

Loch Fyne Mother's Day Menu 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 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 - 2020 Mother's Day	Starters	Loch Fyne Fish Soup	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	Yes	No	Yes	Yes	No	Yes	No	No	No	Yes	Yes
Loch Fyne - 2020 Mother's Day	Starters	Sapphire and sweet potato pakora (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Starters	Salt & Pepper Squid	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	Yes
Loch Fyne - 2020 Mother's Day	Starters	Haggis Scotch Egg	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Loch Fyne - 2020 Mother's Day	Mains	Roasted Spicy Cauliflower Goan Curry (vg)	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2020 Mother's Day	Mains	Donal Russell Chargrilled 8oz Beef Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Loch Fyne - 2020 Mother's Day	Mains	Loch Fyne Poached Scottish Smoked Haddock	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Pan Fried Bream Fillet - Please select your sauce or butter and sides listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Wild Garlic Pesto		No	Yes	No	Yes (Cashews)	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2020 Mother's Day	Mains	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2020 Mother's Day	Mains	Harissa Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Smoked Parika and Sundried Tomato Butttter		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 - 2020 Mother's Day	Mains	Soy and Ginger sauce		No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Loch Fyne - 2020 Mother's Day	Mains	French Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Twice Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Buttered Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Sauteed Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Samphire and Lemon		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Rainbow Carrots		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Savoy Cabbage and chestnuts		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	New potatoes & Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Mains	Dauphinoise Potatoes		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2020 Mother's Day	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - 2020 Mother's Day	Desserts	Traditional Creme Brulee	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Desserts	Warm Apple Tart (vg) - Please select your ice cream choice listed below	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	Yes (Almonds)	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - 2020 Mother's Day	Desserts	Vegan Vanilla Ice Cream		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	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 - 2020 Mother's Day	Desserts	Scottish Cheese Plate	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - 2020 Mother's Day	Desserts	Chocolate fondant	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No