

Loch Fyne Children's Menu Nutritional Information

Autumn Winter 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 - AW19 Children's Menu	Starters	Crudites	696	8%	166	8%	15.6	22%	1.0	5%	5.7	2%	4.7	5%	1.2	2%	0.16	3%
Loch Fyne - AW19 Children's Menu	Starters	Garlic Bread	1460	17%	349	17%	27.6	39%	17.2	86%	21.4	8%	0.8	1%	4.1	8%	0.41	7%
Loch Fyne - AW19 Children's Menu	Mains	Kids Salmon - Please select your side choice listed below	828	10%	199	10%	13.1	19%	2.0	10%	0.4	0%	0.4	0%	20.2	40%	0.10	2%
Loch Fyne - AW19 Children's Menu	Mains	Petit Pois	120	1%	29	1%	0.6	1%	0.3	2%	3.3	1%	0.6	1%	2.1	4%	0.00	0%
Loch Fyne - AW19 Children's Menu	Mains	Mashed Potato	309	4%	74	4%	1.8	3%	0.9	5%	11.7	5%	1.8	2%	1.8	4%	0.45	8%
Loch Fyne - AW19 Children's Menu	Mains	French Fries	1761	21%	420	21%	24.0	34%	9.0	45%	61.5	24%	1.5	2%	4.5	9%	0.30	5%
Loch Fyne - AW19 Children's Menu	Mains	Kids Sweet Potato Wedges	1201	14%	283	14%	6.0	9%	1.2	6%	56.4	22%	30.0	33%	2.4	5%	0.24	4%
Loch Fyne - AW19 Children's Menu	Mains	Savoy Cabbage and chestnut	538	6%	128	6%	8.4	12%	5.2	26%	9.1	3%	4.9	5%	3.4	7%	3.60	60%
Loch Fyne - AW19 Children's Menu	Mains	New Potatoes & Butter	506	6%	119	6%	4.0	6%	3.0	15%	18.0	7%	0.0	0%	2.0	4%	3.00	50%
Loch Fyne - AW19 Children's Menu	Mains	Veg Sticks	696	8%	166	8%	15.6	22%	1.0	5%	5.7	2%	4.7	5%	1.2	2%	0.16	3%
Loch Fyne - AW19 Children's Menu	Mains	Kids Bass - Please select your side choice listed below	1047	12%	250	13%	6.3	9%	1.0	5%	0.4	0%	0.4	0%	48.4	97%	0.43	7%
Loch Fyne - AW19 Children's Menu	Mains	Petit Pois	120	1%	29	1%	0.6	1%	0.3	2%	3.3	1%	0.6	1%	2.1	4%	0.00	0%
Loch Fyne - AW19 Children's Menu	Mains	Mashed Potato	309	4%	74	4%	1.8	3%	0.9	5%	11.7	5%	1.8	2%	1.8	4%	0.45	8%
Loch Fyne - AW19 Children's Menu	Mains	French Fries	1761	21%	420	21%	24.0	34%	9.0	45%	61.5	24%	1.5	2%	4.5	9%	0.30	5%
Loch Fyne - AW19 Children's Menu	Mains	Kids Sweet Potato Wedges	1201	14%	283	14%	6.0	9%	1.2	6%	56.4	22%	30.0	33%	2.4	5%	0.24	4%

