

# Loch Fyne Restaurants A La Carte Menu Nutritional Information Spring 2019



## Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (Kj)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	Appetisers	Basket of Bread with Balsamic Oil (v)	2990	36%	715	36%	35.0	50%	4.5	23%	90.0	35%	6.1	7%	17.3	35%	2.66	44%
Loch Fyne - Spring 2019 A La Carte Menu	Appetisers	Marinated Mixed Olives (v)	532	6%	127	6%	12.8	18%	1.6	8%	1.6	1%	0.8	1%	1.6	3%	2.48	41%
Loch Fyne - Spring 2019 A La Carte Menu	Appetisers	Halloumi Fries, tomato ketchup	2866	34%	688	34%	49.4	71%	34.8	174%	10.5	4%	10.5	12%	4.7	9%	7.04	117%
Loch Fyne - Spring 2019 A La Carte Menu	Appetisers	Hot Smoked Anchovies	216	3%	52	3%	3.6	5%	0.9	5%	0.0	0%	0.0	0%	5.1	10%	1.83	31%
Loch Fyne - Spring 2019 A La Carte Menu	Appetisers	Bread Refill (v)	2990	36%	715	36%	35.0	50%	4.5	23%	90.0	35%	6.1	7%	17.3	35%	2.66	44%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	Scottish Rope Grown Mussels Starter	1513	18%	363	18%	17.9	26%	8.3	41%	35.3	14%	4.0	4%	21.8	44%	1.84	31%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	Pan-Fried Chillii & Garlic King Prawns	3485	41%	832	42%	54.0	77%	7.6	38%	62.5	24%	4.0	4%	25.6	51%	1.65	28%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	Salt & Pepper Squid	2140	25%	511	26%	28.4	41%	3.4	17%	54.6	21%	17.5	19%	3.5	7%	0.88	15%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	Baked Goats Cheese Crottin (v)	1166	14%	279	14%	19.5	28%	9.0	45%	15.9	6%	13.7	15%	10.0	20%	0.88	15%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	Avocado & Pomegranate Salad	2353	28%	564	28%	23.6	34%	4.1	21%	80.3	31%	10.9	12%	9.1	18%	0.03	1%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	Starters	Classic Smoked Salmon Plate	2427	29%	580	29%	31.3	45%	9.6	48%	40.8	16%	4.1	5%	32.4	65%	4.95	83%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	Ham Hock & Sweet Cider Terrine	1197	14%	286	14%	9.0	13%	1.4	7%	42.4	16%	13.6	15%	10.9	22%	3.31	55%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	King Scallops with Pea Puree & Crispy Pancetta	1708	20%	407	20%	29.6	42%	12.4	62%	14.5	6%	9.0	10%	19.3	39%	2.19	37%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	Loch Fyne Fish Soup	1857	22%	443	22%	25.9	37%	5.2	26%	36.1	14%	6.3	7%	19.0	38%	2.07	35%
Loch Fyne - Spring 2019 A La Carte Menu	Starters	King Scallops with Pea Puree & Crispy Pancetta Large	2411	29%	575	29%	40.0	57%	15.2	76%	21.4	8%	13.5	15%	30.1	60%	3.17	53%
Loch Fyne - Spring 2019 A La Carte Menu	Oysters	My First Oyster	253	3%	60	3%	1.2	2%	0.2	1%	3.0	1%	0.7	1%	9.5	19%	1.10	18%
Loch Fyne - Spring 2019 A La Carte Menu	Oysters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 1	253	3%	60	3%	1.2	2%	0.2	1%	3.0	1%	0.7	1%	9.5	19%	1.10	18%
Loch Fyne - Spring 2019 A La Carte Menu	Oysters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 3	725	9%	172	9%	3.4	5%	0.5	3%	7.7	3%	0.8	1%	27.9	56%	3.28	55%
Loch Fyne - Spring 2019 A La Carte Menu	Oysters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 6	1433	17%	339	17%	6.8	10%	1.1	5%	14.8	6%	1.0	1%	55.6	111%	6.55	109%
Loch Fyne - Spring 2019 A La Carte Menu	Oysters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 12	293	3%	70	3%	1.3	2%	0.2	1%	4.2	2%	1.9	2%	10.3	21%	1.11	19%
Loch Fyne - Spring 2019 A La Carte Menu	From the Land	28-Day Aged 10oz Scottish Rib-Eye Steak	6984	83%	1669	83%	115.8	165%	37.3	186%	89.4	34%	7.9	9%	67.0	134%	2.39	40%
