



AMC DINE-IN THEATRES - NUTRITION INFORMATION

SNACKS AND SHARES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Big Bite Sampler - Loaded Tots (Includes Dipping Sauces)	1920	1210	137	32	0	26	17	245	6070	160	111	4	28	58
Big Bite Sampler - Poutine Fries (Includes Dipping Sauces)	2060	1270	144	35	0	28	19	265	6660	650	118	5	27	74
Boneless Wings	840	480	55	10	0	12	6	120	3470	140	52	1	22	30
Dry Rub Wings	1140	790	89	19	0	29	23	175	6920	650	37	5	20	51
Crab & Avocado Sushi Roll	800	370	42	7	0	1.0	5	55	3760	530	83	7	11	18
Crispy Shrimp Sushi Roll	760	230	26	4.5	0	5	7	90	4760	520	108	7	25	23
Crispy Brussels Sprouts	230	60	7	3.5	0	1.0	2.0	20	2840	1360	32	13	8	19
Loaded Tots	980	680	76	22	0	16	8	75	2320	150	47	5	6	21
Market Board	1210	570	65	29	0	3.0	7	195	4100	320	95	4	52	51

Poutine Fries	1240	800	90	27	0	22	13	120	3500	1110	62	6	5	54
Pretzel Bites	920	390	44	9	0	0	2.0	105	6060	110	93	3	6	25
Ultimate Nachos (No Meat)	1640	900	102	41	0	7	20	120	3260	1380	145	22	10	45
Ultimate Nachos: Add Chicken	1840	1000	114	42.5	0	7	21.5	185	3920	1390	145	22	10	69
Ultimate Nachos: Add Shrimp	1720	910	103	41	0	7	20	275	3950	1430	145	22	10	61
Ultimate Nachos: Add Steak	2120	1240	140	55	0	7	20	230	3540	1380	145	22	10	78
Wedge Lettuce Cups	540	350	39	16	0	0.5	1.5	220	1630	590	20	5	10	25
BOWLS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Asian Steak And Shrimp Bowl	1060	280	32	5	0	7	7	165	4310	810	145	7	42	48
Grilled Chicken Quinoa Bowl	800	470	53	7	0	3.5	5	80	2740	590	45	7	4	40
Southwest Chicken Bowl with Tortilla Chips	1050	450	51	19	0	1.5	6	130	2640	790	100	12	4	53
Gumbo Mac	930	410	46	18	0	1.0	5	195	3380	200	81	4	11	45
Traditional Mac	1210	560	63	26	0	8	10	170	3900	260	94	4	10	60

BURGERS (INCLUDES FRIES)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bacon 'N Ranch Burger	1580	960	108	31	1.5	14	20	230	3090	1240	91	6	15	63
Classic Cheeseburger	1330	760	86	23	1.5	14	15	190	3180	1220	95	6	18	50
Quinoa Veggie Burger	970	400	45	8	0	2.0	7	65	2800	1020	122	11	30	29
Ranchero Burger	1260	700	79	18	1.5	14	15	165	3030	1220	97	7	18	46
Royal Burger	1490	790	90	23	1.5	14	18	195	2960	1110	118	5	41	55
FAVORITES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Quesadilla	1510	760	85	35	0	6	10	190	3350	520	119	12	8	66
Crispy Shrimp Dinner	1720	1060	120	23	4.5	26	14	300	5700	1270	127	9	30	41
Fish And Chips	2260	1440	163	31	4.5	38	18	160	5390	1010	139	8	29	64
Southern-Style Chicken Tenders (No Sauces)	1270	710	81	17	4.0	27	13	110	4220	770	101	6	11	43
Taco Trio - Chicken	1370	610	69	28	0	1.5	6	140	2440	380	140	10	29	47

Taco Trio - Fish	1840	1030	116	37	0	23	13	135	2870	480	145	11	14	51
Taco Trio - Shrimp	1610	800	91	33	0	13	9	325	4160	650	147	11	13	48
FLATBREADS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Caprese Flatbread	670	250	28	16	0	0	3.0	30	1610	55	81	10	7	26
Philly Flatbread	660	300	34	14	0	0	3.0	85	1400	130	56	2	6	29
Shrimp Carbonara Flatbread	750	320	36	12	0	0.5	1.0	240	2990	210	56	2	6	45
SALADS & WRAPS (INCLUDES DRESSING)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Caesar Salad	910	670	76	13	0	3.0	15	245	2140	520	22	5	4	43
Chicken Caesar Wrap	1030	550	63	11	0	7	12	185	2230	460	76	8	14	46
Chopped Cobb Salad	1060	750	85	24	0	3.0	13	320	2000	1090	20	11	6	53
Chopped Cobb Wrap	1040	530	61	15	0	6	8	200	2000	760	75	11	16	49
Southwest Chicken Salad	890	570	65	14	0	9	9	130	1920	830	38	10	5	40
Southwest Chicken Wrap	1190	610	70	16	0	11	11	130	2430	870	95	13	16	48
Southwest Shrimp Salad	760	490	55	13	0	9	8	200	2230	940	37	9	5	29

Southwest Shrimp Wrap	1060	530	60	14	0	11	9	200	2730	980	94	13	16	36
SANDWICHES (INCLUDES FRIES)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cali Chicken Sandwich	1140	620	70	12	0	15	13	115	2040	1080	96	10	15	43
Chipotle Chicken Melt	1500	960	108	25	0	13	10	160	3190	590	88	6	4	44
KID'S (INCLUDES FRIES & FRUIT. DRINK EXCLUDED)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Kids Cheeseburger	1070	570	64	19	1.5	8	13	180	2470	870	77	5	16	48
Kids Chicken Tender Dinner	700	430	49	10	0	13	6	80	1820	450	45	4	9	21
Kids Fish And Chips	1090	740	83	14	0	21	8	80	2540	450	66	5	23	23
Kids Mac & Cheese	890	400	45	18	0	7	7	80	2370	620	91	6	16	30
SWEETS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Doughnuts (12 Each)	1230	380	43	16	0	7	2.5	0	1290	55	204	13	138	10
Over The Top Brownie Sundae (Includes Chocolate Milk)	1760	560	63	27	0	1.0	6	190	850	550	274	14	215	23

Oreo Milkshake	980	430	49	24	0	0	7	110	470	270	119	2	86	14
Chocolate Milkshake	1620	660	75	39	0	0	1.0	175	400	160	207	10	180	21
Strawberry Shortcake Cake Stack	1180	420	47	24	6	0	0	255	790	0	172	2	119	13
Birthday Cake Stack	560	210	23	11	3.5	0	0	130	400	0	80	0	51	7
Vanilla Milkshake	910	370	41	24	0	0	1.0	125	400	160	111	1	82	16
SIDES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Fruit Cup	60	0	0	0	0	0	0	0	0	190	15	2	10	1
Side Salad (No Dressing)	15	0	0	0	0	0	0	0	5	160	3	0	2	1