

GSC Concession Nutrition Facts - 2024

No.	Products	Nutrition Facts (according to serving size)						Allergen
		Energy (kcal)	Protein (g)	Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)	
	POPCORN							
1	Caramel Popcorn (M)	748	4	21.2	135	63.5	346	Contain Milk.
2	Caramel Popcorn (L)	988	5.3	28	179	83.9	457	
3	Sea Salt Popcorn (M)	449	4.6	28	44.8	0	415	Contain Milk.
4	Sea Salt Popcorn (L)	669	6.8	41.6	66.6	0	617	
	HOT SNACKS							
1	Sweet Corn	159	5.6	1.9	29.9	6.9	63.8	N/A
2	Nachos (75gm)	383	4.6	17.8	51.1	0	90.8	N/A
3	Cheese (99gm)	216	1.7	11.1	27.3	7.7	453	Contain Milk and Soy.
4	Mini Cocktail Sausages - 15 pcs	229	11.2	16.8	8.1	2.4	311	Contain Gluten, Milk and Soy.
5	Nuggets - 6 pcs	304	8.9	11.2	41.7	0	426	Contain Gluten and Soy.
6	Nuggets -12 pcs	607	17.9	22.4	83.4	0	852	May contain traces of Milk.
7	Chicken Meatballs - 10 pcs	282	13.8	10.9	32.2	2.6	429	Contain wheat & gluten, soy, eggs and hydrolyzed vegetable protein. May contain traces of milk, fish, crustacean, peanut, tree nuts, sesame seeds, celery, mustard, molluscs and sulphur dioxide & sulphite
8	Beef Hotdog	267	9.9	9.3	36	4.5	409	Contain Soy.
9	Chicken Hotdog	233	7.8	5.2	38.7	5.1	469	May contain Egg, Fish, Gluten, Milk and Nuts.
10	Super Fries	533	4.5	19.4	85.1	0	248	N/A
	SOFT DRINKS							
	Coke Regular							
1	22oz	182	0	0	45.8	45.8	64.1	N/A
2	32oz	254	0	0	63.9	63.9	89.5	N/A
	Coke Zero							
3	22oz	2	0	0	0.6	0	75	N/A
4	32oz	3	0	0	0.9	0	105	N/A
	Sprite							
5	22oz	122	0	0	30.5	29.3	17.1	N/A
6	32oz	170	0	0	42.6	40.9	23.9	N/A
	Fanta Strawberry							
7	22oz	122	0	0	30.5	29.3	17.1	N/A
8	32oz	170	0	0	42.6	41	23.9	N/A
	Fanta Grape							
9	22oz	122	0	0	30.5	29.3	17.1	N/A
10	32oz	170	0	0	42.6	41	23.9	N/A
	H&E Ice Lemon Tea							
11	22oz	192	0	0	48.2	45.8	23.2	N/A
12	32oz	268	0	0	67.3	63.9	32.4	N/A
	Minute Maid Orange							
13	22oz	218	0	0	54.9	54.9	123	N/A
14	32oz	305	0	0	76.7	76.7	172	N/A
	Other Beverage							
15	Cold Milo	294	7.6	7.1	49.6	48.3	61.7	Contain Gluten, Milk and Soy.