

Latest Update:

17/12/2020

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Nutritional information

	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate (g)	Carbohydrates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
POPCORN per serving										
Sweet Popcorn Kids Mix - 47g	951.28	227.48	10.34	0.85	29.14	15.98	2.73	0.00	0.00	0.00
Salt Popcorn Kids Mix - 29g	583.48	139.49	6.96	0.52	15.37	0.20	2.58	0.00	0.46	0.00
Sweet Popcorn Regular - 87g	1760.88	421.08	19.14	1.57	53.94	29.58	5.05	0.00	0.01	0.00
Salt Popcorn Regular - 54g	1086.48	259.74	12.96	0.97	28.62	0.38	4.81	0.00	0.86	0.00
Sweet Popcorn Medium - 176g	3562.24	851.84	38.72	3.17	109.12	59.84	10.21	0.00	0.02	0.00
Salt Popcorn Medium - 110g	2213.20	529.10	26.40	1.98	58.30	0.77	9.79	0.00	1.76	0.00
Sweet Popcorn Large - 298g	6031.52	1442.32	65.56	5.36	184.76	101.32	17.28	0.00	0.03	0.00
Salt Popcorn Large - 199g	4003.88	957.19	47.76	3.58	105.47	1.39	17.71	0.00	3.18	0.00
Kids Mix Sweet Popped 44g	1086.44	260.08	9.88	0.63	38.37	12.76	4.22	0.00	0.00	5.28
Regular Sweet Popped 90g	2284.56	546.92	20.84	1.33	80.52	26.60	8.88	0.00	0.00	11.12
Medium Sweet Popped 160g	4116.70	985.65	38.19	2.45	143.90	47.85	15.82	0.00	0.00	19.81
Large Sweet Popped 277g	7290.82	1745.74	68.08	4.38	253.89	84.04	27.97	0.00	0.00	35.03
Kids Mix Salt Popped 44g	833.13	200.46	10.57	0.70	22.56	0.65	3.61	0.40	0.99	4.52
Regular Salt Popped 90g	1783.83	428.84	20.63	1.33	52.05	1.50	8.33	0.91	2.27	10.43
Medium Salt Popped 160g	3706.57	892.07	48.25	3.22	98.00	2.82	15.67	1.82	4.54	19.63
Large Salt Popped 277g	5494.27	1323.36	77.15	5.25	134.64	3.88	21.53	2.96	7.41	26.97
ButterWhirl ROI - 10g	340.40	82.80	9.20	2.10	0.00	0.00	0.00	0.00	0.13	0.00
ButterWhirl ROI - 20g	680.80	165.60	18.40	4.20	0.00	0.00	0.00	0.00	0.26	0.00
ButterWhirl ROI - 30g	1021.20	248.40	27.60	6.30	0.00	0.00	0.00	0.00	0.38	0.00
Smarties Hexatubes 38g	749.74	178.60	7.14	3.99	26.14	24.09	1.82	22.80	0.06	0.34
Mini Rolos 40g	829.60	198.00	9.40	5.20	25.84	23.16	2.12	44.80	0.11	0.60
Oreos 33g	660.33	147.51	6.27	1.72	22.77	12.54	1.72	0.00	0.24	0.99
FILM FOOD										
Hot Dog (per serving)										
Large Pork HotDog 120g	1478.40	357.60	32.40	14.40	0.60	0.60	15.60	0.91	2.28	4.80
CL Hot Dog Roll 85g	1101.00	260.00	8.80	47.00	4.80	3.50	1.20	2.60	0.34	0.85
Nachos (per serving)										
Medium Tortilla Chips - 110g	2124.10	508.20	20.13	1.65	72.27	2.31	5.83	0.47	1.21	7.26
Large Tortilla Chips - 150g	2896.50	693.00	27.45	2.25	98.55	3.15	7.95	0.65	1.65	9.90
McCain Sig Southern Fried Lattice - 150g	1852.50	444.00	25.50	1.95	46.50	0.90	4.35	0.66	1.65	4.20
McCain Sig Southern Fried Lattice - 220g	2717.00	651.20	37.40	2.86	68.20	1.32	6.38	0.97	2.42	6.16
McCain Sig Southern Fried Lattice - 320g	3952.00	947.20	54.40	4.16	99.20	1.92	9.28	1.41	3.52	8.96
Chicken Strips Southern Fried Portion 3 - 120g	1015.20	242.40	12.00	5.64	13.20	0.00	20.40	0.42	1.06	0.00
Chicken Strips Southern Fried Portion 5 - 200g	1692.00	404.00	20.00	9.40	22.00	0.00	34.00	0.70	1.76	0.00
Chicken Strips Classic Portion 3 - 120g	1112.40	265.20	11.88	5.16	19.20	0.96	19.20	0.62	1.56	0.00

