

Glanmore Foods Menu - Nutritional and Allergen Information 2025 - 2026																						
Sandwiches (with dairy spread)	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information												
	kcal per portion	kJ per portion	Total g per portion	which saturates g per	Total g per portion	which sugars g per	g per portion	g per portion	g per portion	Milk	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
Hi-Fibre Roll																						
Hi-Fibre soft roll with Ham (dairy spread)	202	850	3.8	1.0	30.4	1.8	9.5	1.1	4.2	X	X	X <sup>w</sup>	X	!		!	!			!	!	
Hi-Fibre soft roll with Cheddar cheese (dairy spread)	252	1059	9.4	4.9	29.3	1.5	10.5	0.7	4.2	X	X	X <sup>w</sup>	X	!		!	!			!	!	
Hi-Fibre soft roll with Chicken Breast (dairy spread)	222	936	3.8	0.9	29.8	1.6	15.0	0.7	4.2	X	X	X <sup>w</sup>	X	!		!	!			!	!	
Hi-Fibre soft roll with Turkey slice (dairy spread)	196	825	3.3	0.9	29.3	1.5	10.2	0.8	4.2	X	X	X <sup>w</sup>	X	!		!	!			!	!	
Hi-Fibre soft roll with Tuna mayo (dairy spread)	266	1115	11.2	1.3	29.4	1.6	9.6	0.9	4.2	X	X	X <sup>w</sup>	X	X		X	!			!	X	
Hi-Fibre soft roll with Egg mayo (dairy spread)	227	956	7.4	1.5	29.8	1.9	7.9	0.6	4.2	X	X	X <sup>w</sup>	X	X		X	!			!	!	
Hi-Fibre soft roll with Corned Beef (dairy spread)	217	890	5.7	2.0	31.4	1.6	7.9	0.9	4.2	X	X	X <sup>w</sup>	X	!		!	!			!	!	
Hi-Fibre soft Roll with chicken mayo & stuffing (dairy spread)	331	1389	13.7	1.8	35.9	2.2	13.9	1.0	4.6	X	X	X <sup>w</sup>	X	X		X	!			!	!	
Hi-Fibre soft Roll with no filling (dairy spread)	174	733	3.0	0.7	29.3	1.5	5.4	0.4	4.2	X	X	X <sup>w</sup>	X	!		!	!			!	!	
100% Wholemeal Bread																						
100% wholemeal with Ham (dairy spread)	226	949	4.4	1.1	36.8	2.1	12.0	1.7	5.2	X	X	X <sup>w</sup>	X	!		!	!				!	
100% wholemeal with Cheddar cheese (dairy spread)	276	1159	9.9	4.9	35.8	1.8	13.0	1.3	5.2	X	X	X <sup>w</sup>	X	!		!	!				!	
100% wholemeal with Chicken Breast (dairy spread)	246	1035	4.3	1.0	36.2	1.9	17.4	1.2	5.2	X	X	X <sup>w</sup>	X	!		!	!				!	
100% wholemeal with Turkey slice (dairy spread)	219	924	3.9	0.9	35.8	1.8	12.6	1.4	5.2	X	X	X <sup>w</sup>	X	!		!	!				!	
100% wholemeal Tuna mayo (dairy spread)	290	1214	11.7	1.4	35.9	1.9	12.1	1.5	5.2	X	X	X <sup>w</sup>	X	X		X	!				X	
100% wholemeal with Egg mayo (dairy spread)	283	1189	10.7	2.1	36.5	2.5	11.9	1.3	5.2	X	X	X <sup>w</sup>	X	X		X	!				!	
100% wholemeal with Corned Beef (dairy spread)	240	989	6.3	2.1	37.9	1.9	10.4	1.5	5.2	X	X	X <sup>w</sup>	X	!		!	!				!	
100% wholemeal with chicken mayo & stuffing (dairy spread)	367	1538	14.4	1.9	42.5	2.6	18.7	1.7	5.7	X	X	X <sup>w</sup>	X	X		X	!				!	
100% wholemeal with no filling (dairy spread)	198	833	3.5	0.8	35.8	1.8	7.9	1.0	5.2	X	X	X <sup>w</sup>	X	!		!	!				!	
Healthy Choice Pan																						
Healthy choice with Ham (dairy spread)	237	1000	4.7	1.3	36.0	2.5	11.4	1.7	2.4	X	X	X <sup>w</sup>	X	!		!	!				!	
Healthy choice with Cheddar cheese (dairy spread)	287	1209	10.3	5.1	35.0	2.2	12.5	1.3	2.4	X	X	X <sup>w</sup>	X	!		!	!				!	
Healthy choice with Chicken Breast (dairy spread)	245	1035	4.5	1.1	35.3	2.3	14.5	1.2	2.4	X	X	X <sup>w</sup>	X	!		!	!				!	
