

| | Energy(kJ) | Calories (kcal) | Protein (g) | Carbohydrat e (g) | Carbohydrat as of which sugars (g) | Fat (g) | Fat of which is saturated (g) | Fibre (g) | Sodium (g) | Salt Equivalent (g) | Vegetarians | Vegan | Cornice | Kosher | Non GM | Nuts | Milk | Eggs | Soybeans |
|----------------------------------|------------|-----------------|-------------|----------------------|--|---------|-------------------------------------|-----------|------------|---------------------------|-------------|-------|---------|--------|--------|------|------|------|----------|
| Beechdean (per scoop 80g) | | | | | | | | | | | | | | | | | | | |
| Vanilla | 663.20 | 158.40 | 2.32 | 18.08 | 15.44 | 8.40 | 5.04 | 0.16 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Chocolate | 700.80 | 167.20 | 2.64 | 20.72 | 19.28 | 8.00 | 4.80 | 0.72 | 0.02 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Strawberry | 657.60 | 156.80 | 2.16 | 19.76 | 17.12 | 7.68 | 4.64 | 0.24 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Mint Choc Chip | 708.00 | 169.60 | 2.40 | 19.52 | 16.88 | 8.96 | 5.44 | 0.40 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Rum & Raisin | 676.80 | 161.60 | 2.16 | 20.56 | 18.08 | 7.60 | 4.64 | 0.24 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Banana & Butterscotch | 646.40 | 154.40 | 2.16 | 19.36 | 16.64 | 7.60 | 4.56 | 0.40 | 0.05 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Brownies & Cream | 800.00 | 191.20 | 3.04 | 15.44 | 11.92 | 12.88 | 8.16 | 0.56 | 0.02 | 0.06 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Raspberry Ripple | 667.20 | 159.20 | 2.16 | 20.08 | 17.12 | 7.68 | 4.64 | 0.24 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Cocunut | 694.40 | 165.60 | 2.24 | 19.44 | 16.72 | 8.80 | 5.52 | 0.40 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Sticky Toffee Fudge | 700.80 | 167.20 | 2.16 | 21.60 | 19.04 | 8.00 | 4.88 | 0.16 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Peach & Mango | 564.80 | 136.00 | 1.52 | 19.76 | 17.20 | 5.44 | 3.28 | 0.32 | 0.05 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Eton Mess | 685.60 | 164.00 | 2.08 | 21.20 | 17.92 | 7.76 | 4.72 | 0.24 | 0.05 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Honeycomb Choc Swirl | 732.80 | 174.40 | 2.16 | 23.20 | 19.76 | 8.08 | 4.88 | 0.24 | 0.04 | 0.08 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Honey & Ginger | 702.40 | 167.20 | 1.92 | 24.48 | 18.00 | 6.80 | 4.08 | 0.16 | 0.05 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Apple Pie & Custard | 701.60 | 168.00 | 2.08 | 21.92 | 18.16 | 7.84 | 4.72 | 0.24 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Coffee | 647.20 | 154.40 | 2.56 | 17.68 | 15.04 | 8.16 | 4.96 | 0.16 | 0.06 | 0.16 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Salted Caramel | 736.80 | 176.00 | 2.32 | 21.20 | 17.84 | 9.04 | 5.52 | 0.08 | 0.14 | 0.32 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Toppings (per serving) | | | | | | | | | | | | | | | | | | | |
| Tip Top Cones | 64.28 | 15.16 | 0.46 | 3.21 | 0.09 | 0.08 | 0.03 | 0.14 | 0.01 | 0.03 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Twin Cones | 96.42 | 22.74 | 0.70 | 4.81 | 0.13 | 0.13 | 0.04 | 0.21 | 0.02 | 0.05 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Little Bear Teddy Top Cones | 96.42 | 22.74 | 0.70 | 4.81 | 0.13 | 0.13 | 0.04 | 0.21 | 0.02 | 0.05 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Sugar Cones Mini | 68.44 | 16.16 | 0.24 | 3.44 | 1.56 | 0.14 | 0.05 | 0.11 | 0.00 | 0.02 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Florentine Wafers | 35.22 | 8.34 | 0.14 | 1.64 | 0.78 | 0.14 | 0.11 | 0.05 | 0.00 | 0.01 | ✓ | ✗ | ✗ | ✗ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Chocolate sauce | 183.55 | 33.99 | 0.11 | 10.70 | 10.70 | 0.06 | 0.03 | 0.17 | Trace | Trace | ✓ | ✓ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Strawberry sauce | 179.99 | 42.33 | 0.00 | 10.58 | 5.35 | 0.00 | 0.00 | 0.00 | Trace | Trace | ✓ | ✓ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Toffee sauce | 200.08 | 47.12 | 0.11 | 10.82 | 7.25 | 0.39 | 0.25 | 0.00 | Trace | Trace | ✓ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Hazelnut Crunch | 209.80 | 49.90 | 0.43 | 6.66 | 6.45 | 2.33 | 0.26 | 0.29 | Trace | Trace | ✓ | ✓ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Honeycomb Sprinkles | 166.20 | 39.10 | 0.00 | 9.77 | 8.61 | 0.00 | 0.00 | 0.00 | 0.08 | 0.20 | ✓ | ✓ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Strawberry Flavour Crunch | 169.00 | 40.40 | 0.00 | 9.90 | 9.77 | 0.00 | 0.00 | 0.00 | Trace | Trace | ✓ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Chocolate Fudge Brownies | 178.30 | 42.30 | 0.18 | 7.52 | 6.46 | 1.28 | 0.33 | 0.00 | 0.02 | 0.05 | ✓ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Mini Chocolate Candies | 196.90 | 46.90 | 0.33 | 7.30 | 7.30 | 1.70 | 1.00 | 0.00 | 0.01 | 0.02 | ✓ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Vermicelli Milk Chocolate | 218.50 | 52.20 | 0.53 | 6.15 | 6.08 | 2.77 | 1.67 | 0.24 | 0.01 | 0.01 | ✓ | ✗ | ✗ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |

