

Loch Fyne No Gluten Containing A La Carte 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 ALC Menu No Gluten	Appetisers/Bar Snacks	Chorizo in parsley and white wine	1646	20%	393	20%	32.0	46%	12.7	64%	3.9	2%	1.5	2%	22.0	44%	2.56	43%
Loch Fyne - AW19 ALC Menu No Gluten	Appetisers/Bar Snacks	Padron peppers with smoked sea salt	832	10%	199	10%	20.0	29%	1.2	6%	3.0	1%	2.0	2%	1.0	2%	1.95	33%
Loch Fyne - AW19 ALC Menu No Gluten	Appetisers/Bar Snacks	Nocellara Olives	777	9%	186	9%	19.2	27%	3.2	16%	1.6	1%	0.8	1%	0.8	2%	1.84	31%
Loch Fyne - AW19 ALC Menu No Gluten	Starters	Classic Smoked Salmon Plate	1924	23%	460	23%	22.5	32%	7.1	36%	35.4	14%	4.5	5%	24.6	49%	3.98	66%
Loch Fyne - AW19 ALC Menu No Gluten	Starters	Scallops with Chickpea and Nduja stew	1308	16%	311	16%	19.1	27%	4.6	23%	9.2	4%	2.1	2%	23.4	47%	7.48	125%
Loch Fyne - AW19 ALC Menu No Gluten	Starters	Smoked gressingham duck, grilled fig, goats cheese fondant	1007	12%	241	12%	14.4	21%	4.7	24%	10.8	4%	8.1	9%	15.6	31%	8.54	142%
Loch Fyne - AW19 ALC Menu No Gluten	Starters	Scottish Rope Grown Mussels Starter	1697	20%	407	20%	19.2	27%	8.5	43%	37.8	15%	3.8	4%	20.1	40%	1.85	31%
Loch Fyne - AW19 ALC Menu No Gluten	Starters	Warm winter salad, puy lentil, red pepper dressing	1302	16%	311	16%	18.1	26%	2.8	14%	28.3	11%	12.4	14%	6.9	14%	10.24	171%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Seafood Grill	4208	50%	1003	50%	53.2	76%	22.4	112%	37.9	15%	2.8	3%	97.6	195%	2.42	40%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Seafood Goan Curry	2369	28%	565	28%	24.7	35%	3.7	19%	42.2	16%	10.4	12%	49.0	98%	7.84	131%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Ribeye steak, chimichurri sauce - please select your side choice listed below	4148	49%	991	50%	83.7	120%	31.6	158%	4.6	2%	0.6	1%	55.4	111%	1.16	19%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Buttered Spinach	208	2%	50	2%	4.6	7%	2.6	13%	1.1	0%	1.1	1%	1.6	3%	0.20	3%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Sauteed Potatoes	810	10%	191	10%	5.5	8%	3.5	18%	32.8	13%	0.1	0%	3.9	8%	0.18	3%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Mashed Potatoes with Chives	1034	12%	248	12%	16.7	24%	10.0	50%	19.9	8%	3.4	4%	3.5	7%	1.76	29%

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 ALC Menu No Gluten	Mains	Sapphire and Lemon	47	1%	11	1%	0.0	0%	0.0	0%	0.7	0%	0.7	1%	1.4	3%	1.40	23%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Rainbow Carrots	457	5%	109	5%	10.4	15%	5.6	28%	4.0	2%	4.0	4%	0.8	2%	0.00	0%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Dauphinoise side	2552	30%	615	31%	51.2	73%	32.8	164%	24.0	9%	3.2	4%	16.4	33%	0.56	9%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Savoy Cabbage and chestnut	1075	13%	257	13%	16.9	24%	10.5	52%	18.2	7%	9.9	11%	6.8	14%	7.20	120%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	New potatoes & Butter	1012	12%	238	12%	8.0	11%	6.0	30%	36.0	14%	0.0	0%	4.0	8%	6.00	100%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Green Salad	527	6%	126	6%	12.4	18%	1.8	9%	1.7	1%	1.7	2%	1.4	3%	0.02	0%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Spiced Roasted Cauliflower & Squash Goan Curry	1924	23%	460	23%	24.4	35%	3.5	18%	47.9	18%	16.8	19%	14.3	29%	8.65	144%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Shellfish Platter with Lobster and Crab	5920	70%	1409	70%	61.6	88%	5.9	29%	22.6	9%	3.6	4%	192.4	385%	14.11	235%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Warm winter salad, puy lentil, red pepper dressing	2524	30%	603	30%	35.9	51%	5.6	28%	54.0	21%	24.7	27%	13.1	26%	13.94	232%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Poached Loch Fyne Smoked Haddock	2685	32%	643	32%	37.0	53%	21.3	107%	30.3	12%	12.4	14%	47.9	96%	1.67	28%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Scottish Rope Grown Mussels - please select your side choice listed below	2742	33%	658	33%	37.2	53%	16.8	84%	43.0	17%	4.4	5%	43.1	86%	3.25	54%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Buttered Spinach	208	2%	50	2%	4.6	7%	2.6	13%	1.1	0%	1.1	1%	1.6	3%	0.20	3%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Sauteed Potatoes	810	10%	191	10%	5.5	8%	3.5	18%	32.8	13%	0.1	0%	3.9	8%	0.18	3%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Mashed Potatoes with Chives	1034	12%	248	12%	16.7	24%	10.0	50%	19.9	8%	3.4	4%	3.5	7%	1.76	29%

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 ALC Menu No Gluten	Mains	Sapphire and Lemon	47	1%	11	1%	0.0	0%	0.0	0%	0.7	0%	0.7	1%	1.4	3%	1.40	23%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Rainbow Carrots	457	5%	109	5%	10.4	15%	5.6	28%	4.0	2%	4.0	4%	0.8	2%	0.00	0%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Dauphinoise side	2552	30%	615	31%	51.2	73%	32.8	164%	24.0	9%	3.2	4%	16.4	33%	0.56	9%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Savoy Cabbage and chestnut	1075	13%	257	13%	16.9	24%	10.5	52%	18.2	7%	9.9	11%	6.8	14%	7.20	120%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	New potatoes & Butter	1012	12%	238	12%	8.0	11%	6.0	30%	36.0	14%	0.0	0%	4.0	8%	6.00	100%
Loch Fyne - AW19 ALC Menu No Gluten	Mains	Green Salad	527	6%	126	6%	12.4	18%	1.8	9%	1.7	1%	1.7	2%	1.4	3%	0.02	0%
Loch Fyne - AW19 ALC Menu No Gluten	Oysters	My First Oyster	251	3%	59	3%	1.2	2%	0.2	1%	3.0	1%	0.7	1%	9.4	19%	1.10	18%
Loch Fyne - AW19 ALC Menu No Gluten	Oysters	Oysters - 1	255	3%	60	3%	1.2	2%	0.2	1%	3.1	1%	0.8	1%	9.5	19%	1.11	19%
Loch Fyne - AW19 ALC Menu No Gluten	Oysters	Oysters - 3	723	9%	171	9%	3.5	5%	0.5	3%	7.7	3%	0.8	1%	27.8	56%	3.29	55%
Loch Fyne - AW19 ALC Menu No Gluten	Oysters	Oysters - 6	1421	17%	336	17%	6.8	10%	1.1	5%	14.5	6%	0.7	1%	55.3	111%	6.55	109%
Loch Fyne - AW19 ALC Menu No Gluten	Oysters	Oysters -12	2844	34%	672	34%	13.5	19%	2.1	11%	29.1	11%	1.4	2%	110.7	221%	13.09	218%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Lobster Butter	550	7%	132	7%	13.5	19%	8.1	41%	1.2	0%	0.6	1%	1.5	3%	0.15	3%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Wild Garlic Pesto	224	3%	54	3%	4.0	6%	1.6	8%	1.2	0%	0.4	0%	2.8	6%	0.60	10%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Mayonnaise	474	6%	113	6%	12.0	17%	0.8	4%	1.2	0%	0.4	0%	0.2	0%	0.10	2%

