

Loch Fyne Specials Menu - Autumn Winter 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 - 2021 Autumn Winter Specials	Starters	Scallops with Chickpea and Nduja stew	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Smoked gressingham duck, grilled fig, goats cheese fondant, mulled syrup	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Beetroot & Ricotta tortelloni with goats cheese cream Starter and main	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Devonshire crab tortelloni, lemon oil	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Clams, Cockles & Chorizo on sourdough	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Squash ricotta tart, baby beetroot	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Cured Mackerel fillet, Red cabbage and apple with honey mustard and dill sauce	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Grilled Langoustine, romesco sauce	Total Allergen Outcome	No	No	Yes (Wheat)	Yes (Almonds)	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Mussels with Chorizo & Basil Starter	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	Yes (Cashews)	No	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Mussels with Thai Red Curry Starter	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Mussels with Korma	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	Yes (Almonds)	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Mussels with Bacon, Garlic & Thyme	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Mussels with Coconut & Lime	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Mussels with Sea Salt & Szechuan Peppercorn	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	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 - 2021 Autumn Winter Specials	Starters	Smoked Haddock Chowder, granary bread	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	Yes	No	No	Yes	No	Yes	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Char grilled squid, Chilli, garlic & lime dressing, bean sprouts	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Soft shell crab Pakora with Raita	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Smoked haddock scotch egg, celeriac remoulade	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	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 - 2021 Autumn Winter Specials	Starters	3 King Prawns Grilled, chimichurri, mayo	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Fritto Misto for Two	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	Yes	No	No	Yes	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Grilled King Scallops & King Prawns with Smoked Paprika & rosemary butter	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Lobster Bisque with Aioli & Gruyere	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Mussels with Provencal	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Mussels with Chilli & Coriander (starter)	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	Yes	No	No	Yes	Yes	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Grilled Scottish King Scallops with Haggis	Total Allergen Outcome	No	No	Yes (Oat)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Haggis, Neeps & Tatties	Total Allergen Outcome	No	No	Yes (Oat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Three Grilled Scallops & Haggis	Total Allergen Outcome	No	No	Yes (Oat)	No	No	No	No	No	No	No	Yes	Yes	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 - 2021 Autumn Winter Specials	Starters	Baked Goats Cheese Crottin (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Ham Hock & Sweet Cider Terrine	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Avocado & Pomegranate Salad	Total Allergen Outcome	Yes	Yes	Yes (Spelt)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Chicken, Coconut and Kaffir lime terrine, avo cream, edamame bean, cherry tomato and lemon oil	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Buffalo Mozzarella, heritage tomato salad, wild garlic pesto	Total Allergen Outcome	No	Yes	No	Yes (Cashews)	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Classic Smoked salmon, celeriac remoulade & salsa verde	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	Yes	No	Yes	Yes	No	No	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Crispy Battered Prawns, chilli jam, wasabi Mayo	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes
Loch Fyne - 2021 Autumn Winter Specials	Starters	Smoked Haddock and spinach tart	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Grilled Mackerel with Beetroot and apple tzatziki	Total Allergen Outcome	No	No	Yes (Barley)	No	No	Yes	No	No	Yes	No	Yes	No	Yes	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	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 - 2021 Autumn Winter Specials	Starters	Loch Fyne Ashet	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Brandade, sundried tomato and olive tapenade	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	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 - 2021 Autumn Winter Specials	Starters	Superfood Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	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 - 2021 Autumn Winter Specials	Starters	Monkfish scampi, garlic mayo	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Starters	Prawn Karaage with soy and ginger sauce	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	Yes	Yes
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Seafood Goan Curry	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Spiced Roasted Cauliflower & Squash Goan Curry	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Beetroot & Ricotta tortelloni with goats cheese cream Main	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Baked Spinach gnocchi, wild mushroom, blue cheese, leek and Jerusalem artichoke	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Cured Mackerel fillet, Red cabbage and apple with honey mustard and dill sauce	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Whole Lobster Thermidor	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	Yes	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Grilled Langoustine, romesco sauce	Total Allergen Outcome	No	No	Yes (Wheat)	Yes (Almonds)	No	No	Yes	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Devonshire crab tortelloni, lemon oil	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Autumn Specials Mains	Roast monkfish, Smoked Pancetta & Red wine lentils	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Hake fillet, cockles, salsa verde	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Pork belly and Queenie scallops, burnt apple puree	