Healthy choice with Turkey slice (dairy spread)	231	975	4.2	1.1	35.0	2.2	12.1	1.4	2.4	X	X	X <sup>w</sup>	X	!		!	!				!	
Healthy choice with Tuna mayo (dairy spread)	301	1264	12.1	1.5	35.1	2.3	11.5	1.5	2.4	X	X	X <sup>w</sup>	X	X		X	!				X	
Healthy choice with Egg mayo (dairy spread)	295	1239	11.0	2.2	35.7	2.9	11.3	1.3	2.4	X	X	X <sup>w</sup>	X	X		X	!				!	
Healthy choice with Corned Beef (dairy spread)	252	1039	6.6	2.3	37.1	2.3	9.9	1.5	2.4	X	X	X <sup>w</sup>	X	!		!	!				!	
Healthy choice with Chicken Mayo & Stuffing (dairy spread)	378	1589	14.8	2.0	41.7	3.0	18.2	1.7	2.9	X	X	X <sup>w</sup>	X	X		X	!				!	
Healthy choice with no filling (dairy spread)	209	883	3.9	0.9	35.0	2.2	7.4	1.0	2.4	X	X	X <sup>w</sup>	X	!		!	!				!	
Demi baguette White																						
Demi-baguette with Ham (dairy spread)	286	1210	4.0	1.1	50.6	4.0	10.9	1.6	1.9	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette Cheddar cheese (dairy spread)	336	1419	9.6	4.9	49.5	3.7	12.0	1.2	1.9	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette with Chicken breast(dairy spread)	294	1245	3.8	0.9	49.9	3.8	14.0	1.1	2.0	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette with Turkey slice(dairy spread)	279	1185	3.5	0.9	49.5	3.7	11.6	1.3	1.9	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette with Tuna & mayo (dairy spread)	350	1475	11.4	1.4	49.7	3.8	11.0	1.4	1.9	X	X	X <sup>w</sup>	!	X		X	!	!			X	
Demi-baguette with Egg Mayo (dairy spread)	343	1449	10.4	2.1	50.3	4.4	10.8	1.2	2.0	X	X	X <sup>w</sup>	!	X		X	!	!			!	
Demi-baguette with Corned beef (dairy spread)	300	1250	6.0	2.1	51.7	3.8	9.4	1.4	1.9	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette with Chicken Mayo & Stuffing (dairy spread)	230	1799	14.1	1.9	56.3	4.5	17.7	1.6	2.4	X	X	X <sup>w</sup>	!	X		X	!	!			!	
Demi-baguette with no filling (dairy spread)	258	1093	3.2	0.8	49.5	3.7	6.9	0.9	1.9	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi baguette Brown																						
Demi-baguette with Ham (dairy spread)	243	1025	4.4	1.2	37.9	2.8	11.1	1.8	3.8	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette Cheddar cheese (dairy spread)	293	1235	9.9	5.0	36.8	2.5	12.1	1.4	3.8	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette with Chicken breast (dairy spread)	251	1060	4.1	1.0	37.2	2.6	14.2	1.2	3.9	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette with Turkey slice(dairy spread)	237	1000	3.9	1.0	36.8	2.5	11.8	1.4	3.9	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette with Tuna & mayo (dairy spread)	308	1290	11.7	1.5	37.0	2.6	11.2	1.6	3.9	X	X	X <sup>w</sup>	!	X		X	!	!			X	
Demi-baguette with Egg Mayo (dairy spread)	301	1265	10.7	2.1	37.6	3.2	11.0	1.3	3.9	X	X	X <sup>w</sup>	!	X		X	!	!			!	
Demi-baguette with Corned beef (dairy spread)	258	1065	6.3	2.2	39.0	2.6	9.5	1.6	3.8	X	X	X <sup>w</sup>	!	!		!	!	!			!	
Demi-baguette with Chicken Mayo & Stuffing (dairy spread)	385	1614	14.4	1.9	43.5	3.3	17.8	1.8	4.3	X	X	X <sup>w</sup>	X	X		X	!	!			!	
Demi-baguette with no filling (dairy spread)	215	909	3.5	0.8	36.8	2.5	7.0	1.0	3.8	X	X	X <sup>w</sup>	!	!		!	!	!			!	

