

# 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	Energy	Fat	Carbohydrate	Protein	Salt	Fibre	Allergen information														
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	Energy	Fat	Carbohydrate	Protein	Salt	Fibre	Allergen information														
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											

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)