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 ALC Menu No Gluten	Sauces	Tomato Ketchup	85	1%	20	1%	0.0	0%	0.0	0%	4.6	2%	4.6	5%	0.2	0%	0.36	6%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Salted Butter	926	11%	221	11%	24	35%	16	78%	0	0%	0	0%	0	1%	1	10%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Roasted Chilli Oil	636	8%	152	8%	13.6	19%	1.2	6%	4.8	2%	3.2	4%	8.0	16%	1.80	30%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Garlic Butter	788	9%	188	9%	20.4	29%	12.9	65%	0.9	0%	0.3	0%	0.6	1%	0.00	0%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Chimmichurri	478	6%	114	6%	10.4	15%	0.8	4%	4.0	2%	0.4	0%	1.6	3%	0.24	4%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Smoked Paprika & sunblush tomato	804	10%	192	10%	19.8	28%	12.3	62%	2.4	1%	1.2	1%	0.9	2%	0.57	10%
Loch Fyne - AW19 ALC Menu No Gluten	Sauces	Harissa butter	868	10%	208	10%	22.5	32%	14.4	72%	0.6	0%	0.3	0%	0.3	1%	0.66	11%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	Buttered Spinach	208	2%	50	2%	4.6	7%	2.6	13%	1.1	0%	1.1	1%	1.6	3%	0.20	3%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	Creamed Mash Potatoes with Chives	1034	12%	248	12%	16.7	24%	10.0	50%	19.9	8%	3.4	4%	3.5	7%	1.76	29%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	Mushy Peas	285	3%	68	3%	0.8	1%	0.0	0%	10.4	4%	1.6	2%	4.0	8%	0.72	12%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	Samphire with Lemon	48	1%	11	1%	0.1	0%	0.0	0%	0.7	0%	0.7	1%	1.7	3%	1.47	25%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	Rainbow Carrots, Harissa butter	529	6%	126	6%	11.4	16%	4.8	24%	8.0	3%	7.9	9%	1.4	3%	0.61	10%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	Sauteed New Potatoes	810	10%	191	10%	5.5	8%	3.5	18%	32.8	13%	0.1	0%	3.9	8%	0.18	3%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	New Potatoes	1013	12%	239	12%	8.4	12%	5.3	26%	36.6	14%	0.2	0%	4.8	10%	6.53	109%

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 ALC Menu No Gluten	Sides	Savoy cabbage, shallot and chestnuts	1075	13%	257	13%	16.9	24%	10.5	52%	18.2	7%	9.9	11%	6.8	14%	7.20	120%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	Dauphinoise	2552	30%	615	31%	51.2	73%	32.8	164%	24.0	9%	3.2	4%	16.4	33%	0.56	9%
Loch Fyne - AW19 ALC Menu No Gluten	Sides	Green Salad	527	6%	126	6%	12.4	18%	1.8	9%	1.7	1%	1.7	2%	1.4	3%	0.02	0%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar sides & sauces - please select from the options listed below																
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Wild Garlic Pesto	224	3%	54	3%	4.0	6%	1.6	8%	1.2	0%	0.4	0%	2.8	6%	0.40	7%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Garlic Butter	788	9%	188	9%	20.4	29%	12.9	65%	0.9	0%	0.3	0%	0.6	1%	0.00	0%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Loch Butter	550	7%	131	7%	13.5	19%	8.1	41%	1.2	0%	0.6	1%	1.5	3%	0.00	0%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Roasted Chilli Oil	477	6%	114	6%	10.2	15%	0.9	5%	3.6	1%	2.4	3%	6.0	12%	1.20	20%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Chimichurri sauce	478	6%	114	6%	10.4	15%	0.8	4%	4.0	2%	0.4	0%	1.6	3%	0.00	0%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Harissa Butter	868	10%	207	10%	22.5	32%	14.4	72%	0.6	0%	0.3	0%	0.3	1%	0.60	