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Chicken Strips Classic Portion 5 - 200g	1854.00	442.00	19.80	8.60	32.00	1.60	32.00	1.04	2.60	0.00
Chicken Strips Classic Sub - 160g	1483.20	353.60	15.84	6.88	25.60	1.28	25.60	0.83	2.08	0.00
Mozzarella Sticks 100g	1313.00	314.00	16.50	6.30	27.80	1.80	12.80	0.76	1.90	1.60
Sweet Potato Rustics 175g	1491.00	357.00	16.45	1.23	43.75	24.50	3.50	0.35	0.88	8.93
Quorn Southern Style Bites 3 - 102g	852.72	202.98	8.26	1.33	20.20	1.94	10.51	0.49	1.22	3.47
Quorn Southern Style Bite 5 - 142g	1187.12	282.58	11.50	1.85	28.12	2.70	14.63	0.68	1.70	4.83
Quorn Southern Style Sub - 136g	1136.96	270.64	11.02	1.77	26.93	2.58	14.01	0.65	1.63	4.62
Rapeseed Cooking Oil - 100g	3404.00	828.00	92.00	7.00	0.00	0.00	0.00	0.00	0.00	0.00
McCain Our Menu Sig Crispers 175g	1697.50	406.00	16.10	1.23	56.00	1.05	4.90	0.46	1.16	6.83
Pizzella Margherita 200g	2098.00	498.20	13.80	8.20	72.00	18.40	19.40	0.00	3.38	4.20
Pizzella Pepperoni 225g	2203.43	524.03	16.88	8.33	56.93	20.03	33.53	0.00	3.80	5.18
Pizzella Ham 220g	2010.80	477.84	14.08	7.04	57.42	23.98	27.94	0.00	3.74	4.84
Toppings (per serving)										
Jalapenos - 142g	120.70	28.40	0.00	0.00	5.68	2.84	0.00	1.39	3.48	2.84
Chunky Salsa - 142g	411.80	99.40	0.00	0.00	19.88	10.51	1.85	1.24	3.12	2.56
Creamy Garlic and Herb dip - 142g	940.04	227.20	20.31	12.92	5.54	2.41	5.54	0.57	1.56	0.43
Mature Cheese Sauce - 142g	1086.30	261.28	19.31	10.51	3.55	0.85	18.03	1.14	2.70	0.28
Vegetable Chilli - 142g	511.20	122.12	2.70	0.14	17.18	3.55	19.03	0.00	0.57	4.69
Beef Chilli - 142g	576.52	137.74	5.40	2.27	8.80	4.69	10.65	0.30	0.75	5.82
Guacamole-142g	903.12	215.84	19.88	3.12	10.51	2.70	2.13	0.62	1.56	5.96
Onions - 142g	106.50	25.56	0.00	0.00	2.13	1.85	2.13	0.00	0.00	4.26
Cheese Sauce Mini Pots - 110g	841.50	202.40	14.96	8.14	2.75	0.66	13.97	0.88	2.09	0.22
Gherkins-142g	249.92	58.22	0.28	0.00	13.21	13.21	0.85	0.21	0.57	1.99
Pulled Pork 100g	492.00	117.00	2.70	0.60	4.90	2.80	18.20	0.00	0.49	0.50
Fontinella Jalapenos (Substitute product to TCSL Jalapenos)	89.46	21.30	0.71	0.14	2.84	2.56	0.85	0.00	1.99	3.41
Toppings (per 100g)										
Chef's Larder Tomato Ketchup-13g	45.11	10.66	0.07	0.01	2.47	1.56	0.09	0.07	0.18	0.00
Chef's Larder American-Style Mustard-13g	35.75	8.58	0.55	0.04	0.14	0.08	0.52	0.15	0.38	0.53
Henderson's Relish	173.00	41.00	Trace	Trace	7.10	6.10	0.50	0.00	1.20	0.00
Silver Screen Assorted Biscuits (Per Biscuit)										
Custard Cream	214.03	51.09	2.47	1.03	6.49	1.96	0.64	0.03	0.08	0.00
Shortcake	253.24	60.32	2.34	1.13	8.84	3.51	0.75	0.03	0.08	0.00
Sugared Jam Ring	170.15	40.59	1.74	0.91	5.56	2.16	0.49	0.03	0.07	0.00
Coconut Ring	156.88	37.36	1.60	0.65	5.20	1.92	0.46	0.03	0.07	0.00
Fruit Shortcake	285.60	68.18	3.08	1.82	9.24	4.06	0.78	0.01	0.03	0.00
Bourbon Cream	291.45	69.51	3.10	1.97	9.45	4.51	0.69	0.01	0.03	0.00
Dark Vanilla Cream	251.38	60.00	2.63	1.50	8.13	4.75	0.63	0.04	0.10	0.00

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Oat Crunch Cream	260.63	62.25	3.00	1.88	8.00	4.13	0.60	0.05	0.12	0.00
Syrup Cream	298.01	71.21	3.43	1.72	9.01	4.00	0.93	0.05	0.13	0.00
Milk Chocolate Digestive	297.30	71.07	3.43	1.72	8.87	3.86	0.89	0.05	0.12	0.00
Plain Chocolate Digestive										
SAHARA NUTS										
Wheat Coated Peanuts with Sweet Chili Taste	2087.00	500.00	29.40	4.10	42.10	6.90	13.90		4.10	4.90
LINDT CHOCOLATE										
Lindt Milk	323.00	77.75	0.63	5.38	5.25	5.88	4.38	0.28	11.45	0.03
Lindt White	328.50	79.13	0.48	5.63	5.50	6.00	4.50	0.02	10.15	0.03
Lindt Mint	322.63	77.63	0.63	5.38	5.25	5.88	4.38	0.28	11.45	0.03
Lindt Strawberries & Cream	327.50	78.88	0.49	5.63	5.50	6.00	4.50	0.03	10.29	0.03
Lindt Milk & White	325.88	78.50	0.61	5.38	5.25	6.00	4.50	0.16	12.66	0.03
Lindt Orange	324.38	78.13	0.61	5.25	5.13	6.00	4.50	0.31	10.59	0.03
Lindt Coconut	326.25	78.50	0.63	5.38	5.25	6.00	4.50	0.18	12.63	0.03
Teddy Bear Jumper 10g Counter Display Unit	2377.00	570.00	37.00	22.00	51.00	50.00	7.40		0.20	
PICK N MIX (100g per sweet)										
Black & Raspberries	1330.00	313.00	0.20	0.20	72.00	52.00	5.20	0.04	0.04	
Blue Raspberry Bonbons	1550.00	370.00	5.00	4.30	81.00	69.00	0.00	<0.1	0.10	
Bunnies	1446.00	340.00	0.20	<0.1	82.00	51.00	0.40	0.33	0.00	
Cherries	1395.00	327.00	0.20	0.20	76.00	58.00	5.10	0.04	0.04	
Chocolate Brownie Fudge	1838.00	435.00	13.00	11.00	77.00	68.00	2.20	0.75	0.59	
Cola Bottle	1334.00	314.00	0.40	0.40	71.00	52.00	5.10	0.05	0.05	
Crispy Bite	1850.00	430.00	15.00	10.3	71.00	60.00	3.00			
Dinosaurs	1366.00	322.00	0.10	0.10	74.00	53.00	6.30	0.06	0.06	
Duo Fudge	1849.00	437.00	13.00	11.00	77.00	69.00	2.00	0.41		
Fairytale Mix	1386.00	326.00	0.20	0.10	80.00	53.00	0.00	0.04	0.04	
Fizzy Bubblegum Bottles	1396.00	329.00	0.20	0.10	76.00	62.20	5.50	0.19	0.00	0.10
Fizzy Cherry Bottles	1358	351	0.1	0.1	74	56	4.6	0.04	0.04	
Fizzy Cola Bottles	1360.00	321.00	0.30	0.20	74.00	56.00	4.60	0.04	0.04	
Fizzy Dummies	1356.00	320.00	0	0	75.00	56.00	4.80	0.03	0.03	
Fried Eggs	1423.00	335.00	0.20	0.20	77.00	54.00	6.40	0.06	0.06	
Giant Cola Bottles	1337.00	313.00	0.50	0.50	71.00	52.00	5.30	0.05	0.05	
Giant Cola Fizz	1360.00	321.00	0.30	0.20	74.00	56.00	4.80	0.04	0.04	
Giant Snowies	2080.00	500.00	22.00	19.00	71.00	56.00	2.80	0.28	0.00	
Gourmet Jelly Beans Premium	1600.00	377.00	<0.1	<0.1	93.00	77.00	<0.1	0.20		
Juicy Strawberries	1423.00	335.00	0.10	0.10	84.00	55.00	0.00	0.05		

