Protein (g) (per 100g)	Carbohydrate (g) (100g)	of which sugars (g) (per 100g)	Fat (g) (per 100g)	of which saturates (g) (per 100g)	Fibre (g) (per 100g)	Sodium (g) (per 100g)	Salt equivalent (g) (per 100g)
ICE CREAM SCOOPED											
Fairtrade Vanilla		970.0	230.0	4.0	20.0	20.0	15.0	9.0	<0.5	0.06	0.2
3 Scoops	255	2473.5	586.5	10.2	51.0	51.0	38.3	23.0	trace	0.15	0.4
2 Scoops	170	1649.0	391.0	6.8	34.0	34.0	25.5	15.3	trace	0.10	0.3
1 Scoops	85	824.5	195.5	3.4	17.0	17.0	12.8	7.7	trace	0.05	0.1
Fairtrade Chunky Monkey		1200.0	290.0	4.5	27.0	27.0	18.0	10.0	1.5	0.04	0.1
3 Scoops	255	3060.0	739.5	11.5	68.9	68.9	45.9	25.5	3.8	0.10	0.3
2 Scoops	170	2040.0	493.0	7.7	45.9	45.9	30.6	17.0	2.6	0.07	0.2
1 Scoops	85	1020.0	246.5	3.8	23.0	23.0	15.3	8.5	1.3	0.03	0.1
Fairtrade Caramel Chew Chew		1200.0	280.0	3.5	30.0	26.0	16.0	11.0	<0.5	0.09	0.2
3 Scoops	255	3060.0	714.0	8.9	76.5	66.3	40.8	28.1	trace	0.23	0.6
2 Scoops	170	2040.0	476.0	6.0	51.0	44.2	27.2	18.7	trace	0.15	0.4
1 Scoops	85	1020.0	238.0	3.0	25.5	22.1	13.6	9.4	trace	0.08	0.2
Fairtrade Cherry Garcia		1000.0	240.0	3.5	25.0	25.0	14.0	9.0	0.8	0.05	0.1
3 Scoops	255	2550.0	612.0	8.9	63.8	63.8	35.7	23.0	2.0	0.13	0.3
2 Scoops	170	1700.0	408.0	6.0	42.5	42.5	23.8	15.3	1.4	0.09	0.2
1 Scoops	85	850.0	204.0	3.0	21.3	21.3	11.9	7.7	0.7	0.04	0.1
Fairtrade Chocolate Fudge Brownie		1100.0	250.0	4.5	31.0	26.0	12.0	8.0	1.5	0.10	0.3
3 Scoops	255	2805.0	637.5	11.5	79.1	66.3	30.6	20.4	3.8	0.26	0.6
2 Scoops	170	1870.0	425.0	7.7	52.7	44.2	20.4	13.6	2.6	0.17	0.4
1 Scoops	85	935.0	212.5	3.8	26.4	22.1	10.2	6.8	1.3	0.09	0.2
Fairtrade Satisfy My Bowl		1147.0	273.0	3.2	33.0	28.0	14.0	8.8	0.4	0.10	0.3
3 Scoops	255	2924.9	696.2	8.2	84.2	71.4	35.7	22.4	1.0	0.26	0.6
2 Scoops	170	1949.9	464.1	5.4	56.1	47.6	23.8	15.0	0.7	0.17	0.4
1 Scoops	85	975.0	232.1	2.7	28.1	23.8	11.9	7.5	0.3	0.09	0.2
Fairtrade Cookie Dough		1100.0	270.0	4.0	30.0	25.0	15.0	9.0	0.6	0.07	0.2
3 Scoops	255	2805.0	688.5	10.2	76.5	63.8	38.3	23.0	1.5	0.18	0.4
2 Scoops	170	1870.0	459.0	6.8	51.0	42.5	25.5	15.3	1.0	0.12	0.3
1 Scoops	85	935.0	229.5	3.4	25.5	21.3	12.8	7.7	0.5	0.06	0.1
Fairtrade Phish Food		1100.0	270.0	4.0	33.0	31.0	13.0	7.0	1.0	0.05	0.1
3 Scoops	255	2805.0	688.5	10.2	84.2	79.1	33.2	17.9	2.6	0.13	0.3
2 Scoops	170	1870.0	459.0	6.8	56.1	52.7	22.1	11.9	1.7	0.09	0.2
1 Scoops	85	935.0	229.5	3.4	28.1	26.4	11.1	6.0	0.9	0.04	0.1
Fairtrade Mint Choc Chunk		1200.0	280.0	4.0	25.0	25.0	18.0	13.0	1.0	0.05	0.1
3 Scoops	255	3060.0	714.0	10.2	63.8	63.8	45.9	33.2	2.6	0.13	0.3
2 Scoops	170	2040.0	476.0	6.8	42.5	42.5	30.6	22.1	1.7	0.09	0.2
1 Scoops	85	1020.0	238.0	3.4	21.3	21.3	15.3	11.1	0.9	0.04	0.1
Fairtrade Strawberry Cheesecake		1000.0	250.0	3.0	27.0	24.0	14.0	7.0	<0.5	0.26	0.7
3 Scoops	255	2550.0	637.5	7.7	68.9	61.2	35.7	17.9	trace	0.66	1.7
2 Scoops	170	1700.0	425.0	5.1	45.9	40.8	23.8	11.9	trace	0.44	1.1
1 Scoops	85	850.0	212.5	2.6	23.0	20.4	11.9	6.0	trace	0.22	0.6

