

# Loch Fyne Brunch Menu - Spring 2020 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 indicated 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 - Spring 20 Brunch Menu	Mains	Loch Fyne Breakfast (18) - Please select your egg choice below	Total Allergen Outcome	No	No	Yes (Wheat, Rye, Oats)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 20 Brunch Menu	Mains	Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Crushed Avocado on toast with poached eggs	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Crushed Avocado on toast	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Crushed Avocado on toast with crispy bacon	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Crushed Avocado on toast with crispy bacon and poached egg	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Smoked Salmon & Scrambled Eggs	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Eggs Benedict	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 20 Brunch Menu	Mains	Eggs Florentine	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 20 Brunch Menu	Mains	Eggs Royale	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 20 Brunch Menu	Mains	Porridge - please select your topping choice below	Total Allergen Outcome	No	Yes	Yes (Oats)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Bananas		Yes	Yes	No	No	No	No	No	No	No	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 - Spring 20 Brunch Menu	Mains	Brown Sugar		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Honey		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Maple Syrup		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	White Sugar		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Crispy Bacon Roll	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Butcher's Pork Sausage Breakfast Roll	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 20 Brunch Menu	Mains	Avocado, Pink Grapefruit & Chilli (v)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	A Pair of Grilled Loch Fyne Kippers - Please select your bread choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	No Gluten Roll		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Sourdough Loaf		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Rye Roll		No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Baked Eggs - Spinach, mushroom, mascarpone	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Baked Egg - Smoked salmon, mascarpone	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Baked Eggs - Smoked Haddock, mustard cream	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	Yes	Yes	No	Yes	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 - Spring 20 Brunch Menu	Mains	Baked Eggs - Nduja, mascarpone	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Mains	Lobster Benedict	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	Yes	Yes	No	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 20 Brunch Menu	Extras	Toasted Rye Bread with preserve	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Toasted Rye Cob with preserve	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Add Crispy Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Extra Tomato	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Extra Sausage	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 20 Brunch Menu	Extras	Extra Mushroom	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Extra Haggis	Total Allergen Outcome	No	No	Yes (Oats)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Extra Egg - Please select your egg choice from below	Total Allergen Outcome																
Loch Fyne - Spring 20 Brunch Menu	Extras	Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Extras	Extra Black Pudding	Total Allergen Outcome	No	No	Yes (Wheat, Oats)	No	No	No	No	No	No	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 - Spring 20 Brunch Menu	Kids Breakfast	Kids Dippy Egg - Please select your bread choice below	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	No Gluten Roll		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Artisan Sourdough Loaf		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Rye Roll		No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Kids Eggs Benedict	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Kids Eggs Florentine	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Kids Eggs Royale	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	Yes	Yes
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Kids Smoked Salmon & Scrambled Eggs	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Kids Toast with 3 Items - please select from the below items	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Back Bacon		No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Pork Sausages		No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Haggis		No	No	Yes (Oats)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Black Pudding		No	No	Yes (Wheat, Oats)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	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 - Spring 20 Brunch Menu	Kids Breakfast	Mushrooms		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Tomato		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	No Gluten Roll		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Artisan Sourdough loaf		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 20 Brunch Menu	Kids Breakfast	Rye Roll		No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No