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Sandwiches (with dairy spread)	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information											
	kcal per portion	kJ per portion	Total g per portion	which saturates g per	Total g per portion	which sugars g per	g per portion	g per portion	g per portion	Milk	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)
Farmhouse Brown																					
Farmhouse Brown with Ham (dairy spread)	269	1129	9.4	1.5	34.1	3.5	10.6	1.9	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Cheddar cheese (dairy spread)	320	1339	15.0	5.4	33.0	3.1	11.6	1.5	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Chicken Breast (dairy spread)	278	1164	9.2	1.4	33.4	3.2	13.6	1.4	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Turkey slice (dairy spread)	263	1104	8.9	1.4	33.0	3.1	11.2	1.6	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Tuna mayo (dairy spread)	334	1394	16.8	1.8	33.2	3.2	10.7	1.7	3.9	X	X	X <sup>wo</sup>	!	X		X	!				X
Farmhouse Brown with Egg Mayo (dairy spread)	295	1235	13.1	2.0	33.5	3.5	9.0	1.4	3.9	X	X	X <sup>wo</sup>	!	X		X	!				!
Farmhouse Brown with Corned Beef (dairy spread)	284	1169	11.4	2.5	35.2	3.2	9.0	1.7	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Chicken Mayo & Stuffing (dairy spread)	399	1668	19.3	2.2	39.6	3.9	14.9	1.8	4.4	X	X	X <sup>wo</sup>	X	X		X	!				!
Farmhouse Brown with no filling (dairy spread)	242	1013	8.6	1.2	33.0	3.1	6.5	1.2	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Gluten Free Bread (B Free)																					
Gluten free bread with Ham (dairy spread)	141	592	5.9	1.2	15.5	1.5	5.4	1.1	2.6	X	!	!	!	!		!	!				!
Gluten free bread with Cheddar cheese (dairy spread)	192	802	11.5	5.0	14.4	1.2	6.5	0.7	2.6	X				!		!	!				!
Gluten free bread with Chicken Breast (dairy spread)	150	627	5.7	1.0	14.8	1.3	8.5	0.6	2.7	X				!		!	!				!
Gluten free bread with Turkey slice (dairy spread)	135	567	5.4	1.0	14.4	1.2	6.1	0.8	2.7	X				!		!	!				!
Gluten free bread with Tuna & Mayo (dairy spread)	175	730	10.5	1.3	14.5	1.3	4.1	0.8	2.6	X				X		X	!				X
Gluten free bread with Egg Mayo (dairy spread)	167	698	9.5	1.7	14.9	1.6	3.8	0.6	2.7	X				X		X	!				!
Gluten free bread with Corned Beef (dairy spread)	156	632	7.8	2.2	16.6	1.3	3.9	0.9	2.6	X				!		!	!				!
Gluten free bread with no filling (dairy spread)	114	476	5.1	0.9	14.4	1.2	1.4	0.4	2.6	X				!		!	!				!
Alternative item - Salad Sandwich																					
Healthy choice with cheese, lettuce & peppers (dairy spread)	297	1249	10.4	5.1	36.8	3.9	12.8	1.3	2.9	X	X	X <sup>w</sup>	X	!		!	!				!
Healthy choice with ham, lettuce & peppers (dairy spread)	246	1040	4.8	1.3	37.8	4.2	11.8	1.7	2.9	X	X	X <sup>w</sup>	X	!		!	!				!
Healthy choice with chicken, lettuce & peppers (dairy spread)	267	1126	4.8	1.2	37.2	4.0	17.2	1.2	2.9	X	X	X <sup>w</sup>	X	!		!	!				!
Alternative item - Bap																					
Soft Bap White Tuna and Sweetcorn (dairy spread)	307	1286	15.4	2.3	32.4	3.0	10.2	1.7	2.0	X	X	X <sup>w</sup>	X	X		X	!				X
Soft Bap White Ham and cheese (dairy spread)	271	1140	12.2	5.9	27.2	2.7	14.1	1.9	1.5	X	X	X <sup>w</sup>	X	!		!	!				!
Soft Bap White Curried Chicken (dairy spread)	298	1250	13.6	2.2	29.8	5.1	14.7	1.4	1.6	X	X	X <sup>w</sup>	X	X		X	!				!
Soft Bap Brown Tuna and Sweetcorn (dairy spread)	367	1538	15.8	2.5	42.0	3.3	12.7	2.0	2.8	X	X	X <sup>w</sup>	X	X		X	!				X
Soft Bap Brown Ham and cheese (dairy spread)	331	1392	12.5	6.1	36.9	3.0	16.6	2.2	2.3	X	X	X <sup>w</sup>	X	!		!	!				!
Soft Bap Brown Curried Chicken (dairy spread)	358	1502	14.0	2.4	39.5	5.4	17.2	1.7	2.4	X	X	X <sup>w</sup>	X	X		X	!				!
Alternative item - Baguette																					
Cajun Chicken and Mayo White Baguette (dairy spread)	378	1592	11.9	1.6	50.2	3.9	16.6	1.3	2.0	X	X	X <sup>w</sup>	!	X		X	!				!
Cajun Chicken and Mayo Brown Baguette (dairy spread)	335	1407	12.2	1.6	37.4	2.7	16.8	1.5	3.9	X	X	X <sup>w</sup>	!	X		X	!				!
Alternative item																					
Crackers & Cheese	91	381	3.4	2.0	10.7	1.2	4.1	0.4	0.5	X	X	X <sup>w</sup>						!			
Vegetable Salad Pot	27	114	0.3	0.0	5.3	3.6	0.8	0.1	1.2						!						
Falafel Sweet Chilli Salad Pot	80	337	1.2	0.1	16.7	12.0	1.2	0.7	0.7		X	X <sup>wB</sup>			!		!				