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Mega Melons	1497.00	353.00	1.50	1.20	83.00	62.00	1.60	0.08	0.08	
Milk Chocolate Beans	1909.00	454.00	14.00	8.50	77.00	74.00	3.50	0.14	0.00	0.00
Milk Chocolate Hearts	1898.00	453.00	21.00	14.00	63.00	54.00	3.20	0.07		
Milk Chocolate Mini Eggs	2010.00	481.00	19.70	12.10	70.70	69.70	4.70	0.17	0.20	1.60
Milk Chocolate Raisins	1839.00	438.00	17.00	9.90	66.00	65.00	4.10	0.20	3.00	
Milk Chocolate Toffee Chews	1769.00	422.00	15.80	8.70	66.00	61.00	2.80			
Milk Shake Bottles	1310.00	315.00	0.20	0.00	73.00	59.00	5.00			
Milk Teeth	1369.00	322.00	0.20	0.10	73.00	57.00	6.00	0.03	0.03	
Mini Strawberry Cables	1545.00	370.00	3.30	3.10	82.00	64.00	1.10	0.14	0.14	
Monkey Bananas	2186.00	522.00	26.90	23.20	66.40	52.70	3.80	0.25		
Orange Bottles	1488.00	353.00	0.30	0.30	88.00	64.00	0.00			
Partymix	1415.00	333.00	0.30	0.20	75.70	47.90	5.20			
Pink And White Mice	2190.00	520.00	27.00	23.00	65.00	53.00	3.80	0.25		
Rainbow Metre	1522.00	358.00	0.40	0.20	84.00	65.00	2.40	0.05		0.50
Red Metre	1406.00	331.00	0.90	0.90	76.00	50.00	2.30	0.90	0.90	1.60
Smileys	1450.00	341.00	0.20	0.20	81.00	41.00	3.40	0.13		
Sour Cherries	1427.00	336.00	0.60	0.60	81.00	55.00	2.10	0.06	0.06	
Spinning Tops	2180.00	500.00	22.00	19.00	71.00	56.00	2.80	0.28		
Strawberry & White Candy Sticks	1591.00	375.00	3.50	3.10	84.00	65.00	1.50	0.19		
Strawberry Bonbons	1655.00	390.00	5.00	5	87.00	63.00	0.00	<0.1		
Strawberry Fudge	1848.00	437.00	13.00	11.00	78.00	69.00	1.60	0.59	0.59	
Strawberry Rocketz	1619.00	382.00	3.10	2.70	86.00	68.00	1.40	0.18		
Sugared Strawberries	1459.00	343.00	0.00	0.00	86.00	67.00		0.04		
Sweet Bananas	1530.00	360.00	0.00	0.00	89.00	78.00	1.20	<0.1		
Teddy Bears	1330.00	313.00	0.20	0.20	72.00	52.00	5.20	0.04	0.04	
The Boa	1382.00	325.00	0.10	0.10	73.80	51.30	7.20	0.06	0.00	
Unicorns	1415.00	333.00	0.10	0.10	78.00	49.00	5.50	0.06	0.04	
Vanilla Fudge	1780.00	420.00	13.00	11.00	74.00	68.00	1.50	0.50		
Watermelon slices	1420.00	340.00	0.20	0.20	77.00	59.00	6.60	0.10		
Wine Gums	1423.00	335.00	0.20	0.20	78.00	40.00	5.20	0.04		
Zoo Animals	2186.00	522.00	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	0.25	
BEN & JERRY SCOOPED ICE CREAM										
Ben & Jerry's (per 85g scoop)										
Birthday Cake	980.90	233.75	12.75	6.80	27.20	23.80	2.81	0.00	0.16	0.00
Caramel Chew Chew	1020.00	238.00	13.60	9.35	25.50	22.10	2.98	0.00	0.19	0.00
Cherry Garcia	850.00	204.00	11.90	7.65	21.25	21.25	2.98	0.00	0.09	0.00
Chocolate Fudge Brownie	880.60	209.95	11.05	6.55	25.50	22.95	3.57	0.00	0.16	0.00

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Cinnamon Buns	993.65	237.15	12.75	7.65	27.20	23.80	2.89	0.00	0.22	0.00
Cookie Dough	935.00	229.50	12.75	7.65	25.50	21.25	3.40	0.00	0.14	0.00
Double Caramel Brownie	913.75	217.60	11.05	6.80	26.35	23.80	3.40	0.00	0.36	0.00
Empowermint	910.35	217.60	11.90	7.40	22.95	22.10	3.66	0.00	0.15	0.00
Home Sweet Comb	942.65	224.40	11.90	7.91	25.50	22.10	3.15	0.00	0.20	0.00
Mint Choc Chunk	1020.00	238.00	14.45	10.20	21.25	20.40	3.40	0.00	0.10	0.00
One Love	974.10	232.05	11.90	7.48	28.05	23.80	2.72	0.00	0.20	0.00
One Sweet World	978.35	232.90	11.05	7.91	29.75	23.80	3.15	0.00	0.31	0.00
Peanut Butter Cup	1190.00	280.50	18.70	11.05	21.25	19.55	5.95	0.00	0.42	0.00
Phish Food	935.00	229.50	11.05	7.65	28.90	22.95	3.40	0.00	0.14	0.00
Strawberry Cheesecake	850.00	212.50	11.90	5.95	22.95	20.40	2.55	0.00	0.56	0.00
S'Wich Up	1034.45	246.50	13.60	7.74	27.20	21.25	3.66	0.00	0.19	0.00
Vanilla Fairtrade	828.75	197.20	12.75	8.16	17.00	17.00	3.40	0.00	0.12	0.00
Vanilla Pecan Blondie	963.90	229.50	13.60	7.48	23.80	21.25	3.49	0.00	0.31	0.00
Moo-Phoria Chocolate Cookie Dough	771.80	183.60	5.70	3.06	28.90	20.40	3.91	0.00	0.13	0.00
Baked Alaska	947.75	226.10	11.90	8.42	25.50	22.10	3.15	0.00	0.11	0.00
Non Dairy Chocolate Fudge Brownie	780.30	185.30	9.35	5.61	22.10	17.85	2.47	0.00	0.08	0.00
Toppings (per serving)										
Caramel Fudge Sauce -35g	459.55	109.90	3.15	2.45	19.95	9.45	0.35	0.00	0.09	0.00
Chocolate Sauce (Paste) - 35g	449.40	107.45	3.12	2.21	17.50	13.30	1.75	0.00	0.05	0.00
Hazelnut Crunch - 15g	732.90	175.00	7.00	0.35	26.25	24.85	1.05	0.00	0.00	0.00
Milk Chocolate Peace Sign Shapes - 12g	332.40	79.50	4.50	2.85	8.40	8.40	1.20	0.00	0.03	0.00
Rainbow Sprinkles - 15g	256.65	61.35	0.15	0.15	14.70	14.70	0.04	0.00	0.03	0.00
Sugar Cones - 10g	206.40	48.00	0.84	0.06	10.20	4.44	0.72	0.00	0.06	0.00
Waffle Cones - 22g	378.18	89.54	1.32	1.10	17.38	5.94	1.54	0.00	0.08	0.00
White Chocolate Hearts - 15g	347.25	82.95	4.95	3.15	8.85	8.85	0.75	0.00	0.01	0.00
Waffle Vanilla Dough - 4g	61.60	14.68	0.68	0.36	1.96	0.24	0.20	0.00	0.02	0.00
Moophoria Poppin Popcorn Per 85g	714.00	170.00	6.89	4.76	21.25	17.85	2.81	0.00	0.27	0.00
Non Dairy Cookies on Cookie Dough Per 85g	954.55	226.95	11.90	7.40	28.05	19.55	1.62	0.00	0.12	0.00
Cone Together Per 85g	923.10	218.45	12.75	7.99	22.95	21.25	3.49	0.00	26.35	0.00
BEECHDEAN SCOOPED ICE CREAM										
Beechdean (per scoop 80g)										
Vanilla	599.20	143.20	7.68	4.88	16.24	13.44	2.16	0.05	0.08	0.32
Chocolate	700.80	167.20	8.00	4.80	20.72	19.28	2.64	0.06	0.16	0.72
Strawberry	657.60	156.80	7.68	4.64	19.76	17.12	2.16	0.06	0.16	0.24
Mint Choc Chip	708.00	169.60	8.96	5.44	19.52	16.88	2.40	0.06	0.16	0.40
Rum & Raisin	676.80	161.60	7.60	4.64	20.56	18.08	2.16	0.06	0.16	0.24

