

Loch Fyne A La Carte - No Gluten Containing Ingredient Menu Spring 2019 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 - No Gluten A La Carte Menu	Appetisers	Marinated Mixed Olives (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Appetisers	Hot Smoked Anchovies	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Starters	Scottish Rope Grown Mussels Starter	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Starters	Classic Smoked Salmon Plate	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Starters	King Scallops with Pea Puree & Crispy Pancetta	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Oysters	My First Oyster	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Oysters	Oysters Natural 1	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Oysters	Oysters Natural 3	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Oysters	Oysters Natural 6	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Oysters	Oysters Natural 12	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Land	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 - No Gluten A La Carte Menu	From the Land	28-Day Aged 10oz Scottish Rib-Eye Steak- please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Land	Garden Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	From the Land	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Land	Buttered Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Land	Samphire		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 - No Gluten A La Carte Menu	From the Land	Sauteed Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Land	Seasonal Vegetables		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Land	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Land	New Potatoes & Minted Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Seafood Grill	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Poached Loch Fyne Smoked Haddock	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Seafood Goan Curry	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Whole Baked Lobster - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Garden Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Buttered Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Sauteed Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Seasonal Vegetables		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	New Potatoes & Minted 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 - No Gluten A La Carte Menu	From the Sea	Scottish Rope Grown Mussels - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Garden Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Buttered Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Sauteed Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Seasonal Vegetables		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	New Potatoes & Minted Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	From the Sea	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 - No Gluten A La Carte Menu	From the Sea	Shellfish Platter With Crab	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	From the Sea	Shellfish Platter with Lobster	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Sauces	Garlic, Lemon & Parsley Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Sauces	Hollandaise Sauce	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Sauces	Roasted Chilli Oil	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Sauces	Salsa Verde	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	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 - No Gluten A La Carte Menu	Sauces	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 - No Gluten A La Carte Menu	Sauces	Lobster Butter	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Sauces	Olive, Dill & Caper Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Sauces	Crab & Chervil Butter	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Sides	Mushy Peas	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Vegetable Sides	Samphire with Garlic Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Vegetable Sides	Curly Kale with Garlic Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Vegetable Sides	Buttered Spinach	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Vegetable 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 - No Gluten A La Carte Menu	Vegetable Sides	Garden Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Vegetable Sides	Seasonal Green Vegetables	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Vegetable Sides	Sauteed New Potatoes	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar Loch Fyne Scottish Salmon Pan fried - Please select your side and 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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar Loch Fyne Scottish Salmon Grilled - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar Loch Fyne Scottish Salmon Steamed - Please select your side and sauce choice listed below	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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar Tuna Pan Fried - Please select your side and 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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar Tuna Grilled - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar Tuna - Char Grilled - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar - Line-Caught Hake Pan-fried - Please select your side and 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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar - Line-Caught Hake Grilled - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar - Line-Caught Hake Steamed - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Turbot - Pan Fried) - Please select your side and 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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Turbot-Grilled) - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Turbot-Steamed) - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Gurnard - Grilled) - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Gurnard-Pan-Fried) - Please select your side and 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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Gurnard-Steamed) - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Seabass - Pan Fried) - Please select your side and 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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Seabass-Grilled) - Please select your side and sauce choice listed below	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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar (Whole Seabass - Steamed) - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar Gilt Head Bream Pan fried - Please select your side and 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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar Gilt Head Bream Grilled - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar Gilt Head Bream Steamed - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar Plaice Whole Grilled - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar Plaice Whole Pan Fried - Please select your side and 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 - No Gluten A La Carte Menu	Fish Bar	Fish Bar Plaice Whole Steamed - Please select your side and sauce choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Fish Bar Sides & Sauces																	
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Wild Garlic Pesto		No	Yes	No	Yes (Cashews)	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Crab & Chervil Butter		No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Hollandaise		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Salsa Verde		No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	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 - No Gluten A La Carte Menu	Fish Bar	Olive, Dill & Caper Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Garden Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Buttered Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Sauteed Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Seasonal Vegetables		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Fish Bar	New Potatoes & Minted Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Luxury Ice Cream & Sorbet - Please select your flavour choice listed below	Total Allergen Outcome																
Loch Fyne - No Gluten A La Carte Menu	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Strawberry Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Mint Choc Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Chocolate Ice Cream		No	Yes	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Walnut Ice Cream		No	Yes	No	Yes (Walnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Amaretti Amaretto Ice Cream		No	Yes	No	Yes (Almonds)	No	No	No	Yes	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 - No Gluten A La Carte Menu	Desserts	Raspberry Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Lemon Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Pear Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Creme Brulee	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Eton Mess	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne - No Gluten A La Carte Menu	Desserts	Scottish Cheese Plate	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	Yes