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Sandwiches (No Dairy Spread)		Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen Information												
		kcal per portion	kJ per portion	Total g per portion	which saturates g per	Total g per portion	which sugars g per	g per portion	g per portion	g per portion	Milk	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
Hi-Fibre Roll																							
Hi-Fibre soft roll with Ham (no dairy spread)		179	758	1.3	0.4	30.4	1.8	9.5	1.0	4.2	X	X	X <sup>W</sup>	X	!		!	!			!	!	
Hi-Fibre soft roll with Cheddar cheese (no dairy spread)		229	967	6.9	4.3	29.3	1.5	10.5	0.6	4.2	X	X	X <sup>W</sup>	X	!		!	!			!	!	
Hi-Fibre soft roll with Chicken Breast (no dairy spread)		159	671	4.7	0.6	34.2	2.4	7.3	0.5	4.2	X	X	X <sup>W</sup>	X	!		!	!			!	!	
Hi-Fibre soft roll with Turkey slice (no dairy spread)		173	733	0.8	0.3	29.3	1.5	10.2	0.7	4.2	X	X	X <sup>W</sup>	X	!		!	!			!	!	
Hi-Fibre soft roll with Tuna mayo (no dairy spread)		244	1022	8.7	0.7	29.4	1.6	9.6	0.8	4.2	X	X	X <sup>W</sup>	X	X		X	!			!	X	
Hi-Fibre soft roll with Egg mayo (no dairy spread)		205	863	4.9	0.9	29.8	1.9	7.9	0.5	4.2	X	X	X <sup>W</sup>	X	X		X	!			!	!	
Hi-Fibre soft roll with Corned beef (no dairy spread)		194	797	3.2	1.4	31.4	1.6	7.9	0.8	4.2	X	X	X <sup>W</sup>	X	!		!	!			!	!	
Hi-Fibre soft Roll with chicken mayo & stuffing (no dairy spread)		309	1296	11.2	1.2	35.9	2.2	13.9	1.0	4.6	X	X	X <sup>W</sup>	X	X		X	!			!	!	
Hi fibre soft roll with no filling (no dairy spread)		151	641	0.5	0.1	29.3	1.5	5.4	0.3	4.2	X	X	X <sup>W</sup>	X	!		!	!			!	!	
100% Wholemeal Bread																							
100% wholemeal with Ham (no dairy spread)		203	857	1.9	0.5	36.8	2.1	12.0	1.6	5.2	!	X	X <sup>W</sup>	X	!		!	!				!	
100% wholemeal with Cheddar cheese (no dairy spread)		253	1066	7.4	4.3	35.8	1.8	13.0	1.2	5.2	X	X	X <sup>W</sup>	X	!		!	!				!	
100% wholemeal with Chicken Breast (no dairy spread)		223	942	1.8	0.3	36.2	1.9	17.4	1.2	5.2	!	X	X <sup>W</sup>	X	!		!	!				!	
100% wholemeal with Turkey slice (no dairy spread)		197	832	1.4	0.3	35.8	1.8	12.6	1.3	5.2	!	X	X <sup>W</sup>	X	!		!	!				!	
100% wholemeal with Tuna mayo (no dairy spread)		268	1122	9.2	0.8	35.9	1.9	12.1	1.4	5.2	!	X	X <sup>W</sup>	X	X		X	!				X	
100% wholemeal with Egg mayo (no dairy spread)		261	1096	8.2	1.5	36.5	2.5	11.9	1.2	5.2	!	X	X <sup>W</sup>	X	X		X	!				!	
100% wholemeal with Corned Beef (no dairy spread)		218	896	3.8	1.5	37.9	1.9	10.4	1.4	5.2	!	X	X <sup>W</sup>	X	!		!	!				!	
100% wholemeal with chicken mayo & stuffing (no dairy spread)		345	1446	11.9	1.3	42.5	2.6	18.7	1.6	5.7	!	X	X <sup>W</sup>	X	X		X	!				!	
100% wholemeal with no filling (no dairy spread)		175	740	1.0	0.2	35.8	1.8	7.9	0.9	5.2	!	X	X <sup>W</sup>	X	!		!	!				!	
Healthy Choice Pan																							
Healthy choice with Ham (no dairy spread)		214	907	2.2	0.7	36.0	2.5	11.4	1.6	2.4	!	X	X <sup>W</sup>	X	!		!	!				!	
Healthy choice with Cheddar cheese (no dairy spread)		264	1116	7.8	4.5	35.0	2.2	12.5	1.2	2.4	X	X	X <sup>W</sup>	X	!		!	!				!	
Healthy choice with Chicken Breast (no dairy spread)		222	942	2.0	0.5	35.3	2.3	14.5	1.1	2.4	!	X	X <sup>W</sup>	X	!		!	!				!	