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Regular Diet Coke - 22oz	8.73	1.87	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Medium Diet Coke - 32oz	12.70	2.72	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Large Diet Coke - 44oz	17.46	3.74	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Kids Mix Fanta Orange - 12oz	272.16	64.64	0.00	0.00	15.31	15.31	0.00	0.00	0.07	0.00
Regular Fanta Orange - 22oz	498.95	118.50	0.00	0.00	28.07	28.07	0.00	0.00	0.12	0.00
Medium Fanta Orange - 32oz	725.75	172.37	0.00	0.00	40.82	40.82	0.00	0.00	0.18	0.00
Large Fanta Orange - 44oz	997.90	237.00	0.00	0.00	56.13	56.13	0.00	0.00	0.25	0.00
Kids Mix Sprite Zero - 12oz	17.01	3.40	0.00	0.00	0.00	0.00	0.00	0.00	0.24	0.00
Regular Sprite Zero - 22oz	31.18	6.24	0.00	0.00	0.00	0.00	0.00	0.00	0.44	0.00
Medium Sprite Zero - 32oz	45.36	9.07	0.00	0.00	0.00	0.00	0.00	0.00	0.64	0.00
Large Sprite Zero - 44oz	62.37	12.47	0.00	0.00	0.00	0.00	0.00	0.00	0.87	0.00
Coca Cola Freestyle Per Serving										
Regular Coca Cola - 22oz Freestyle	1228.67	286.90	Negligible	Negligible	72.35	72.35	Negligible	24.95	0.06	0.00
Medium Coca Cola - 32oz Freestyle	1787.15	417.31	Negligible	Negligible	105.23	105.23	Negligible	36.29	0.09	0.00
Large Coca Cola - 44oz Freestyle	2457.34	573.79	Negligible	Negligible	144.70	144.70	Negligible	49.90	0.12	0.00
Regular Diet Coke - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke - 44oz Freestyle	12.47	3.74	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Cherry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.62	Negligible	24.95	0.06	0.00
Medium Diet Coke Cherry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.91	Negligible	36.29	0.09	0.00
Large Diet Coke Cherry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	1.25	Negligible	49.90	0.12	0.00
Regular Diet Coke Vanilla - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.87	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Vanilla - 32oz Freestyle	90.72	18.14	Negligible	Negligible	2.72	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Vanilla - 44oz Freestyle	124.74	24.95	Negligible	Negligible	3.74	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Raspberry - 22oz Freestyle	37.42	6.24	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Raspberry - 32oz Freestyle	54.43	9.07	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Raspberry - 44oz Freestyle	74.84	12.47	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Lime - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Lime - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Lime - 44oz Freestyle	62.37	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Cherry Vanilla - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Cherry Vanilla - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Cherry Vanilla - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Orange - 22oz Freestyle	12.47	2.49	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Orange - 32oz Freestyle	18.14	3.63	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Orange - 44oz Freestyle	24.95	4.99	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00

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Medium Coca Cola Zero Sugar - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar - 44oz Freestyle	12.47	3.74	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Cherry - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.25	0.62	Negligible	49.90	0.12	0.00
Medium Coca Cola Zero Sugar Cherry - 32oz Freestyle	81.65	18.14	Negligible	Negligible	1.81	0.91	Negligible	72.57	0.18	0.00
Large Coca Cola Zero Sugar Cherry - 44oz Freestyle	112.26	24.95	Negligible	Negligible	2.49	1.25	Negligible	99.79	0.25	0.00
Regular Coca Cola Zero Sugar Orange - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.62	0.00	Negligible	49.90	0.12	0.00
Medium Coca Cola Zero Sugar Orange - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.91	0.00	Negligible	72.57	0.18	0.00
Large Coca Cola Zero Sugar Orange - 44oz Freestyle	12.47	3.74	Negligible	Negligible	1.25	0.00	Negligible	99.79	0.25	0.00
Regular Coca Cola Zero Sugar Vanilla - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.87	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Vanilla - 32oz Freestyle	81.65	18.14	Negligible	Negligible	2.72	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Vanilla - 44oz Freestyle	112.26	24.95	Negligible	Negligible	3.74	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Raspberry - 22oz Freestyle	31.18	6.24	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Raspberry - 32oz Freestyle	45.36	9.07	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Raspberry - 44oz Freestyle	62.37	12.47	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Lemon - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Lemon - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Lemon - 44oz Freestyle	12.47	3.74	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Lime - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Lime - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Lime - 44oz Freestyle	62.37	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Cherry Vanilla - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Cherry Vanilla - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Cherry Vanilla - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Coca Cola Zero Sugar Peach - 22oz Freestyle	37.42	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Coca Cola Zero Sugar Peach - 32oz Freestyle	54.43	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Coca Cola Zero Sugar Peach - 44oz Freestyle	74.84	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free - 22oz Freestyle	6.24	1.87	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free - 32oz Freestyle	9.07	2.72	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free - 44oz Freestyle	12.47	3.74	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Cherry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.62	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Cherry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.91	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Cherry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	1.25	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Vanilla - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.87	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Vanilla - 32oz Freestyle	90.72	18.14	Negligible	Negligible	2.72	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Vanilla - 44oz Freestyle	124.74	24.95	Negligible	Negligible	3.74	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Raspberry - 22oz Freestyle	37.42	6.24	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Raspberry - 32oz Freestyle	54.43	9.07	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00

