

# LOCH FYNE

NO GLUTEN À LA CARTE MENU

## OYSTER BAR

### LOCH FYNE® OYSTERS

single 2.95 ½ dozen 13.75 dozen 24.25

served natural with wasabi cucumber sauce *or*  
served warm with 'Nduja butter

## NIBBLES

Nocellara olives (Vg) 3.00

Padron peppers  
with smoked sea salt (Vg) 3.25

Chorizo, parsley & white wine\* 4.95

## STARTERS

### LOCH FYNE® CLASSIC SMOKED SALMON 8.25

capers, horseradish & chive cream,  
shallots, bread roll

### CHICKEN & MANGO SALAD 6.75

avocado, cucumber, red onion, chilli  
& coriander oil

### ASPARAGUS AND POACHED EGG (V) 7.75

watercress, lentil & brown butter  
vinaigrette

## FISHMONGERS

All of the fresh fish from  
the fishmongers can  
be pan-fried, grilled or  
steamed, and served with  
a butter or sauce and two  
sides of your choice.

HAKE FILLET 19.95

YELLOWFIN TUNA STEAK 22.50

LOCH FYNE®  
SALMON FILLET 19.50

WHOLE SEA BASS 19.50

WHOLE PLAICE 20.25

## BUTTERS

Lobster\* – 'Nduja – Smoked paprika & sun-dried tomato – Garlic – Chilli & lime

## SAUCES

Roasted chilli oil – Chimichurri – Salsa verde – Tapenade

## MAINS

### LOCH FYNE SEAFOOD MIXED GRILL\* 26.50

Scottish salmon, Palourde clams,  
Scottish king scallop, king prawn,  
squid, sea bass fillet, samphire,  
wilted spinach, lobster butter,  
sautéed new potatoes

### LOCH FYNE® POACHED SCOTTISH SMOKED HADDOCK 16.25

mashed potatoes, wholegrain  
mustard cream, garden peas,  
wilted spinach

### WHOLE GRILLED LOBSTER 35.95

French fries, with your choice of  
garlic butter, chilli & lime butter or  
'Nduja butter, a side of your choice

### SEAFOOD RISOTTO\* 16.75

Palourde clams, king prawns, squid,  
samphire, sun-dried tomato

### SLOW-COOKED PORK BELLY 13.50

burnt apple purée, black pudding  
mash

### DONALD RUSSELL CHARGRILLED 8oz BEEF BURGER 14.95

crispy pancetta, Gruyère cheese,  
tomato, burger sauce, bread roll,  
a side of your choice

### ARTICHOKE RISOTTO\* (V) 12.75

rosemary, lemon

### SUPERFOOD SALAD (Vg) 11.75

Tenderstem® broccoli, asparagus,  
pink grapefruit, avocado,  
pomegranate, soya beans, mixed  
seeds, rice

ADD TO ANY MAIN scallops 6.00 prawns 4.00

## SIDES

Buttered new potatoes (v) 3.95

Mashed potatoes with chives (v) 3.95

Okra, Tenderstem® broccoli, sugar  
snap peas (Vg) 3.95

Samphire with fresh lemon (Vg) 3.95

Green salad (Vg) 3.50

Full allergen information on the ingredients in the food we serve is available upon request – please speak to a member of the team.  
Dishes may vary from those shown due to seasonal availability of ingredients.

(V) suitable for vegetarians. (Vg) suitable for vegans. (\*) contains alcohol. (N) contains nuts. Fish, poultry and shellfish dishes may contain bones and/or shell. Please be aware that all our dishes are prepared in kitchens where nuts and gluten are present, as well as other allergens, therefore we cannot guarantee that any food item is completely 'free from' traces of allergens, due to the risk of cross contamination. Consuming raw or lightly cooked shellfish may increase your risk of food-borne illness. Our menu descriptions do not list all ingredients. Please ask your server before ordering if you are concerned about the presence of allergens in your food, alternatively full allergen information can be found at [www.lochfyneseafoodandgrill.co.uk](http://www.lochfyneseafoodandgrill.co.uk).