Healthy choice with Turkey slice (no dairy spread)		208	882	1.7	0.5	35.0	2.2	12.1	1.3	2.4	!	X	X <sup>W</sup>	X	!		!	!				!	
Healthy choice with Tuna mayo (no dairy spread)		279	1172	9.6	0.9	35.1	2.3	11.5	1.4	2.4	!	X	X <sup>W</sup>	X	X		X	!				X	
Healthy choice with Egg mayo (no dairy spread)		272	1146	8.5	1.6	35.7	2.9	11.3	1.2	2.4	!	X	X <sup>W</sup>	X	X		X	!				!	
Healthy choice with Corned beef (no dairy spread)		229	947	4.1	1.7	37.1	2.3	9.9	1.4	2.4	!	X	X <sup>W</sup>	X	!		!	!				!	
Healthy choice with chicken mayo & stuffing (no dairy spread)		356	1496	12.3	1.4	41.7	3.0	18.2	1.6	2.9	!	X	X <sup>W</sup>	X	X		X	!				!	
Healthy choice with no filling (no dairy spread)		186	790	1.4	0.3	35.0	2.2	7.4	0.9	2.4	!	X	X <sup>W</sup>	X	!		!	!				!	
Demi baguette White																							
Demi-baguette with Ham (no dairy spread)		263	1118	1.5	0.5	50.6	4.0	10.9	1.5	1.9	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Cheddar cheese (no dairy spread)		313	1327	7.1	4.3	49.5	3.7	12.0	1.1	1.9	X	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Chicken breast (no dairy spread)		271	1153	1.3	0.3	49.9	3.8	14.0	1.0	2.0	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Turkey slice (no dairy spread)		257	1093	1.0	0.3	49.5	3.7	11.6	1.2	1.9	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Tuna & mayo (no dairy spread)		328	1382	8.9	0.8	49.7	3.8	11.0	1.3	1.9	!	X	X <sup>W</sup>	!	X		X	!	!			X	
Demi-baguette with Egg mayo (no dairy spread)		321	1357	7.9	1.5	50.3	4.4	10.8	1.1	2.0	!	X	X <sup>W</sup>	!	X		X	!	!			!	
Demi-baguette with Corned beef (no dairy spread)		278	1157	3.5	1.5	51.7	3.8	9.4	1.4	1.9	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Chicken Mayo & Stuffing (no dairy spread)		405	1707	11.6	1.3	56.3	4.5	17.7	1.5	2.4	!	X	X <sup>W</sup>	X	X		X	!	!			!	
Demi-baguette with no filling (no dairy spread)		235	1001	0.7	0.2	49.5	3.7	6.9	0.8	1.9	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi baguette Brown																							
Demi-baguette with Ham (no dairy spread)		221	933	1.9	0.6	37.9	2.8	11.1	1.7	3.8	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Cheddar cheese (no dairy spread)		271	1142	7.4	4.4	36.8	2.5	12.1	1.3	3.8	X	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Chicken breast (no dairy spread)		229	968	1.6	0.4	37.2	2.6	14.2	1.2	3.9	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Turkey slice (no dairy spread)		215	908	1.4	0.4	36.8	2.5	11.8	1.4	3.9	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Tuna & mayo (no dairy spread)		285	1198	9.2	0.9	37.0	2.6	11.2	1.5	3.9	!	X	X <sup>W</sup>	!	X		X	!	!			X	
Demi-baguette with Egg mayo (no dairy spread)		278	1172	8.2	1.5	37.6	3.2	11.0	1.3	3.9	!	X	X <sup>W</sup>	!	X		X	!	!			!	
Demi-baguette with Corned beef (no dairy spread)		258	1065	6.3	2.2	39.0	2.6	9.5	1.6	3.8	!	X	X <sup>W</sup>	!	!		!	!	!			!	
Demi-baguette with Chicken Mayo & Stuffing (no dairy spread)		362	1522	11.9	1.3	43.5	3.3	17.8	1.7	4.3	!	X	X <sup>W</sup>	X	X		X	!	!	!		!	
Demi-baguette with no filling (no dairy spread)		193	816	1.0	0.2	36.8	2.5	7.0	1.0	3.8	!	X	X <sup>W</sup>	!	!		!	!	!			!	

**GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2025 - 2026**

SANDWICHES (NO dairy spread)	Allergen information																				
	Energy		Fat		Carbohydrate		Protein	Salt	Fibre												
	kcal per portion	kJ per portion	Total g per portion	which saturates g per	Total g per portion	which sugars g per	g per portion	g per portion	g per portion	Milk	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)
<b>Farmhouse Brown</b>																					
Farmhouse Brown with Ham (no dairy spread)	247	1037	6.9	0.9	34.1	3.5	10.6	1.8	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Cheddar Cheese (no dairy spread)	297	1246	12.5	4.8	33.0	3.1	11.6	1.4	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Chicken Breast (no dairy spread)	255	1072	6.7	0.8	33.4	3.2	13.6	1.3	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Turkey slice (no dairy spread)	241	1012	6.4	0.8	33.0	3.1	11.2	1.5	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Tuna mayo (no dairy spread)	311	1302	14.3	1.2	33.2	3.2	10.7	1.6	3.9	X	X	X <sup>wo</sup>	!	X		X	!				X
Farmhouse Brown with Egg Mayo (no dairy spread)	273	1143	10.6	1.4	33.5	3.5	9.0	1.3	3.9	X	X	X <sup>wo</sup>	!	X		X	!				!
Farmhouse Brown with Corned Beef (no dairy spread)	262	1076	8.9	1.9	35.2	3.2	9.0	1.7	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
Farmhouse Brown with Chicken Mayo & Stuffing (no dairy spread)	377	1575	16.8	1.6	39.6	3.9	14.9	1.8	4.4	X	X	X <sup>wo</sup>	X	X		X	!				!
Farmhouse Brown with no filling (no dairy spread)	219	920	6.1	0.6	33.0	3.1	6.5	1.1	3.9	X	X	X <sup>wo</sup>	!	!		!	!				!
<b>Gluten Free Bread (B Free)</b>																					
Gluten free bread with Ham (no dairy spread)	119	500	3.4	0.6	15.5	1.5	5.4	1.1	2.6	!	!	!	!	!		!	!				!
Gluten free bread with Cheddar cheese (no dairy spread)	169	709	9.0	4.4	14.4	1.2	6.5	0.7	2.6	X			!	!		!	!				!
Gluten free bread with Chicken Breast (no dairy spread)	127	535	3.2	0.4	14.8	1.3	8.5	0.5	2.7	!			!	!		!	!				!
Gluten free bread with Turkey slice (no dairy spread)	113	475	2.9	0.4	14.4	1.2	6.1	0.7	2.7	!			!	!		!	!				!
Gluten free bread with Tuna & Mayo (no dairy spread)	153	637	8.0	0.7	14.5	1.3	4.1	0.7	2.6	!			!	X		X	!				X