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)
Information compiled 04/2016

Nutritional Information

| | Energy(KJ) | Calories (kcal) | Protein (g) | Carbohydrate (g) | Carbohydrates of which sugars (g) | Fat (g) | Fat of which is saturates (g) | Fibre (g) | Sodium (g) | Salt Equivalent (g) | Vegetarians | Vegan | Cow/Goats | Kosher | Non GM | Nuts | Milk | Eggs | Soybeans |
|---------------------------------------|------------|-----------------|-------------|------------------|-----------------------------------|---------|-------------------------------|-----------|------------|---------------------|-------------|-------|-----------|--------|--------|------|------|------|----------|
| Bubbleology (Per Serving) | | | | | | | | | | | | | | | | | | | |
| Jasmine Tea (Regular) | 1.81 | 0.43 | 0.11 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Jasmine Tea (Large) | 2.11 | 0.50 | 0.13 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Lychee Syrup (Regular) | 433.80 | 103.68 | 0.00 | 25.78 | 23.98 | 0.00 | 0.00 | 0.00 | Trace | 7.52 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Lychee Syrup (Large) | 506.10 | 120.96 | 0.00 | 30.07 | 27.97 | 0.00 | 0.00 | 0.00 | Trace | 8.78 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Passionfruit Syrup (Regular) | 412.71 | 98.64 | Trace | 24.59 | 22.79 | 0.00 | 0.00 | 0.00 | Trace | 23.72 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Passionfruit Syrup (Large) | 481.49 | 115.98 | Trace | 28.69 | 26.59 | 0.00 | 0.00 | 0.00 | Trace | 27.68 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Strawberry Syrup (Regular) | 379.57 | 90.72 | 0.00 | 22.68 | 21.78 | 0.00 | 0.00 | 0.00 | Trace | 7.20 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Strawberry Syrup (Large) | 442.83 | 105.84 | 0.00 | 26.46 | 25.41 | 0.00 | 0.00 | 0.00 | Trace | 8.40 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Green Apple Syrup (Regular) | 396.14 | 94.68 | 0.00 | 23.65 | 20.02 | 0.00 | 0.00 | 0.00 | Trace | 19.91 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Green Apple Syrup (Large) | 462.16 | 110.46 | 0.00 | 27.59 | 23.35 | 0.00 | 0.00 | 0.00 | Trace | 23.23 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Mango Syrup (Regular) | 417.23 | 99.72 | Trace | 24.91 | 22.79 | 0.00 | 0.00 | 0.00 | Trace | 28.80 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Mango Syrup (Large) | 486.77 | 116.34 | Trace | 29.06 | 26.59 | 0.00 | 0.00 | 0.00 | Trace | 33.60 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| White Peach Syrup Non Dairy (Regular) | 412.71 | 99.36 | 0.24 | 24.66 | 21.70 | 0.00 | 0.00 | 0.00 | Trace | 30.60 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| White Peach Syrup Non Dairy (Large) | 481.49 | 115.92 | 0.28 | 28.77 | 25.31 | 0.00 | 0.00 | 0.00 | Trace | 35.70 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| White