

SLIMTONE



What's the calories in your favourite tittle?

Beer / Lager / Cider Please note, 1/2 pint = 284ml	Cals	Wine 175ml = 5fl oz Glass = Pub Measure	Cals.
Beer or Lager (284ml)/	90	Champagne	105
Carling Extra Cold (per pint)	189	Red Wine	95
Guinness/Mackeson (284ml)	91/115	Red/White or Prosecco small/large/bottle	90/180/540
Sweet Cider (284ml)	120	Rose Wine small/large/bottle	85/170/533
Strongbow and Dry Cider (284ml)	100	Bottles	Cals.
Stronger Best Bitters (284ml)/ Home Brew Beer (284ml)	225	Bulmers Pear Cider (568ml Bottle)	244
Shandy (284ml)	75	Bacardi Breezers Light orange or lemon	90
		Bacardi Breezer Citrus (275ml bottle)	193
Spirits and Something Special Per Pub Measure=25ml		Bacardi Breezer Orange (275ml bottle)	179
Archers peach Schnapps' (50ml)	122	Budweiser/Becks/ Foster Ice	110
Bailey's Irish Cream (50ml)	155	Cactus Jack Apple sour/Cherry per Shot	103
Bulmers Light 500ml (1 Can)	140	Reef or Red (330ml bottle)	275
Cointreau	85	San Miguel /Budweiser (275ml)	138
Coffee Floater with Brandy	200	Shotts Watermelon (275ml bottle)	160
Jagermeister & ½ can Red Bull	158	Smirnoff Ice, Red (335ml bottle)	230
Jack Daniels	78	Vodka Source (275ml bottle)	153
Malibu	50	WKD Blue (per bottle)	228
Martini / Southern Comfort	80	Mixers	Cals.
Mirage/Taboo	75	American Dry Ginger (4fl oz/113ml)	25
Port/Tia Maria	75	Bitter Lemon/Tonic (4fl oz/113ml)	35
Sherry	80	Dry Ginger (4fl oz/113ml)	15
Sheridan's (50ml)	115	Juices - Orange, Pineapple etc	70
Spirits e.g. Brandy, Gin, Rum, Vodka, Bacardi	50	J2O (275ML)	132
Sourz cherry & pineapple (25ml)	103	Lemonade/Coke (1/3 pint = 250ml)	60
Sambuca (per 25ml shot)	103	Lime, Orange, Blackcurrant cordial	30
Shots most brands 25ml	100	Soda	0