

# Loch Fyne A La Carte Menu - Spring 2021

## Allergen Information



We prepare our food in kitchens with products containing gluten and nuts as well as other allergens. The allergy data detailed in the table below has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this table is accurate. We CANNOT guarantee that any product is "100% FREE FROM" any allergen due to the risk of cross-contamination risk in production, supply and preparation. If you suffer from sensitive trace reactions for stated allergens, please be aware that we are unable to guarantee suitability for you.

Please make yourself known to our staff and inform them of your allergy every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchens to prevent cross contamination and if product substitutions are in place our staff can make you aware of these.

Please be aware that the information below is provided to us by our suppliers, however due to preparation methods within our kitchens, we are unable to guarantee vegan suitability of our deep-fried products. Our vegan and vegetarian dishes are created using ingredients which have been confirmed suitable by our suppliers, however due to the preparation methods in our kitchens we are unable to confirm the full suitability of these products. Please speak to the team for further information.

\*\* Tree Nuts indicates the presence of the following:- almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts and their respective derivatives

\* Gluten is a protein component of wheat, rye, barley, kamut, spelt & oats

### How to read our allergen information:-

**Yes** - Suitable for Vegan/ Vegetarian - This indicates that the information that has been supplied to us indicates that the product is suitable for Vegans/Vegetarian

**No** - Suitable for Vegan/ Vegetarian - This indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/ Vegetarian

**No** - Is not listed as an ingredient, but please note that absence in the final product cannot be guaranteed due to cross-contamination risks in production, supply and preparation

**No\*** - Indicates that whilst gluten is not a listed ingredient, due to the fryers being used for breaded products there is an increased cross-contamination risk

**Yes** - Indicates that the product CONTAINS that allergen and is a listed ingredient by the supplier

**Please bear in mind when ordering that some dishes have additional choices and therefore this may impact the total dish outcome.**

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Nibbles	Halloumi Fries with Chimichurri (v)	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Nibbles	Mini Sausage Rolls	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Nibbles	Chorizo, Parsley & White Wine	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Nibbles	Edamame Beans with ginger and chilli	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Nibbles	Padron Peppers with Smoked Sea Salt (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Nibbles	Nocellara Olives (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Nibbles	Basket of Bread with Balsamic Oil (v)	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Nibbles	Bread Refill (v)	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	My First Oyster	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	1 Oyster - Please select your topping choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Loch Fyne Vnegar		No	No	Yes (Barley)	No	No	No	No	No	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Wasabi cucumber		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Soy and Ginger sauce		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Herb Crumb		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	3 Oysters - Please select your topping choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Loch Fyne Vinegar		No	No	Yes (Barley)	No	No	No	No	No	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Wasabi cucumber		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Soy and Ginger sauce		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Herb Crumb		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	6 Oysters - Please select your topping choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Loch Fyne Vinegar		No	No	Yes (Barley)	No	No	No	No	No	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Wasabi cucumber		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Soy and Ginger sauce		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Herb Crumb		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	12 Oysters - Please select your topping choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Loch Fyne Vinegar		No	No	Yes (Barley)	No	No	No	No	No	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Wasabi cucumber		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Soy and Ginger sauce		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Herb Crumb		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Oysters	Oyster Platter	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Pan-Fried Chilli & Garlic King Prawns	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Loch Fyne Classic Smoked Salmon	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Loch Fyne Fish Soup	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	Yes	No	No	Yes	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Samphire & Sweet Potato Pakora (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Loch Fyne Smoked Haddock Fishcakes	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Sea Salt & Pepper Squid	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Loch Fyne Mussels	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Scottish King Scallops	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Asparagus & Poached Egg (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Warm Cured Mackerel	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Smoked Chicken & Mango Salad	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Artichoke, Rosemary and Lemon Risotto (v)	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Superfood Salad (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Bradan rost Tortelloni	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Starters	Duck Filo Parcels	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Loch Fyne Seafood Mixed Grill	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Battered Loin of Cod and Chips	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Battered Loin of Haddock and Chips	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	Yes

