

Loch Fyne Restaurants A La Carte No Gluten Containing 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 ALC Menu NGCI	Starters	Prawn Cocktail	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	No	No
Loch Fyne - AW18 ALC Menu NGCI	Starters	Marinated Mixed Olives	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Starters	Hot Smoked Anchovies	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Starters	Loch Fyne Selection	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Starters	Trio of Salmon to Share	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Starters	Trio of Salmon for One	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Starters	My First Oyster	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 1	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 3	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 6	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 12	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Starters	Scottish Rope Grown Mussels	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Starters	Mussels with Provencal	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	Yes	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Starters	Mussels with Chilli & Coriander	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	Yes	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Poached Loch Fyne Smoked Haddock	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Mains	Whole Roasted Seabass, Salsa Verde & Heritage Potatoes	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	Yes

	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 ALC Menu NGCI	Mains	King Prawn Malabar Curry	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Whole Baked Lobster - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Roasted Parsnips & Carrots with Honey & Thyme		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Sauteed Heritage Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Heritage Potatoes with minted butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Seafood Grill	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Mains	Scottish Rope Grown Mussels - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	Yes	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Roasted Parsnips & Carrots with Honey & Thyme		No	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 ALC Menu NGCI	Mains	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Sauteed Heritage Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Heritage Potatoes with minted butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Mussels with provencale sauce - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	Yes	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Roasted Parsnips & Carrots with Honey & Thyme		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Sauteed Heritage Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Heritage Potatoes with minted butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Shellfish Platter With Crab	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	Yes	No	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Mains	Shellfish Platter with Lobster	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	Yes	No	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Mains	Mussels with Chilli & Coriander - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	Yes	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 ALC Menu NGCI	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Roasted Parsnips & Carrots with Honey & Thyme		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Sauteed Heritage Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Heritage Potatoes with minted butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	28-Day Aged 10oz Rib-Eye Steak - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Roasted Parsnips & Carrots with Honey & Thyme		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Sauteed Heritage Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Heritage Potatoes with minted butter		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 ALC Menu NGCI	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	28 Day Aged 10oz Sirloin Steak - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Roasted Parsnips & Carrots with Honey & Thyme		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Sauteed Heritage Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Heritage Potatoes with minted butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Classic Caesar Salad Bowl	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Butternut Squash Risotto with Sweet Potato Crisps	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Mains	Whole Crab with Lemon Mayonnaise	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Seafood Goan Curry	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar - Please select your choice of fish and cooking method from the list below																	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Tuna Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	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 ALC Menu NGCI	Mains	Fish Bar Tuna Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Tuna - Char Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Loch Fyne Scottish Salmon Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Loch Fyne Scottish Salmon Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Loch Fyne Scottish Salmon Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Gilt Head Bream Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Gilt Head Bream Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Gilt Head Bream Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Line Caught Cod Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Line Caught Cod Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Line Caught Cod Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Fish Bar Sides - Please select your side choice from the list below																		
Loch Fyne - AW18 ALC Menu NGCI	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Hollandaise		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	
Loch Fyne - AW18 ALC Menu NGCI	Mains	Salsa Verde		No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	Yes	

	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 ALC Menu NGCI	Mains	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - AW18 ALC Menu NGCI	Mains	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Sauce Gribiche		No	Yes	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Roasted Parsnips & Carrots with Honey & Thyme		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Sauteed Heritage Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Heritage Potatoes with minted butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Samphire with Garlic Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Green Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Curly Kale with Garlic Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Mashed Potato	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Heritage Potatoes with Minted Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Sauteed Heritage Potatoes	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Roasted Parsnips & Carrots with Honey & Thyme	Total Allergen Outcome	No	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 ALC Menu NGCI	Sides	Buttered Spinach	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Half Lobster	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	King Prawns	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Sides	Tuna Loin	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Luxury Ice Cream & Sorbet Mix - please select your flavour choice listed below	Total Allergen Outcome																
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Pear Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Lemon Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Raspberry Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Amaretti Amaretto		No	Yes	No	Yes (Almonds)	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Walnut		No	Yes	No	Yes (Walnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Mint Chocolate		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Strawberry		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Chocolate		No	Yes	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Vanilla		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	Crepe Brulee	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - AW18 ALC Menu NGCI	Desserts	British Cheese Selection	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	Yes	No	No