Loch Fyne - Spring 2019 A La Carte Menu	From the Land	Spiced Roasted Cauliflower & Squash Goan Curry	2454	29%	586	29%	24.6	35%	3.5	17%	74.0	28%	30.8	34%	17.5	35%	8.68	145%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	From the Land	Donald Russell Char-grilled Burger with Crispy Bacon & Black Bomber Cheese	5698	68%	1361	68%	70.3	100%	27.1	135%	115.2	44%	28.8	32%	64.8	130%	6.00	100%
Loch Fyne - Spring 2019 A La Carte Menu	From the Land	Avocado & Pomegranate Salad	3683	44%	883	44%	45.7	65%	8.2	41%	107.2	41%	16.2	18%	13.3	27%	0.06	1%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Seafood Tagliatelle	3210	38%	772	39%	67.6	97%	29.7	149%	7.3	3%	2.2	2%	38.0	76%	2.12	35%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Fish and Chips	6784	81%	1624	81%	99.0	141%	9.8	49%	139.9	54%	11.5	13%	52.5	105%	5.30	88%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Battered Haddock LoIn, chips, Mushy Peas, Tartar Sauce	5737	68%	1373	69%	82.1	117%	7.8	39%	130.8	50%	10.4	12%	53.1	106%	3.22	54%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Takeaway Cod & Chips	6767	81%	1620	81%	98.9	141%	9.8	49%	139.2	54%	10.8	12%	52.3	105%	5.30	88%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Takeaway Haddock & Chips	6002	71%	1436	72%	85.6	122%	8.0	40%	138.8	53%	9.7	11%	53.5	107%	3.37	56%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Seafood Grill	4809	57%	1147	57%	69.1	99%	32.2	161%	37.7	14%	2.6	3%	97.7	195%	20.10	335%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Poached Loch Fyne Smoked Haddock	2685	32%	643	32%	37.0	53%	21.3	107%	30.3	12%	12.4	14%	47.9	96%	1.67	28%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Whole Baked Lobster	5463	65%	1302	65%	88.8	127%	39.1	196%	86.3	33%	4.3	5%	59.8	120%	2.87	48%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Shellfish Platter With Crab	6248	74%	1489	74%	60.5	86%	5.0	25%	21.1	8%	6.5	7%	217.3	435%	16.40	273%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Shellfish Platter with Lobster	5425	65%	1290	65%	45.3	65%	3.4	17%	21.0	8%	6.3	7%	201.2	402%	14.60	243%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Whole Crab with Lemon Mayonnaise	3069	37%	734	37%	49.2	70%	4.1	20%	4.9	2%	2.8	3%	69.0	138%	4.01	67%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Scottish Rope Grown Mussels	4907	58%	1174	59%	67.9	97%	28.5	143%	122.4	47%	6.7	7%	50.8	102%	4.04	67%
Loch Fyne - Spring 2019 A La Carte Menu	From the Sea	Seafood Goan Curry	2414	29%	576	29%	24.8	35%	3.7	18%	41.8	16%	10.0	11%	52.3	105%	7.94	132%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Garlic, Lemon & Parsley Butter	1050	13%	251	13%	27.2	39%	17.2	86%	1.2	0%	0.4	0%	0.8	2%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Hollandaise Sauce	1266	15%	303	15%	32.4	46%	19.6	98%	0.8	0%	0.8	1%	2.0	4%	0.16	3%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Roasted Chilli Oil	636	8%	152	8%	13.6	19%	1.2	6%	4.8	2%	3.2	4%	8.0	16%	1.80	30%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Salsa Verde	737	9%	176	9%	18.8	27%	2.8	14%	0.8	0%	0.4	0%	1.6	3%	1.44	24%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Wild Garlic Pesto	854	10%	204	10%	20.8	30%	4.0	20%	1.2	0%	0.4	0%	2.8	6%	0.56	9%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Lobster Butter	550	7%	132	7%	13.5	19%	8.1	41%	1.2	0%	0.6	1%	1.5	3%	0.15	3%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Olive, Dill & Caper Butter	1002	12%	239	12%	26.4	38%	16.4	82%	0.4	0%	0.4	0%	0.4	1%	0.32	5%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Crab & Chervil Butter	749	9%	179	9%	18.9	27%	12.0	60%	0.6	0%	0.3	0%	1.5	3%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Salted Butter	926	11%	221	11%	24.3	35%	15.6	78%	0.3	0%	0.3	0%	0.3	1%	0.57	10%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Tomato Ketchup	85	1%	20	1%	0.0	0%	0.0	0%	4.6	2%	4.6	5%	0.2	0%	0.36	6%