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Takeaway Cod & Chips	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Takeaway Haddock & Chips	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	10oz Ribeye Steak	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Shellfish Platter with Lobster and Crab	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Chargrilled 8oz Beef Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	King Prawn Linguine	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Loch Fyne Poached Scottish Smoked Haddock	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Loch Fyne Mussels	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Spinach Gnocchi (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Thai Green Curry	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	Yes	No	No	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Thai Vegan Curry (vg)	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Roasted Chicken Thighs	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Superfood Salad (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Seafood Risotto	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	No	No	No	Yes

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Artichoke, Rosemary & Lemon Risotto (v)	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Pan Fried Meagre	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Roasted Lamb Rump	Total Allergen Outcome	No	No	Yes (Barley)	No	No	Yes	No	No	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Fish Pie	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Whole Grilled Lobster - Please select your butter choice listed below	Total Allergen Outcome	No	No	No*	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Chilli and lime butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Mains	Bradan Rost Tortelloni	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Lobster Butter	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Salsa Verde	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Mayonnaise	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Tomato Ketchup	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Salted Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Roasted Chilli Oil	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Garlic Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Chimmichurri	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Smoked Paprika & sunblush tomato	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Oil and Balsamic	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Creme Anglaise	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Nduja Butter	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Chilli and Lime butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Tapenade	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sauces	Romesco	Total Allergen Outcome	No	Yes	Yes (Wheat)	Yes (Almonds)	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Buttered Spinach	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	French Fries (v)	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Twice Cooked Chips (v)	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Mashed Potatoes with Chives (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No



	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Mushy Peas	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Samphire with Lemon (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Sauteed New Potatoes	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Buttered New Potatoes (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Green Salad (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Pak choi, chilli, soy & ginger (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Okra, Tenderstem Broccoli, Sugar Snap Peas (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Bombay Potatoes (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Add Scallops	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Add Half Lobster	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Add Prawns	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Add Langoustines	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Add Avocado	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Sides	Add Italian Hard Cheese	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Luxury Ice Cream & Sorbet - Please select your flavour choice listed below																	
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Strawberry Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Mint Choc Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Chocolate Ice Cream		No	Yes	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Walnut Ice Cream		No	Yes	No	Yes (Walnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Amaretti Amaretto Ice Cream		No	Yes	No	Yes (Almonds)	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Raspberry Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Lemon Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Pear Sorbet		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Vegan Vanilla Ice Cream		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Vegan Ice Cream 3 Scoops	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Traditional Creme Brulee (v)	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Scottish Cheese Plate	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Popcorn Sundae (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Vanilla Panna Cotta	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Coconut Rice Pudding (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Chocolate Truffle Cake (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Blueberry Ripple Cheesecake (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Sticky Banana Pudding (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	Yes (Hazelnuts)	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2021 A La Carte Menu	Desserts	Passion Fruit and Lemon curd eton mess	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar - Please select your choice of fish, sides and sauces listed below																	
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Tuna Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Tuna Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Tuna Char- Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Whole Turbot Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Whole Turbot Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Whole Turbot Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Whole Seabass Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Whole Seabass Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Whole Seabass Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Meagre Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Meagre Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Meagre Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Line-Caught Hake Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Line-Caught Hake Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Line-Caught Hake Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Plaice Whole Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Plaice Whole Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Plaice Whole Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Loch Fyne Scottish Salmon Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Loch Fyne Scottish Salmon Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Loch Fyne Scottish Salmon Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Fish Bar Sauces & Sides																	
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Salsa Verde		No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Smoked Parika and Sundried Tomato Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Romesco Sauce		No	Yes	Yes (Wheat)	Yes (Almonds)	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Sundried tomato and olive tapenade		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Chilli and lime butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	French Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Twice Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Buttered Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Sauteed Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Samphire and Lemon		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	New Potatoes & Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Bombay Potato		Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Tenderstem, okra, sugar snaps		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Pak Choi, chilli soy, ginger and sesame		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Loch Fyne - Spring 2021 A La Carte Menu	Fishmongers	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes