



AMC DINE-IN THEATRES – NUTRITION INFORMATION

SNACKS AND SHARES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsat 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
Dry Rub Wings Buffalo Sauce	1230	920	104	21	0	42	28	180	660	250	36	2	22	50
Dry Rub Wings BBQ Sauce	1260	920	104	21	0	42	28	180	660	250	36	2	22	50
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
SUSHI	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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
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 & 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	560	63	26	0	8	10	170	3900	260	94	4	10	60
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)v	Polyunsat fat (g)	Monounsaturat 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
Onion Rings	380	240	27	4.0	0	8	3.0	0	700	0	32	3	5	3
French Fries	440	210	24	4.5	0	11	4.0	0	800	480	28	3	2	3
Tater Tots	400	290	33	6	0	12	4.5	0	750	0	31	3	2	3
Crispy Bacon Brussels Sprouts	160	230	26	5	0	12	5	10	1190	670	16	7	4	10
Handmade Chips	300	150	17	2.5	0	10	4.0	0	130	780	31	3	2	4
BURGERS (NO SIDES)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsaturat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bacon Ranch Burger	1500	640	73	23	1.0	10	14	215	2140	540	58	2	13	53
Classic Cheeseburger	1270	470	53	15	1.0	5	12	160	2200	530	61	2	16	42
Smoky Jalapeño Burger	1300	520	59	17	1.0	6	12	165	2580	540	62	3	16	44
Royal Burger	1430	580	65	18	1.0	5	12	185	2050	440	84	2	39	48
Western BBQ Burger	1390	660	74	22	1.5	10	14	195	2680	560	85	4	25	54

FAVORITES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsaturat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Quesadilla	1480	475	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 & 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
Southern-Style Chicken Tenders (Includes Sauces)	1610	950	107	23	4.0	45	21	145	4990	720	119	5	33	45
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)	Polyunsaturat fat (g)	Monounsaturat 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 AND WRAPS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsat 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 (NO SIDES)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsat 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
KIDS (INCLUDES FRIES AND FRUIT; DRINK EXCLUDED)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsat 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 & 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)	Polyunsat fat (g)	Monounsat 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	660	75	39	0	0	1.0	175	400	160	207	10	180	21
Over the Top Vanilla Churro Milkshake	910	460	52	25	0	8	4	110	190	120	92	2	65	13
Over the Top Vanilla Milkshake	910	460	52	25	0	8	4.0	110	190	120	92	2	65	13
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
Custom Candy Milkshake (No Toppings)	580	280	32	22	0	0	.5	85	140	120	60	0	52	9

BUILD YOUR OWN BURGER
Participation varies by theatre

PROTEIN	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsatsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Sirloin-Chuck Beef Patty	300	170	74	22	1.5	10	14	195	2680	560	85	4	25	54
Marinated Grilled Chicken Breast	230	130	15	2.0	0	.5	2.5	90	820	15	1	0	0	26
Buttermilk-Fried Chicken Breast	410	210	24	4.5	0	12	6	70	790	55	20	0	2	30
Black Bean Patty Grilled	230	70	8	.5	0	0	0	0	1390	430	19	5	2	19
BUNS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsatsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brioche Bun	390	160	18	2.0	0	.5	1.5	35	410	0	50	1	9	9
Oatmeal Wheat Bun	270	140	16	0	0	0	0	35	290	0	31	2	6	6
Texas Toast	360	140	16	0	0	0	0	35	460	0	46	2	6	8
Gluten-Free Bun	190	45	5	0	0	0	0	0	360	0	32	4	5	5
Lettuce Wrap	0	0	0	0	0	0	0	0	5	45	1	0	0	0

CHEESE	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cheddar	80	60	7	4.0	0	0	0	25	135	0	1	0	0	5
Swiss	80	50	6	4.0	0	0	0	20	50	0	1	0	0	6
Pepper Jack	60	50	6	3.0	0	0	0	15	330	0	0	0	0	3
American	50	40	4.5	2.5	0	0	0	15	260	0	0	0	0	2
Blue Cheese	50	35	4.0	3.0	0	0	0	15	190	0	0	0	0	3
Brie	100	80	9	3.5	0	0	0	20	120	0	0	0	0	4
Monterey Jack	80	50	6	4.0	0	0	0	25	130	0	1	0	0	5
SAUCES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Royal Sauce	130	120	13	2.0	0	8	3.5	10	260	5	3	0	2	0
Ranch	100	90	10	2.5	0	4.5	2.0	15	80	10	1	0	0	1
Chipotle Ranch	90	80	10	1.5	0	5	2.5	5	110	25	1	0	0	0
BBQ Sauce	70	0	0	0	0	0	0	0	330	0	18	0	11	0
Honey Mustard	140	110	13	2.0	0	0	0	10	180	0	7	0	7	0
Pico de Gallo	5	0	0	0	0	0	0	0	65	55	1	0	0	0
Ketchup	15	0	0	0	0	0	0	0	160	0	5	0	4	0

Mustard	15	0	0	0	0	0	0	0	360	0	0	0	0	0
Mayo	180	180	20	3.0	0	12	5	10	170	0	0	0	0	0
PREMIUM TOPPINGS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsat fat (g)	Monounsaturat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Crispy Onion Straws	110	80	9	1.5	0	5.0	2.0	0	40	85	8	1	3	1
Caramelized Onions	10	5	0.5	0	0	0	0	0	30	15	1	0	0	0
Roasted Poblanos	0	0	0	0	0	0	0	0	35	0	1	0	0	0
Pickled Jalapeños	0	0	0	0	0	0	0	0	340	0	1	0	0	0
Crispy Jalapeños	40	30	3.5	0.5	0	2.0	1.0	0	350	0	2	0	0	0
Arugula	0	0	0	0	0	0	0	0	0	35	0	0	0	0
Guacamole	30	25	3.0	0	0	0	2.0	0	40	95	2	1	0	0
Avocado	80	70	7	1.0	0	1.0	5.0	0	0	240	4	3	0	1
French Onion Dip	50	35	4.0	2.5	0	0	0	15	140	5	1	0	0	1
Applewood-Smoked Bacon	90	60	7	2.5	0	0	0	15	270	0	0	0	0	5
Tempura Bacon	130	80	10	3.0	0	1.5	0.5	15	480	0	4	0	0	5