

# Loch Fyne No Gluten Set 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 Set Menu No-gluten	Starters	Char Grilled Sardines, chilli oil, yoghurt	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Starters	Potted Scottish Peppered Mackerel	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Starters	Loch Fyne Smoked Haddock Remoulade, granary toast	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	Yes
Loch Fyne - Autumn 20 Set Menu No-gluten	Starters	Traditional Prawn Cocktail	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	Yes	No	No	Yes	No	Yes	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Starters	Trio of Smoked Fish with Honey & Mustard Potato Salad	Total Allergen Outcome	No	No	No	Yes (Cashews)	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	Yes
Loch Fyne - Autumn 20 Set Menu No-gluten	Starters	Baked Potato Soup	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Starters	Chicken , Coconut and Kaffir lime terrine, avo cream, edamame bean, cherry tomatoes	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Starters	Chorizo in parsley and red wine	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Autumn 20 Set Menu No-gluten	Starters	Warm winter salad, puy lentil, red pepper dressing	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Autumn 20 Set Menu No-gluten	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 Set Menu No-gluten	Starters	Brandade, sundried tomato and olive tapenade	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Grilled sardines with parsley & lemon	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Fiat Iron Steak	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Scottish Rope Grown Mussels	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	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 - Autumn 20 Set Menu No-gluten	Mains	Chargrilled Beef Burger, swiss cheese and classic burger sauce	Total Allergen Outcome	No	No	No	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Warm winter salad, puy lentil, red pepper dressing	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Grilled Dab, sauteed potatoes - please select your sauce or butter choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Salsa Verde		No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Smoked Parika and Sundried Tomato Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Sundried tomato and olive tapenade		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Mains	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	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 Set Menu No-gluten	Mains	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 Set Menu No-gluten	Sides	Buttered Spinach	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 - Autumn 20 Set Menu No-gluten	Sides	New Potatoes & Minted Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	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 Set Menu No-gluten	Sides	Pancetta	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Creme Brulee	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Luxury Ice Cream & Sorbet Mix - Please select your ice cream or sorbet flavour choice listed below	Total Allergen Outcome																
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Strawberry Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Mint Choc Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Choc Split Ice Cream		No	Yes	No	Yes (Hazlenuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Walnut Ice Cream		No	Yes	No	Yes (Walnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Amaretti Amaretto Ice Cream		No	Yes	No	Yes (Almonds)	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Raspberry Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Lemon Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	Desserts	Pear Sorbet		No	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 - Autumn 20 Set Menu No-gluten	Desserts	Popcorn Sundae	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	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 - Autumn 20 Set Menu No-gluten	Desserts	Panna Cotta, rhubarb, ginger crumble	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Autumn 20 Set Menu No-gluten	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