SHOWCASE
CINEMA DE LUX

SHOWCASE CINEMAS - KCAL INFORMATION

POPCORN	Per 100g	Totally Tots	Kids Film Crew	Small	Medium	Large
Sweet Popcorn	493	250	360	794	1006	1277
Salted Popcorn	501	153	220	526	802	987

GOURMET POPCORN	Per 100g	Per Serving
Gourmet Caramel Popcorn	423	528.75
Gourmet Milk Chocolate Popcorn	490	588
Gourmet White Chocolate Popcorn	500	600
Gourmet Salted Caramel Popcorn	504	604.8

HOTDOGS	Per 100g	Per Serving
Medium Hotdog (including bun)	311	393
Large Hotdog (including bun)	308	663
Crispy Onion Topping	590	266

NACHOS	Per 100g	Small	Medium	Large
Nacho Chips	478	335	574	765
Cheese Sauce	186			186
Salsa	50			50
Jalapenos	10			5.5
Guacamole	161			121

ICEE	Per 100g	Kids Film Crew	Small	Medium	Large
ICEE Cherry Sugar Free	18	37	53	85	112
ICEE Raspberry Sugar Free	17	37	53	85	112
ICEE Mango Sugar Free	18	37	53	85	112

DRINKS	Per 100ml	Kids Film Crew	Small	Medium	Large
Coke - Derby CDL only	43	203	280	407	559
Diet Coke - Derby CDL only	0.3	1	2	3	4
Coke Zero - Derby CDL only	0.5	2	3	5	7
Fanta - Derby CDL only	19	90	124	180	247
Sprite Zero - Derby CDL only	1	5	7	9	13

COKE FREESTYLE	Per 100ml	Kids Film Crew	Small	Medium	Large
Coca Cola	46	218	299	435	598

Diet Coke	0.3	1	2	3	4
Diet Coke Cherry	2	9	13	19	26
Diet Coke Vanilla	2	9	13	19	26
Diet Coke Raspberry	1	5	7	9	13
Diet Coke Lime	1	5	7	9	13
Diet Coke Cherry Vanilla	2	9	13	19	26
Diet Coke Orange	0.4	2	3	4	5
Coke Zero	0.3	1	2	3	4
Coke Zero Cherry	2	9	13	19	26
Coke Zero Orange	0.3	1	2	3	4
Coke Zero Vanilla	2	9	13	19	26
Coke Zero Raspberry	1	5	7	9	13
Coke Zero Lemon	0.3	1	2	3	4
Coke Zero Lime	1	5	7	9	13
Coke Zero Cherry Vanilla	2	9	13	19	26
Coke Zero Peach	1	5	7	9	13
Caffeine Free Diet Coke	0.3	1	2	3	4
Caffeine Free Diet Coke Cherry	2	9	13	19	26
Caffeine Free Diet Coke Vanilla	2	9	13	19	26
Caffeine Free Diet Coke Raspberry	1	5	7	9	13
Caffeine Free Diet Coke Lime	1	5	7	9	13
Caffeine Free Diet Coke Cherry Vanilla	2	9	13	19	26
Caffeine Free Diet Coke Orange	0.4	2	3	4	5
Dr Pepper	20	95	130	189	260
Dr Pepper Cherry	22	104	143	208	286
Dr Pepper Cherry Vanilla	21	99	137	199	273
Dr Pepper Strawberry	21	99	137	199	273
Dr Pepper Zero	0.4	2	3	4	5
Dr Pepper Zero Cherry	2	9	13	19	26
Dr Pepper Zero Cherry Vanilla	2	9	13	19	26
Dr Pepper Zero Strawberry	2	9	13	19	26
Fanta Orange	21	99	137	199	273
Fanta Cherry	22	104	143	208	286
Fanta Raspberry	22	104	143	208	286
Fanta Lemon	20	95	130	189	260
Fanta Grape	21	99	137	199	273
Fanta Peach	21	99	137	199	273
Fanta Strawberry	22	104	143	208	286
Fanta Fruit Punch	21	99	137	199	273
Fanta Zero	1	5	7	9	13
Fanta Zero Cherry	2	9	13	19	26
Fanta Zero Raspberry	2	9	13	19	26
Fanta Zero Lemon	0.5	2	3	5	7
Fanta Zero Grape	2	9	13	19	26
Fanta Zero Peach	2	9	13	19	26
Fanta Zero Strawberry	2	9	13	19	26

