

# Nutritional Information

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## Allergen Information

### Vegan Flavors (Contains no animal products or by-products)

- Vinegar & Sea Salt
- Select Seasonal Flavors (ask a team member for details)

### Gluten-free Flavors

- All flavors EXCEPT S'mores

### Soy-free Flavors

- Brown Butter & Sea Salt
- Truffle Fromage Porcini
- Jalapeno White Cheddar
- Vinegar & Sea Salt

**Flavors produced in a facility that uses TREE NUTS, MILK, SOY, and GLUTEN. Every flavor may contain traces of these allergens.**

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>7/8 cup (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 29g	
Includes 29g Added Sugars	<b>58%</b>
<b>Protein</b> 1g	<b>2%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Hawaiian Salted Caramel

BROWN SUGAR, NON-GMO AIR-POPPED POPCORN, BUTTER (CREAM, NATURAL FLAVOR), CORN SYRUP, ALAEA SEA SALT, SEA SALT, BAKING SODA, CORN OIL, SOY LECITHIN.

CONTAINS: MILK, SOY.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>2 1/3 cups (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 8g	<b>40%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Brown Butter & Sea Salt

NON-GMO POPCORN, BUTTER (CREAM, NATURAL FLAVOR),  
CANOLA OIL, SEA SALT.

CONTAINS: MILK.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>7/8 cup (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 29g	
Includes 29g Added Sugars	<b>58%</b>
<b>Protein</b> 1g	<b>2%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Seattle Style

BROWN SUGAR, NON-GMO AIR-POPPED POPCORN, BUTTER (CREAM, NATURAL FLAVOR), CORN SYRUP, BREWED COFFEE, ESPRESSO GROUND, PURE VANILLA EXTRACT SEA SALT, BAKING SODA, CORN OIL, SOY LECITHIN.

CONTAINS: MILK, SOY, CAFFEINE

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 1/3 cups (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat 10g</b>	<b>13%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol &lt; 5mg</b>	<b>1%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein 2g</b>	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Truffle Fromage Porcini

NON-GMO AIR-POPPED POPCORN, CHEESE COATING (PALM OIL, WHEY, BUTTERMILK, COCONUT OIL, MALTODEXTRIN, NATURAL FLAVORS, SALT), CHEDDAR POWDER (MILK, CHEESE CULTURES, SALT, ENZYMES, DISODIUM PHOSPHATE), NON-GMO BLACK TRUFFLE SALT, ORGANIC PORCINI POWDER, ORGANIC BLACK TRUFFLE OIL.

CONTAINS: MILK.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>7/8 cup (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 29g	
Includes 29g Added Sugars	<b>58%</b>
<b>Protein</b> 1g	<b>2%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Classic Caramel

BROWN SUGAR, NON-GMO AIR-POPPED POPCORN, BUTTER (CREAM, NATURAL FLAVOR), CORN SYRUP, SEA SALT, BAKING SODA, CORN OIL, SOY LECITHIN.

CONTAINS: MILK, SOY.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 cup (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat 8g</b>	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 150mg</b>	<b>7%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 15g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein 2g</b>	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Caramel & Cheddar Mix

CLASSIC CARAMEL POPCORN (BROWN SUGAR, NON-GMO AIR-POPPED POPCORN, BUTTER (CREAM, NATURAL FLAVOR), CORN SYRUP, SEA SALT, BAKING SODA, CORN OIL, SOY LECITHIN), CHEDDAR CHEESE POPCORN (NON-GMO AIR-POPPED POPCORN, CHEESE BASE (VEGETABLE OILS (SOYBEAN OIL, PALM OIL), DEHYDRATED CHEESE BLEND [CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CREAM, SALT, SODIUM PHOSPHATE, YELLOW 5, LACTIC ACID, YELLOW 6]. CONTAINS 2% OR LESS OF: SOY LECITHIN.), SEA SALT.)

