

	Gluten-Free	Vegan	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%)
POPCORN																	
Snack Pack	Y	Y	47 g	250	16	1.5	0	0	410	24	4	0	4	0	0	0	6
Small	Y	Y	94 g	500	32	2.5	0.3	0	740	49	8	1	8	0	0	0	10
Medium	Y	Y	144 g	770	48	4	0.4	0	1230	75	13	1	12	0	0	0	20
Large	Y	Y	187 g	1000	63	5	0.5	0	1620	97	17	1	15	2	0	0	25
POPCORN TOPPING																	
Clarified Butter Snack Pack	Y	N	7 g	60	7	4.5	0.2	20	0	0	0	0	0	8	0	0	0
Clarified Butter Small	Y	N	21 g	190	21	13	0.5	55	0	0	0	0	0	20	0	0	0
Clarified Butter Medium	Y	N	28 g	250	28	17	1	70	0	0	0	0	0	30	0	0	0
Clarified Butter Large	Y	N	35 g	320	35	21	1	90	0	0	0	0	0	35	0	0	0
Buttery Topping (self serve)	N	Y	25 g	225	25	18	0.2	0	0	0	0	0	0	367	0	0	0
HOT FOODS																	
California Guacamole	N	Y	30 g	45	4	0.5	0	0	115	3	2	0.5	0.5	0	8	0	0
Hot Dog	N	N	166 g	420	22	7.5	0.4	65	1260	38	1	3	17	0	0	4	15
Cheddar Smokeie	N	N	219 g	493	26	9.9	0.1	56	1690	44	4.4	23.2	0	-	-	-	-
Chicago Dog	N	N	226 g	431	22	7.5	0.4	65	1684	42	2.8	3.5	17.2	0	1	5	17
Nacho Dog	N	N	237 g	491	25	8	0.4	68	1575	48	3	6	21	1	3	8	17
Nacho Chips	Y	Y	50 g	240	11	1	0	0	80	33	2	0	3	0	0	8	4
Chicken Strips	N	N	225 g	390	12	1.5	0	90	810	36	1.5	0	33	-	-	-	-
Nacho Cheese Sauce (Rico's Hot N' Easy)	Y	N	62 g	60	4	2	0	0	510	6	0	2	1	20	0	4	0
Salsa (El Molino)	Y	Y	60 ml	20	0	0	0	0	420	4	1	2	1	0	10	3	3
Sour Cream (14%)	Y	N	30 ml	50	4.5	2.5	0	16	35	2	0	2	1	4	0	4	0
Sliced Jalapeno Peppers	Y	Y	85 g	25	0	0	0	0	460	2	3	2	2	0	0	0	2
PIZZA PIZZA																	
Pepperoni Slice	N	N	224 g	520	18	8	0.4	60	1300	64	2	8	26	12	30	30	30
Hawaiian Slice	N	N	248 g	560	11	9	0.4	60	1420	12	4	12	26	12	40	30	30
Cheese Slice	N	N	226 g	460	6	3	0	15	490	33	1	2	11	4	4	10	20
NESTLÉ® ICE CREAM																	
Drumstick Chocolate Brownie	N	N	180 mL	290	12	9	0.1	15	140	43	1	29	3	0	0	8	10
Haagen Dazs Vanilla & Almond Bar	Y	N	88 mL	290	22	12	0.3	50	40	21	1	19	4	10	0	8	6
Haagen Dazs Vanilla & Milk Chocolate Bar	Y	N	88 mL	270	19	12	0.3	50	40	20	1	19	3	10	0	8	6
Oreo Sandwich	N	N	125 mL	240	8	3	0.2	15	270	40	1	21	3	0	0	4	15
COTTON CANDY																	
Cotton Candy Tub	N	N	30 g	120	0	0	0	0	0	30	0	30	0	0	0	0	1
POP N TOPS																	
White Cheddar	N	N	15g	50	1	0.5	0	0	830	9	0	5	1	0	0	3	1