10%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Smoked Parika and Sundried Tomato Butter	803	10%	192	10%	19.8	28%	12.3	62%	2.4	1%	1.2	1%	0.9	2%	0.30	5%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Buttered Spinach	208	2%	50	2%	4.6	7%	2.6	13%	1.1	0%	1.1	1%	1.6	3%	0.20	3%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Sauteed Potatoes	810	10%	191	10%	5.5	8%	3.5	18%	32.8	13%	0.1	0%	3.9	8%	0.18	3%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Mashed Potatoes with Chives	1034	12%	248	12%	16.7	24%	10.0	50%	19.9	8%	3.4	4%	3.5	7%	1.76	29%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Sapphire and Lemon	47	1%	11	1%	0.0	0%	0.0	0%	0.7	0%	0.7	1%	1.4	3%	1.40	23%

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 ALC Menu No Gluten	Fishmongers	Rainbow Carrots	457	5%	109	5%	10.4	15%	5.6	28%	4.0	2%	4.0	4%	0.8	2%	0.00	0%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Dauphinoise side	2552	30%	615	31%	51.2	73%	32.8	164%	24.0	9%	3.2	4%	16.4	33%	0.56	9%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Savoy Cabbage and chestnut	1075	13%	257	13%	16.9	24%	10.5	52%	18.2	7%	9.9	11%	6.8	14%	7.20	120%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	New potatoes & Butter	1012	12%	238	12%	8.0	11%	6.0	30%	36.0	14%	0.0	0%	4.0	8%	6.00	100%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Green Salad	527	6%	126	6%	12.4	18%	1.8	9%	1.7	1%	1.7	2%	1.4	3%	0.02	0%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Loch Fyne Scottish Salmon Pan Fried	2547	30%	611	31%	49.4	71%	11.5	58%	1.6	1%	1.4	2%	40.6	81%	0.69	12%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Loch Fyne Scottish Salmon Grilled	2236	27%	536	27%	41.2	59%	6.3	32%	1.5	1%	1.3	1%	40.5	81%	0.69	12%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Loch Fyne Scottish Salmon Steamed	2236	27%	536	27%	41.2	59%	6.3	32%	1.5	1%	1.3	1%	40.5	81%	0.69	12%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Tuna Pan Fried	1813	22%	433	22%	27.8	40%	7.1	36%	1.5	1%	1.4	2%	44.4	89%	2.34	39%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Tuna Grilled	1640	20%	392	20%	23.6	34%	4.5	23%	0.8	0%	0.7	1%	44.1	88%	2.34	39%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Tuna Char- Grilled	1657	20%	396	20%	23.7	34%	4.5	23%	1.5	1%	1.3	1%	44.4	89%	2.34	39%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Cod Pan fried	1677	20%	399	20%	24.8	35%	7.9	40%	1.6	1%	1.4	2%	29.0	58%	1.04	17%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Cod Grilled	1366	16%	325	16%	16.6	24%	2.7	14%	1.5	1%	1.3	1%	28.9	58%	1.04	17%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Cod Steamed	1343	16%	319	16%	16.4	23%	2.7	13%	0.6	0%	0.4	0%	28.6	57%	1.04	17%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Turbot Pan Fried	2478	30%	589	29%	22.9	33%	9.0	45%	1.4	1%	1.4	2%	94.8	190%	1.09	18%