Fanta Zero Fruit Punch	2	9	13	19	26
Fanta No Bubbles	20	95	130	189	260
Fanta No Bubbles Cherry	22	104	143	208	286
Fanta No Bubbles Raspberry	22	104	143	208	286
Fanta No Bubbles Lemon	20	95	130	189	260
Fanta No Bubbles Grape	21	99	137	199	273
Fanta No Bubbles Peach	21	99	137	199	273
Fanta No Bubbles Strawberry	22	104	143	208	286
Fanta No Bubbles Fruit Punch	21	99	137	199	273
Fanta No Bubbles Zero	1	5	7	9	13
Fanta No Bubbles Cherry Zero	2	9	13	19	26
Fanta No Bubbles Raspberry Zero	2	9	13	19	26
Fanta No Bubbles Lemon Zero	0.5	2	3	5	7
Fanta No Bubbles Grape Zero	2	9	13	19	26
Fanta No Bubbles Peach Zero	2	9	13	19	26
Fanta No Bubbles Strawberry Zero	2	9	13	19	26
Fanta No Bubbles Fruit Punch Zero	2	9	13	19	26
Fuze Tea Lemon	20	95	130	189	260
Fuze Tea Raspberry	21	99	137	199	273
Fuze Tea Peach	21	99	137	199	273
Fuze Tea Strawberry	21	99	137	199	273
Fuze Tea Vanilla	21	99	137	199	273
Fuze Tea Orange	20	95	130	189	260
Fuze Tea Zero Lemon	1	5	7	9	13
Fuze Tea Zero Raspberry	2	9	13	19	26
Fuze Tea Zero Peach	2	9	13	19	26
Fuze Tea Zero Strawberry	2	9	13	19	26
Fuze Tea Zero Vanilla	2	9	13	19	26
Fuze Tea Zero Orange	1	5	7	9	13
Mezzo Mix Zero	0.3	1	2	3	4
Mezzo Mix Zero Peach	1	5	7	9	13
Mezzo Mix Zero Cherry	2	9	13	19	26
Mezzo Mix Zero Lemon	0.3	1	2	3	4
Mezzo Mix Zero Strawberry	1	5	7	9	13
Powerade Zero Cherry	2	9	13	19	26
Powerade Zero Orange	1	5	7	9	13
Powerade Zero Raspberry	2	9	13	19	26
Powerade Zero Lemon	1	5	7	9	13
Powerade Zero Grape	1	5	7	9	13
Powerade Zero Strawberry	1	5	7	9	13
Powerade Zero Fruit Punch	2	9	13	19	26
Powerade Zero Berry Tropical	2	9	13	19	26
Schweppes Lemonade	20	95	130	189	260
Schweppes Lemonade Cherry	21	99	137	199	273
Schweppes Lemonade Orange	20	95	130	189	260
Schweppes Lemonade Raspberry	21	99	137	199	273
Schweppes Lemonade Strawberry	22	104	143	208	286

Schweppes Lemonade Fruit Punch	22	104	143	208	286
Schweppes Diet Lemonade	1	5	7	9	13
Schweppes Diet Lemonade Cherry	2	9	13	19	26
Schweppes Diet Lemonade Orange	1	5	7	9	13
Schweppes Diet Lemonade Raspberry	2	9	13	19	26
Schweppes Diet Lemonade Strawberry	3	14	20	28	39
Schweppes Diet Lemonade Fruit Punch	2	9	13	19	26
Sprite Zero	1	5	7	9	13
Sprite Zero Cherry	2	9	13	19	26
Sprite Zero Orange	1	5	7	9	13
Sprite Zero Vanilla	1	5	7	9	13
Sprite Zero Raspberry	2	9	13	19	26
Sprite Zero Grape	1	5	7	9	13
Sprite Zero Peach	2	9	13	19	26
Sprite Zero Strawberry	2	9	13	19	26

