

Loch Fyne Breakfast 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 - Spring 2019 Breakfast	Kids Breakfast	Dippy Egg - Kids, Please select your bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	No Gluten Bread		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Bread White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Country Malt Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	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 2019 Breakfast	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 2019 Breakfast	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 2019 Breakfast	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 2019 Breakfast	Kids Breakfast	Kids Toast with 3 Items - Please select your items from the list below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Back Bacon		No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Butchers Pork Sausages		No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Haggis		No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Black Pudding		No	No	Yes (Wheat, Oat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Tomato		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Mushrooms		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 2019 Breakfast	Kids Breakfast	Fried Eggs		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Scrambled Eggs		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	No Gluten Bread		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Bread White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Kids Breakfast	Country Malt Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Loch Fyne Breakfast - Please select your egg and bread choice listed below	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2019 Breakfast	Mains	Fried Eggs		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	No Gluten Bread		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Bread White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Country Malt Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Crushed Avocado on toast with poached eggs - Please select your bread choice listed below	Total Allergen Outcome	No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	No Gluten Bread		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Bread White Bloomer		Yes	Yes	Yes (Wheat)	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 2019 Breakfast	Mains	Country Malt Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Crushed Avocado on toast - Please select your bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	No Gluten Bread		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Bread White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Country Malt Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Crushed Avocado on toast with crispy bacon - Please select your bread choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	No Gluten Bread		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Bread White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Country Malt Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Crushed Avocado on toast with crispy bacon and poached egg - Please select your bread choice listed below	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	No Gluten Bread		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Bread White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Country Malt Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Smoked Salmon & Scrambled Eggs - Please select your bread choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	No Gluten Bread		No	Yes	No	No	No	No	No	Yes	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 2019 Breakfast	Mains	Bread White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Country Malt Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	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 2019 Breakfast	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 2019 Breakfast	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 2019 Breakfast	Mains	Porridge - Please select your topping choice listed below	Total Allergen Outcome	No	Yes	Yes (Oats)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Bananas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Brown Sugar		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	White Sugar		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Clear Honey		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Maple Syrup		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Mains	Crispy Bacon Roll	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2019 Breakfast	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	Yes	Yes
Loch Fyne - Spring 2019 Breakfast	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 2019 Breakfast	Extras	Extra Black Pudding	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Extras	Extra Egg - Please select your egg choice listed below	Total Allergen Outcome																

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Loch Fyne - Spring 2019 Breakfast	Extras	Fried Eggs		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Extras	Scrambled Eggs		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Extras	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Extras	Extra Haggis	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	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 2019 Breakfast	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 2019 Breakfast	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 2019 Breakfast	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 2019 Breakfast	Extras	Toast - Granary with Strawberry Preserve	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Breakfast	Extras	Toast - White Bloomer with Strawberry Preserve	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No