Portion Pack Size	Ice Cream Portion (g)	Energy/ Kilojoules (g) (per 100g)	Energy/ Calories (g) (per 100g)	Protein (g) (per 100g)	Carbohydrate (g) (100g)	of which sugars (g) (per 100g)	Fat (g) (per 100g)	of which saturates (g) (per 100g)	Fibre (g) (per 100g)	Sodium (g) (per 100g)	Salt equivalent (g) (per 100g)
Fairtrade Clever Cookies		1200.0	290.0	4.0	29.0	24.0	18.0	9.0	<0.5	0.10	0.3
3 Scoops	255	3060.0	739.5	10.2	74.0	61.2	45.9	23.0	trace	0.27	0.7
2 Scoops	170	2040.0	493.0	6.8	49.3	40.8	30.6	15.3	trace	0.18	0.4
1 Scoops	85	1020.0	246.5	3.4	24.7	20.4	15.3	7.7	trace	0.09	0.2
Fairtrade Peanut Butter Cup		1400.0	330.0	7.0	25.0	23.0	22.0	13.0	1.5	0.20	0.5
3 Scoops	255	3570.0	841.5	17.9	63.8	58.7	56.1	33.2	3.8	0.51	1.2
2 Scoops	170	2380.0	561.0	11.9	42.5	39.1	37.4	22.1	2.6	0.34	0.8
1 Scoops	85	1190.0	280.5	6.0	21.3	19.6	18.7	11.1	1.3	0.17	0.4
Fairtrade Vanilla Honey Caramel		820.0	200.0	4.0	30.0	22.0	7.0	4.5	0.2	55.83	0.2
3 Scoops	255	2091.0	510.0	10.2	76.5	56.1	17.9	11.5	0.5	142.4	0.5
2 Scoops	170	1394.0	340.0	6.8	51.0	37.4	11.9	7.7	0.3	94.9	0.3
1 Scoops	85	697.0	170.0	3.4	25.5	18.7	6.0	3.8	0.2	47.5	0.2
Fairtrade Greek Blueberry Cheesecake		736.0	175.0	2.8	25.0	18.0	6.8	3.2			0.2
3 Scoops	255	1876.8	446.3	7.1	63.8	45.9	17.3	8.2	0.0	0.0	0.5
2 Scoops	170	1251.2	297.5	4.8	42.5	30.6	11.6	5.4	0.0	0.0	0.3
1 Scoops	85	625.6	148.8	2.4	21.3	15.3	5.8	2.7	0.0	0.0	0.2
Fairtrade Cinnamon Buns		921.0	220.0	2.7	25.0	22.0	12.0	7.1			0.2
3 Scoops	255	2348.6	561.0	6.9	63.8	56.1	30.6	18.1	0.0	0.0	0.5
2 Scoops	170	1565.7	374.0	4.6	42.5	37.4	20.4	12.1	0.0	0.0	0.3
1 Scoops	85	782.9	187.0	2.3	21.3	18.7	10.2	6.0	0.0	0.0	0.2
Fairtrade Save Our Swirled		900.0	215.0	2.8	27.0	23.0	11.0	7.4			0.2
3 Scoops	255	2295.0	548.3	7.1	68.9	58.7	28.1	18.9	0.0	0.0	0.4
2 Scoops	170	1530.0	365.5	4.8	45.9	39.1	18.7	12.6	0.0	0.0	0.3
1 Scoops	85	765.0	182.8	2.4	23.0	19.6	9.4	6.3	0.0	0.0	0.1