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 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Turbot Grilled	2544	30%	604	30%	24.7	35%	5.3	27%	1.3	1%	1.3	1%	94.7	189%	1.09	18%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Turbot Steamed	2544	30%	604	30%	24.7	35%	5.3	27%	1.3	1%	1.3	1%	94.7	189%	1.09	18%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Megrin Grilled	1738	21%	415	21%	16.7	24%	3.2	16%	1.3	1%	1.3	1%	61.8	124%	1.00	17%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Megrin Pan Fried	2048	24%	490	24%	24.9	36%	8.4	42%	1.4	1%	1.4	2%	61.9	124%	1.00	17%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Megrin Steamed	1738	21%	415	21%	16.7	24%	3.2	16%	1.3	1%	1.3	1%	61.8	124%	1.00	17%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Seabass Pan Fried	2804	33%	670	34%	30.9	44%	8.8	44%	1.8	1%	1.4	2%	97.2	194%	1.87	31%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Seabass Grilled	2494	30%	596	30%	22.7	32%	3.6	18%	1.7	1%	1.3	1%	97.1	194%	1.87	31%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Seabass Steamed	2482	30%	593	30%	22.7	32%	3.6	18%	1.3	1%	1.3	1%	97.0	194%	1.87	31%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Gilt Head Bream Pan fried	1307	16%	311	16%	23.2	33%	4.9	25%	1.5	1%	1.4	2%	24.2	48%	0.87	15%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Gilt Head Bream Grilled	1151	14%	274	14%	19.1	27%	2.3	12%	1.5	1%	1.3	1%	24.2	48%	0.87	15%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Gilt Head Bream Steamed	1151	14%	274	14%	19.1	27%	2.3	12%	1.5	1%	1.3	1%	24.2	48%	0.87	15%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Mackerel Grilled	3530	42%	849	42%	64.4	92%	12.8	64%	1.3	1%	1.3	1%	71.5	143%	1.52	25%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Mackerel Pan Fried	3840	46%	923	46%	72.6	104%	18.0	90%	1.4	1%	1.4	2%	71.6	143%	1.52	25%
Loch Fyne - AW19 ALC Menu No Gluten	Fishmongers	Fish Bar Whole Mackerel Steamed	3530	42%	849	42%	64.4	92%	12.8	64%	1.3	1%	1.3	1%	71.5	143%	1.52	25%

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 ALC Menu No Gluten	Desserts	Luxury Ice Cream & Sorbet - please select your flavour choice listed below																	
Loch Fyne - AW19 ALC Menu No Gluten	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 ALC Menu No Gluten	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 ALC Menu No Gluten	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 ALC Menu No Gluten	Desserts	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 ALC Menu No Gluten	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 ALC Menu No Gluten	Desserts	Amaretti Amaretto Ice Cream	569	7%	136	7%	7.9	11%	7.0	35%	13.9	5%	13.5	15%	2.1	4%	0.01	0%	
Loch Fyne - AW19 ALC Menu No Gluten	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 ALC Menu No Gluten	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 ALC Menu No Gluten	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%	
Loch Fyne - AW19 ALC Menu No Gluten	Desserts	Vegan Vanilla Ice Cream	425	5%	102	5%	5.5	8%	2.0	10%	11.5	4%	10.5	12%	1.3	3%	0.12	2%	
Loch Fyne - AW19 ALC Menu No Gluten	Desserts	Vegan Ice Cream - 3 Scoops	1275	15%	305	15%	16.5	24%	6.0	30%	34.5	13%	31.5	35%	3.8	8%	0.38	6%	
Loch Fyne - AW19 ALC Menu No Gluten	Desserts	Crème Brûlée	1759	21%	425	21%	35.7	51%	20.5	102%	22.7	9%	22.2	25%	4.5	9%	0.09	2%	
Loch Fyne - AW19 ALC Menu No Gluten	Desserts	Popcorn Sundae	2353	28%	564	28%	42.1	60%	25.4	127%	38.5	15%	34.8	39%	7.3	15%	1.98	33%	