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 - AW19 Children's Menu	Mains	Savoy Cabbage and chestnut	538	6%	128	6%	8.4	12%	5.2	26%	9.1	3%	4.9	5%	3.4	7%	3.60	60%
Loch Fyne - AW19 Children's Menu	Mains	New Potatoes & Butter	506	6%	119	6%	4.0	6%	3.0	15%	18.0	7%	0.0	0%	2.0	4%	3.00	50%
Loch Fyne - AW19 Children's Menu	Mains	Veg Sticks	696	8%	166	8%	15.6	22%	1.0	5%	5.7	2%	4.7	5%	1.2	2%	0.16	3%
Loch Fyne - AW19 Children's Menu	Mains	Kids Burger - Please select your side choice listed below	1920	23%	459	23%	22.2	32%	9.8	49%	34.9	13%	8.4	9%	28.8	58%	1.79	30%
Loch Fyne - AW19 Children's Menu	Mains	Petit Pois	120	1%	29	1%	0.6	1%	0.3	2%	3.3	1%	0.6	1%	2.1	4%	0.00	0%
Loch Fyne - AW19 Children's Menu	Mains	Mashed Potato	309	4%	74	4%	1.8	3%	0.9	5%	11.7	5%	1.8	2%	1.8	4%	0.45	8%
Loch Fyne - AW19 Children's Menu	Mains	French Fries	1761	21%	420	21%	24.0	34%	9.0	45%	61.5	24%	1.5	2%	4.5	9%	0.30	5%
Loch Fyne - AW19 Children's Menu	Mains	Kids Sweet Potato Wedges	1201	14%	283	14%	6.0	9%	1.2	6%	56.4	22%	30.0	33%	2.4	5%	0.24	4%
Loch Fyne - AW19 Children's Menu	Mains	Savoy Cabbage and chestnut	538	6%	128	6%	8.4	12%	5.2	26%	9.1	3%	4.9	5%	3.4	7%	3.60	60%
Loch Fyne - AW19 Children's Menu	Mains	New Potatoes & Butter	506	6%	119	6%	4.0	6%	3.0	15%	18.0	7%	0.0	0%	2.0	4%	3.00	50%
Loch Fyne - AW19 Children's Menu	Mains	Veg Sticks	696	8%	166	8%	15.6	22%	1.0	5%	5.7	2%	4.7	5%	1.2	2%	0.16	3%
Loch Fyne - AW19 Children's Menu	Mains	Kids Fishcakes - Please select your side choice listed below	1712	20%	407	20%	19.2	27%	1.9	9%	43.5	17%	6.0	7%	18.1	36%	1.91	32%
Loch Fyne - AW19 Children's Menu	Mains	Petit Pois	120	1%	29	1%	0.6	1%	0.3	2%	3.3	1%	0.6	1%	2.1	4%	0.00	0%
Loch Fyne - AW19 Children's Menu	Mains	Mashed Potato	309	4%	74	4%	1.8	3%	0.9	5%	11.7	5%	1.8	2%	1.8	4%	0.45	8%
Loch Fyne - AW19 Children's Menu	Mains	French Fries	1761	21%	420	21%	24.0	34%	9.0	45%	61.5	24%	1.5	2%	4.5	9%	0.30	5%
Loch Fyne - AW19 Children's Menu	Mains	Kids Sweet Potato Wedges	1201	14%	283	14%	6.0	9%	1.2	6%	56.4	22%	30.0	33%	2.4	5%	0.24	4%