ICE CREAM COLD TOPPINGS

White Chocolate Polar Bears		2315.0	553.0	5.3	58.9	58.5	32.8	20.7	0.0	0.1	0.3
1 Portion	10	231.5	55.3	0.5	5.9	5.9	3.3	2.1	0.0	0.0	0.0
Chocolate Peace Signs		2216.0	530.0	7.6	56.4	55.8	29.7	18.8	2.3	0.9	2.3
1 Portion	10	221.6	53.0	0.8	5.6	5.6	3.0	1.9	0.2	0.1	0.2
Hazelnut Crunch		2019.0	441.0	4.4	71.1	70.1	19.8	5.1	2.4	0.0	0.0
1 Portion	10	201.9	44.1	0.4	7.1	7.0	2.0	0.5	0.2	0.0	0.0

ICE CREAM HOT TOPPINGS

Caramel Sauce		1313.0	314.0	1.0	57.1	27.1	9.0	6.5	1.0	1.1	2.8
1 Portion	25	328.3	78.5	0.3	14.3	6.8	2.3	1.6	0.3	0.3	0.7
Hot Chocolate Fudge Sauce		1284.0	307.0	5.2	49.6	37.6	8.9	6.3	3.8	1.1	2.8
1 Portion	25	321.0	76.8	1.3	12.4	9.4	2.2	1.6	1.0	0.3	0.7

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CONES

Sugar Cone		1720.0	400.0	6.0	85.0	37.0	6.5	0.5	0.0	0.0	0.0
1 Cone	10	172.0	40.0	0.6	8.5	3.7	0.7	0.1	0.0	0.0	0.0
Waffle Cone		1760.0	420.0	6.0	84.0	33.0	6.0	0.0	0.0	0.0	0.0
1 Cone	20	352.0	84.0	1.2	16.8	6.6	1.2	0.0	0.0	0.0	0.0

WAFFLE

Belgian Sugar Waffle		1540.0	367.0	12.5	61.5	18.4	20.8	8.9	5.5	5.0	12.6
1 Waffle	12.6	194.0	46.2	1.6	7.7	2.3	2.6	1.1	0.7	0.6	1.6

WRAPPED ICE CREAM

Magnum Classic											
Packed	120	926.0	222.0	2.6	21.0	19.6	14.0	10.3	1.0	0.0	0.1
Magnum White											
Packed	120	897.0	215.0	2.7	22.3	21.3	12.7	9.4	0.2	0.1	0.1
Magnum Infinity											
Packed	120	1144.0	275.0	3.3	23.8	21.2	17.7	12.7	3.3	0.0	0.1
Magnum with Marc de Champagne											
Packed	100	1100.0	260.0	2.5	23.0	21.0	18.0	14.0	0.7	0.1	N/A
Magnum Black Espresso											
Packed	100	991.0	237.0	2.8	22.0	23.0	16.0	11.0	0.0	0.0	0.1
Magnum Pink Raspberry											
Packed	100	1158.0	276.0	2.5	26.0	24.0	18.0	14.0	0.0	0.0	0.1
Cornetto Strawberry											
Packed	120	1100.0	270.0	2.5	38.0	29.0	11.0	9.0	1.0	0.1	0.2
Calippo Orange											
Packed	105	400.0	95.0	<0.5	23.0	19.0	<0.5	0.0	<0.5	<0.005	<0.013
Calippo Bubble Gum											
Packed	105	380.0	90.0	<0.5	22.0	21.0	<0.5	22.0	<0.5	<0.005	<0.013
Twister											
Packed	80	500.0	120.0	0.8	23.0	18.0	2.5	2.0	<0.05	0.0	0.1
Solero Mojitos											
Packed	65	55.0	1.7	<0.5	12.0	12.0	<0.5	<0.5	1	<0.005	<0.013
Maxi Twist (Dublin)											
Packed	180	290.0	70.0	1.0	12.0	12.0	1.5	1.5	0.5	0.03	0.1