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Large Diet Coke Caffeine Free Raspberry - 44oz Freestyle	74.84	12.47	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Lime - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Lime - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Lime - 44oz Freestyle	62.37	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Cherry Vanilla - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Cherry Vanilla - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Cherry Vanilla - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Diet Coke Caffeine Free Orange - 22oz Freestyle	12.47	2.49	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Diet Coke Caffeine Free Orange - 32oz Freestyle	18.14	3.63	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Diet Coke Caffeine Free Orange - 44oz Freestyle	24.95	4.99	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Dr Pepper - 22oz Freestyle	517.66	124.74	Negligible	Negligible	29.94	29.94	Negligible	24.95	0.06	0.00
Medium Dr Pepper - 32oz Freestyle	752.96	181.44	Negligible	Negligible	43.54	43.54	Negligible	36.29	0.09	0.00
Large Dr Pepper - 44oz Freestyle	1035.33	249.48	Negligible	Negligible	59.87	59.87	Negligible	49.90	0.12	0.00
Regular Dr Pepper Cherry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	30.56	Negligible	24.95	0.06	0.00
Medium Dr Pepper Cherry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	44.45	Negligible	36.29	0.09	0.00
Large Dr Pepper Cherry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	61.12	Negligible	49.90	0.12	0.00
Regular Dr Pepper Cherry Vanilla - 22oz Freestyle	561.32	130.97	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Dr Pepper Cherry Vanilla - 32oz Freestyle	816.47	190.51	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Dr Pepper Cherry Vanilla - 44oz Freestyle	1122.64	261.95	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Dr Pepper Strawberry - 22oz Freestyle	555.08	130.97	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Dr Pepper Strawberry - 32oz Freestyle	807.39	190.51	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Dr Pepper Strawberry - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Dr Pepper Zero - 22oz Freestyle	12.47	2.49	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Dr Pepper Zero - 32oz Freestyle	18.14	3.63	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Dr Pepper Zero - 44oz Freestyle	24.95	4.99	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Dr Pepper Zero Cherry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.62	Negligible	24.95	0.06	0.00
Medium Dr Pepper Zero Cherry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.91	Negligible	36.29	0.09	0.00
Large Dr Pepper Zero Cherry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	1.25	Negligible	49.90	0.12	0.00
Regular Dr Pepper Zero Cherry Vanilla - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Dr Pepper Zero Cherry Vanilla - 32oz Freestyle	81.65	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Dr Pepper Zero Cherry Vanilla - 44oz Freestyle	112.26	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Dr Pepper Zero Strawberry - 22oz Freestyle	37.42	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Dr Pepper Zero Strawberry - 32oz Freestyle	54.43	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Dr Pepper Zero Strawberry - 44oz Freestyle	74.84	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Orange - 22oz Freestyle	548.85	130.97	Negligible	Negligible	31.81	31.18	Negligible	24.95	0.06	0.00
Medium Fanta Orange - 32oz Freestyle	798.32	190.51	Negligible	Negligible	46.27	45.36	Negligible	36.29	0.09	0.00
Large Fanta Orange - 44oz Freestyle	1097.69	261.95	Negligible	Negligible	63.62	62.37	Negligible	49.90	0.12	0.00

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Regular Fanta Cherry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Cherry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta Cherry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Raspberry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Raspberry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta Raspberry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Lemon - 22oz Freestyle	523.90	124.74	Negligible	Negligible	29.94	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Lemon - 32oz Freestyle	762.04	181.44	Negligible	Negligible	43.54	43.54	Negligible	36.29	0.09	0.00
Large Fanta Lemon - 44oz Freestyle	1047.80	249.48	Negligible	Negligible	59.87	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Grape - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Grape - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta Grape - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Peach - 22oz Freestyle	567.56	130.97	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Peach - 32oz Freestyle	825.54	190.51	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta Peach - 44oz Freestyle	1135.12	261.95	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Strawberry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Strawberry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta Strawberry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Fruit Punch - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta Fruit Punch - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta Fruit Punch - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta Zero - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero - 44oz Freestyle	37.42	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Cherry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Cherry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Cherry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Raspberry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Raspberry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Raspberry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Lemon - 22oz Freestyle	12.47	3.12	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Lemon - 32oz Freestyle	18.14	4.54	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Large Fanta Zero Lemon - 44oz Freestyle	24.95	6.24	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Regular Fanta Zero Grape - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Grape - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Large Fanta Zero Grape - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Regular Fanta Zero Peach - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00

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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate (g)	Carbohydrates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Medium Fanta Zero Peach - 32oz Freestyle	81.65	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Peach - 44oz Freestyle	112.26	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Strawberry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Strawberry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Strawberry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta Zero Fruit Punch - 22oz Freestyle	49.90	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta Zero Fruit Punch - 32oz Freestyle	72.57	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta Zero Fruit Punch - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles - 22oz Freestyle	523.90	124.74	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles - 32oz Freestyle	762.04	181.44	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles - 44oz Freestyle	1047.80	249.48	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Cherry - 22oz Freestyle	567.56	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Cherry - 32oz Freestyle	825.54	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Cherry - 44oz Freestyle	1135.12	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Raspberry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Raspberry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Raspberry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Lemon - 22oz Freestyle	523.90	124.74	Negligible	Negligible	29.94	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Lemon - 32oz Freestyle	762.04	181.44	Negligible	Negligible	43.54	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Lemon - 44oz Freestyle	1047.80	249.48	Negligible	Negligible	59.87	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Grape - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Grape - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Grape - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Peach - 22oz Freestyle	567.56	130.97	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Peach - 32oz Freestyle	825.54	190.51	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Peach - 44oz Freestyle	1135.12	261.95	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Strawberry - 22oz Freestyle	573.79	137.21	Negligible	Negligible	31.18	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Strawberry - 32oz Freestyle	834.61	199.58	Negligible	Negligible	45.36	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Strawberry - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	62.37	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Fruit Punch - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Fruit Punch - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Fruit Punch - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero - 22oz Freestyle	18.71	6.24	Negligible	Negligible	6.24	0.00	Negligible	6.24	0.06	18.71
Medium Fanta No Bubbles Zero - 32oz Freestyle	27.22	9.07	Negligible	Negligible	9.07	0.00	Negligible	9.07	0.09	27.22
Large Fanta No Bubbles Zero - 44oz Freestyle	37.42	12.47	Negligible	Negligible	12.47	0.00	Negligible	12.47	0.12	37.42
Regular Fanta No Bubbles Zero Cherry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Cherry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00

