



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)	Added Sugars (g)	Protein (g)
Big Bite Sampler	2130	1180	133	37	0.5	41	23	230	6950	290	167	7	26	0	73
Crispy Bacon Brussels Sprouts	620	420	48	11	0	20	10	35	680	1350	31	13	8	0	24
Dry Rub Wings	1210	910	103	22	0	40	27	185	4290	220	25	2	13	2	50
Dry Rub Wings (BBQ Sauce)	1350	910	103	22	0	40	27	185	4950	220	61	2	35	2	50
Dry Rub Wings (Buffalo Sauce)	1210	910	103	22	0	40	27	185	5970	220	25	2	13	2	50
Fried Mozzarella	1570	850	96	37	0	28	12	145	4150	130	113	8	19	0	60
Loaded Bacon Fries	910	620	70	21	0	19	7	85	2240	880	50	5	5	0	25
Loaded Bacon Tots	1070	750	85	24	.5	22	9	85	1990	90	48	5	5	0	24
Pretzel Bites	1010	470	53	10	0	7	2.5	105	5370	80	111	3	23	0	24
Ultimate Chicken Nachos	1350	700	80	33	1	12	10	225	3210	1220	88	14	10	0	74
Ultimate Shrimp Nachos	1230	650	74	32	1	11	8	315	4300	1060	89	16	9	0	56

Ultimate Steak Nachos	1630	980	111	45	1	11	8	270	3880	910	89	16	9	0	73
Wedge Lettuce Cups	510	350	40	13	0	10	5	210	880	410	13	3	8	0	20
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)	Added Sugars (g)	Protein (g)
Chicken Quesadillas	1380	630	71	26	0	14	13	210	2910	770	110	12	9	0	74
Steak Quesadillas	1370	670	76	28	0	13	12	180	2780	490	110	12	9	0	64
Green Chile Chicken Tacos	1510	750	85	24	0	11	18	230	3080	1960	107	20	13	0	84
Green Chile Steak Tacos	1490	810	92	27	0	10	16	185	2890	1540	107	20	13	0	69
Seafood Platter	1450	810	92	19	4.5	31	13	175	3530	860	124	8	23	2	43
Crispy Shrimp Platter	1120	580	65	14	4	23	10	215	3330	960	111	8	24	2	33
Crispy Fish and Chips	1110	760	86	15	0	38	15	60	1750	520	57	3	2	0	33
Southern-style Chicken Tenders	1620	910	103	22	4	43	19	165	3930	1120	120	6	34	2	52
BOWLS	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)	Added Sugars (g)	Protein (g)
Asian Steak & Shrimp	930	270	30	4.5	0	7	7	155	3870	750	122	6	42	5	42
Asian Salmon	1090	380	43	7	0	13	14	100	3780	1240	122	6	42	5	50

Asian Steak & Shrimp - Add Salmon	1260	440	50	9	0	14	14	255	3970	1350	122	6	42	5	77
Bacon Chicken Mac & Cheese	1240	600	68	30	1	8	4	285	3860	370	84	3	3	0	73
Parmesan Shrimp Risotto	900	470	53	27	0	0.5	3	160	2370	200	85	10	5	2	33
Southwest Chicken	1130	460	52	14	0	10	10	140	2590	1300	112	17	6	0	58
Southwest Shrimp	940	350	40	13	0	9	9	170	2060	1140	112	16	6	0	39
Southwest Steak	990	390	45	14	0	9	9	90	1990	1030	112	16	6	0	41
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)	Added Sugars (g)	Protein (g)
Artisan Pepperoni	840	420	48	19	0	1.5	7	100	2530	80	57	3	5	0	39
BBQ Chicken	720	210	23	8	0	0.5	2.5	80	1530	250	87	3	27	0	39
Caprese	720	280	32	17	0	1	4	40	1680	80	83	10	7	0	29
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)	Added Sugars (g)	Protein (g)
Caesar Salad with Fried Chicken	830	510	58	11	0	26	13	115	2150	570	40	4	4	0	37
Caesar Salad with Grilled Chicken	740	490	55	10	0	18	10	130	2080	610	18	3	3	0	43