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TUB ICE CREAM

Haagen Daz Vanilla												
Packed	100	1046.0	251.0	4.2	20.2	14.3	17.0	10.4	0.0	0.1	0.0	
Haagen Daz Strawberry Cheese Cake												
Packed	100	1099.0	263.0	3.7	28.0	21.5	15.1	9.4	0.4	0.1	0.0	
Haagen Daz Belgian Chocolate												
Packed	100	1289.0	309.0	4.4	26.6	21.8	20.6	12.4	1.9	0.1	0.0	
Haagen Daz Pralines & Cream												
Packed	100	1142.0	273.0	4.0	28.1	22.4	16.2	9.0	0.2	0.1	0.0	
Haagen Daz Cookies & Cream												
Packed	100	1090.0	261.0	4.3	23.2	15.5	16.8	10.4	0.2	0.1	0.0	
Haagen Daz SS Choc Fondant												
Packed	100	944.0	226.0	3.9	22.6	16.3	13.0	7.6	1.6	0.1	0.0	
Haagen Daz SS Creme Brulee												
Packed	100	940.0	225.0	2.7	24.1	20.3	13.1	7.7	0.0	0.0	0.0	
Haagen Daz Cookies & Cream												
Packed	500	5230.0	1255.0	21.0	101.0	71.5	85.0	52.0	0.0	0.3	0.0	
Haagen Daz Vanilla												
Packed	500	5230.0	1255.0	21.0	101.0	71.5	85.0	52.0	0.0	0.3	0.0	
Haagen Daz Belgian Chocolate												
Packed	500	6445.0	1545.0	22.0	133.0	109.0	103.0	62.0	9.5	0.4	0.0	
Haagen Daz Straw Cheesecake												
Packed	500	5495.0	1315.0	18.5	140.0	107.5	75.5	47.0	2.0	0.7	0.0	
Ben & Jerry's Fairtrade Chocolate Fudge Brownie												
Packed	100	780.0	190.0	3.5	23.0	19.0	9.0	6.0	1.0	0.1	0.2	
Ben & Jerry's Fairtrade Vanilla												
Packed	100	740.0	180.0	3.0	15.0	15.0	11.0	7.0	0.5	0.0	0.1	
Ben & Jerry's Fairtrade Cookie Dough												
Packed	100	870.0	210.0	3.0	23.0	19.0	11.0	7.0	0.5	0.1	0.1	
Ben & Jerry's Fairtrade Caramel Chew Chew												
Packed	100	870.0	210.0	2.5	23.0	20.0	12.0	8.0	0.5	0.1	0.2	
Ben & Jerry's Fairtrade Peanut Buttercup												
Packed	100	1100.0	260.0	5.0	20.0	18.0	17.0	10.0	1.0	0.2	0.4	
Kit Kat Avalanche												
1 Serving	841.0	201.0	4.6	30.9	28.6	6.2	3.0	0.3	0.1	0.2		
Milkybar Avalanche												
1 Serving	890.5	212.7	5.3	30.2	29.5	7.5	4.8	0.0	0.1	0.2		
Smarties Avalanche												
1 Serving	841.1	200.8	4.5	32.4	30.9	5.6	3.6	0.1	0.1	0.2		

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