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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate (g)	Carbohydrates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Large Fanta No Bubbles Zero Cherry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Raspberry - 22oz Freestyle	43.66	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Raspberry - 32oz Freestyle	63.50	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Raspberry - 44oz Freestyle	87.32	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Lemon - 22oz Freestyle	12.47	3.12	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Lemon - 32oz Freestyle	18.14	4.54	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Lemon - 44oz Freestyle	24.95	6.24	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Grape - 22oz Freestyle	49.90	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Grape - 32oz Freestyle	72.57	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Grape - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Peach - 22oz Freestyle	56.13	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Peach - 32oz Freestyle	81.65	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Peach - 44oz Freestyle	112.26	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Strawberry - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Strawberry - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Strawberry - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Fanta No Bubbles Zero Fruit Punch - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fanta No Bubbles Zero Fruit Punch - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fanta No Bubbles Zero Fruit Punch - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Lemon - 22oz Freestyle	536.37	124.74	Negligible	Negligible	29.94	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Lemon - 32oz Freestyle	780.18	181.44	Negligible	Negligible	43.54	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Lemon - 44oz Freestyle	1072.75	249.48	Negligible	Negligible	59.87	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Raspberry - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Raspberry - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Raspberry - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Peach - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Peach - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Peach - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Strawberry - 22oz Freestyle	555.08	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Strawberry - 32oz Freestyle	807.39	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Strawberry - 44oz Freestyle	1110.17	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Vanilla - 22oz Freestyle	548.85	130.97	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Vanilla - 32oz Freestyle	798.32	190.51	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Vanilla - 44oz Freestyle	1097.69	261.95	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00
Regular Fuze Tea Orange - 22oz Freestyle	536.37	124.74	Negligible	Negligible	30.56	29.94	Negligible	24.95	0.06	0.00
Medium Fuze Tea Orange - 32oz Freestyle	780.18	181.44	Negligible	Negligible	44.45	43.54	Negligible	36.29	0.09	0.00
Large Fuze Tea Orange - 44oz Freestyle	1072.75	249.48	Negligible	Negligible	61.12	59.87	Negligible	49.90	0.12	0.00

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Nutritional information	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate (g)	Carbohydrates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Regular Fuze Tea Zero Lemon - 22oz Freestyle	24.95	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Lemon - 32oz Freestyle	36.29	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Lemon - 44oz Freestyle	49.90	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Raspberry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Raspberry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Raspberry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Peach - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Peach - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Peach - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Strawberry - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Strawberry - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Strawberry - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Vanilla - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Vanilla - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Vanilla - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Fuze Tea Zero Orange - 22oz Freestyle	24.95	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Fuze Tea Zero Orange - 32oz Freestyle	36.29	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Fuze Tea Zero Orange - 44oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Powerade Zero Cherry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Cherry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Cherry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Orange - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.00	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Orange - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.00	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Orange - 44oz Freestyle	37.42	12.47	Negligible	Negligible	0.00	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Raspberry - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Raspberry - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Raspberry - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Lemon - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.00	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Lemon - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.00	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Lemon - 44oz Freestyle	37.42	12.47	Negligible	Negligible	0.00	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Grape - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.62	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Grape - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.91	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Grape - 44oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Strawberry - 22oz Freestyle	37.42	6.24	Negligible	Negligible	0.62	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Strawberry - 32oz Freestyle	54.43	9.07	Negligible	Negligible	0.91	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Strawberry - 44oz Freestyle	74.84	12.47	Negligible	Negligible	1.25	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Fruit Punch - 22oz Freestyle	37.42	12.47	Negligible	Negligible	0.62	0.00	Negligible	249.48	0.62	0.00

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Medium Powerade Zero Fruit Punch - 32oz Freestyle	54.43	18.14	Negligible	Negligible	0.91	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Fruit Punch - 44oz Freestyle	74.84	24.95	Negligible	Negligible	1.25	0.00	Negligible	498.95	1.25	0.00
Regular Powerade Zero Berry Tropical - 22oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	249.48	0.62	0.00
Medium Powerade Zero Berry Tropical - 32oz Freestyle	90.72	18.14	Negligible	Negligible	1.81	0.00	Negligible	362.87	0.91	0.00
Large Powerade Zero Berry Tropical - 44oz Freestyle	124.74	24.95	Negligible	Negligible	2.49	0.00	Negligible	498.95	1.25	0.00
Regular Schweppes Lemonade - 22oz Freestyle	536.37	124.74	Negligible	Negligible	29.94	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade - 32oz Freestyle	780.18	181.44	Negligible	Negligible	43.54	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade - 44oz Freestyle	1072.75	249.48	Negligible	Negligible	59.87	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Cherry - 22oz Freestyle	561.32	130.97	Negligible	Negligible	30.56	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Cherry - 32oz Freestyle	816.47	190.51	Negligible	Negligible	44.45	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Cherry - 44oz Freestyle	1122.64	261.95	Negligible	Negligible	61.12	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Orange - 22oz Freestyle	536.37	124.74	Negligible	Negligible	29.94	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Orange - 32oz Freestyle	780.18	181.44	Negligible	Negligible	43.54	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Orange - 44oz Freestyle	1072.75	249.48	Negligible	Negligible	59.87	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Raspberrry - 22oz Freestyle	561.32	130.97	Negligible	Negligible	30.56	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Raspberrry - 32oz Freestyle	816.47	190.51	Negligible	Negligible	44.45	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Raspberrry - 44oz Freestyle	1122.64	261.95	Negligible	Negligible	61.12	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Strawberry - 22oz Freestyle	586.27	137.21	Negligible	Negligible	31.18	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Strawberry - 32oz Freestyle	852.75	199.58	Negligible	Negligible	45.36	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Strawberry - 44oz Freestyle	1172.54	274.42	Negligible	Negligible	62.37	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Lemonade Fruit Punch - 22oz Freestyle	573.79	137.21	Negligible	Negligible	30.56	29.94	Negligible	74.84	0.19	0.00
Medium Schweppes Lemonade Fruit Punch - 32oz Freestyle	834.61	199.58	Negligible	Negligible	44.45	43.54	Negligible	108.86	0.27	0.00
Large Schweppes Lemonade Fruit Punch - 44oz Freestyle	1147.59	274.42	Negligible	Negligible	61.12	59.87	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade - 22oz Freestyle	24.95	6.24	Negligible	Negligible	0.00	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade - 32oz Freestyle	36.29	9.07	Negligible	Negligible	0.00	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade - 44oz Freestyle	49.90	12.47	Negligible	Negligible	0.00	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Cherry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	0.62	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Cherry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	0.91	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Cherry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	1.25	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Orange - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.00	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Orange - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.00	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Orange - 44oz Freestyle	62.37	12.47	Negligible	Negligible	0.00	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Raspberrry - 22oz Freestyle	56.13	12.47	Negligible	Negligible	0.62	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Raspberrry - 32oz Freestyle	81.65	18.14	Negligible	Negligible	0.91	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Raspberrry - 44oz Freestyle	112.26	24.95	Negligible	Negligible	1.25	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Strawberry - 22oz Freestyle	81.08	18.71	Negligible	Negligible	1.25	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Strawberry - 32oz Freestyle	117.93	27.22	Negligible	Negligible	1.81	0.00	Negligible	108.86	0.27	0.00