ICE CREAM - DISOTTO GELATO	Per 100g	Each	Per Scoop
Cone	406	53	
Raspberry Ripple Gelato	197		167
Salted Caramel Gelato	217		184
Madagascan Vanilla Gelato	199		169
Blue Bubblegum Gelato	199		169
Peanut Butter Gelato	225		191
Alphonso Mango Sorbet	117		99
Candyfloss Gelato	194		165
Chocolate Brownie, Caramel and Sea Salt Gelato	208		177
Wild Strawberry Gelato	202		172
Cookies & Cream Gelato	221		188
Ambassador Gelato	231		196
Vegan Vanilla Gelato	211		179
Vegan Chocolate Gelato	233		198
Toffee & Butterscotch Gelato	219		186
Pistachio & Raspberry	219		186
Mint Brownie Overload	216		184
Lemon Cheesecake	196		167
	185		157
Raised Popcorn Pretzel Salted Caramel	265		225
Smartease	246		209

MILKSHAKES (Milk only)	Per 100ml	Small	Large

Small Milkshake + Two Scoops of Gelato	45	80	
Large Milkshake + Three Scoops of Gelato	45		106

ICE CREAM WAFFLE	Per 100ml/g	Per Serving
Waffle	442	398

ICE CREAM / COOKIE TOPPINGS	Per 100ml/g	Per Serving
Chocolate Sauce	280	70
Toffee Sauce	294	74
Raspberry Sauce	281	70
Whipped Cream	336	30
Sprinkles	400	60
Oreo & Oreo Crumb	476	100
Peanut M&Ms	516	103
Salted Popcorn	501	15
Flake	535	43
Nuts	604	48

PICK & MIX	Per 100g
Gourmet Jelly Beans	377
Dolly Mixture	381
Fizzy Cherry Cola Bottles	351
Fizzy Cola Bottles	321
Flowers	324
Fried Eggs	335
Juicy Strawberries	335
Smileys	337
Sour Cherries	336
Strawberry & White Candysticks	375
Vanilla Fudge	420
Baby Snakes	329
Berries	347
Birthday Cake Fudge	441
Black & Raspberries	313
Blue Raspberry Bonbons	370
Brains	319
Bunnies	340
Cherries	327
Chocolate Brownie Fudge	435
Cola Bottles	314
Crispy Bites	430
Duo Fudge	437
Fairytale Mix	326

Fish & Chips	522
Fizzy Bubblegum Bottles	335
Fizzy Dummies	320
Fruity Rolls	369
Fudgies	427
Giant Cola Bottles	313
Giant Cola Fizz	321
Giant Jazzies	480
Giant Snowies	500
Jelly Foam Hearts	340
Mega Melon	353
Milk Chocolate Beanies	454
Milk Chocolate Mini Eggs	481
Milk Chocolate Raisins	437
Milk Chocolate Toffee Chews	422
Milkshake Bottles	315
Milk Teeth	322
Mini Strawberry Cables	370
Monkey Bananas	522
Orange Bottle	353
Partymix	335
Pink and White Mice	520
Rainbow Mix	344
Raspberry Jelly	322
Red Metre	331
Sour All-in-Mix	336
Spinning Tops	500
Strawberry Bonbons	390
Strawberry Dreams	336
Strawberry Rocketz	382
Stretchy Snakes	329
Sugared Strawberries	350
Sweet Apples	309
Sweet Bananas	360
Teddy Bears	313
Under the Sea Mix	330
Watermelon Slices	340
Wine Gums	335

Flexeserve / Louies - Hot Hold Products	Per 100g	Per Serving
Hot & Spicy Chicken Bites	226	231
Chicken Bites	230	235
Chilli Cheese Nuggets	247	322
Mozzarella Sticks	299	327
Southern Fried Wedges	144	248