	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)	Added Sugars (g)	Protein (g)
Caesar Salad with Salmon	790	530	60	11	0	24	15	140	1450	930	18	3	3	0	45
Caesar Salad with Shrimp	570	380	43	8	0	18	9	195	1590	470	18	3	3	0	28
Caesar Salad with Steak	600	420	48	10	0	17	9	85	1460	330	18	3	3	0	26
Caesar Wrap with Fried Chicken (Includes Fruit)	940	400	46	9	0	22	10	95	2020	590	95	7	14	0	39
Caesar Wrap with Grilled Chicken (Includes Fruit)	730	320	36	7	0	14	7	65	1610	490	73	7	13	0	30
Caesar Wrap with Salmon (Includes Fruit)	790	360	41	9	0	17	10	75	1400	660	73	7	13	0	33
Caesar Wrap with Shrimp (Includes Fruit)	640	270	30	6	0	13	6	95	1370	420	73	7	13	0	22
Caesar Wrap with Steak (Includes Fruit)	690	310	35	8	0	13	7	50	1380	360	73	7	13	0	25
Chopped Salad with Fried Chicken	700	400	46	9	0	10	7	95	2060	960	39	7	8	0	36
Chopped Salad with Grilled Chicken	610	380	43	7	0	2	4	105	1990	1000	17	7	8	0	42
Chopped Salad with Salmon	690	500	56	9	0	6	8	85	1850	1120	17	6	7	0	33
Chopped Salad with Shrimp	550	390	44	7	0	2	3	175	1960	870	17	6	7	0	27
Chopped Salad with Steak	580	430	49	9	0	1.5	3	60	1830	720	17	6	7	0	25

	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)	Added Sugars (g)	Protein (g)
Cobb Salad with Fried Chicken	920	570	65	18	0	19	14	285	1690	920	34	7	5	0	47
Cobb Salad with Grilled Chicken	830	550	62	17	0	11	11	300	1610	970	13	7	5	0	53
Cobb Salad with Salmon	900	600	68	19	0	18	17	310	1040	1280	12	6	5	0	56
Cobb Salad with Shrimp	660	440	50	16	0	11	10	365	1120	820	12	6	5	0	38
Cobb Salad with Steak	690	480	54	17	0	11	10	250	990	680	12	6	5	0	36
Cobb Wrap with Fried Chicken (Includes Fruit)	1020	470	53	13	0	19	14	180	1800	850	91	10	12	0	45
Cobb Wrap with Grilled Chicken (Includes Fruit)	810	380	43	11	0	11	10	150	1390	760	69	10	12	0	35
Cobb Wrap with Salmon (Includes Fruit)	850	410	47	12	0	14	13	155	1110	950	72	10	14	0	37
Cobb Wrap with Shrimp (Includes Fruit)	730	330	37	10	0	11	10	180	1150	730	72	10	14	0	28
Cobb Wrap with Steak (Includes Fruit)	760	360	40	11	0	10	10	130	1090	660	72	10	14	0	29
Grilled Chicken & Quinoa	650	390	44	5	0	3	4.5	90	1960	770	26	5	4	0	41
Fried Chicken & Quinoa	740	420	47	6	0	10	7	80	2030	740	48	5	5	0	35
Quinoa with Salmon	720	440	50	7	0	9	10	105	1390	1100	26	5	4	0	44

Quinoa with Shrimp	480	280	32	3.5	0	2.5	3.5	160	1470	640	26	5	4	0	25
Quinoa with Steak	510	320	36	5	0	2	3.5	45	1330	500	26	5	4	0	24
BURGERS (EXCLUDES 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)	Added Sugars (g)	Protein (g)
Bacon Ranch	1060	600	68	22	1	7	13	210	1270	530	57	2	13	0	53
Bacon Ranch Impossible Burger	1010	550	63	23	0	7	4	110	1520	770	66	5	14	0	44
Classic Cheeseburger	880	470	53	15	1	5	12	160	1370	530	61	2	16	0	42
Classic Cheeseburger Impossible Burger	830	420	48	16	0	4.5	3	65	1620	760	70	5	17	0	34
Royal Bacon Brie	1040	510	58	15	1	5	12	165	1130	430	83	1	39	0	45
Royal Bacon Brie Impossible Burger	990	470	53	16	0	4.5	3	70	1390	670	92	4	40	0	36
Western BBQ	1170	630	71	22	1.5	9	13	195	1670	570	80	4	20	0	54
Western BBQ Impossible Burger	1120	580	66	22	0	8	4.5	95	1930	800	89	7	21	0	46
* Brioche Bun (Bun only)	270	35	4	2	0	0.5	1.5	0	410	0	50	1	9	0	9
* Gluten-free Bun (Bun only)	220	35	4	0	0	0	0	0	520	70	41	1	6	6	4