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Large Schweppes Diet Lemonade Strawberry - 44oz Freestyle	162.16	37.42	Negligible	Negligible	2.49	0.00	Negligible	149.69	0.37	0.00
Regular Schweppes Diet Lemonade Fruit Punch - 22oz Freestyle	62.37	12.47	Negligible	Negligible	0.62	0.00	Negligible	74.84	0.19	0.00
Medium Schweppes Diet Lemonade Fruit Punch - 32oz Freestyle	90.72	18.14	Negligible	Negligible	0.91	0.00	Negligible	108.86	0.27	0.00
Large Schweppes Diet Lemonade Fruit Punch - 44oz Freestyle	124.74	24.95	Negligible	Negligible	1.25	0.00	Negligible	149.69	0.37	0.00
Regular Sprite Zero - 22oz Freestyle	12.47	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero - 32oz Freestyle	18.14	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero - 44oz Freestyle	24.95	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Cherry - 22oz Freestyle	43.66	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Cherry - 32oz Freestyle	63.50	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Cherry - 44oz Freestyle	87.32	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Orange - 22oz Freestyle	18.71	6.24	Negligible	Negligible	0.00	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Orange - 32oz Freestyle	27.22	9.07	Negligible	Negligible	0.00	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Orange - 44oz Freestyle	37.42	12.47	Negligible	Negligible	0.00	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Vanilla - 22oz Freestyle	37.42	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Vanilla - 32oz Freestyle	54.43	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Vanilla - 44oz Freestyle	74.84	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Raspberry - 22oz Freestyle	49.90	12.47	Negligible	Negligible	1.25	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Raspberry - 32oz Freestyle	72.57	18.14	Negligible	Negligible	1.81	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Raspberry - 44oz Freestyle	99.79	24.95	Negligible	Negligible	2.49	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Grape - 22oz Freestyle	31.18	6.24	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Grape - 32oz Freestyle	45.36	9.07	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Grape - 44oz Freestyle	62.37	12.47	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Peach - 22oz Freestyle	37.42	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Peach - 32oz Freestyle	54.43	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Peach - 44oz Freestyle	74.84	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Regular Sprite Zero Strawberry - 22oz Freestyle	37.42	12.47	Negligible	Negligible	0.62	0.00	Negligible	24.95	0.06	0.00
Medium Sprite Zero Strawberry - 32oz Freestyle	54.43	18.14	Negligible	Negligible	0.91	0.00	Negligible	36.29	0.09	0.00
Large Sprite Zero Strawberry - 44oz Freestyle	74.84	24.95	Negligible	Negligible	1.25	0.00	Negligible	49.90	0.12	0.00
Frozen Fanta & Ice blast per serving										
Frozen Fanta Orange Small - 330ml	336.60	79.20	0.00	0.00	21.12	13.20	0.00	0.00	0.00	0.00
Frozen Fanta Orange Large - 560ml	571.20	134.40	0.00	0.00	35.84	22.40	0.00	0.00	0.00	0.00
Frozen Fanta Exotic Small - 330ml	445.50	105.60	0.00	0.00	26.07	26.07	0.00	0.00	0.00	0.00
Frozen Fanta Exotic Large - 560ml	756.00	179.20	0.00	0.00	44.24	44.24	0.00	0.00	0.00	0.00
Frozen Coke Small - 330ml	452.10	108.90	0.00	0.00	26.07	26.07	0.00	0.00	0.00	0.00
Frozen Coke Large - 560ml	767.20	184.80	0.00	0.00	44.24	44.24	0.00	0.00	0.00	0.00
Frozen Fanta Raspberry Small - 330ml	346.50	82.50	0.00	0.00	25.41	16.17	0.00	0.00	0.00	0.00
Frozen Fanta Raspberry Large - 560ml	588.00	140.00	0.00	0.00	43.12	27.44	0.00	0.00	0.00	0.00

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Dessert										
Judes Very Vanilla	458.35	109.47	5.70	3.38	11.57	11.57	2.67	0.04	0.09	0.00
Judes Strawberries & Cream	499.29	118.37	5.61	3.38	14.60	14.42	2.58	0.04	0.09	0.00
Judes Truly Chocolate	498.40	118.37	5.79	3.20	13.35	12.64	2.85	0.00	0.08	0.00
Judes Mint Choc Chip	558.03	132.61	7.03	4.27	14.24	14.15	3.03	0.00	0.10	0.00
Judes Salted Caramel	502.85	119.26	6.23	3.83	13.35	13.08	2.40	0.09	0.27	0.00
Croissant	894.00	213.00	11.94	7.56	22.14	3.30	4.62	0.24	0.55	1.32
Pain au Chocolat	209.40	44.40	2.44	1.54	4.73	1.20	0.90	0.04	0.11	0.32
Pork Pies Mini	816.20	196.00	11.20	4.20	16.10	0.49	8.40	0.03	0.98	0.70
Scone Mini Fruit	683.40	160.20	4.56	1.62	26.58	8.94	3.66	0.00	0.00	1.02
Cheesecake Salted Caramel - Mini	840.42	201.84	13.98	7.54	16.36	12.64	2.73	0.29	0.70	0.23
Mini Lemon Cheesecake	793.80	190.20	13.68	7.74	15.48	11.22	2.28	0.06	0.24	0.36
Jaffa Cake Passion Fruit / Choc	425.36	101.14	5.46	2.39	11.70	8.84	1.48	0.01	0.03	0.00
Jaffa Cake Raspberry / White Choc	375.96	89.96	4.42	2.21	11.44	9.88	1.43	0.02	0.04	0.00
Macaron - Pistachio	272.16	64.96	3.36	0.80	7.52	6.88	1.12	0.00	0.01	0.00
Macaron - Raspberry	213.12	50.56	1.60	0.16	8.16	7.84	0.80	0.00	0.01	0.00
Macaron - Vanilla	261.28	62.40	3.04	0.96	8.00	7.68	0.96	0.00	0.00	0.00
Torte - Raspberry Mini	586.56	141.60	11.57	7.20	7.97	7.30	1.30	0.00	0.05	0.19
Mains/Sides										
Avocado Slices	736	176	15.9	4.55	6.12	2	2.19	0.10	0.243	9.16
Falafel Burger with Spinach	715.00	171.00	7.20	1.30	18.20	1.90	6.40	0.21	0.54	3.80
Goodnessme Chicken Strips	481	115	1.4	0.4	0.5	0.5	25	0.38	0.94	0.1
Prosciutto Crudo Sliced	854	204	10	3.04	0.1	0	28	2.31	5.88	0
Salami Milano Sliced	1402	335	28	10	0.8	0.8	20	1.20	0.01	0
Royal Greenland Crayfish Tails in Brine	293	70	0.8	0.2	0.5	0	16	0.68	1.7	0
Young's Scottish Smoked Salmon	845	202	11.9	2.6	0.4	0.3	23.3	0.80	2	0
Heinz Classic BBQ Sauce-O-Mat	577	138	0.2	0.01	32	28	0.7	0.48	1.2	0
Lion Chipotle Mayonnaise	2326	556	60.2	4.5	2.6	1.7	0.3	0.33	0.828	0.5
Schwartz For Chef Bacon Bits	1536	367	13.1	1.2	13.8	4.3	42.2	2.80	7	12.55
Everyday Favourites Crushed Chillies	1146	274	13	2.1	28.6	17	14.8	0.03	0.09	20.9
Kettle Chips Lightly Salted	2146	513	30.1	3.5	54.5	0.5	5.8	0.36	0.9	6.5
Tiptree Strawberry Jam	1130	270	0	0	65	65	0	0.00	0.003	1.1
Sapori D'Italia Mistoliva Olives	536	128	13	1.6	0.6	0.1	0.9	0.90	2.25	2.4
La Espanola Extra Virgin Olive Oil	3443	823	91.5	13.1	0	0	0	0.00	0	0
Everyday Favourites Whole Black Peppercorn	1167	279	3.26	0.98	38.31	0.64	10.95	0.04	0.11	26.5
Branston Pickle with Small Chunks	665	159	0.8	0.3	35	29	0.6	1.56	3.9	1.7
Casa De Mare Sun Dried Tomatoes in Oil	1435	343	30.9	4.9	10.7	9.5	4.2	1.40	3.5	2.5