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Cookie Dough (Peterborough)		
Original Milk Chocolate	429	472
Triple Chocolate Brownie	424	466
Caramelised Biscuit (Speculoos)	441	485
Grab & Go Cookies		
Original Milk Chocolate	496	372
Triple Chocolate	396	297
Mini Cookies x 12	629	472
Biscoff Sauce	673	168
Biscoff Crumb	484	121
Nutella	539	135
Louies Menu		
Breaded Chicken Breast Strips x 3	217	263
Breaded Chicken Breast Strips x 5	217	386
Breaded Chicken Breast Strips x 9	217	644
Vegan Tenders x 3	262	238
Vegan Tenders x 5	262	375
Vegan Tenders x 9	262	702
SureCrisp Medium (Regular)	141	236
SureCrisp Medium (Large)	141	353
Crunchy Hot Wings x 5	270	605
Crunchy Hot Wings x 10	270	1210
Crunchy Hot Wings x 20	270	2215
Homestyle Southern Fried Fillets	189	194
Waffle Fries (Regular)	174	212
Waffle Fries (Large)	174	337
Loaded Waffle Fries (Large)		510
Corn Ribs	164	270
Battered Onion Rings	269	338
Cheese Slice	416	25
Classic Chicken Burger		710
Deluxe Chicken Burger		741
Spicy Chicken Burger		810
Spicy Deluxe Chicken Burger		840
Louisanna Chicken Burger		463
Classic Wrap		738
Spicy Classic Wrap		512
Veggie Wrap		749
Garlic Mayo	470	235
Lion Habanero Hot Sauce	200	100

Lion Louisiana BBQ Sauce	168	84
Lion Honey Sticky Sauce	346	173
Lion Buffalo Sauce	182	91

PIZZAS	Per 100g	Per Serving
Stuffed Crust Four Cheese Pizza	228	1436
Stuffed Crust Pepperoni Pizza	270	1742
Stuffed Crust Chicken & Bacon Pizza	289	1850
Stuffed Crust Meat Feast Pizza	264	1795
Classic Crust BBQ Jackfruit Pizza	254	1245
Stuffed Crust Salt & Pepper Chicken	241	1668

PIZZA TWISTS	Per 100g	Per Serving	Plus Chips
Margherita	218	392	643
Pepperoni	226	407	658

BAR DRINKS	Per 100ml	Per 4oz Splash	Per 12oz Glass	Per Pint Glass
Coca Cola	43	49	152	244
Diet Coke	0.3	0.3	1	1.7
Coke Zero	0.5	0.6	2	2.8
Fanta	19	22	67	108
Sprite Zero	1	1	4	6
Schweppes Lemonade	19	22	67	108

MOCKTAILS	Per 100ml	Per Serving
Coca Colada	65	114
Sea Breeze	37	74
Summer Sunset	33	66

JUICES	Per 100ml	Per Serving
Orange	46	92
Cranberry	20	40
Pineapple	54	108

GALLERY POT OPTIONS	Per 100g	Per Serving
Milk Choc Popcorn	490	594

White Choc popcorn	500	594
Mini Apple Beignets	328	246
Mini Brownies	440	502
Celebrations / Quality Street	471	688
Chilli Nuts	511	894
Veggie Crisps	540	243

GALLERY BENTO BOXES	Per 100g	Per Serving
Sweet Bento Box	418	998
Savoury Bento Box	324	762

NEO PIZZAS - Nottingham Only	Per 100g	6 inch	10 inch
Margherita	212	503	580
Veggie	186	514	610
Pepperoni	220	540	671
Hawaiian	198	529	650
Meatball	206	580	738
Chicken Tikka	192	531	650

COSTA PROUD TO SERVE - Hot Drinks	Per 100ml	Small	Medium	Large
Espresso	19	6	12	
Macchiato	26	10	21	
Cortado	45	113		
Flat White	45	189		
Cappuccino	46	123	154	169
Latte	42	111	151	209
Americano	4	12	18	23
Mocha	63	174	222	267
Hot Chocolate	79	220	310	421
English Breakfast Tea	0	1	1	1
Speciality Tea	2	3	3	3

COSTA PROUD TO SERVE - Cold Drinks	Per 100ml	Small	Medium
Iced Cappuccino	32	69	88
Iced Latte	38	106	144
Iced Americano	11	25	42
Mango & Passionfruit Cooler	31	125	165
Red Summer Berries Cooler	42	167	220

COSTA PROUD TO SERVE - Syrups	per 100ml	per Pump
Vanilla Syrup	313	13

Sugar Free Vanilla Syrup	13	1
Roasted Hazelnut Syrup	285	11
Sugar Free Roasted Hazelnut Syrup	14	1
Caramel Syrup	279	11
Sugar Free Caramel Syrup	19	1
Sugar Free Gingerbread Syrup	16	1