



AMC DINE-IN THEATRES – NUTRITION INFORMATION

SNACKS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Big Bite Sampler (Includes Dipping Sauces)	2240	1260	142	35	0	51	27	215	7270	240	176	7	39	68
Crispy Bacon Brussels Sprouts	320	230	26	5	0	12	5	10	1190	670	16	7	4	10
Dry Rub Wings	1120	780	88	20	0	35	25	180	6810	630	35	5	19	51
Dry Rub Wings with Buffalo Sauce	1040	780	88	20	0	35	25	180	4010	20	16	0	7	49
Dry Rub Wings with BBQ Sauce	1180	780	88	20	0	35	25	180	4670	20	36	0	22	50
Fried Mozzarella App	1570	850	96	37	0	28	12	145	4150	130	113	8	19	60
Loaded Bacon Tots	1050	730	82	23	0.5	22	9	75	2130	90	49	5	5	23
Loaded Bacon Fries	880	610	69	19	0	22	9	65	1910	830	48	5	4	20
Pretzel Bites	910	390	44	9		0	0	105	6060	95	94	3	6	25

Ultimate Nachos (No Meat)	940	460	53	17	1.0	14	10	70	1900	970	99	16	8	24
Ultimate Nachos: Add Chicken	210	120	13	2.0		0.5	2.5	80	740	10	0			24
Ultimate Nachos: Add Shrimp	80	10	1.0	0		0	0	155	690	150	0			16
Ultimate Nachos: Add Steak	480	340	38	14				110	280	0				33
SNACKS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Asian Steak & Shrimp Bowl	1100	280	32	5		7	7	165	5570	770	154	7	51	47
Bacon Chicken Mac & Cheese	1270	580	66	25	0	9	5	180	4190	210	100	4	9	64
Southwest Chicken Bowl with Tortilla Chips	1060	470	53	19		2.0	7	145	2730	790	100	12	4	52
SIDES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Crispy Bacon Brussels Sprouts	230	60	7	3.5		1.0	2.0	20	2840	1360	32	13	8	19
French Fries	320	220	24	4.5	0	11	4.0		480	480	28	3	1	3
Tater Tots	440	290	33	6	0	12	4.5		750	0	31	3	2	3
Onion Rings	380	240	27	4.0	0	8	3.0		700	0	32	3	5	3
Side Salad (No Dressing)	15	0	0			0			5	160	3		2	1

Loaded Side excluding Salad (Bacon, Cheese, Ranch, Scallions)	220	160	18	8	0	2.5	1.0	40	600	50	2	1	10	
Loaded Side Salad (Bacon, Cheese, Ranch, Scallions)	130	80	9	4.0		0		25	320	170	3	1	2	8
Fruit Cup	60	0	0			0			0	190	15	2	10	1
BURGERS (INCLUDES FRIES)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bacon Ranch Burger with Fries	1390	820	92	27	1.5	18	17	210	2600	1020	86	5	15	56
Classic Cheeseburger with Fries	1210	680	77	20	1.5	16	16	160	2690	1020	90	5	18	45
Royal Bacon Brie Burger with Fries	1370	720	81	21	1.5	16	18	170	2500	950	113	5	41	49
Western BBQ Burger with Fries	1510	870	99	27	1.5	21	18	195	2970	1050	102	7	20	57
ENTREES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Southern-Style Chicken Tenders (No Sauces)	1720	1000	113	24	4.0	47	22	165	5490	730	126	6	33	52
Southern-Style Chicken Tenders (Includes Sauces)	1610	950	107	23	4.0	45	21	145	4990	720	119	5	33	45
Chicken Quesadilla	1360	700	79	28	0	14	14	180	2890	510	110	13	7	57
Steak Quesadilla	1370	680	77	29	0	14	12	180	2400	510	110	13	7	62