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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 - AW19 Children's Menu	Mains	Savoy Cabbage and chestnut	538	6%	128	6%	8.4	12%	5.2	26%	9.1	3%	4.9	5%	3.4	7%	3.60	60%
Loch Fyne - AW19 Children's Menu	Mains	New Potatoes & Butter	506	6%	119	6%	4.0	6%	3.0	15%	18.0	7%	0.0	0%	2.0	4%	3.00	50%
Loch Fyne - AW19 Children's Menu	Mains	Veg Sticks	696	8%	166	8%	15.6	22%	1.0	5%	5.7	2%	4.7	5%	1.2	2%	0.16	3%
Loch Fyne - AW19 Children's Menu	Mains	Kids Panko Crusted Cod - Please select your side choice listed below	1591	19%	380	19%	14.0	20%	0.8	4%	32.7	13%	2.2	2%	30.5	61%	1.01	17%
Loch Fyne - AW19 Children's Menu	Mains	Petit Pois	120	1%	29	1%	0.6	1%	0.3	2%	3.3	1%	0.6	1%	2.1	4%	0.00	0%
Loch Fyne - AW19 Children's Menu	Mains	Mashed Potato	309	4%	74	4%	1.8	3%	0.9	5%	11.7	5%	1.8	2%	1.8	4%	0.45	8%
Loch Fyne - AW19 Children's Menu	Mains	French Fries	1761	21%	420	21%	24.0	34%	9.0	45%	61.5	24%	1.5	2%	4.5	9%	0.30	5%
Loch Fyne - AW19 Children's Menu	Mains	Kids Sweet Potato Wedges	1201	14%	283	14%	6.0	9%	1.2	6%	56.4	22%	30.0	33%	2.4	5%	0.24	4%
Loch Fyne - AW19 Children's Menu	Mains	Savoy Cabbage and chestnut	538	6%	128	6%	8.4	12%	5.2	26%	9.1	3%	4.9	5%	3.4	7%	3.60	60%
Loch Fyne - AW19 Children's Menu	Mains	New Potatoes & Butter	506	6%	119	6%	4.0	6%	3.0	15%	18.0	7%	0.0	0%	2.0	4%	3.00	50%
Loch Fyne - AW19 Children's Menu	Mains	Veg Sticks	696	8%	166	8%	15.6	22%	1.0	5%	5.7	2%	4.7	5%	1.2	2%	0.16	3%
Loch Fyne - AW19 Children's Menu	Mains	Kids Linguini Pomodoro	977	12%	234	12%	10.8	15%	3.4	17%	22.4	9%	5.6	6%	9.9	20%	1.55	26%
Loch Fyne - AW19 Children's Menu	Mains	Kids Malabar Curry	1270	15%	303	15%	11.4	16%	5.5	28%	23.0	9%	5.8	6%	28.4	57%	4.36	73%
Loch Fyne - AW19 Children's Menu	Desserts	Kids Fruit Plate	145	2%	34	2%	0.1	0%	0.0	0%	7.9	3%	7.9	9%	0.5	1%	0.00	0%
Loch Fyne - AW19 Children's Menu	Desserts	Kids Ice lolly - please select your side choice listed below																
Loch Fyne - AW19 Children's Menu	Desserts	Organic Fruit Iced Lolly Apple	72	1%	17	1%	0.0	0%	0.0	0%	4.2	2%	4.0	4%	0.0	0%	0.00	0%

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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 - AW19 Children's Menu	Desserts	Organic Tropical Ice Lollies	84	1%	20	1%	0.0	0%	0.0	0%	5.0	2%	4.8	5%	0.0	0%	0.00	0%
Loch Fyne - AW19 Children's Menu	Desserts	Organic Rainbow Fruit Lolly	75	1%	18	1%	0.0	0%	0.0	0%	4.5	2%	4.2	5%	0.0	0%	0.00	0%
Loch Fyne - AW19 Children's Menu	Desserts	Kids Ice Cream - please select your flavour choice listed below																
Loch Fyne - AW19 Children's 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 - AW19 Children's Menu	Desserts	Strawberry Ice Cream	341	4%	82	4%	2.4	3%	1.5	7%	14.4	6%	14.3	16%	0.5	1%	0.01	0%
Loch Fyne - AW19 Children's Menu	Desserts	Mint Choc Ice Cream	510	6%	122	6%	7.0	10%	4.5	22%	13.1	5%	12.9	14%	1.6	3%	0.05	1%
Loch Fyne - AW19 Children's Menu	Desserts	Giaccio - Choc Split Ice Cream	538	6%	129	6%	6.9	10%	4.1	21%	14.0	5%	13.8	15%	2.3	5%	0.10	2%
Loch Fyne - AW19 Children's Menu	Desserts	Walnut Ice Cream	542	6%	130	6%	7.9	11%	4.8	24%	12.7	5%	11.7	13%	1.7	3%	0.04	1%
Loch Fyne - AW19 Children's Menu	Desserts	Raspberry Sorbet	270	3%	65	3%	0.2	0%	0.2	1%	14.9	6%	14.7	16%	0.3	1%	0.00	0%
Loch Fyne - AW19 Children's Menu	Desserts	Lemon Sorbet	257	3%	62	3%	0.0	0%	0.0	0%	15.2	6%	15.1	17%	0.1	0%	0.02	0%
Loch Fyne - AW19 Children's Menu	Desserts	Pear Sorbet	264	3%	63	3%	0.1	0%	0.1	0%	15.3	6%	14.8	16%	0.2	0%	0.00	0%