

# Loch Fyne Preview Night Menu Spring 2019

## 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 - Spring 2019 Preview Night	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 3	Total Allergen Outcome	No	No	Yes (Barley)	No	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Starters	Avocado & Pomegranate Salad	Total Allergen Outcome	Yes	Yes	Yes (Spelt)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Starters	Ham Hock & Sweet Cider Terrine	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Starters	King Scallops with Pea Puree & Crispy Pancetta	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Mains	Char-grilled Burger with Crispy Bacon & Black Bomber Cheese	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Loch Fyne - Spring 2019 Preview Night	Mains	Spiced Roasted Cauliflower & Squash Goan Curry	Total Allergen Outcome	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Fish Bar Loch Fyne Scottish Salmon Pan fried - Please select your side choices listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Fish Bar Loch Fyne Scottish Salmon Grilled - Please select your side choices listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Fish Bar Loch Fyne Scottish Salmon Steamed - Please select your side choices listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Fish Bar (Whole Seabass - Pan Fried) - Please select your side choices listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Fish Bar (Whole Seabass-Grilled) - Please select your side choices listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Fish Bar (Whole Seabass - Steamed) - Please select your side choices listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Fish Bar Sides & Sauces - Please select from the options listed below																	
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Wild Garlic Pesto		No	No	No	Yes (Cashews)	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Crab & Chervil Butter		No	No	No	No	No	No	Yes	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 2019 Preview Night	Fish Bar	Hollandaise Sauce		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Lobster Butter		No	No	No	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Roasted Chilli Oil		No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Salsa Verde		No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Olive, Dill & Caper Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Fish Bar	French Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Twice Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Garden Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Blanched Curly Kale with Garlic Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Buttered Spinach		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Samphire		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Sauteed Potatoes		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Seasonal Vegetables		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	Mash Potatoes with Chives		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Fish Bar	New Potatoes & Minted Butter		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Luxury Ice Cream & Sorbet - Please select from the flavour options listed below	Total Allergen Outcome																
Loch Fyne - Spring 2019 Preview Night	Desserts	Vanilla Ice Cream		No	Yes	No	No	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 Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Loch Fyne - Spring 2019 Preview Night	Desserts	Strawberry Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Mint Choc Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Chocolate Ice Cream		No	Yes	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Walnut Ice Cream		No	Yes	No	Yes (Walnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Amaretti Amaretto Ice Cream		No	Yes	No	Yes (Almonds)	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Rum & Raisin Ice Cream		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Raspberry Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Lemon Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Pear Sorbet		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Vegan Apple Pie & Vanilla Ice Cream - Please select your ice cream choice listed below	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	Yes (Almonds)	No	No	No	No	No	No	No	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Vegan Vanilla Ice Cream		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Spring Eton Mess	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Loch Fyne - Spring 2019 Preview Night	Desserts	Scottish Cheese Plate	Total Allergen Outcome	No	No	Yes (Wheat, Oat)	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No