



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 (Includes Dipping Sauces)	2340	1420	161	37	0	55	29	275	8720	680	152	7	33	73
Boneless Wings	920	510	58	11	0	29	14	130	3920	150	59	1	22	37
Dry Rub Wings	1220	920	104	21	0	42	28	180	4360	250	27	2	14	50
Crab & Avocado Sushi Roll	810	370	42	7	0	1.0	5	55	3760	530	83	7	11	18
Crispy Shrimp Sushi Roll	770	230	26	4.5	0	5	7	90	4760	520	108	7	25	23
Crispy Bacon Brussels Sprouts	210	95	16	4	0	1.0	2.0	30	3030	1360	32	13	8	19
Loaded Bacon Tots	970	670	76	22	0	20	8	75	2310	130	47	5	6	21
Loaded Brisket Fries	1370	850	96	26	0	31	13	85	4580	1200	101	8	16	28
Pretzel Bites	910	390	44	9	0	0	0	105	6060	95	94	3	6	25

Ultimate Nachos (No Meat)	1640	900	102	40	0	7	18	120	3260	1350	145	22	9	45
Ultimate Nachos: Add Chicken	1840	1000	114	41.5	0	7	19.5	185	3920	1360	145	22	9	69
Ultimate Nachos: Add Shrimp	1720	910	103	40	0	7	18	275	3950	1500	145	22	9	61
Ultimate Nachos: Add Steak	2120	1240	140	54	0	7	20	230	3540	1350	145	22	9	78
Wedge Lettuce Cups	440	290	31	11	0	10	5	195	620	630	20	4	11	16
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
Bacon Chicken Mac & Cheese	1270	580	66	25	0	9	5	180	4190	210	100	4	9	64
BBQ Brisket Mac & Cheese	1030	480	55	24	0	8	10	125	2100	430	93	5	16	43
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

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 Ranch Burger	1500	900	102	29	1.5	22	19	215	2980	1120	92	6	15	57
Classic Cheeseburger	1270	730	82	21	1.5	18	17	160	3040	1110	95	6	18	46
Smoky Jalapeno Burger	1300	760	86	22	1.5	18	17	165	3460	1130	96	7	18	47
Royal Burger	1430	760	86	22	1.5	18	19	170	2840	1050	118	5	41	50
Western BBQ Burger	1390	820	87	25	1.5	19	18	185	3050	1120	94	6	15	46
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	1480	745	80	32	0	6	10	190	3300	500	119	12	8	66
Crispy Shrimp Dinner	1720	1060	120	23	4.5	26	12	300	5530	1110	131	10	31	42
Fish And Chips	2260	1440	163	30	4.5	38	17	160	5220	860	144	9	30	65
Southern-Style Chicken Tenders (No Sauces)	1390	760	86	18	4.5	33	16	130	4790	780	109	6	12	51
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	670	250	28	16	0	0	3.0	30	1940	55	82	10	8	26
Artisan Pepperoni	710	330	37	15	0	0	3	75	2390	60	56	3	6	33
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	860	610	69	15	0	27	17	125	2560	500	21	5	4	40
Chicken Caesar Wrap + Fruit Cup	1000	520	59	12	0	23	14	105	2500	460	75	8	14	44
Chopped Cobb Salad	1040	730	83	24	0	17	19	310	1960	1090	20	11	6	53
Chopped Cobb Wrap + Fruit Cup	1020	520	59	15	0	15	11	195	1970	760	75	11	16	49
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)
Avocado Chicken Grill	1210	660	74	15	0	15	14	125	3050	1080	98	10	16	46
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	1020	540	61	17	1.5	8	13	160	2320	790	78	4	17	44
Kids Chicken Tender Dinner	750	450	51	11	0	24	11	85	2070	450	49	4	9	25
Kids Fish And Chips	1090	740	83	14	0	21	8	80	2470	450	69	6	21	24
Kids Mac & Cheese	890	390	45	17	0	7	3.5	85	2390	580	93	6	15	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)
Over the Top Oreo Milkshake	980	430	49	24	0	0	7	110	470	270	119	2	86	14
Over the Top Chocolate Milkshake	1840	740	84	38	0	0	1.0	175	590	160	244	14	208	23
Over the Top Vanilla Milkshake	910	370	41	24	0	0	1.0	125	400	160	111	1	82	16
Chocolate Hazelnut Churros (3ct)	630	300	35	12	0	11	5	39	81	12	74	5	42	6
Chocolate Hazelnut Churros (5ct)	1050	500	57	20	0	17	7	65	135	20	122	8	70	10
Triple Chocolate Brownie Sundae	1490	560	63	27	0	1	6	190	850	550	274	14	215	23