Blazin' BBQ	N	N	15g	50	0	0	0	15	320	13	0	7	1	0	0	1	3
Dynamite Dill	N	N	15g	40	0	0	0	0	1340	9	0	3	0.2	0	0	0	1
Extreme Ketchup	N	N	15g	40	0	0	0	0	1270	10	0	9	0.4	0	0	2	1
Salt & Vinegar	N	N	15g	25	0	0	0	0	1960	6	0	0	0	0	0	0	0
Sour Cream & Chive	N	N	15g	50	1	0.5	0	0	660	10	0	6	1	0	0	3	2

	Gluten-Free	Vegan	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%)
SMALL CANDY																	
Cadbury Mini Eggs (33g)	Y	N	33 g	170	8	5	0.1	5	25	23	0	22	2	2	0	6	2
Caramilk Bar (42g)	Y	N	42 g	220	11	7	0.1	10	20	26	1	24	3	4	0	10	8
Cookies and Cream	N	N	25g	130	6	4	0	0	65	16	0	12	1	0	0	4	0
Dairy Milk Bar	N	N	99g	150	8	5	0	5	25	16	0	16	2	0	0	6	0
Hi Chew Grape	Y	N	50g	210	5	4	0	0	0	42	0	32	0	0	0	0	0
Hi Chew Green Apple	Y	N	50g	210	5	4	0	0	0	42	0	32	0	0	0	0	0
Hi Chew Mango	Y	N	50g	210	5	4	0	0	0	42	0	32	1	0	0	0	0
Kinder Bueno	N	N	43g	240	16	7	0.1	6	30	21	1	18	4	0	0	6	2
Kinder Surprise Egg	N	N	20g	110	6	3.5	0	5	25	10	0	10	2	0	0	6	0
Kit Kat Bar (45g)	N	N	45 g	230	12	7	0.1	5	35	29	1	22	3	2	0	6	8
M&M Mini Tubes (30g)	Y	N	30 g	150	7	4	0.1	5	20	20	1	19	2	0	0	4	2
M&M Peanut (49g)	Y	N	49 g	250	13	5	0.2	5	25	30	2	25	5	2	0	4	4
Mars Bar (52g)	N	N	52 g	240	9	6	0.1	5	70	36	1	30	2	0	0	6	4
Reese Peanut Butter Cups (46g)	Y	N	46 g	240	14	5	0.1	5	170	26	2	24	5	0	0	2	6
Skittles Fruit (61g)	Y	Y	61 g	250	2.5	2.5	0.1	0	20	56	0	45	0	0	0	0	0
Smarties (45g)	N	N	45 g	70	2	1.5	0	5	10	12	0	11	1	0	0	2	2
Smart Sweets (50g)	Y	Y	50g	80	0	0	0	0	80	36	28	3	0	0	0	6	0
Smart Sweets Sour (50g)	Y	Y	50g	80	0	0	0	0	80	36	28	3	0	0	0	125	0
Snickers Bar (52g)	Y	N	52 g	250	12	4.5	0.2	5	120	32	1	27	4	2	0	4	2
Sour Patch Kids (60g)	Y	Y	60 g	220	0	0	0	0	50	54	0	46	0	0	0	0	0
Wunderbar (58g)	N	N	58 g	310	18	8	0.1	5	85	33	1	19	4	0	0	0	0
PEG TREATS																	
Brookside Acai Blueberry (235g)	Y	N	40g	170	8	5	0.1	5	55	28	1	24	1	0	0	0	10
Cadbury Mini Fingers (125g)	N	N	30g	150	7	4	0	5	55	19	1	11	2	0	0	2	6
Dare Juicee (200g)	Y	N	41g	140	0	0	0	0	0	36	19	19	0	0	0	0	0
Fuzzy Peach (185g)	Y	Y	40 g	140	0	0	0	0	15	36	0	30	0	0	0	0	0
Glosette Raisins Big Box	Y	N	52.5g	230	9	5	0	0	55	38	1	33	2	0	0	3	7
Glosette Peanuts Big Box	Y	N	52.5g	290	21	6	0	0	0	23	3	17	7	0	0	3	7
