

Cinepolis - Menu Nutrition Analysis Results for all menu items analyzed (April 2024)

Menu Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Cinepolis - Apps, Chips and Dips	1270	670	74	24	1	95	2920	124	15	9	32
Cinepolis - Apps, Pretzel Sticks	1060	340	38	18	1.5	70	4630	136	4	3	37
Cinepolis - Apps, Supremas with Chips (No Protein)	1580	970	108	32	1	135	3150	112	13	9	43
Cinepolis - Apps, Supremas with French Fries (No Protein)	1950	1300	146	33	1.5	135	4220	111	12	9	42
Cinepolis - Apps, Supremas with Tater Tots (No Protein)	1570	1120	125	32	1	135	4920	77	6	12	36
Cinepolis - Apps, Theater Nachos	990	460	51	7	0	0	2280	122	14	4	13
Cinepolis - Avocado Chicken BLT	1060	610	69	13	0	105	2500	59	6	8	52
Cinepolis - Bang Bang Shrimp	720	380	42	6	0	145	2850	61	4	30	24
Cinepolis - Bowl Protein, Marinated Grilled Chicken, 3oz	190	90	11	1.5	0	60	780	2	0	1	22
Cinepolis - Bowl Protein, Seared Shrimp, 4oz	160	70	8	0.5	0	185	260	0	0	0	23
Cinepolis - Bowl Protein, Soy Marinated Salmon, 4oz	220	90	10	1.5	0	70	330	5	0	5	26
Cinepolis - Bowl Protein, Soy Tuna, 4oz	280	110	12	1.5	0	0	2180	41	1	37	2
Cinepolis - Bowls/Salads - Southwest Bowl, No Protein	780	300	33	7	0	15	760	104	11	6	17
Cinepolis - Bowls/Salads, Apples and Strawberries Salad	460	280	32	6	0	25	700	39	6	29	11
Cinepolis - Bowls/Salads, Avocado Caesar Salad	830	500	56	10	0	25	740	71	13	5	18
Cinepolis - Bowls/Salads, Poke Bowl	1110	400	45	8	0	55	3030	127	7	38	48
Cinepolis - Crispy Calamary/Calamari	900	520	58	7	0	110	1860	74	5	6	21
Cinepolis - Desserts - Chocolate Chunk Cookie	380	160	18	9	0	40	210	52	2	30	4
Cinepolis - Desserts - Oatmeal Raisin Cookie	360	140	16	6	0	40	210	52	2	28	4
Cinepolis - Desserts - Vanilla Ice Cream, 1 scoop	170	80	9	6	0	40	50	17	0	17	3
Cinepolis - Desserts - White Chocolate Macadamia Nut Cookie	400	200	22	10	0	30	220	48	2	28	4
Cinepolis - Desserts, Afogato Brownie	810	390	43	19	0	130	240	103	3	80	9
Cinepolis - Desserts, Chocolate Malt Milkshake	890	360	40	28	0	175	320	105	0	98	16
Cinepolis - Desserts, Churro Donut	650	190	21	12	0	45	360	104	2	71	7
Cinepolis - Desserts, Nutella Donut Milk Shake	1220	460	51	26	0	95	480	168	3	132	15
Cinepolis - Desserts, Vanilla Malt Milkshake	810	360	40	28	0	175	310	83	0	80	16

