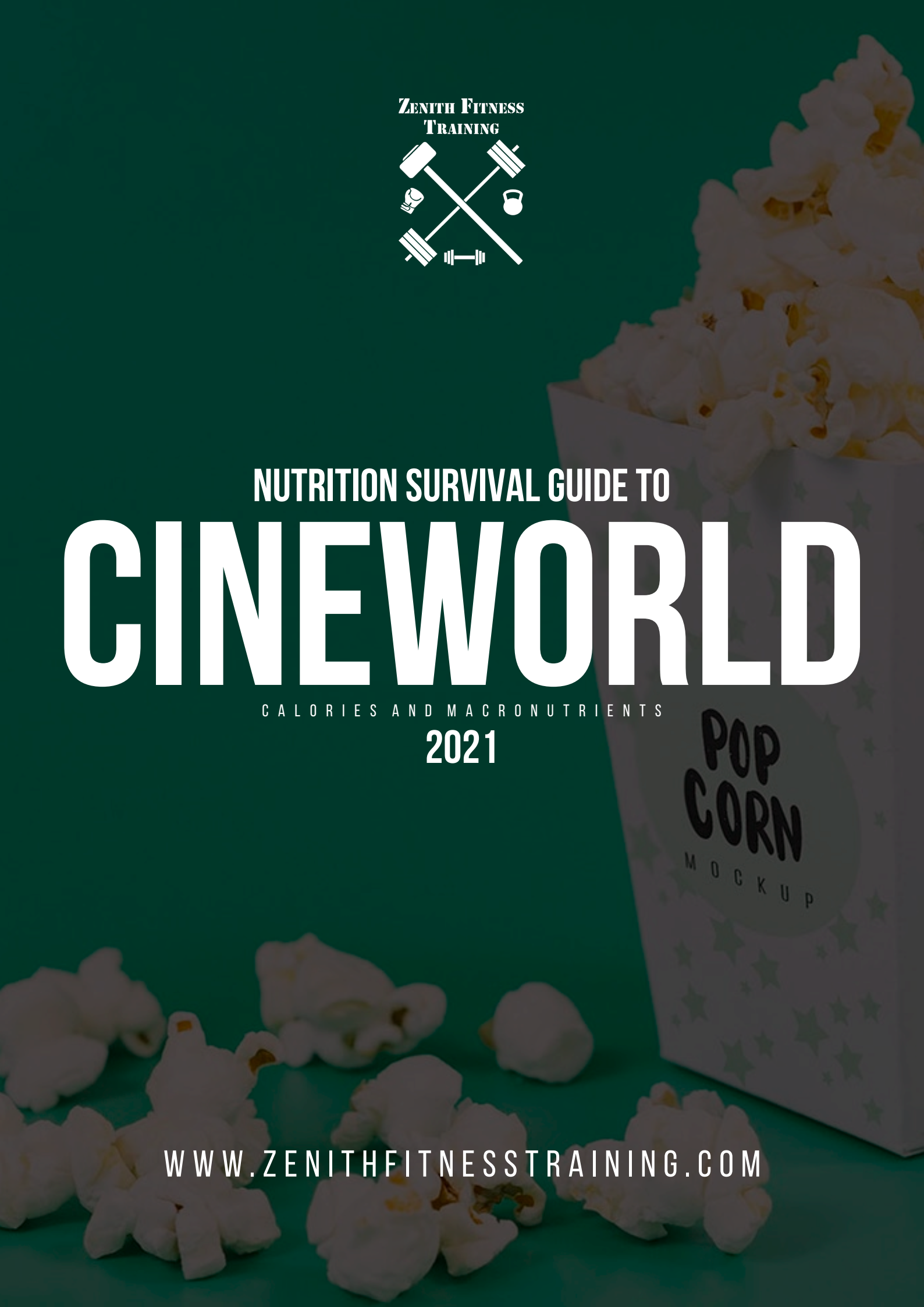
ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

CINEWORLD

CALORIES AND MACRONUTRIENTS

2021



WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CONFECTIONERY PRE-PACKED BAGS PER 100g

