

# Loch Fyne No Gluten Containing A La Carte Menu - Spring 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 indicated 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 Spring ALC Menu No-gluten	Appetisers/ Bar Snacks	Chorizo in parsley and white wine	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Appetisers/ Bar Snacks	Padron peppers with smoked sea salt	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Appetisers/ Bar Snacks	Nocellara Olives	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Starters	Classic Smoked Salmon Plate	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Starters	Scottish Rope Grown Mussels	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Starters	Asparagus, Poached egg, watercress, lentil & brown butter vinaigrette	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Starters	Loch Fyne Ashet	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Starters	Brandade, sundried tomato and olive tapenade	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Starters	Smoked Chicken, mango salad	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
Loch Fyne Spring ALC Menu No-gluten	Starters	Artichoke, Rosemary and Lemon Risotto	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Starters	Superfood Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Loch Fyne Spring ALC Menu No-gluten	Oysters	My First Oyster	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Oysters	Oysters Natural Fyne Tabasco and Lemon 1 - Please select your topping choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Oysters	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	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 Spring ALC Menu No-gluten	Oysters	Wasabi cucumber		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Oysters	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Oysters	Oysters Natural Fyne Tabasco and Lemon 3 Please select your topping choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Oysters	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Oysters	Wasabi cucumber		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Oysters	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Oysters	Oysters Natural Fyne Tabasco and Lemon 6 Please select your topping choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Oysters	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Oysters	Wasabi cucumber		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Oysters	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Oysters	Oysters Natural Fyne Tabasco and Lemon 12 Please select your topping choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Oysters	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Oysters	Wasabi cucumber		Yes	Yes	No	No	No	No	No	No	No	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 Mollusca	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne Spring ALC Menu No-gluten	Oysters	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Seafood Grill	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Ribeye steak, chimichurri sauce - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Buttered Spinach (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Sauteed Potatoes (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Samphire and Lemon		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	New potatoes & Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Bombay potatoes		Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Tenderstem, okra, sugar snaps		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Shellfish Platter with Lobster and Crab	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	Yes	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Poached Loch Fyne Smoked Haddock	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No	No	No
Loch Fyne Spring ALC Menu No-gluten	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	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 Spring ALC Menu No-gluten	Mains	Buttered Spinach (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Sauteed Potatoes (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Samphire and Lemon		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	New potatoes & Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Bombay potatoes		Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Tenderstem, okra, sugar snaps		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Chargrilled Beef Burger, pancetta, swiss cheese and classic burger sauce - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Buttered Spinach (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Sauteed Potatoes (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Samphire and Lemon		Yes	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 Mollusca	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne Spring ALC Menu No-gluten	Mains	New potatoes & Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Bombay potatoes		Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Tenderstem, okra, sugar snaps		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Chicken thighs, lemon, garlic, rosemary	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Superfood Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Seafood Risotto	Total Allergen Outcome	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Artichoke, lemon and rosemary risotto	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Mains	Pan fried Meagre, okra, bombay potatoes, raita	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Grilled Lobster - Please select your butter and side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Chilli and lime butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Buttered Spinach (V)		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 Spring ALC Menu No-gluten	Mains	Sauteed Potatoes (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Samphire and Lemon		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	New potatoes & Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Bombay potatoes		Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Tenderstem, okra, sugar snaps		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Mains	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Sauces	Lobster Butter	Total Allergen Outcome	No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Sauces	Salsa Verde	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Mayonnaise	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Tomato Ketchup	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Salted Butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Roasted Chilli Oil	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Garlic 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
Loch Fyne Spring ALC Menu No-gluten	Sauces	Chimmichurri	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Sauces	Smoked Paprika & sunblush tomato	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Oil and Balsamic	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Sauces	Creme Anglaise	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Nduja Butter	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Chilli and Lime butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sauces	Sundried Tomato and olive tapenade	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Buttered Spinach	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Creamed Mash Potatoes with Chives	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Mushy Peas	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Samphire with Lemon	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Sauteed New Potatoes	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	New Potatoes with butter	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Green Salad	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	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 Spring ALC Menu No-gluten	Sides	Okra, tenderstem and sugar snaps	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Bombay potatoes	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Add Bradan Rost	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Add Scallops	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Add Half Lobster	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Add Prawns	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Sides	Add Langoustines	Total Allergen Outcome	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Luxury Ice Cream & Sorbet Mix 1 Scoop - Please select your flavour choice listed below	Total Allergen Outcome			No													
Loch Fyne Spring ALC Menu No-gluten	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Strawberry Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Mint Choc Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Choc Split Ice Cream		No	Yes	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Walnut Ice Cream		No	Yes	No	Yes (Walnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Amaretti Amaretto Ice Cream		No	Yes	No	Yes (Almonds)	No	No	No	Yes	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 Mollusca	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne Spring ALC Menu No-gluten	Desserts	Raspberry Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Lemon Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Pear Sorbet		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Vegan Vanilla Ice Cream		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Vegan Ice Cream 3 Scoops	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Creme Brulee	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Popcorn Sundae	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Panna Cotta, rhubarb	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Coconut rice pudding, kiwi jam	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Desserts	Chocolate truffle cake, orange confit, mascarpone	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Sides & Sauces				No													
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	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 Mollusca	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Salsa Verde		No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Chimichurri sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Smoked Parika and Sundried Tomato Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Sundried tomato and olive tapenade		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Nduja Butter		No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Chilli and lime butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Buttered Spinach (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Sauteed Potatoes (V)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Mashed Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Samphire and Lemon		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	New potatoes & Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Bombay potatoes		Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Tenderstem, okra, sugar snaps		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Green Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	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 Mollusca	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	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 Spring ALC Menu No-gluten	Fishmongers	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 Spring ALC Menu No-gluten	Fishmongers	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 Spring ALC Menu No-gluten	Fishmongers	Fish Bar Tuna Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	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 Spring ALC Menu No-gluten	Fishmongers	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 Spring ALC Menu No-gluten	Fishmongers	Fish Bar Whole Turbot Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Whole Turbot Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Whole Turbot Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Whole Seabass Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Whole Seabass Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Whole Seabass Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Meagre Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Meagre 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 Spring ALC Menu No-gluten	Fishmongers	Fish Bar Meagre Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Line-Caught Hake Pan fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Line-Caught Hake Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Line-Caught Hake Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Plaice Whole Pan Fried	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Plaice Whole Steamed	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne Spring ALC Menu No-gluten	Fishmongers	Fish Bar Plaice Whole Grilled	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No