Loch Fyne - Spring 2019 A La Carte Menu	Sauces	Mayonnaise	474	6%	113	6%	12.0	17%	0.8	4%	1.2	0%	0.4	0%	0.2	0%	0.10	2%
Loch Fyne - Spring 2019 A La Carte Menu	Sides	French Fries	2348	28%	560	28%	32.0	46%	12.0	60%	82.0	32%	2.0	2%	6.0	12%	1.29	22%
Loch Fyne - Spring 2019 A La Carte Menu	Sides	Twice Cooked Chips	2200	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	6.6	13%	1.59	27%
Loch Fyne - Spring 2019 A La Carte Menu	Sides	Mushy Peas	285	3%	68	3%	0.8	1%	0.0	0%	10.4	4%	1.6	2%	4.0	8%	0.72	12%
Loch Fyne - Spring 2019 A La Carte Menu	Vegetable Sides	Samphire with Garlic Butter	423	5%	101	5%	10.2	15%	6.5	32%	0.5	0%	0.2	0%	1.7	3%	1.47	25%
Loch Fyne - Spring 2019 A La Carte Menu	Vegetable Sides	Curly Kale with Garlic Butter	764	9%	183	9%	17.8	25%	10.8	54%	1.6	1%	1.1	1%	2.9	6%	0.64	11%
Loch Fyne - Spring 2019 A La Carte Menu	Vegetable Sides	Buttered Spinach	208	2%	50	2%	4.6	7%	2.6	13%	1.1	0%	1.1	1%	1.6	3%	0.20	3%
Loch Fyne - Spring 2019 A La Carte Menu	Vegetable Sides	New Potatoes & Minted Butter - Side	1226	15%	290	14%	15.8	23%	10.0	50%	34.4	13%	0.2	0%	4.2	8%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Vegetable Sides	Creamed Mash Potatoes with Chives	1034	12%	248	12%	16.7	24%	10.0	50%	19.9	8%	3.4	4%	3.5	7%	1.76	29%
Loch Fyne - Spring 2019 A La Carte Menu	Vegetable Sides	Garden Salad - Side	759	9%	181	9%	16.7	24%	2.4	12%	5.9	2%	4.7	5%	2.4	5%	0.02	0%
Loch Fyne - Spring 2019 A La Carte Menu	Vegetable Sides	Seasonal Green Vegetables	401	5%	96	5%	5.7	8%	2.9	15%	5.8	2%	2.7	3%	5.4	11%	0.50	8%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	Vegetable Sides	Sauteed New Potatoes	810	10%	191	10%	5.5	8%	3.5	18%	32.8	13%	0.1	0%	3.9	8%	0.18	3%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Line-Caught Hake Pan-fried	1685	20%	403	20%	27.4	39%	7.5	38%	1.6	1%	1.4	2%	36.6	73%	1.09	18%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Line-Caught Hake Grilled	1375	16%	329	16%	19.2	27%	2.3	12%	1.5	1%	1.3	1%	36.5	73%	1.09	18%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Line-Caught Hake Steamed	1351	16%	323	16%	19.1	27%	2.3	11%	0.6	0%	0.4	0%	36.2	72%	1.09	18%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Loch Fyne Scottish Salmon Pan fried	2547	30%	611	31%	49.4	71%	11.5	58%	1.6	1%	1.4	2%	40.6	81%	0.69	12%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Loch Fyne Scottish Salmon Grilled	2236	27%	536	27%	41.2	59%	6.3	32%	1.5	1%	1.3	1%	40.5	81%	0.69	12%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Loch Fyne Scottish Salmon Steamed	2236	27%	536	27%	41.2	59%	6.3	32%	1.5	1%	1.3	1%	40.5	81%	0.69	12%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Tuna Pan Fried	1813	22%	433	22%	27.8	40%	7.1	36%	1.5	1%	1.4	2%	44.4	89%	2.34	39%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Tuna Grilled	1640	20%	392	20%	23.6	34%	4.5	23%	0.8	0%	0.7	1%	44.1	88%	2.34	39%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Tuna - Char Grilled	1657	20%	396	20%	23.7	34%	4.5	23%	1.5	1%	1.3	1%	44.4	89%	2.34	39%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Turbot - Pan Fried	2478	30%	589	29%	22.9	33%	9.0	45%	1.4	1%	1.4	2%	94.8	190%	1.09	18%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Turbot - Grilled	2544	30%	604	30%	24.7	35%	5.3	27%	1.3	1%	1.3	1%	94.7	189%	1.09	18%