Gluten free bread with Egg Mayo (no dairy spread)	145	606	7.0	1.1	14.9	1.6	3.8	0.5	2.7	!			!	X		X	!				!
Gluten free bread with no filling (no dairy spread)	91	383	2.6	0.3	14.4	1.2	1.4	0.3	2.6	!			!	!		!	!				!
Gluten free bread with corned beef (no dairy spread)	134	539	5.3	1.6	16.6	1.3	3.9	0.9	2.6	!			!	!		!	!				!
<b>Alternative item - Salad Sandwich</b>																					
Healthy choice with cheese, lettuce & peppers (no dairy spread)	274	1157	7.9	4.5	36.8	3.9	12.8	1.2	2.9	X	X	X <sup>w</sup>	X	!		!	!				!
Healthy choice with ham, lettuce & peppers (no dairy spread)	224	948	2.3	0.7	37.8	4.2	11.8	1.6	2.9	!	X	X <sup>w</sup>	X	!		!	!				!
Healthy choice with chicken, lettuce & peppers (no dairy spread)	244	1033	2.3	0.6	37.2	4.0	17.2	1.2	2.9	!	X	X <sup>w</sup>	X	!		!	!				!
<b>Alternative item - Bap</b>																					
Soft Bap White Tuna and Sweetcorn (no dairy spread)	285	1193	12.9	1.7	32.4	3.0	10.2	1.6	2.0	X	X	X <sup>w</sup>	X	X		X	!				X
Soft Bap White with Ham and cheese (no dairy spread)	249	1048	9.7	5.3	27.2	2.7	14.1	1.8	1.5	X	X	X <sup>w</sup>	X	!		!					!
Soft Bap White Curried Chicken (no dairy spread)	276	1157	11.1	1.6	29.8	5.1	14.7	1.3	1.6	X	X	X <sup>w</sup>	X	X		X	!				!
Soft Bap Brown Tuna and Sweetcorn (no dairy spread)	345	1445	13.3	1.9	42.0	3.3	12.7	1.9	2.8	X	X	X <sup>w</sup>	X	X		X	!				X
Soft Bap Brown with Ham and cheese (no dairy spread)	309	1300	10.0	5.5	36.9	3.0	16.6	2.1	2.3	X	X	X <sup>w</sup>	X	!		!					!
Soft Bap Brown Curried Chicken (no dairy spread)	336	1409	11.5	1.8	39.5	5.4	17.2	1.6	2.4	X	X	X <sup>w</sup>	X	X		X	!				!
<b>Alternative item - Baguette</b>																					
Cajun Chicken & Mayo White Baguette (no dairy spread)	355	1499	9.4	1.0	50.2	3.9	16.6	1.2	2.0	!	X	X <sup>w</sup>	!	X		X	!	!			!
Cajun Chicken & Mayo Brown Baguette (no dairy spread)	313	1315	9.7	1.0	37.4	2.7	16.8	1.4	3.9	!	X	X <sup>w</sup>	!	X		X	!	!			!
<b>Alternative item - Pasta</b>																					
Plain Pasta	115	487	0.5	0.1	23.4	1.0	3.8	0.0	1.1		X	X <sup>w</sup>	!		!	!					
Pasta Bolognaise	132	560	1.1	0.1	25.6	3.7	4.3	0.3	1.8		X	X <sup>w</sup>	!		X	!					