Junior Caramels (102g)	Y	N	29g	130	4	2.5	0	0	25	23	0	17	1	0	0	0	6
Junior Mints (113g)	Y	N	40g	170	3	2.5	0	0	30	35	0	30	0	0	0	0	1
M&M Almond (124g)	Y	N	40 g	200	11	4	0.1	3	20	24	2	20	3	2	0	6	4
M&M Milk Chocolate (120g)	Y	N	40 g	200	9	5	0.1	5	25	28	1	25	2	2	0	4	4
M&M Peanut Butter (144g)	Y	N	40 g	210	12	7	0.1	5	85	22	1	19	4	0	0	4	4
M&M Peanut (120g)	Y	N	42 g	220	11	4	0.2	5	20	25	1	21	4	2	0	4	4
Maltesers (100g)	N	N	37 g	180	9	5	0	5	50	24	1	18	3	2	0	10	4
Mars Bites	N	N	39g	180	7	4	0.1	5	65	28	0	23	2	0	0	4	2
Milk Duds Big Box	Y	N	30g	130	5	2.5	0	0	75	22	0	16	1	0	0	0	0
Nibs Cherry (225g)	N	Y	40 g	140	1	0.5	0	0	65	31	0	19	1	0	0	0	2
Reese Mini Peg (104g)	Y	N	39 g	200	12	6	0.1	5	100	23	1	21	3	0	0	2	6
Reese Pieces Family (105g)	Y	N	40g	190	9	7	0.1	0	50	26	1	22	4	0	0	0	4
Reese Pieces Peanut (104g)	Y	N	39 g	200	11	6	0.1	0	30	22	2	18	5	0	0	2	4
Skittles Fruit Peg (191g)	Y	Y	40 g	160	1.5	1.5	0	0	10	37	0	30	0	0	0	0	0
Skittles Gummies	Y	N	22.67g	80	0	0	0	0	0	18	0	15	1	0	0	0	0
Skittles POP'd (155g)	Y	Y	40g	160	1.5	1.5	0	0	10	37	0	30	0	0	0	0	0
Skittles POP'd Sour (155g)	Y	Y	30g	120	1	1	0	0	5	28	0	21	0	0	0	0	0
Skittles Sour Peg (151g)	Y	Y	40 g	160	1.5	1.5	0	0	10	37	0	28	0	0	0	0	0

LANDMARK CINEMAS

NUTRITIONAL
INFORMATION

	Gluten-Free	Vegan	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%)
Sour Patch Kids (185g)	Y	Y	40 g	150	0	0	0	0	35	36	0	31	0	0	0	0	0
Sour Patch Kids Big Head	Y	N	39 g	140	0	0	0	0	30	35	0	30	0	0	0	0	1
Swedish Berries (185g)	Y	Y	39 g	140	0	0	0	0	15	34	0	28	0	0	0	0	0
Sour Patch Kids Lemonade	Y	N	30 g	110	0	0	0	0	25	27	0	23	0	0	0	0	0
Twizzlers Strawberry (250g)	N	Y	39 g	130	0.5	0.3	0	0	190	31	0	16	1	0	0	0	2
DIPPIN' DOTS ICE CREAM																	
Banana Split Ice Cream	N	N	72 g	130	7	4	0	25	35	17	0	15	2	-	-	6	0
Chocolate Chip Cookie Dough Ice Cream	N	N	72 g	150	7	4	0	20	70	20	0	17	3	-	-	6	0
Chocolate Ice Cream	N	N	72 g	140	7	4.5	0	25	40	19	0	16	3	-	-	6	0
Cookies N' Cream Ice Cream	N	N	72 g	150	8	4	0	25	55	19	0	17	3	-	-	6	0
Cotton Candy Ice Cream	N	N	72 g	130	7	4	0	25	35	15	0	15	3	-	-	8	0
Rainbow Ice	N	Y	72 g	90	0	0	0	0	0	22	0	12	0	-	-	6	0
THE CHEESECAKE FACTORY																	
Godiva Double Chocolate Cheesecake Slice	N	N	162 g	620	46	28	1	140	270	51	4	38	7	-	-	8	30