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Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Turbot - Steamed	2544	30%	604	30%	24.7	35%	5.3	27%	1.3	1%	1.3	1%	94.7	189%	1.09	18%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Gurnard - Grilled	510	6%	122	6%	13.0	19%	2.4	12%	1.3	1%	1.3	1%	0.5	1%	1.99	33%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Gurnard - Pan-Fried	821	10%	196	10%	21.2	30%	7.6	38%	1.4	1%	1.4	2%	0.6	1%	1.99	33%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Gurnard - Steamed	510	6%	122	6%	13.0	19%	2.4	12%	1.3	1%	1.3	1%	0.5	1%	1.99	33%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Seabass - Pan Fried	2804	33%	670	34%	30.9	44%	8.8	44%	1.8	1%	1.4	2%	97.2	194%	1.87	31%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Seabass - Grilled	2494	30%	596	30%	22.7	32%	3.6	18%	1.7	1%	1.3	1%	97.1	194%	0.87	15%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Whole Seabass - Steamed	2482	30%	593	30%	22.7	32%	3.6	18%	1.3	1%	1.3	1%	97.0	194%	1.87	31%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Gilt Head Bream Pan fried	1307	16%	311	16%	23.2	33%	4.9	25%	1.5	1%	1.4	2%	24.2	48%	0.87	15%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Gilt Head Bream Grilled	1151	14%	274	14%	19.1	27%	2.3	12%	1.5	1%	1.3	1%	24.2	48%	0.87	15%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Gilt Head Bream Steamed	1151	14%	274	14%	19.1	27%	2.3	12%	1.5	1%	1.3	1%	24.2	48%	0.87	15%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Plaice Whole Grilled	2381	28%	567	28%	22.6	32%	3.6	18%	0.6	0%	0.4	0%	67.0	134%	2.05	34%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Plaice Whole Pan Fried	2536	30%	604	30%	26.7	38%	6.2	31%	0.7	0%	0.5	1%	67.1	134%	2.05	34%



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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Plaice Whole Steamed	2381	28%	567	28%	22.6	32%	3.6	18%	0.6	0%	0.4	0%	67.0	134%	2.05	34%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Wild Garlic Pesto	853	10%	204	10%	20.8	30%	4.0	20%	1.2	0%	0.4	0%	2.8	6%	0.40	7%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Garlic Butter	1050	13%	251	13%	27.2	39%	17.2	86%	1.2	0%	0.4	0%	0.8	2%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Crab & Chervil Butter	749	9%	179	9%	18.9	27%	12.0	60%	0.6	0%	0.3	0%	1.5	3%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Hollandaise Sauce	950	11%	227	11%	24.3	35%	14.7	74%	0.6	0%	0.6	1%	1.5	3%	0.12	2%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Lobster Butter	550	7%	131	7%	13.5	19%	8.1	41%	1.2	0%	0.6	1%	1.5	3%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Roasted Chilli Oil	477	6%	114	6%	10.2	15%	0.9	5%	3.6	1%	2.4	3%	6.0	12%	1.20	20%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Salsa Verde	552	7%	132	7%	14.1	20%	2.1	11%	0.6	0%	0.3	0%	1.2	2%	0.90	15%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Olive, Dill & Caper Butter	1001	12%	239	12%	26.4	38%	16.4	82%	0.4	0%	0.4	0%	0.4	1%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	French Fries	2583	31%	616	31%	35.2	50%	13.2	66%	90.2	35%	2.2	2%	6.6	13%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Twice Cooked Chips	2200	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	6.6	13%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Garden Salad	759	9%	181	9%	16.7	24%	2.4	12%	5.9	2%	4.7	5%	2.4	5%	0.02	