

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 ^W		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 ^{WO}	!	!	!	!	!			X	!						✓
Bread Sticks	63	254	1.2	0.2	10.3	0.2	1.8	0.3	0.7		X ^W	!			!	!			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 ^W					!										✓
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 ^W	!	!	!	!	!	!		!	!						✓
Brown Fruit Scone with dairy spread	234	983	6.6	2.1	37.1	10.0	4.8	0.7	4.1	X	X ^W	!	!	!	!	!	!		!	!						✓
FRUIT																										
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																	✓
DRINKS																										
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)