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mars Malteasers	505	8.1	61.7	0	51.9	24.8	0.41
Mars Galaxy Minstrels	505	5.3	70.1	0	68.9	22.2	0.2
Mars M&M Peanut	511	9.8	59.1	0	53.6	25.3	0.09
Mars M&M Crispy	498	4.3	64.1	0	54.2	24.2	0.35
Mars Revels	483	5.2	67.6	0	63.4	21	0.29
Mars Galaxy Counters	528	7	59.2	0	58.6	28.9	0.26
Mars Milky Way Magic Stars Pouch	559	6.4	54.2	0	53.6	34.7	0.2
Mars Twix Mix	499	6	64.3	0	51.5	23.8	0.17
Mars Galaxy Salted Caramel	482	5	61.3	0	55.4	23.8	0.69
The Natural Confectionery Company Jelly Snakes	325	3.8	76	0	65.5	0.2	0.03
Maynards Sour Patch Kids	325	2.8	77	0	57.5	0.1	0.05
Maynards Wine Gums	330	4.7	76.5	0	57	0.2	0.03
Bassetts Jelly Babies	330	3.5	78.5	0	74	0	0.03

CANDY KING PICK & MIX SWEETS (PER SWEET)

Banoffee Fudge	60.63	0.1	10.6	0	9.4	1.8	-
Berries	15.18	0.1	3.7	0	2.9	0	-
Black & Raspberries	16.96	0.4	3.9	0	2.9	0	-
Blue Raspberry Bonbon	17.16	0	3.8	0	3.2	0.2	-
Brains	24.32	0.5	5.6	0	4	0	-
Cherries	33.28	0.8	7.5	0	4.9	0	
Chocolate Covered Fudge	52.48	0.3	9.3	0	8.3	1.4	
Citric Cherries	33.32	0	8.2	0	4.5	0	-
Cola Bottle	24.12	0.5	5.5	0.01	3.7	0	-
Cola Dummies	34.4	0	8.5	0	4.6	0.1	-
Cola Rocketz	65.52	0.2	14.4	0.05	11.3	0.7	
Crispy Bite	62.78	0.4	10.4	0	8.8	2.2	-
Crocodiles	111.86	1.9	26	0	18.2	0.1	-
Duo Fudge	66.55	0.3	10.1	0	0	2.8	-
Farm Animals	56.32	1	13.2	0	9.5	0	-
Fizzy Bubblegum Bottles	26.4	0.4	6.1	0.01	5	0	-
Fizzy Cherry Bottles	26.4	0.4	6.1	0	5	0	-
Fizzy Cola Bottles	26.4	0.4	6.2	0.01	5	0	-
Fizzy Dummies	16.5	0.3	3.8	0	2.4	0	-
Fried Eggs	23.04	0.4	5.3	0	2.2	0	-
Fruit Chews	16.4	0	3.6	0	2.8	0	-
Giant Cola Fizz	74.37	1.3	16.9	0.11	0	0.1	-
Giant Cola Bottles	61.54	1.3	13.9	0	0	0	-
Giant Snowies	30	0.2	4.3	0	0	1.3	-
Gourmet Jelly Beans	6.77	0	1.7	0	1.4	0	-
Jelly Babies	18.48	0.3	4.4	0.01	3.9	0	-

1-200 CAL
201-300 CAL
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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Jelly Foam Hearts	19.04	0.3	4.2	0	3.4	0	-
Juicy Strawberries	33.6	0	8.2	0	5.4	0	-
Magic Carpet	58.55	0.5	13.9	0	0	0.1	-
Milk Chocolate Beanies	4.28	0	0.8	0	0.8	0.1	-
Milk Chocolate Brazils	81.54	1.1	7.9	0.3	7.7	5.1	-
Milk Chocolate Honeycomb	16.32	0.1	2.5	0	2	0.6	-
Milk Chocolate Mini Eggs	15.36	0.2	2.3	0.05	2.2	0.6	-
Milk Chocolate Raisins	9.02	0.1	1.4	0.07	1.4	0.3	-
Milk Chocolate Toffee Chews	13.08	0.1	1.9	0	1.5	0.6	-
Milkshake Bottles	17.96	0.3	4.2	0	3.4	0	-
Milk Teeth	30.72	0	7	0	5.5	0	-
Mini Strawberry Cables	55.13	0.1	12.2	0	0	0.4	-
Pink And White Mice	44.52	0.3	5.4	0	4.4	2.4	-
Red Metre	112.2	0.9	25.5	0.17	16.3	0.3	-
Skulls	93.42	0.6	11.2	0	0	5	-
Smileys	15.84	0.2	3.7	0.01	2.3	0	-
Sour Lemon Bonbons	17.39	0	3.9	0	3.3	0.2	-
Strawberries	110.4	0.5	5.8	0.02	4.2	0	-
Strawberry Bonbon	18.33	0	4.1	0	3	0.2	-
Strawberry Rocketz	65.52	0.2	14.4	0.05	11.3	0.7	-
Sugared Strawberries	37.1	0	9.2	0	5.2	0	-
Sweet Bananas	30.24	0.1	7.5	0	6.6	0	-
Teddy Bears	24.48	0.5	5.5	0	3.7	0	-
Vanilla Fudge	59.22	0.2	10.4	0	9.6	1.8	-
Watermelon Slices	19.04	0.4	4.3	0	3.3	0	-
Wine Gums	17.82	0.2	4.2	0	2.5	0	-
Yellow Belly Snakes	210.19	4.7	47.7	0	0	0.1	-

POPCORN (PER PACK)

Small Sweet Popcorn	283.2	4.2	35.9	5.95	10.1	12.3	0.02
Regular Sweet Popcorn	580.56	8.6	73.7	12.2	20.8	25.2	0.04
Large Sweet Popcorn	1180	17.5	149.8	24.8	42.2	51.2	0.08
Small Salt Popcorn	213.5	4.8	26.4	7.21	0.3	8.3	0.76
Regular Salt Popcorn	427	9.7	52.7	14.41	0.7	16.6	1.51
Large Salt Popcorn	811.3	18.4	100.2	27.38	1.2	31.4	2.87
Munchbox Portion (Sweet)	311.52	4.6	39.5	6.55	11.1	13.5	0.02
Munchbox Portion (Salt)	234.85	5.3	29	7.93	0.4	9.1	0.83
Thomas Tucker Toffee Popcorn	820	5	169	7	108	12	2.2
Joe & Seph's Salted Caramel	433	3	58.7	0	36.3	19.9	1.3
Joe & Seph's Belgian Chocolate	458	3.9	53.9	0	35.7	24.3	0.81
Joe & Seph's Peanut Butter	431	6.2	46.5	0	25.2	24.5	0.48
Joe & Seph's White Chocolate & Strawberry	398	2.8	46.6	0	27.8	23.8	0.4

NACHOS (PER PORTION)

Regular Rollover Nachos	539	6.7	68.1	4.51	0.8	26.6	0
Large Rollover Nachos	808.5	10.1	102.1	6.77	1.2	39.9	0

1-200 CAL
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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Rollover Sour Cream Nacho Dip Pots	123.9	1.5	2.9	0.07	2.8	11.8	0.09
Rollover Jalapeños Sliced	17.2	0	1	1.44	0.2	0	0.84

SUGAR & SPICE CAKES (PER 100g)

Delicious Caramel Shortcake	340	2.7	37	1.3	23	20	0.34
Decadent Chocolate Tiffin	331	3.1	41	2.1	27	17	0.17
Indulgent Chocolate Brownie	274	3.1	42	1.5	31	10	0.34
Bakewell Flapjack	311	3.4	43	3.3	23	15	1.9
Seriously Fruity Flapjack	282	3.7	45	4	23	11	0.29
Decadent Chocolate Muffin	398	4.8	48	2.1	28	21	0.87
Indulgent Raspberry & White Chocolate Muffin	393	4.6	50	1	32	19	0.67
Fruity Blueberry	381	4.8	49	1.2	29	18	0.72
Seriously Sticky Toffee Muffin	391	4.8	50	0.62	31	19	0.72
Jaffa Orange Muffin	392	4.7	49	1.2	30	19	0.67
Chocolate Chip Muffin	404	5.2	46	2.1	26	22	0.93
Blueberry Muffin	395	5.2	48	0.97	27	20	0.79
Cherry Bakewell Muffin	371	3.6	57	0.63	39	14	3.5

ROLLOVER HOT DOGS (PER PORTION)

