

Loch Fyne Deliveroo Menu - Autumn 2020

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 - Autumn 20 Deliveroo	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 - Autumn 20 Deliveroo	Starters	Classic Smoked Salmon Plate	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - Autumn 20 Deliveroo	Starters	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 - Autumn 20 Deliveroo	Starters	Scottish Rope Grown Mussels Starter	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Starters	Superfood Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Seafood Grill	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Fish and Chips	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Prawn & chilli linguine	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Scottish Rope Grown Mussels	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Chargrilled Beef Burger, pancetta, swiss cheese and classic burger sauce	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Thai seafood curry	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	Yes	No	No	No	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Thai Vegan curry	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Seafood Risotto	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Mains	Artichoke, lemon and rosemary risotto	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	Yes	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 - Autumn 20 Deliveroo	Mains	Grilled Lobster - please select your choice of butter from below	Total Allergen Outcome	No	No	No*	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Loch Fyne - Autumn 20 Deliveroo	Mains	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Deliveroo	Mains	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Deliveroo	Mains	Chilli and lime butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Deliveroo	Mains	Spinach Gnocchi, chimmichurri, sunblush tomato, tenderstem broccoli & samphire	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Sides	French Fries	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Autumn 20 Deliveroo	Sides	Twice Cooked Chips	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Autumn 20 Deliveroo	Sides	New Potatoes and butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Deliveroo	Sides	Green Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Autumn 20 Deliveroo	Sides	Pak choi, red chilli, soy, ginger and sesame sauce	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Loch Fyne - Autumn 20 Deliveroo	Sides	Bombay potatoes	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Autumn 20 Deliveroo	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
Loch Fyne - Autumn 20 Deliveroo	Desserts	Chocolate truffle cake, orange confit, mascarpone	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No