

NUTRITION INFORMATION

OUTTAKES

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Carbs. (g)	Sodium (mg)	Dietary Fibre (g)	Sugars (g)	Chol. (mg)	Vit. A (%DV)	Vit. C (%DV)	Calcium (%DV)	Iron (%DV)
POUTINE															
Classic Poutine	329	810	47	13	1	20	76	1180	6	0	60	15	15	45	15
Pulled Pork Poutine	401	970	54	15	1	32	90	1560	6	13	105	15	15	50	20
Bacon Poutine	365	850	48	13	1	27	76	1450	6	1	70	15	15	45	20
Beef Chili Poutine	401	860	49	14	1	23	81	1410	7	2	65	15	15	50	20
Pulled Pork and Bacon Poutine	413	980	54	15	1	34	90	1650	6	13	105	15	15	50	20
Cheese Curds Only	60	220	17	10	1	14	2	410	0	0	60	15	0	45	0
HOT DOGS															
Classic Hot Dog	189	440	19	6	0.1	19	49	1460	1	3	95	0	0	10	25
BBQ Pulled Pork Dog	283	730	38	11	0.2	31	68	2040	1	16	145	2	2	10	35
BBQ Bacon Dog	235	550	24	8	0.1	24	60	1930	1	10	100	0	4	10	30
Chili Cheese Dog	277	520	22	7	0.2	22	56	1820	2	5	100	2	2	15	30
SANDWICHES															
Pulled Pork Sandwich	178	540	25	7	0.1	18	63	1180	1	22	65	2	6	4	25
Classic Grilled Chicken Sandwich	207	490	25	3.5	0.2	28	39	960	1	5	90	6	10	2	20
Classic Crispy Chicken Sandwich	205	690	42	5	0.2	23	56	1230	2	8	70	6	6	15	25
California Grilled Chicken Sandwich	215	450	20	2.5	0.1	28	40	860	2	5	85	6	15	2	20
California Crispy Chicken Sandwich	213	640	37	3.5	0.1	23	56	1120	3	7	60	6	10	15	25
Spicy Grilled Chicken Club	207	440	18	4.5	0.2	31	39	960	1	5	90	10	10	10	20
Spicy Crispy Chicken Club	205	640	42	5	0.2	23	56	1230	2	8	70	6	6	15	25
WRAPS															
BBQ Pulled Pork Wrap	262	660	33	10	0.1	21	72	1380	3	17	50	15	15	15	25
Buffalo Grilled Chicken Wrap	346	650	31	10	0.4	40	54	2890	3	5	95	20	15	25	25
Buffalo Crispy Chicken Wrap	322	730	40	11	0.4	31	66	2840	3	9	60	20	10	25	25
Sweet Thai Grilled Chicken	305	660	28	6	0.1	30	72	1710	3	22	70	10	15	10	20
Sweet Thai Crispy Chicken	282	750	37	6	0.1	21	84	1660	3	26	35	10	10	10	25
NACHOS															
Premium Nachos	325	800	46	12	0	12	90	1370	11	5	25	10	15	20	15
Premium Nachos with Pulled Pork	397	960	53	15	0	24	104	1760	11	17	70	10	20	20	20
Premium Nachos with Beef Chili	397	860	49	13	0.1	16	95	1600	12	7	30	15	20	20	20
Premium Nachos with Bacon	361	840	48	13	0	19	90	1640	11	5	35	10	15	20	20
SNACKS															
Boneless Chicken Bites (5) Plain	102	330	20	2	0	19	19	620	0	6	45	0	0	2	10
<i>Boneless Chicken Bites (5) BBQ Sauce</i>	136	420	21	2	0	20	37	1180	1	22	45	0	6	2	15
<i>Boneless Chicken Bites (5) Sweet Thai Sauce</i>	136	420	20	2	0	19	40	1110	0	24	45	0	0	2	10
Mac & Cheese Wedges (5)	144	360	17	3.5	0.1	8	45	1450	3	16	15	6	0	15	8
Pretzel Bites (11)	112	500	11	2.5	0.1	11	88	610	3	11	0	0	6	0	20
<i>Pretzel Bites (11) with Nacho Cheese</i>	164	550	14	5	0.1	12	93	1020	3	13	5	0	6	8	20
<i>Pretzel Bites (11) with Caramel Dip</i>	144	610	13	2.5	0.5	11	112	700	3	25	5	0	6	2	20
Chicken Tenders (4)	137	430	26	2	0	24	26	680	0	8	50	0	0	0	10

Nutrient data is calculated using Cineplex recipes, nutrition data from Cineplex product suppliers, laboratory data, and standard nutrition databases. Nutrient analysis software is Genesis R&D from ESHA Research. Nutrient values are rounded based on rounding rules from Ontario's HMCA and Health Canada's nutrition labelling regulations. %DV = % Daily Value based on Health Canada recommendations.

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SIDES															
Regular French Fries	146	460	24	2	0	5	56	210	5	0	0	0	10	2	15
Large French Fries	296	940	49	4	0	10	114	440	10	0	0	0	25	6	25
Sweet Potato Fries with Cheddar Chipotle Dip	224	680	52	6	0.5	4	51	890	3	17	15	60	20	8	8
Tasti Tater Snacks	120	390	31	2	0.1	2	27	730	2	1	0	0	10	0	4
Mini Churros (5) with Caramel Dip	180	690	30	2.5	0.4	10	95	550	0	20	5	0	0	8	30
SHAREABLE SAMPLERS															
Shareable Sampler with Plain Wings	363	1100	44	9	0.2	33	146	2720	5	33	50	4	6	20	35
Shareable Sampler with BBQ Wings	390	1160	44	9	0.2	34	160	3170	5	45	50	4	10	20	40
Shareable Sampler with Sweet Thai Wings	390	1160	44	9	0.2	34	162	3110	5	47	50	4	6	20	35
Veggie Sampler	377	1150	52	9	0.2	20	152	2810	7	29	15	4	15	20	30

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