Large Rollover Bockwurst Reduced Salt	393.4	18.9	0.7	0	0	35	1.93
Large Rollover Halal Chicken	344.4	22.4	1	12.6	0	28	2.38
Regular Rollover Bockwurst Low Salt	252.9	12.2	0.5	0	0	22.5	1.24
Regular Rollover Halal Chicken	221.4	14.4	0.6	8.1	0	18	1.53
Rollover Fully Baked Baguette Sliced	306.25	11.8	60.9	2.38	2.3	1.3	1.5
Rollover Ketchup	10.65	0.1	2.4	0.08	1.5	0	0
Rollover Mustard	12	0.5	1.4	0.27	0.7	0.5	0
Rollover Crispy Onions	87	0.9	6	0.68	2.3	6.6	0

POSTMIX DRINKS (PER PORTION)

Small Pepsi	191	0	50	0	50	0	0
Regular Pepsi	263	0	69	0	69	0	0
Large Pepsi	382	0	100	0	100	0	0
Small Diet Pepsi	2.7	0	0	0	0	0	0.27
Regular Diet Pepsi	4	0	0	0	0	0	0.38
Large Diet Pepsi	5	0	0	0	0	0	0.55
Small Pepsi Max	2.3	0	0	0	0	0	0.23
Regular Pepsi Max	3.1	0	0	0	0	0	0.31
Large Pepsi Max	5	0	0	0	0	0	0.45
Small Pepsi Max Cherry	2.3	0	0	0	0	0	0.23
Regular Pepsi Max Cherry	3.1	0	0	0	0	0	0.31
Large Pepsi Max Cherry	5	0	0	0	0	0	0.45
Small Tango	5	0	27	0	0	0	0.5
Regular Tango	6	0	38	0	0	0	0.69
Large Tango	5	0	55	0	0	0	1
Small 7UP	9.1	0	0	0	0	0	0.41

1-200 CAL

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501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Small Robinsons Apple & Blackcurrant	10	0	0	0	0	0	0.09
Regular Robinsons Apple & Blackcurrant	13	0	0	0	0	0	0.13
Large Robinsons Apple & Blackcurrant	18	0	0	0	0	0	0.18

PACKAGED DRINKS (PER PORTION)

Pepsi Max Ginger	0.24	0	0	-	0	0	0.18
Tango Cherry	66	0.6	14.4	-	14.4	0	0.36
Tango Apple	60	0.6	12.6	-	12.6	0	0.3
Mountain Dew Sugar Free	5	0.6	0.6	-	0	0	0
Juicy Drench Pear and Blueberry	100	0	23.5	-	23.5	0	0.35
Juicy Drench Peach & Mango	100	0	23.5	-	23.5	0	0.3
Robinsons Refresh'd Raspberry & Apple	45	0	10	-	10	0	0
Robinsons Refresh'd Orange & Lime	60	0	11	-	11	0	0
Lipton Ice Tea Peach	95	2.5	23.5	-	22.5	2.5	0.1
Purdey's Rejuvenate	75	1.3	15.8	-	15.8	0	0
Fruit Shoot Orange	10	0	1.6	-	1.6	0	0.04
Fruit Shoot Apple & Blackcurrant	10	0	1.6	-	1.6	0	0.06
Ballygowan Water Still	0	0	0	-	0	0	0
Ballygowan Water Still	0	0	0	-	0	0	0
Ballygowan Water Still	0	0	0	-	0	0	0

FROZEN DRINKS (PER PORTION)

Regular Raspberry Tango Ice Blast – No Sugar	34	-	13	-	0	0	-
Large Raspberry Tango Ice Blast – No Sugar	59	-	23	-	0	0	-
Regular Cherry Tango Ice Blast – No Sugar	34	-	13	-	0	0	-
Large Cherry Tango Ice Blast – No Sugar	59	-	23	-	0	0	-
Regular Cherry ICEE	78	-	18.1	-	8.3	0	-
Large Cherry ICEE	143	-	33.2	-	15.3	0	-
Reusable Cup / Refill Cherry ICEE	208	-	48.2	-	22.2	0	-
Regular Blue Raspberry ICEE	75	-	18.1	-	8.3	0	
Large Blue Raspberry ICEE	137	-	33.2	-	15.3	0	-
Reusable Cup / Refill Blue Raspberry ICEE	199	-	48.2	-	22.2	0	-
Regular Vimto ICEE	78	-	18.5	-	8.7	0	-
Large Vimto ICEE	143	-	33.9	-	15.9	0	-
Reusable Cup / Refill Vimto ICEE	208	-	49.2	-	23.2	0	-