Reese's Peanut Butter Cheesecake Slice	N	N	162 g	620	39	20	1	125	400	62	3	50	11	-	-	8	10
White Chocolate Raspberry Cheesecake Slice	N	N	162 g	590	41	25	1	165	310	51	1	41	7	-	-	8	10
Godiva Double Chocolate 10" Cheesecake	N	N	2.27 kg	8680	644	392	14	1960	3780	714	56	532	98	-	-	-	-
Reese's Peanut Butter 10" Cheesecake	N	N	2.27 kg	8680	546	280	14	1750	5600	868	42	700	154	-	-	-	-
White Chocolate Raspberry 10" Cheesecake	N	N	2.27 kg	8260	574	350	14	2310	4340	714	14	574	98	-	-	-	-
OLIVIA'S CAKE POP																	
Pink Birthday	N	N	38 g	150	7	1.5	0	10	100	21	0	13	1	0	0	1	3
Blue Confetti	N	N	38 g	150	7	1.5	0	10	100	21	0	15	1	0	0	1	3
JERKY																	
McSweeney Original 70g	Y	N	30 g	80	1	0.4	0	35	720	2	0	1	14	0	0	1	6
ICEE																	
Cherry Icee Small	Y	Y	473 ml	127	0	0	0	0	7	32	0	32	0	0	0	0	0
Cherry Icee Medium	Y	Y	710 ml	190	0	0	0	0	10.5	48	0	48	0	0	0	0	0
Cherry Icee Large	Y	Y	946 ml	254	0	0	0	0	14	64	0	64	0	0	0	0	0
Blue Raspberry Small	Y	Y	473 ml	160	0	0	0	0	0	39	0	33	0	0	0	0	0
Blue Raspberry Medium	Y	Y	710 ml	240	0	0	0	0	0	58	0	49	0	0	0	0	0
Blue Raspberry Large	Y	Y	946 ml	320	0	0	0	0	0	78	0	66	0	0	0	0	0

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FOUNTAIN DRINKS																	
Barq's Root Beer® Small	Y	Y	473 ml	210	0	0	0	0	90	60	0	60	0	0	0	0	0
Barq's Root Beer® Medium	Y	Y	710 mL	430	0	0	0	0	180	119	0	119	0	0	0	0	0
Barq's Root Beer® Large	Y	Y	946 ml	590	0	0	0	0	240	164	0	164	0	0	0	0	0
Coca-Cola® Small	Y	Y	473 ml	190	0	0	0	0	45	52	0	52	0	0	0	0	0
Coca-Cola® Medium	Y	Y	710 ml	380	0	0	0	0	90	104	0	104	0	0	0	0	0
Coca-Cola® Large	Y	Y	946 ml	520	0	0	0	0	120	143	0	143	0	0	0	0	0
Coca-Cola Zero® Small	Y	Y	473 ml	1	0	0	0	0	55	0	0	0	0.1	0	0	0	0
Coca-Cola Zero® Medium	Y	Y	710 ml	2	0	0	0	0	110	0	0	0	0.2	0	0	0	0
Coca-Cola Zero® Large	Y	Y	946 ml	3	0	0	0	0	150	0	0	0	0.2	0	0	0	0
Diet Coke® Small	Y	Y	473 ml	1	0	0	0	0	70	0	0	0	0	0	0	0	0
Diet Coke® Medium	Y	Y	710 ml	3	0	0	0	0	135	0	0	0	0.2	0	0	0	0
Diet Coke® Large	Y	Y	946 ml	4	0	0	0	0	190	0	0	0	0.3	0	0	0	0
Fanta Orange® Small	Y	Y	473 ml	200	0	0	0	0	55	55	0	55	0	0	0	0	0
Fanta Orange® Medium	Y	Y	710 ml	300	0	0	0	0	82.5	82.5	0	82.5	0	0	0	0	0
Fanta Orange® Large	Y	Y	946 ml	410	0	0	0	0	110	110	0	110	0	0	0	0	0