CONTAINS: MILK, SOY, ARTIFICIAL COLOR

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 1/3 cups (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
	<b>% Daily Value*</b>
<b>Total Fat 15g</b>	<b>19%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 310mg</b>	<b>14%</b>
<b>Total Carbohydrate 10g</b>	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 3g</b>	<b>6%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Cheddar Cheese

NON-GMO AIR-POPPED POPCORN, CHEESE BASE (VEGETABLE OILS (SOYBEAN OIL, PALM OIL), DEHYDRATED CHEESE BLEND [CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CREAM, SALT, SODIUM PHOSPHATE, YELLOW 5, LACTIC ACID, YELLOW 6]. CONTAINS 2% OR LESS OF: SOY LECITHIN.), SEA SALT.

CONTAINS: MILK, SOY, ARTIFICIAL COLOR.



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 1/3 cups (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat 9g</b>	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol &lt; 5mg</b>	<b>1%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein 2g</b>	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Jalapeno White Cheddar

NON-GMO AIR-POPPED POPCORN, CHEESE COATING (PALM OIL, WHEY, BUTTERMILK, COCONUT OIL, MALTODEXTRIN, NATURAL FLAVORS, SALT), CHEDDAR POWDER (MILK, CHEESE CULTURES, SALT, ENZYMES, DISODIUM PHOSPHATE), NON-GMO JALAPENO POWDER, ORGANIC JALAPENOS.

CONTAINS: MILK.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 1/3 cups (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Vinegar & Sea Salt

NON-GMO AIR-POPPED POPCORN, CANOLA OIL, VINEGAR POWDER (MALTODEXTRIN, WHITE DISTILLED VINEGAR, MODIFIED FOOD STARCH), SEA SALT.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>5/8 cup (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat 8g</b>	<b>10%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 30g</b>	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 22g	
Includes 22g Added Sugars	<b>44%</b>
<b>Protein 2g</b>	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Fancy Nut Caramel

BROWN SUGAR, NON-GMO AIR-POPPED POPCORN, BUTTER (CREAM, NATURAL FLAVOR), CORN SYRUP, ALMONDS, CASHEWS, PECANS, SEA SALT, BAKING SODA, CORN OIL, SOY LECITHIN.

CONTAINS: MILK, SOY, TREE NUTS

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3/4 cup (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat 9g</b>	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 36g</b>	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 28g	
Includes 28g Added Sugars	<b>56%</b>
<b>Protein 2g</b>	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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## Tuxedo

BROWN SUGAR, NON-GMO AIR-POPPED POPCORN, BUTTER (CREAM, NATURAL FLAVOR), CORN SYRUP, DARK CHOCOLATE (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA PROCESSED WITH ALKALI, LACTOSE, PALM OIL, SOY LECITHIN, VANILLA), WHITE CHOCOLATE (SUGAR, PALM KERNEL OIL, NON-FAT MILK, WHOLE MILK, WHEY, PALM OIL, SOY LECITHIN, VANILLA), SEA SALT, BAKING SODA, CORN OIL, SOY LECITHIN.

CONTAINS: MILK, SOY.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3/4 cup (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat 9g</b>	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 39g</b>	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 28g	
Includes 28g Added Sugars	<b>56%</b>
<b>Protein 2g</b>	<b>4%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## S'mores

BROWN SUGAR, NON-GMO AIR-POPPED POPCORN, BUTTER (CREAM, NATURAL FLAVOR), CORN SYRUP, GRAHAM CRACKERS (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR), DARK CHOCOLATE (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA PROCESSED WITH ALKALI, LACTOSE, PALM OIL, SOY LECITHIN, VANILLA), MARSHMALLOWS (CORN SYRUP, SUGAR, MODIFIED FOOD STARCH, DEXTROSE, WATER, GELATIN, NATURAL AND ARTIFICIAL FLAVORS, TETRASODIUM PYROPHOSPHATE), SEA SALT, BAKING SODA, CORN OIL, SOY LECITHIN.

CONTAINS: MILK, SOY