IMPULSE PRODUCTS

Ben & Jerry's Caramel Chew Chew	194	2.6	21	-	18	11	0.13
Ben & Jerry's Choc Fudge Brownie	190	3.5	23	-	19	9	0.17
Ben & Jerry's Cookie Dough	193	2.9	21	-	18	11	0.1
Ben & Jerry's Vanilla	167	2.9	14	-	14	11	0.1
Häagen Dazs Vanilla	251	4.2	20	-	14	17	0.15
Magnum Infinity Choc & Caramel	274	3.3	24	-	22	18	0.06
Magnum Classic	260	3.1	25	-	23	16	0.11
Magnum White	258	3.3	27	-	26	15	0.15

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Twister	85	0.6	16	-	13	2	0.04
Haribo Push Up	94	1.5	18	-	13	1.9	<0.01

COFFEE REPUBLIC HOT DRINKS

Regular Americano with Milk	27	-	28	-	0.9	-	-
Large Americano with Milk	27	-	28	-	0.9	-	-
Regular Cappuccino	95	-	9.9	-	3.2	-	-
Large Cappuccino	102	-	10.6	-	3.4	-	-
Regular Hot Chocolate	307	-	46.2	-	7.5	-	-
Large Hot Chocolate	355	-	54.1	-	8.6	-	-
Regular Tea	27	-	2.8	-	0.9	-	-
Large Tea	27	-	2.8	-	0.9	-	-
Regular Café Latte	141	-	14.7	-	4.7	-	-
Large Café Latte	160	-	16.6	-	5.3	-	-

BASKIN ROBBINS SCOOPS 112g / 4oz

America's Birthday Cake	253	3.4	32	0.2	27.3	2.4	0.19
Banana Caramel	244	3.7	27.8	0.67	23.9	13.2	0.24
Banana 'N Strawberry	220	3.1	28.3	0.6	24	10.4	0.17
Black Forest Gateaux	263	3.8	34.5	0.39	28.6	12.1	0.23
Blueberry Panna Cotta	234	3	28.8	0.41	7.5	11.9	0.17
Cherries Jubilee	246	3.4	32.3	0.32	28	11.5	0.17
Chocolate	249	3.7	30.6	1.5	28.4	13.1	0.17
Chocolate Chip	262	3.6	27.6	0.81	26.5	15.6	0.14
Chocolate Chip Cookie Dough	297	4.3	33.3	0.54	25.4	15.1	0.31
Choc Chip Cup Cake	272	3.6	33	0.13	28.1	14	0.21
Chocolate Coconut Flan	243	3.4	30.6	1.12	30.5	11.9	0.13
Chocolate Mousse Royale	284	4.1	33.8	2.4	29.5	15.9	0.22
Chocolate Strawberry Ganache	258	4.1	33.4	0.72	28.6	11.9	0.12
Cocoa Latte	257	4	33.4	0.72	28.6	11.9	0.12
Coconut	249	3.8	27	0.16	23.2	14	0.2
Coffee Coffee Chip	264	4.3	28	0.3	28	15	0.2
Cookies 'N Cream	273	3.6	31.5	0.56	27.6	14.9	0.28
Cotton Candy	237	3.4	25.2	0.18	25.1	13.8	0.14
Crème Bruleè	265	3.5	36.8	0.13	34.2	11.5	0.25
English Toffee	276	3.7	32.5	0.35	28.8	14.6	0.17
Football Fever	279	4.1	34.3	0.88	28.8	13.9	0.25
Fuji Apple	233	3.4	26.2	0.21	26	12.8	0.16
Gold Medal Ribbon	261	3.5	29.9	0.52	28.6	14.3	0.14
Honey Honeycomb	263	3.1	34.7	0.27	33.4	12.4	0.18
Hokey Pokey	264	3.1	32.1	0.13	30.4	13.8	0.17
Jamoca	245	3.5	27.7	0.18	27.4	13.4	0.17
Jamoca Almond Fudge	265	3.5	29.8	1.8	27.2	15.5	0.11
Lemon Honey Ginger	246	2.9	31.9	0.2	18.7	12	0.2
Love Potion #31	263	3.7	29.6	1.7	25.5	14.4	0.17
Mandarin Orange Cheesecake	317	3.9	39.6	0.36	36.2	15.8	0.25