# GLANMORE FOODS MENU - NUTRITIONAL AND ALLERGEN INFORMATION 2025 - 2026

SNACKS	Energy		Fat		Carbohydrate		Protein	Salt	Fibre	Allergen information													
	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total g per portion	of which sugars g per portion	g per portion	g per portion	g per portion	Milk	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)		
<b>FULL MENU SNACKS-Hot Menu</b>																							
Petit filous	40	167	1.1	0.8	4.5	4.2	2.5	0.1	0.0	X													
Brown Pancake	92	355	2.2	0.3	15.7	5.5	2.7	0.5	1.1	X	X	X <sup>W</sup>		X									
Cheese Dip	26	109	1.2	0.8	1.1	1.1	2.6	0.3	0.0	X													
Soft Cheese	26	108	1.2	0.8	1.1	1.1	2.6	0.3	0.0	X													
Edam Cheese Piece	63	263	4.8	3.2	0.0	0.0	5.1	0.4	0.0	X													
Sliced Apple	33	133	0.1	0.0	7.8	7.8	0.3	0.01	1.1														
Apple & Carrot	28	114	0.1	0.0	6.3	6.2	0.4	0.03	1.4						!								
Apple & Blueberries	29	119	0.1	0.0	7.1	6.6	0.3	0.00	1.0														
Melon Pot	14	60	0.1	0.0	4.5	4.0	0.3	0.01	0.3														
Melon & Pineapple	17	71	0.1	0.0	4.7	4.4	0.3	0.01	0.4														
Seasonal Fruit Pot	28	115	0.1	0.0	5.5	5.5	0.3	0.00	0.7														
Popcorn	41	173	2.2	0.2	4.4	0.0	0.8	0.0	0.6														
Oatie Crunch	118	495	5.4	1.6	16.4	6.4	1.7	0.1	1.5	!	X	X <sup>WO</sup>	!	!		!	!			X		!	
Bread Sticks	60	251	1.0	0.1	10.2	0.3	2.0	0.3	1.3		X	X <sup>W</sup>	!			!	!						
Yogurt Rice cake	84	353	4.2	2.3	11	5.3	1.1	0.04	<0.5	X			X				X	!					
Plain Rice Cake	26	110	0.5	0.1	5.2	0.5	0.6	0.01	0.5	!			!				X						
Jacobs Crackers	65	273	2.2	1.2	9.6	0.2	1.4	0.2	0.5		X	X <sup>W</sup>						!					
Yogurt Tube	33	137	1.0	0.7	4.1	3.7	1.4	0.1	0.0	X													
Brown Plain Scone with dairy spread	234	983	7.4	2.4	38.5	8.5	5.1	0.8	3.9	X	X	X <sup>W</sup>	!	!		!	!	!		!	!		!
Brown Fruit Scone with dairy spread	234	983	6.6	2.1	37.1	10.0	4.8	0.7	4.1	X	X	X <sup>W</sup>	!	!		!	!	!		!	!		!

Fruit	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total g per portion	of which sugars g per portion	Protein g per portion	Salt g per portion	Fibre g per portion	Milk	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
Apple	33	133	0.1	0.0	7.8	7.8	0.3	0.0	1.1													
Satsuma	22	93	0.06		5.1	5.1	0.54	0.0	0.78													
Banana	80	338	0.2		18.4	16.8	1.0	0.0	0.9													

Drinks	kcal per portion	kJ per portion	Total g per portion	of which saturates g per portion	Total g per portion	of which sugars g per portion	Protein g per portion	Salt g per portion	Fibre g per portion	Milk	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)	
Milk	121	505	6.6	4.2	8.9	8.9	6.4	0.2	0.0	X												
Water	0	0	0	0.0	0	0	0	0.0	0													

CONTAINS: X      MAY CONTAIN: !      FREE FROM:  

Please remember to check our labels / website regularly as ingredients can change. **This list is correct on date of issue.**

If you have any food allergy concerns please do not hesitate to contact Glanmore directly. A full list of ingredients is also available on our website

Please note that any products with "May contains nuts" are from supplier sites

Gluten Free Bread options: All listed gluten free bread products are made on site that also handles products containing gluten

Internal

\*For Gluten containing products see cereal reference: Wheat (W), Barley (B), Rye (R), Oats (O), Triticale (T)