Cinopolis - Entrees, Fish and Chips	1600	970	108	13	0	80	2240	114	6	18	39
Cinopolis - Entrees, Bacon Jam Burger (No Fries)	940	500	56	19	1	155	1720	56	2	21	53
Cinopolis - Entrees, Chicken and Waffles	1210	510	57	15	0	125	2430	127	5	73	48
Cinopolis - Entrees, Chicken Strips w/French Fries	1240	570	64	8	0	110	2410	110	8	16	51
Cinopolis - Entree, Classic Burger (No Fries)	1040	650	73	20	1	135	2160	51	2	15	46
Cinopolis - Entrees, Fish and Chips	1600	970	108	13	0	80	2240	114	6	18	39
Cinopolis - Entrees, Lobster Grilled Cheese (No Fries)	1370	1000	113	45	1.5	210	2660	59	2	6	39
Cinopolis - Entrees, Mushroom Duxel Burger w/French Fries	1600	880	99	26	1.5	160	3050	121	8	26	53
Cinopolis - Entrees, Spicy Chicken Sandwich (No Fries)	1480	950	107	15	0	100	2480	84	5	24	48
Cinopolis - Jambalaya Bowl	530	170	19	6	0	40	2700	72	6	9	19
Cinopolis - Kids Fruit Side	140	10	1	0.5	0	5	50	33	2	22	1
Cinopolis - Kids, Chicken Strips (No Fries)	500	250	28	4.5	0	80	1090	28	2	0	34
Cinopolis - Kids, Kids Quesadilla (No Fries)	1130	550	61	20	0	75	1470	109	7	0	34
Cinopolis - Kids, Mac & Cheese	630	280	32	19	0.5	175	1100	44	2	6	43
Cinopolis - Kitchen, 1 oz Bacon Topping	170	120	13	4	0	25	520	0	0	0	10
Cinopolis - Kitchen, 1.5 oz Nacho Cheese Topping	120	80	9	6		30	700	4	0	3	5
Cinopolis - Loaded, Foot Long Hot Dog	900	530	59	21	1.5	95	2190	59	4	12	33
Cinopolis - Pizza, BBQ Chicken Pizza	1290	460	51	19	0	140	2980	137	10	37	63
Cinopolis - Pizza, Buffalo Chicken Pizza	1440	740	83	26	0	180	4000	101	9	5	73
Cinopolis - Pizza, Gluten Friendly BBQ Chicken Pizza	1400	370	41	18	0	140	3600	176	10	44	67
Cinopolis - Pizza, Margarita Artichoke Pizza	1200	580	66	23	0	95	2410	111	11	8	45
Cinopolis - Pizza, Mexican Pizza	1280	630	71	30	1	170	1990	107	9	6	59
Cinopolis - Pizza, Prosciutto Artichoke Pizza	1070	490	55	18	0	100	2030	106	9	7	42
Cinopolis - Pizzas, Cheese Pizza	940	370	41	18	0	80	1860	101	8	2	40
Cinopolis - Pizzas, Gluten Friendly The Classic Pepperoni Pizza	1340	500	55	26	0	135	3360	151	9	9	58
Cinopolis - Pizzas, Meat Lovers Pizza	1320	700	79	28	0	150	3120	97	9	2	59
Cinopolis - Pizzas, The Classic Pepperoni Pizza	1230	580	65	27	0	135	2740	112	9	2	54
Cinopolis - Plain, Foot Long Hot Dog	810	490	54	15	1.5	60	2020	59	3	13	22
Cinopolis - Popcorn, Bottomless, 30g popped serving = about 3.75 cups (6-22)	140	60	7	2.5	0	0	140	18	3	0	3
Cinopolis - Quesadilla 2023 (2-23)	1390	840	94	34	0	195	3250	77	6	13	62
Cinopolis - Shrimp Quesadilla	1160	680	76	32	0	260	2900	70	4	8	52
Cinopolis - Sides, Creamed Corn	350	230	25	10	0	40	440	25	3	9	6

Cinepolis - Sides, French Fries, 6oz	490	240	27	2.5	0	0	330	54	5	0	5
Cinepolis - Sides, House Salad w/Balsamic Vinaigrette Dressing	250	180	20	2.5	0	5	340	15	3	8	4
Cinepolis - Sides, Tater Tot	480	290	33	4	0	0	1260	44	3	3	3
Cinepolis - Spinach and Mushrooms Quesadilla	780	400	44	23	0	100	1640	60	3	2	38
Cinepolis - Starter, Nacho Supreme	1750	1100	122	34	1	130	3230	120	16	9	45
Cinepolis - Starters - Supremas	920	710	79	28	1	130	2510	19	2	8	32
Cinepolis - Starters, Chips & Dips	1120	610	67	23	1	95	2580	106	13	9	30
Cinepolis - Truffle Fries, (10 oz serving plus topping)	1260	910	102	20	0	45	2170	68	7	0	25
Cinepolis - Truffle Mushroom Smash Burger (No Fries)	850	480	54	17	1	140	990	44	3	8	47
Cinepolis - Tuna Tartare Bowl	410	170	19	3.5	0	20	1270	46	4	30	18