

Loch Fyne Restaurants No Gluten Containing Set 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 Set Menu NGCI | Starters | Char Grilled Sardines, chilli oil, yoghurt | Total Allergen Outcome | No | No | No | No | No | No | No | No | Yes | No | Yes | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Starters | Char Grilled Courgettes, lemon, garlic & parsley | Total Allergen Outcome | Yes | Yes | No | No | No | No | No | No | No | No | No | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Starters | Potted Scottish Peppered Mackerel | Total Allergen Outcome | No | No | No | No | No | No | No | Yes | Yes | No | Yes | No | Yes | Yes | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Starters | Roast Onion & Cumin Soup with Yoghurt | Total Allergen Outcome | No | Yes | No | No | No | Yes | No | Yes | No | No | Yes | No | No | Yes | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Starters | Courgette, lemon & rosemary soup | Total Allergen Outcome | No | Yes | No | No | No | Yes | No | Yes | No | No | Yes | No | No | Yes | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Mains | Whole Roasted Mackerel lemon & thyme | Total Allergen Outcome | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Mains | Grilled sardines with parsley & lemon | Total Allergen Outcome | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Mains | Flat Iron Steak with Bearnaise sauce | Total Allergen Outcome | No | No | No | No | No | No | No | Yes | No | No | Yes | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Mains | 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 Set Menu NGCI | Mains | Mixed Bean Tagine | Total Allergen Outcome | Yes | Yes | No | No | No | Yes | No | No | No | No | No | No | Yes | No | No | No |
| Loch Fyne - AW18 Set 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 Set 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 Set Menu NGCI | Mains | Madeira Herring | Total Allergen Outcome | No | No | No | No | No | No | No | Yes | Yes | No | Yes | No | Yes | No | No | No |
| Loch Fyne - AW18 Set 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 Set 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 Set 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 |

| | 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 |
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| Loch Fyne - AW18 Set Menu NGCI | Desserts | Creme Brulee | Total Allergen Outcome | No | Yes | No | No | No | No | No | Yes | No | No | Yes | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Desserts | Luxury Ice Cream & Sorbet Mix - Please select your flavour choice listed below | Total Allergen Outcome listed below | | | | | | | | | | | | | | | | |
| Loch Fyne - AW18 Set Menu NGCI | Desserts | Pear Sorbet | | No | Yes | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Desserts | Lemon Sorbet | | No | Yes | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Desserts | Raspberry Sorbet | | No | Yes | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No |
| Loch Fyne - AW18 Set 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 Set Menu NGCI | Desserts | Walnut | | No | Yes | No | Yes (Walnuts) | No | No | No | No | No | No | Yes | No | No | No | Yes | No |
| Loch Fyne - AW18 Set Menu NGCI | Desserts | Mint Chocolate | | No | Yes | No | No | No | No | No | No | No | No | Yes | No | No | No | Yes | No |
| Loch Fyne - AW18 Set Menu NGCI | Desserts | Strawberry | | No | Yes | No | No | No | No | No | No | No | No | Yes | No | No | No | No | No |
| Loch Fyne - AW18 Set Menu NGCI | Desserts | Chocolate | | No | Yes | No | Yes (Hazelnuts) | No | No | No | No | No | No | Yes | No | No | No | Yes | No |
| Loch Fyne - AW18 Set Menu NGCI | Desserts | Vanilla | | No | Yes | No | No | No | No | No | Yes | No | No | Yes | No | No | No | No | No |