SANDWICHES (EXCLUDES 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)	Added Sugars (g)	Protein (g)
Avocado Chicken - Grillied	840	400	45	9	0	2.5	9	140	1320	760	64	6	15	0	48
Avocado Chicken - Fried	1050	490	55	12	0	13	13	175	1240	910	79	7	16	0	62
Crispy Buffalo Chicken	970	440	50	11	0	14	8	175	3420	570	70	3	13	0	59
Grilled Buffalo Chicken	760	350	40	8	0	3.5	3.5	140	3490	400	55	2	11	0	45
Chipotle Chicken Melt - Grillied	1370	870	98	24	0	25	11	190	3120	250	58	2	5	0	59
Chipotle Chicken Melt - Fried	1540	900	102	26	0	36	16	235	2890	420	73	3	6	0	78
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)	Added Sugars (g)	Protein (g)
Crispy Bacon Brussels Sprouts	310	210	24	6	0	10	5	15	340	670	16	6	4	0	12
Fries	300	190	21	4	0	9	3.5	0	640	500	29	3	2	0	3
Onion Rings	380	240	27	4	0	8	3	0	850	0	32	3	5	0	3
Tots	440	290	33	6	0	12	4.5	0	550	0	31	3	2	0	3
Loaded Side (Bacon, Cheese, Ranch, Scallions)	220	160	18	8	0	2.5	1	40	600	50	2	0	1	0	10

Side Salad (No Dressing)	15	0	0	0	0	0	0	0	5	160	3	0	2	0	1
Loaded Side Salad (Bacon, Cheese, Scallions)	130	80	9	4	0	0	0	25	320	170	3	1	2	0	8
Ranch Dressing (2 fl oz)	180	160	18	4	0	9	4	20	170	35	2	0	2	0	1
Honey Mustard Dressing (2 fl oz)	280	230	26	4	0	0	0	20	360	0	14	0	14	0	0
Lemon Vinaigrette (2 fl oz)	340	340	38	2.5	0	0	0	0	1180	15	4	0	3	0	0
Fruit Cup	60	0	0	0	0	0	0	0	0	190	15	2	10	0	1
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)	Added Sugars (g)	Protein (g)
Chocolate Hazelnut Churros (3 Churros)	610	340	39	14	0	12	5	40	75	30	58	3	30	3	6
Chocolate Hazelnut Churros (5 Churros)	990	560	63	21	0	21	8	65	125	20	92	5	47	4	10
Mega Milkshake (Chocolate)	1500	560	63	32	0	0	3	200	510	210	205	9	178	2	22
Mega Milkshake (Oreo)	1020	470	53	29	0	0	5	170	380	250	114	0	89	2	16
Mega Milkshake (Strawberry)	1080	470	53	29	0	0.5	3	180	350	270	129	0	105	2	17
Mega Milkshake (Vanilla)	960	430	49	28	0	0	3	170	350	230	109	0	88	2	16

Strawberry Cheesecake Sundae	730	390	45	25	0	0	2	230	360	150	73	2	53	3	10
Warm Chocolate Brownie Sundae	1090	410	47	19	0	0	2	130	520	45	160	8	125	2	11
Scoop of Vanilla Ice Cream	240	110	12	7	0	0	0	45	60	0	27	0	22	0	3
KIDS MENU (WITH FRUIT AND 2% MILK)	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)	Added Sugars (g)	Protein (g)
Cheeseburger Sliders	850	280	41	8	0.5	0	5	95	930	380	77	2	38	0	42
Chicken Tenders with Ranch	860	310	45	8	0	17	8	100	1190	460	65	2	34	0	47
Mac & Cheese	810	220	35	15	0.5	0	0	125	2080	290	83	4	34	0	45
Pizza (Cheese)	600	100	21	5	0	0	2	20	1000	225	69	3	34	0	33
Pizza (Pepperoni)	780	240	37	11	0	0	2	55	1650	225	69	3	34	0	41