

Loch Fyne Restaurants Children's Menu Autumn Winter 2018 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 - AW18 Kids Menu	Starters	Garlic Bread	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Starters	Crudites	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Loch Fyne - AW18 Kids Menu	Starters	Calamari	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No
Loch Fyne - AW18 Kids Menu	Starters	Scottish Rope Grown Mussels	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Fish & Fries	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	Yes	No	No	No	Yes	No	Yes	No
Loch Fyne - AW18 Kids Menu	Mains	Kids Burger - Please select your side options listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	Yes	Yes
Loch Fyne - AW18 Kids Menu	Mains	Veg Sticks & Lemon Mayo		No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	French Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Petits Pois		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Mighty Mussels and Fries	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Pasta with Cheesy Tomato Sauce	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Kids Salmon - Please select your side options listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Veg Sticks & Lemon Mayo		No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	French Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Petits Pois		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 - AW18 Kids Menu	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Kids Chicken Goujons - Please select your side options listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - AW18 Kids Menu	Mains	Veg Sticks & Lemon Mayo		No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	French Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Petits Pois		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Sausages & Mash	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - AW18 Kids Menu	Mains	Kids Bream - Please select your side options listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Veg Sticks & Lemon Mayo		No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	French Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Petits Pois		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Desserts	Kids Fruit Plate	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Desserts	Ice Cream - Please select your flavour choice from the list below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - AW18 Kids Menu	Desserts	Pear Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Desserts	Lemon Sorbet		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 - AW18 Kids Menu	Desserts	Raspberry Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Desserts	Walnut		No	Yes	No	Yes (Walnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - AW18 Kids Menu	Desserts	Mint Chocolate		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - AW18 Kids Menu	Desserts	Strawberry		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Desserts	Chocolate		No	Yes	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - AW18 Kids Menu	Desserts	Vanilla		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 Kids Menu	Desserts	Kids - Chocolate Tart	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No