FLATBREADS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Artisan Pepperoni Flatbread	980	540	61	24	0	0	3.0	130	3380	60	56	3	6	44
Caprese Flatbread	670	250	28	16	0	0	3.0	30	1940	55	82	10	8	26
WRAPS & SALADS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Caesar Salad	870	630	71	15		27	19	145	2660	500	21	5	4	40
Chicken Caesar Wrap + Fruit Cup	1000	540	61	12		23	15	125	2590	460	75	8	14	44
Salmon Caesar Salad	940	660	75	16		33	22	150	1860	1080	21	4	4	47
Salmon Caesar Wrap + Fruit Cup	840	410	47	10		21	13	75	1530	730	74	8	14	32
Shrimp Caesar Salad	720	510	57	13		27	16	205	2010	630	21	4	4	30
Shrimp Caesar Wrap + Fruit Cup	810	410	46	10		22	12	110	1860	510	75	8	14	26

Steak Caesar Salad	780	560	63	15		26	16	105	1880	490	21	4	4	32
Steak Caesar Wrap + Fruit Cup	840	440	49	11		22	12	60	1790	440	75	8	14	27
Chopped Chicken Cobb Salad	960	680	77	23		16	15	325	2050	660	15	6	7	51
Chopped Chicken Cobb Wrap + Fruit Cup	1030	540	61	16		15	13	215	2070	760	74	11	16	48
Chopped Salmon Cobb Salad	1010	690	78	22		22	19	325	1130	1430	15	8	6	57
Chopped Salmon Cobb Wrap + Fruit Cup	910	460	52	13		16	14	160	1170	1020	73	11	15	38
Chopped Shrimp Cobb Salad + House Ranch	760	530	59	18		16	12	375	1210	970	15	8	6	39
Chopped Shrimp Cobb Wrap + Fruit Cup	840	410	47	14		15	10	200	1330	820	74	10	16	31
Chopped Steak Cobb Salad + House Ranch	820	580	65	20		15	12	275	1080	830	15	8	6	41
Chopped Steak Cobb Wrap + Fruit Cup	870	440	50	15		15	10	150	1270	740	74	10	16	31
SANDWICHES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polysaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Crispy Buffalo Chicken (Includes Fries)	1230	640	73	16	0	28	14	110	4050	680	104	6	15	46
Avocado Chicken Grill (Includes Fries)	1130	620	70	13	0	13	14	140	2220	980	91	9	15	45
Chipotle Chicken Melt (Without Fries)	1080	670	76	20	0	24	15	155	2640	10	57	2	5	40

KIDS (INCLUDES FRIES AND FRUIT; DRINK EXCLUDED)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Kids Cheeseburger with Fruit	810	410	47	14	1.0	1.0	10	160	1900	480	57	2	13	42
Kids Chicken Tender Dinner with Fruit	540	320	36	8	0	18	8	85	1650	150	29	2	5	23
Kids Mac & Cheese with Fruit	680	270	30	14		0	1.0	85	1970	270	72	4	11	28
SWEETS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chocolate Hazelnut Churros (3ct)	610	340	39	14	0	12	5.0	40	75	30	57	4	29	6
Chocolate Hazelnut Churros (5ct)	1050	500	57	20	0	17	7	65	135	20	122	8	70	10
Scoop of Ice Cream	240	110	12	7				45	60		27		22	3
Warm Brownie Sundae	1010	380	43	20				90	460		153	8	121	9
Mega Milkshake - Chocolate	1850	720	81	38		0	0.5	215	630	120	250	13	210	24
Mega Milkshake - OREO®	980	430	49	24		0	7	110	470	270	119	2	86	14
Mega Milkshake - Vanilla	980	450	50	32		0	1.0	145	310	180	113		94	15

LIGHTER FARE (UNDER 690 CALORIES)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Crispy Bacon Brussels Sprouts	320	230	26	5	0	12	5	10	1190	670	16	7	4	10
BBQ Chicken Flatbread	660	210	23	7	0	0.5	3.0	60	1730	120	84	3	23	29
Caprese Flatbread	670	250	28	16	0	0	3.0	30	1940	55	82	10	8	26
Avocado Chicken Grill (No Sides)	680	280	32	9		2.5	10	100	1420	490	63	6	14	42
Chocolate Hazelnut Churros (3ct)	610	340	39	14	0	12	5.0	40	75	30	57	4	29	6