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Loch Fyne lightly smoked Salmon, Queenie Scallops, Horseradish Butter sauce, savoy cabbage	Total Allergen Outcome	No	No	No	No	No	Yes	No	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 - 2021 Autumn Winter Specials	Mains	Roast Monkfish, Carrot puree, brown shrimp and pea sauce, basil oil	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Fillet medallions, Smoked ham and wild mushroom casserole, pomme dauphinoise	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Red onion tatin, samphire, Parsnip puree	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Roast Sea trout, curried shetland mussels and samphire	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Pan fried Sea bass fillets, spinach gnocchi, crab cream	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Roast Porchetta, Braised red cabbage, winter squash & chestnuts and sage, red wine sauce	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Avocado & Pomegranate Salad	Total Allergen Outcome	Yes	Yes	Yes (Spelt)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Dressed Crab with potato and tarragon	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	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 - 2021 Autumn Winter Specials	Mains	Tuna Steak, noodles, edamame, cherry tomatoes, wakame, Soy ginger dressing	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Lemon Sole, Brown shrimp and samphire	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Roasted Seabass, greek salad	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Whitby Wholetail Breaded Scampi, garden peas, tartar sauce, twice cooked chips	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	King Prawn Malabar Curry	Total Allergen Outcome	No	No	Yes (Barley)	No	No	Yes	Yes	No	Yes	No	No	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 - 2021 Autumn Winter Specials	Mains	Hake Katsu Curry	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	Yes	No	Yes	No	Yes	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Char Grilled Tuna Nicoise Salad	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Pan fried scottish salmon, crab salad, whipped avocado and chilli oil	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Pan fried cod, cider fondant potatoes, creamed cabbage & bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Grilled Giant Tiger Prawns, hot pepper relish, french fries, mayo	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Pan fried brill, samphire, heritage potatoes, clams & lemon beurre blanc	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Pan fried halibut, garlic & white wine, heritage potatoes	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Loch Fyne Fish Fingers & Chips	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Loch Fyne Surf & Turf (18)	Total Allergen Outcome	No	No	No*	No	No	No	Yes	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Haggis, Neeps & Tatties (Mains)	Total Allergen Outcome	No	No	Yes (Oat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Whole Crab with Lemon Mayonnaise	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Whole Baked Lobster	Total Allergen Outcome	No	No	No*	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Lobster Thermidor (16)	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	Yes	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Mussels with provencale sauce	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	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 - 2021 Autumn Winter Specials	Mains	Mussels with Chilli & Coriander (mains) with french fries	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Mussels with Chorizo & Basil	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	Yes (Cashews)	No	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Mussels with Korma	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	Yes (Almonds)	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Mussels with Bacon, Garlic & Thyme	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Mussels with Coconut & Lime	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Mussels with Sea Salt & Szechuan Peppercorn	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Mains	Mussels with Thai Red Curry	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Mains	Seafood Tagliatelle	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	Yes	No	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Grilled plaice with tomato and ginger sauce	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Steamed hake with Asian broth	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Monkfish scampi, garlic mayo MAIN	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Cod Fillet basil and mustard crust, creamed leeks	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Pan fried Sea bass, Pea and mint soup, crab crushed potatoes	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Roast Turbot, crab butter sauce, crab crushed potato	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	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 - 2021 Autumn Winter Specials	Spring Specials Mains	Sea Bream with Coconut sauce	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Roast Monkfish, onions portuguese, chive beurre blanc	Total Allergen Outcome	No	No	Yes (Barley)	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Prawn & samphire Jungle curry	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Fillet of Bream, marinated tomato and wild garlic pesto	Total Allergen Outcome	No	No	No	Yes (Cashews)	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Grilled Dab, saute pots - please select your sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Salsa Verde		No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials 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 - 2021 Autumn Winter Specials	Spring Specials Mains	Romesco Sauce		No	Yes	Yes (Wheat)	Yes (Almonds)	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Sundried tomato and olive tapenade		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Nduja Butter		No	No	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 Mollusca	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Chilli and lime butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Bradan Rost, Chive mash, horseradish sauce	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Dab, mash, watercress sauce	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Baked Gurnard, sundried tomato and olive	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Gurnard Fillet, cous cous, tomato and ginger sauce	