0%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Blanched Curly Kale with Garlic Butter	764	9%	183	9%	17.8	25%	10.8	54%	1.6	1%	1.1	1%	2.9	6%	0.64	11%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Buttered Spinach	208	2%	50	2%	4.6	7%	2.6	13%	1.1	0%	1.1	1%	1.6	3%	0.20	3%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Samphire	154	2%	37	2%	3.3	5%	2.2	11%	0.0	0%	0.0	0%	1.1	2%	1.10	18%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Sauteed Potatoes	810	10%	191	10%	5.5	8%	3.5	18%	32.8	13%	0.1	0%	3.9	8%	0.18	3%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Seasonal Vegetables	400	5%	96	5%	5.7	8%	2.9	15%	5.8	2%	2.7	3%	5.4	11%	0.49	8%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	Mashed Potatoes with Chives	1034	12%	248	12%	16.7	24%	10.0	50%	19.9	8%	3.4	4%	3.5	7%	1.76	29%
Loch Fyne - Spring 2019 A La Carte Menu	Fish Bar	New Potatoes & Minted Butter	1226	15%	290	14%	15.8	23%	10.0	50%	34.4	13%	0.2	0%	4.2	8%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Passion Fruit Cheesecake	2718	32%	652	33%	44.4	63%	27.3	137%	55.0	21%	40.7	45%	8.3	17%	0.63	11%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Chocolate Tart	11354	135%	2715	136%	199.1	284%	119.5	597%	260.1	100%	209.1	232%	23.7	47%	0.28	5%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Luxury Ice Cream & Sorbet Mix 1 Scoop - Please select from the options listed below																
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Pear Sorbet	264	3%	63	3%	0.1	0%	0.1	0%	15.3	6%	14.8	16%	0.2	0%	0.01	0%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Lemon Sorbet	257	3%	62	3%	0.0	0%	0.0	0%	15.2	6%	15.1	17%	0.1	0%	0.03	0%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Raspberry Sorbet	354	4%	85	4%	0.2	0%	0.2	1%	19.9	8%	14.7	16%	0.3	1%	0.01	0%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Rum & Raisin	410	5%	98	5%	4.0	6%	2.8	14%	14.1	5%	12.5	14%	1.4	3%	0.07	1%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Amaretti Amaretto	569	7%	136	7%	7.9	11%	7.0	35%	13.9	5%	13.5	15%	2.1	4%	0.02	0%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Walnut	542	6%	130	6%	7.9	11%	4.8	24%	12.7	5%	11.7	13%	1.7	3%	0.04	1%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Mint Chocolate	510	6%	122	6%	7.0	10%	4.5	22%	13.1	5%	12.9	14%	1.6	3%	0.06	1%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Strawberry	341	4%	82	4%	2.4	3%	1.5	7%	14.4	6%	14.4	16%	0.5	1%	0.02	0%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Chocolate	538	6%	129	6%	6.9	10%	4.1	21%	14.0	5%	13.8	15%	2.3	5%	0.11	2%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Vanilla	458	5%	110	5%	6.2	9%	4.3	22%	11.9	5%	11.9	13%	1.6	3%	0.00	0%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Creme Brulee	2170	26%	523	26%	40.3	58%	23.2	116%	35.6	14%	28.6	32%	5.6	11%	0.24	4%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Vegan Apple Pie & Vanilla Ice Cream	1120	13%	268	13%	8.0	11%	3.2	16%	44.9	17%	27.2	30%	3.2	6%	0.16	3%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Vanilla Ice Cream	458	5%	110	5%	6.2	9%	4.3	22%	11.9	5%	11.9	13%	1.6	3%	0.06	1%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Vegan Vanilla Ice Cream	425	5%	102	5%	5.5	8%	2.0	10%	11.5	4%	10.5	12%	1.3	3%	0.13	2%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Eton Mess	1775	21%	431	22%	43.2	62%	26.4	132%	9.7	4%	8.8	10%	2.2	4%	0.08	1%
Loch Fyne - Spring 2019 A La Carte Menu	Desserts	Scottish Cheese Plate	2104	25%	503	25%	31.9	46%	17.0	85%	28.1	11%	1.7	2%	23.9	48%	2.06	34%