

## GLANMORE FOODS MENU SNACKS (2024 / 2025) - NUTRITION AND ALLERGEN INFORMATION

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	Gluten*	Soya	Egg	Celery	Mustard	Sesame	Tree nuts	Peanuts	Sulphites	Fish	Crustaceans	Molluscs	Lupin	legume	suitable for Vegetarian		
Petit filous	40	170	1.1	0.8	4.7	4.4	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 <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	109	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	0.2	X																✓	
Sliced Apple	33	133	0.1	0.0	7.8	7.8	0.3	0.0	1.1																	✓	
Apple & Carrot	28	114	0.1	0.0	6.3	6.2	0.4	0.0	1.4					!					!							✓	
Apple & Blueberries	29	119	0.1	0.0	7.1	6.6	0.3	0.0	1.0																	✓	
Seasonal Fruit Pot	28	115	0.1	0.0	5.5	5.5	0.3	0.0	0.7																	✓	
Melon Pot	14	60	0.1	0.0	4.5	4.0	0.3	0.0	0.3																	✓	
Melon & Pineapple	17	71	0.1	0.0	4.7	4.4	0.3	0.0	0.4																	✓	
Popcorn	73	306	3.8	0.3	8.0	0.2	1.1	0.1	1.4																	✓	
Oatie Crunch	118	495	5.4	1.6	16.4	6.4	1.7	0.1	1.5	!	X <sup>WO</sup>	!	!	!	!	!			X	!						✓	
Bread Sticks	63	254	1.2	0.2	10.3	0.2	1.8	0.3	0.7		X <sup>W</sup>	!			!	!			X							✓	
Yogurt Rice cake	83	349	4.2	2.8	10.0	5.7	1.0	0.0	<0.5	X		X			X	!										✓	
Plain Rice cake	26	110	0.5	0.1	5.2	0.5	0.6	0.0	0.5	!		!			X											✓	
Jacobs Crackers	65	273	2.2	1.2	9.6	0.2	1.4	0.2	0.5		X <sup>W</sup>					!										✓	
Frube Yoghurt Tube	34	142	1.0	0.7	4.4	4.0	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 <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 <sup>W</sup>	!	!	!	!	!	!		!	!						✓	
<b>FRUIT</b>																											
Apple	33	133	0.1	0.0	7.8	7.8	0.3	0.0	1.1																	✓	
Satsuma	22	93	0.1	<0.1	5.1	5.1	0.5	0.0	0.8																	✓	
Banana	80	338	0.2	<0.1	18.4	16.8	1.0	0.0	0.9																	✓	
<b>DRINKS</b>																											
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	0.0	0.0	0.0																	✓	

CONTAINS: X

MAY CONTAIN: !

FREE FROM:  

### Allergen Information

X CONTAINS

! MAY CONTAIN TRACES OF

FREE FROM

Please remember to check our labels / website regularly as ingredients can change. This list is correct on the 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 in our website

Glanmore Foods is a Nut Free Production site. Please note that any products with "May contains nuts" are from supplier sites

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