Peach Syrup Dairy (Regular) | 412.71 | 98.64 | 0.00 | 24.48 | 23.76 | 0.00 | 0.00 | 0.00 | Trace | 30.60 | ✓ | ✗ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| White Peach Syrup Dairy (Large) | 481.49 | 115.08 | 0.00 | 28.56 | 27.72 | 0.00 | 0.00 | 0.00 | Trace | 35.70 | ✓ | ✗ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Raspberry Syrup (Regular) | 406.68 | 97.20 | 0.00 | 24.48 | 23.04 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Raspberry Syrup (Large) | 474.47 | 113.40 | 0.00 | 28.56 | 26.88 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Kiwi Syrup (Regular) | 395.54 | 94.54 | 0.00 | 23.83 | 20.30 | 0.00 | 0.00 | 0.00 | Trace | 21.67 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Kiwi Syrup (Large) | 461.46 | 110.29 | 0.00 | 27.80 | 23.69 | 0.00 | 0.00 | 0.00 | Trace | 25.28 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Strawberry Bobas | 83.68 | 7.00 | 0.00 | 1.80 | 1.20 | 0.00 | 0.00 | 0.00 | 0.00 | 4.80 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Passionfruit Bobas | 83.68 | 7.00 | 0.00 | 1.80 | 1.20 | 0.00 | 0.00 | 0.00 | 0.00 | 5.20 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Litchi Bobas | 87.03 | 7.00 | 0.00 | 1.80 | 1.20 | 0.00 | 0.00 | 0.00 | 0.00 | 4.80 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Litchi Jelly | 81.17 | 16.00 | 0.00 | 4.20 | 3.20 | 0.00 | 0.00 | 0.00 | Trace | 6.40 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Mango Jelly | 81.17 | 16.00 | 0.00 | 4.20 | 3.20 | 0.00 | 0.00 | 0.00 | Trace | 6.40 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Grape Jelly | 81.17 | 16.00 | 0.00 | 4.20 | 3.20 | 0.00 | 0.00 | 0.00 | Trace | 6.40 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Strawberry Jelly | 81.17 | 16.00 | 0.00 | 4.20 | 3.20 | 0.00 | 0.00 | 0.00 | Trace | 6.40 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |
| Apple Jelly | 81.17 | 16.00 | 0.00 | 4.20 | 3.20 | 0.00 | 0.00 | 0.00 | Trace | 6.40 | ✓ | ✓ | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ | ✗ |

Costa Food and Drink

For all Costa products currently being served in our Odeon Costa stores, if you can please follow the link to the Costa Nutritional and Allergen information page. Please note this data is accurate up until the point where the products enter the store. Once displayed/heated the allergen status of the products is likely to change.

<http://www.costa.co.uk/nutrition/>

Croma Pizza Range

For all Croma products currently being served in our Odeon Croma restaurants and Pizza Points, if you can please speak to a member of staff in the restaurant or Pizza Point for any dietary information, or contact Croma on the following email address.

manchester@cromapizza.co.uk

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)

Information compiled 08/2016

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