

# LOCH FYNE

## NON GLUTEN À LA CARTE MENU

### OYSTER BAR

#### LOCH FYNE® OYSTERS

single 3.00 ½ dozen 14.00 dozen 25.00

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

### NIBBLES

Nocellara olives (Vg) 3.25

Padron peppers  
with smoked sea salt (Vg) 3.50

Chorizo, parsley & white wine\* 4.95

### STARTERS

#### LOCH FYNE® CLASSIC SMOKED SALMON 9.25

capers, horseradish & chive cream,  
shallots

#### LOCH FYNE® GOLDEN SHELL HEBRIDEAN MUSSELS\* 7.95

white wine, cream, garlic & parsley

#### WARM WINTER SALAD 6.75

mixed seeds, avocado, cucumber,  
red onion, chilli & coriander oil

### FISHMONGERS

#### COD FILLET 20.25

#### YELLOWFIN TUNA STEAK 22.75

#### LOCH FYNE®

#### SALMON FILLET 19.75

#### WHOLE SEA BASS 19.75

#### WHOLE MEGRIM 20.75

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.

### 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\* 26.95

Scottish salmon, Scottish king  
scallop, golden shell Hebridean  
mussels, squid, sea bass fillet,  
samphire, wilted spinach, lobster  
butter, sautéed new potatoes

#### LOCH FYNE® POACHED SCOTTISH SMOKED HADDOCK 16.50

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

#### LOCH FYNE® GOLDEN SHELL HEBRIDEAN MUSSELS\* 16.25

white wine, cream, garlic & parsley

#### SEAFOOD RISOTTO\* 16.95

golden shell Hebridean mussels,  
king prawns, squid, samphire, sun-  
dried tomato

#### WHOLE GRILLED LOBSTER 35.95

baked field mushroom, chimichurri,

#### LOCH FYNE SHELLFISH PLATTER WITH WHOLE LOBSTER AND DRESSED CRAB 70.00

served on ice with Scottish  
langoustines, crevettes, Loch Fyne®  
oysters, mayonnaise

#### DONALD RUSSELL 28-DAY AGED 10oz RIB-EYE STEAK 27.50

baked field mushroom, chimichurri

#### DONALD RUSSELL CHARGRILLED 8oz BEEF BURGER 14.95

crispy pancetta, Gruyère cheese,  
tomato, burger sauce

#### ARTICHOKE RISOTTO\* (V) 12.95

rosemary, lemon

#### WARM WINTER SALAD (Vg) 11.95

puy lentils, roasted winter  
vegetables, roast red pepper  
dressing

ADD TO ANY MAIN 1/2 lobster 16.00 scallops 7.00 prawns 5.00

### SIDES

Buttered new potatoes (v) 3.95

Mashed potatoes with chives (v) 3.95

Roasted rainbow carrots (v) 3.95

Savoy cabbage, shallots, chestnuts  
(v) 3.95

Dauphinoise potatoes 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.lochfyne seafoodandgrill.co.uk](http://www.lochfyne seafoodandgrill.co.uk).