

# 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	Yes
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	Sides	Green Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
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
Loch Fyne - AW18 Set Menu NGCI	Desserts	Crème Brûlée	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No

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Loch Fyne - AW18 Set Menu NGCI	Desserts	Luxury Ice Cream & Sorbet Mix - Please select your flavour choice listed below	Total Allergen Outcome																
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