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Hellmann's Caesar Dressing	1218	291	26	2.6	10	8.5	2.5	0.68	1.7	0.1
Arla Pro Mature White Cheddar Cheese Slices	1632	390	32	20.8	0.1	0.1	25.5	0.72	1.8	0.000
Cheddar Mature Block (Delisted)	1631.76	390.00	32.00	8.70	0.10	0.10	25.50	0.72	1.80	0.00
Philadelphia Regular Cream Cheese	1025	245	23	14	3.2	3.2	5.8	0.40	1	0.2
Roddas Frozen Clotted Cream Portions	2452	586	63.5	39.7	2.2	2.2	1.6	0.02	0.045	0
Hellmann's Light Mayonnaise	1109	265	26	2.6	5.9	2.3	0.4	0.68	1.7	0.2
Original Houmous	1145.00	274.00	21.60	1.80	10.50	0.60	6.40	1.00	2.54	5.00
Vegan Sliced Cheddar Style Cheese	1331	318	26.2	21.8	17	0.3	1.3	0.76	1.93	4.9
Americana Gourmet Burger Bun	1079	258	4.5	1.5	42.8	3.3	8.8	0.32	0.788	5.4
BBQ Pulled Pork with Jalepenos	778	186	12.95	5.87	9.52	7.95	7.55	0.29	0.735	0.68
Calet Sliced Chorizo	1360	325	24.7	8.9	4.2	0.9	21.4	1.60	4.07	0
Loscoe Pre-Sliced Wiltshire Ham	566	135.3	5.93	1.99	0.93	0.93	20.44	0.96	2.44	0.01
Avocado	671.00	160.00	14.66	2.12	8.53	0.66	2.00	7.00	0.00	6.70
Class 1 Round Lettuce	58.60	14.00	0.10	0.00	3.20	2.00	0.90	10.00	0.00	1.20
Cucumber	62.80	15.00	0.10	0.00	3.60	1.70	0.70	2.00	0.10	0.50
Dill	180.00	43.00	1.10	0.10	7.00	0.00	3.50	61.00	0.15	2.10
Lemons (for Bar)	83.70	20.00	0.30	0.00	10.70	0.00	1.20	3.00	0.10	4.70
Limes (for Bar)	126.00	30.00	0.20	0.00	10.50	1.70	0.70	2.00	0.10	2.80
Oranges Medium (for Bar)	197.00	47.00	0.10	0.00	11.70	9.40	0.90	0.00	0.00	2.40
Parsley Flat Leaf	151.00	36.00	0.80	0.10	6.30	0.90	3.00	56.00	0.14	3.30
Raddish	67.00	16.00	0.10	0.00	3.50	1.90	0.70	39.00	0.10	1.60
Raspberries (for Bar)	218.00	52.00	0.70	0.00	11.90	4.40	1.20	1.00	0.00	6.50
Rocket	105.00	25.00	0.70	0.10	3.70	2.10	2.60	27.00	0.07	1.60
Rosemary (for Bar)	548.00	131.00	5.90	2.80	20.70	0.00	3.30	26.00	0.07	14.10
Spinach Baby	96.30	23.00	0.40	0.10	12.80	0.40	2.90	79.00	0.20	2.20
Watercress	46.10	11.00	0.10	0.00	1.30	0.20	2.30	41.00	0.10	0.50
Butter Unsalted	3059.00	744.00	82.00	52.00	0.60	0.60	0.60	11.00	0.03	0.00
Butter Portions	2980.00	725.00	80.50	52.10	0.60	0.60	0.60	0.70	0.00	0.00
Cream Clotted (Rhoddas)	2413.00	586.00	63.50	39.70	2.30	2.30	1.60	18.00	0.50	0.00
Milk Semi Skimmed	190.00	45.00	1.50	1.00	4.50	4.50	3.40	40.00	0.10	0.00
Bocconcini	1043.00	251.00	19.00	13.60	2.00	2.00	18.00	627.00	1.57	0.00
White Bread Medium Sliced Loaf	1114.00	266.00	3.30	0.70	50.60	4.30	7.60	681.00		2.40
Granary Bread Medium Sliced Loaf	1037.00	245.00	1.20	0.20	51.10	2.20	9.00	420.00	1.00	4.70
Pitta Bread	1151.00	275.00	1.20	0.20	55.70	0.00	9.10	536.00	1.34	2.20
Hot Drinks										
Tea Earl Grey (Teapigs)	13	3	0.3	0.3	0.1	0.1	0.12	0.00	0	0
Tea Every Day (Teapigs)	3	0.65	0	0	0.1	0	0.08	0.00	0	0

Latest Update:

17/12/2020

This nutritional information is based on standard average portion size however different serving methods may result in minor variations to actual portion size and therefore nutritional values. While every effort is made to keep this information up to date, from time to time there may be changes to pack size, portion size or product ingredients. Nutritional information is compiled using data received from suppliers and we cannot accept liability for its accuracy or completeness. Please note - not all products are available in all cinemas and some promotional, regional and trial products may not be listed. If you have any queries about the information provided contact ODEON Guest Services (Email: GS@Odeon.co.uk Post: FREEPOST ODEON)

Nutritional information

	Energy(KJ)	Calories (kcal)	Fat (g)	Fat of which is saturates (g)	Carbohydrate (g)	Carbohydrates of which sugars (g)	Protein (g)	Sodium (g)	Salt Equivalent (g)	Fibre (g)
Tea Mao Feng Green (Teapigs)	3	0.65	0	0	0.1	0	0.08	0.00	0	0
Tea Peppermint (Teapigs)	11	2.63	0.1	0.001	0.5	0.02	0.05	0.00	0.01	0.01
Tea Superfruit (Teapigs)	12	2.97	0.1	0.003	0.587	0.025	0.078	0.00	0	0