

Regal Cinema Nutritional Information as of July 2009

Item	Calories	Important Notes
Chicken Strips	750	Does not include condiments (dipping sauce)
Cinnabon Pretzel	960	Includes one (1) icing cup
Extra Cheese	130	Refer to package
Freschetta Pizza	840 - 860	840 = Pepp, 860 = Cheese
Hot Dog	448	Does not include condiments (ketchup/mustard)
Kids Meal	254 - 494	See REFERENCE CHART
Lg. Candy	425 - 770	Refer to package
Lg. Ice Cream	340 - 500	Refer to package
Lg. Popcorn	900	Does not include condiments (extra salt/butter)
Lg. Soft Drink	0 - 750	See REFERENCE CHART
Md. Candy	280 - 600	Refer to package
Md. Popcorn	690	Does not include condiments (extra salt/butter)
Md. Soft Drink	0 - 615	See REFERENCE CHART
Nachos	780	Includes one (1) serving cheese
Popcorn Seasoning	105	Refer to package
Pretzel Bites	970	Includes one (1) serving cheese
Sm. Candy	90 - 390	Refer to package
Sm. Ice Cream	80 - 120	Refer to package
Sm. Popcorn	450	Does not include condiments (extra salt/butter)
Sm. Soft Drink	0 - 450	See REFERENCE CHART
Specialty Coffee	150 - 300	150 = Cold (Iced), 300 = Hot
Wrapped Pretzel	480	Does not include condiments (such as salt)

**REFERENCE CHART**

Item		Total Calories	Item		Total Calories	Frozen Beverages	
Item	Total Calories	Item	Total Calories	Item	Calories	Item	Calories
<b>8 oz</b>	<b>Large (54 oz) Drink</b>		<b>Small (32 oz) Drink</b>		<b>8 oz</b>	<b>LG FCB (54 oz)</b>	
111	Barq's Root Beer	749	Barq's Root Beer	444	117	Fanta Bl. Rasp.	790
0	Caffeine Free Diet Coke	0	Caffeine Free Diet Coke	0	66	Fanta Cherry	446
104	Cherry Coke	702	Cherry Coke	416	65	Frozen Coke	439
99	Coca-Cola Classic	668	Coca-Cola Classic	396	<b>8 oz</b>	<b>MD FCB (44 oz)</b>	
0	Coke Zero	0	Coke Zero	0	117	Fanta Bl. Rasp.	644
0	Diet Coke	0	Diet Coke	0	66	Fanta Cherry	363
110	Fanta Orange	743	Fanta Orange	440	65	Frozen Coke	358
104	HI-C Fruit Punch	702	HI-C Fruit Punch	416	<b>8 oz</b>	<b>SM FCB (32 oz)</b>	
96	HI-C Pink Lemonade	648	HI-C Pink Lemonade	384	117	Fanta Bl. Rasp.	468
97	Pibb Xtra	655	Pibb Xtra	388	66	Fanta Cherry	264
80	Nestea Cool	540	Nestea Cool	320	65	Frozen Coke	260
90	Nestea Raspberry	608	Nestea Raspberry	360	<b>8 oz</b>	<b>JR FCB (16 oz)</b>	
0	Nestea Unsweetened	0	Nestea Unsweetened	0	117	Fanta Bl. Rasp.	234
60	Powerade Mt. Blast	405	Powerade Mt. Blast	240	66	Fanta Cherry	132
97	Sprite	655	Sprite	388	65	Frozen Coke	130
107	Vault	722	Vault	428			
<b>8 oz</b>	<b>Medium (44 oz) Drink</b>		<b>Junior (16 oz) Drink</b>				
111	Barq's Root Beer	611	Barq's Root Beer	222			
0	Caffeine Free Diet Coke	0	Caffeine Free Diet Coke	0			
104	Cherry Coke	572	Cherry Coke	208			
99	Coca-Cola Classic	545	Coca-Cola Classic	198			
0	Coke Zero	0	Coke Zero	0			
0	Diet Coke	0	Diet Coke	0			
110	Fanta Orange	605	Fanta Orange	220			
104	HI-C Fruit Punch	572	HI-C Fruit Punch	208			
96	HI-C Pink Lemonade	528	HI-C Pink Lemonade	192			
97	Pibb Xtra	534	Pibb Xtra	194			
80	Nestea Cool	440	Nestea Cool	160			
90	Nestea Raspberry	495	Nestea Raspberry	180			
0	Nestea Unsweetened	0	Nestea Unsweetened	0			
60	Powerade Mt. Blast	330	Powerade Mt. Blast	120			
97	Sprite	534	Sprite	194			
107	Vault	589	Vault	214			

*Please Note: All calories listed for fountain beverages represent the full ounce values of our containers. Actual ounces and calories will be less if ice is placed in the cup.*