Fruitopia Strawberry Passion Awareness® Small	Y	Y	473 ml	230	0	0	0	0	50	59	0	57	0.1	0	190	0	2
Fruitopia Strawberry Passion Awareness® Medium	Y	Y	710 ml	345	0	0	0	0	71.25	88.5	0	85.5	0.1	0	285	0	1
Fruitopia Strawberry Passion Awareness® Large	Y	Y	946 ml	460	0	0	0	0	95	118	0	114	0.1	0	380	0	2
Nestea Sweetened Lemon Tea® Small	Y	Y	473 ml	150	0	0	0	0	60	40	0	40	0	0	0	0	0
Nestea Sweetened Lemon Tea® Medium	Y	Y	710 ml	225	0	0	0	0	90	61	0	61	0	0	0	0	0
Nestea Sweetened Lemon Tea® Large	Y	Y	946 ml	300	0	0	0	0	120	81	0	81	0	0	0	0	0
Sprite® Small	Y	Y	473 ml	190	0	0	0	0	90	51	0	51	0	0	0	0	0
Sprite® Medium	Y	Y	710 ml	285	0	0	0	0	135	77	0	77	0	0	0	0	0
Sprite® Large	Y	Y	946 ml	380	0	0	0	0	180	102	0	102	0	0	0	0	0
STARBUCKS DRINKS																	
Coffee – Pike Place	N	N	16 oz	5	0	0	0	0	10	0	0	0	1	-	-	-	-
Coffee – Americano	N	N	12 oz	10	0	0	0	0	10	1	0	0	1	-	-	-	-
Coffee – Americano	N	N	16 oz	15	0	0	0	0	10	2	0	0	1	-	-	-	-
Coffee – Cappuccino	N	N	12 oz	100	4	2.5	0	15	90	10	0	9	7	-	-	-	-
Coffee – Cappuccino	N	N	16 oz	140	5	3	0	20	120	14	0	12	9	-	-	-	-
Coffee – Latte	N	N	12 oz	150	6	3.5	0	25	135	15	0	14	10	-	-	-	-
Coffee – Latte	N	N	16 oz	190	7	4.5	0	30	170	19	0	18	13	-	-	-	-
Mocha	N	N	12 oz	290	13	8	0	40	120	33	3	27	11	-	-	-	-
Mocha	N	N	16 oz	370	15	10	0	45	150	43	4	35	14	-	-	-	-
Hot Chocolate	N	N	12 oz	280	12	8	0	35	105	32	3	27	10	-	-	-	-
Hot Chocolate	N	N	16 oz	370	16	10	0.5	50	160	43	4	37	14	-	-	-	-

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PRETZELMAKER																	
Pretzel Plain	N	N	4 oz	310	3	0	0	0	15	66	2	12	8	-	-	-	-
Pretzel Butter and Salted	N	N	5 oz	400	12	2	0	0	310	66	2	12	8	-	-	-	-
Pretzel Cinnamon and Sugar	N	N	5 oz	450	12	2	0	0	88	79	2	25	8	-	-	-	-
Pretzel Garlic	N	N	5 oz	430	12	2	0	0	1923	74	2	12	9	-	-	-	-
Pretzel Parmesan	N	N	5 oz	450	15	4	0	12	462	66	2	12	9	-	-	-	-
Pretzel Bites Salted	N	N	6 oz	500	14	3	0	0	329	85	2	15	11	-	-	-	-
Pretzel Bites Cinnamon and Sugar	N	N	6 oz	530	14	3	0	0	108	90	3	21	11	-	-	-	-
Pretzel Bites Garlic	N	N	6 oz	520	15	3	0	0	753	88	3	15	13	-	-	-	-
Pretzel Bites Parmesan	N	N	6 oz	530	16	3	0	5	168	85	3	15	13	-	-	-	-
Pretzel Dog	N	N	5 oz	420	23	7	1	55	660	31	1	6	22	-	-	-	-