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mississippi Mud	269	3.8	33.9	2.1	27.9	13.1	0.2
Neapolitan Vanilla	251	4.4	24.1	0.17	24.1	15.2	0.22
Nutty Coconut	299	5.2	25	1.5	8.8	19.7	0.17
Nutty Cream Cheese Brownie	298	4.1	33.3	2	28.1	16.6	0.17
Old Fashioned Butter Pecan	276	1.8	27.8	0.77	27.1	17.5	0.21
Peppermint Bark	278	3.5	33.7	2.01	32.4	14.3	0.12
Pistachio Almond	281	5.9	22.4	1.7	18.5	18.7	0.2
Pralines 'N Cream	282	3.5	31.7	0.45	30.9	15.9	0.17
Rocky Road	269	4.6	32.7	1.9	30.6	14.1	0.17
Rum Raisin	239	3.6	29.3	0.43	25.6	11.9	0.18
Strawberry Cheesecake	269	4	30.5	0.35	28.4	14.6	0.22
Tiramisu	274	3.9	31.4	0.64	29.9	14.8	0.24
Vanilla	236	4	24.2	0.18	19.9	13.8	0.2
Very Berry Strawberry	234	3.6	29.5	0.24	25	11.3	0.17
White Chocolate Kiss	264	3.8	32.4	0.32	28.2	13.3	0.2
World Class Chocolate	263	3.9	29.5	0.86	27	14.8	0.21

BASKIN ROBBINS LIGHTER SIDE

Blackcurrant Sorbet	130	0.2	32.1	0.88	28.8	0	0
Blue Raspberry Sherbet	143	1.2	29.9	0.81	23.3	2	0.06
Butter Almond Crunch No Sugar Added	203	6.3	27.4	4.5	8.4	7.5	0.21
Frozen Low Fat Yoghurt	153	5.5	28	0.11	28	2.1	0.25
Kiwi Sorbet	133	0	33.2	0.36	33.2	0	0
Lemon Sorbet	125	0.1	31.2	0.65	24.4	0	0.01
Mango Sorbet	131	0.2	32.1	0.74	25.4	0.1	0.01
Orange Sherbet	150	1.2	32.1	0.44	31.7	2	0.03
Pineapple Coconut No Sugar Added	159	5.2	29.9	0.68	10	2.1	0.34
Rainbow Sherbet	146	1.1	31.2	0.49	30.6	2	0.03
Red Raspberry Sherbet	140	1	30	0.55	29.5	2	0.03
Watermelon Sorbet	149	0.2	34.5	0.62	34.4	1.1	0.01

SEASONAL (PER SERVING)

Warm Waffle (Low End)	497	2.9	91.8	1.7	71.7	12.9	0.64
2 Scoop Sundae (Low End)	452	1.5	96.2	1.75	82.2	6.6	0.11
3 Scoop Sundae (Low End)	579	1.5	127.8	2.41	106.9	6.6	0.11
Big Boy (Low End)	329	1.7	70.9	1.66	48.7	4	0.07
Warm Chocolate Fondant (Low End)	1047	10	122.3	4.82	95.2	56.6	0.27
2 Scoop Sundae (High End)	826	10.8	90	2.13	70.9	44.7	0.14
3 Scoop Sundae (High End)	1127	15.1	123.7	2.67	96.7	60	0.14
Big Boy (High End)	589	8.1	74	1.49	50.2	27	0.07
Warm Chocolate Fondant (High End)	1219	14.2	124.4	4.71	96.2	71.9	0.27
Rockslide Brownie Sundae (High End)	1319	14.6	141.8	4.19	109	76.6	0.54
Rockslide Brownie Sundae (Low End)	944	5.3	148	3.82	120.4	38.5	0.51
Warm Brownie (High End)	830	8	97.8	3.23	77.9	44.4	0.24
Warm Rockslide Brownie (High End)	989	10.1	107.6	3.65	82.7	58.4	0.54
Warm Rockslide Brownie (Low End)	815	5.8	105.4	3.76	81.6	43.1	0.54