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Roast hake, onions portuguese, chive beurre blanc	Total Allergen Outcome	No	No	Yes (Barley)	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Confit Duck leg, chorizo, chickpea and kale broth	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Roast Meagre, chorizo, chickpea and kale broth	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials 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 - 2021 Autumn Winter Specials	Spring Specials Mains	Pea and Shallot tortellini, basil oil and gremolata MAIN	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Calves Liver, Black pudding mash, Crispy sage, jus	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Spring Specials Mains	Roast miso rubbed Meagre with Crab and Noodle Broth	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Sauces	Wild Garlic Pesto (v)	Total Allergen Outcome	No	Yes	No	Yes (Cashews)	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Sauces	Soy and ginger	Total Allergen Outcome	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 - 2021 Autumn Winter Specials	Sauces	Harissa butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Sides	Dauphinoise	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	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 - 2021 Autumn Winter Specials	Fishmonger Specials	Fishmonger sides & sauces																	
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Salsa Verde		No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Smoked Parika and Sundried Tomato Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Romesco Sauce		No	Yes	Yes (Wheat)	Yes (Almonds)	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Sundried tomato and olive tapenade		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Chilli and lime butter		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 - 2021 Autumn Winter Specials	Fishmonger Specials	French Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Twice Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Buttered Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Sauteed Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Samphire and Lemon		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Savoy Cabbage and chestnut		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	New potatoes & Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Dauphinoise Potatoes		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Bombay potatoes		Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	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 - 2021 Autumn Winter Specials	Fishmonger Specials	Harissa Carrots		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Hallbut Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	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 - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Halibut Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Halibut Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Dover Sole Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Dover Sole Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Dover Sole Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	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 - 2021 Autumn Winter Specials	Fishmonger Specials	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 - 2021 Autumn Winter Specials	Fishmonger Specials	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 - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whole Gurnard Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whole Gurnard Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whole Gurnard Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Pollock Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Pollock Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Pollock 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 - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Plaice Whole 545 to 570g Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Plaice Whole 545 to 570g Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Plaice Whole 545 to 570g Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Witch Sole Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Witch Sole Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Witch Sole Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whiting Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whiting Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whiting Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Flounder Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Flounder Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Flounder Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whole Mackerel Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whole Mackerel Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	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 - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Whole Mackerel Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Gilt Head Bream Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Gilt Head Bream Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Fishmonger Specials	Fish Bar Gilt Head Bream Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Apple Pie & Vanilla Ice Cream - Please select your ice cream choice listed below	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	Yes (Almonds)	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Vegan Vanilla Ice Cream		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Choc fondant	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Black forest trifle	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Cranachan	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Passion Fruit Cheesecake	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Chocolate Tart, smoked sea salt, clotted cream	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Balsamic strawberry eton mess	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Vanilla Panna cotta, Roasted plums	Total Allergen Outcome	No	No	Yes (Wheat)	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 - 2021 Autumn Winter Specials	Desserts	Chocolate Marquise, Honeycomb, Walnut ice cream	Total Allergen Outcome	No	Yes	Yes (Wheat)	Yes (Walnuts)	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Chocolate orange tart, chocolate ice cream	Total Allergen Outcome	Yes	Yes	Yes (Oat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	Desserts	Choc Split Ice Cream		No	Yes	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - 2021 Autumn Winter Specials	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