

# Loch Fyne Restaurants Set Menu Autumn Winter 2018 Nutritional Information



## Key & Interpreting the data

The figures below highlight the nutrition values for each complete dish as listed on the menu.

The RI columns indicates the % of recommended Reference Intakes (RI) for an average adult (8400 KJ/ 2000 kcal per day) for each nutrient. They are based on official recommendations for an average adult, doing an average amount of physical activity. These are intended as a guide, not a target.

Figures are typical for that dish and may vary slightly as a result of manufacturing tolerances and cooking assembly.

Where there are options available, these will appear underneath the corresponding dish, please add the nutrition for the choice to the total dish.

Reference Intakes (RIs) of an average adult	
<i>Nutrient</i>	<i>Reference Intake</i>
Energy (kj/kcal)	8400kj / 2000kcal
Fat (g)	70g
Saturates (g)	20g
Carbohydrates (g)	260g
Sugars (g)	90g
Protein (g)	50g
Salt (g)	6g

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - AW18 Set Menu	Starters	Char Grilled Sardines, chilli oil, yoghurt	2075	25%	497	25%	37.2	53%	6.9	35%	1.2	0%	1.2	1%	32.5	65%	0.73	12%
Loch Fyne - AW18 Set Menu	Starters	Char Grilled Courgettes, lemon, garlic & parsley	860	10%	209	10%	20.2	29%	1.4	7%	3.4	1%	3.0	3%	2.8	6%	0.22	4%
Loch Fyne - AW18 Set Menu	Starters	Crispy Sprats	3342	40%	804	40%	75.0	107%	8.6	43%	1.7	1%	1.3	1%	21.4	43%	1.22	20%
Loch Fyne - AW18 Set Menu	Starters	Potted Scottish Peppered Mackerel	1477	18%	355	18%	22.3	32%	9.6	48%	27.5	11%	2.5	3%	13.6	27%	2.22	37%
Loch Fyne - AW18 Set Menu	Starters	Loch Fyne Fish Soup	1967	23%	469	23%	28.9	41%	4.8	24%	35.7	14%	6.3	7%	19.2	38%	1.99	33%
Loch Fyne - AW18 Set Menu	Starters	Roast Onion & Cumin Soup with Yoghurt	1286	15%	309	15%	19.2	27%	4.7	24%	29.2	11%	5.6	6%	6.1	12%	0.48	8%
Loch Fyne - AW18 Set Menu	Starters	Courgette, lemon & rosemary soup	2058	24%	493	25%	23.0	33%	10.4	52%	62.4	24%	6.6	7%	12.8	26%	2.01	34%
Loch Fyne - AW18 Set Menu	Starters	Smoked Cod Roe, oat cakes, toasted sesame seeds	2223	26%	533	27%	36.4	52%	10.5	52%	31.6	12%	3.1	3%	18.6	37%	2.88	48%
Loch Fyne - AW18 Set Menu	Starters	Set Meat Charcuterie for One	1580	19%	378	19%	15.7	22%	6.3	32%	38.9	15%	11.0	12%	23.0	46%	4.78	80%
Loch Fyne - AW18 Set Menu	Mains	Madeira Herring, beetroot, egg & horseradish salad	2740	33%	655	33%	31.0	44%	5.6	28%	67.4	26%	48.4	54%	24.0	48%	5.34	89%
Loch Fyne - AW18 Set Menu	Mains	Salmon Fishcakes, wilted spinach, provencal sauce, white wine cream	2834	34%	683	34%	51.8	74%	14.9	75%	32.7	13%	6.2	7%	22.6	45%	1.29	22%
Loch Fyne - AW18 Set Menu	Mains	Baked goats cheese, heritage potato & roast pickled beetroot	1348	16%	321	16%	17.9	26%	6.5	33%	28.2	11%	6.6	7%	11.3	23%	0.91	15%
Loch Fyne - AW18 Set Menu	Mains	Whole Roasted Mackerel lemon & thyme	3543	42%	854	43%	64.6	92%	12.8	64%	2.1	1%	1.4	2%	71.5	143%	0.77	13%
Loch Fyne - AW18 Set Menu	Mains	Grilled sardines with parsley & lemon	2503	30%	600	30%	36.7	52%	9.1	46%	2.7	1%	2.7	3%	53.1	106%	1.09	18%
Loch Fyne - AW18 Set Menu	Mains	Flat Iron Steak	2290	27%	550	28%	39.7	57%	22.8	114%	0.9	0%	0.9	1%	46.2	92%	0.77	13%
Loch Fyne - AW18 Set Menu	Mains	Scottish Rope Grown Mussels	1587	19%	381	19%	18.1	26%	8.3	41%	39.0	15%	4.2	5%	22.4	45%	1.95	33%
Loch Fyne - AW18 Set Menu	Mains	King Prawn Spaghetti	4135	49%	981	49%	60.6	87%	7.9	39%	80.3	31%	3.3	4%	37.9	76%	1.68	28%
Loch Fyne - AW18 Set Menu	Mains	Breaded Plaice Fillet with tartar sauce	3998	48%	960	48%	79.5	114%	7.5	37%	48.8	19%	2.8	3%	27.1	54%	2.64	44%

Menu	Menu Cat.	Dish Name	Energy (KJ)		Energy (kcal)		Fat (g)		Saturated Fat (g)		Carbohydrates (g)		Sugars (g)		Protein (g)		Salt (g)	
			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - AW18 Set Menu	Mains	Chargrilled 8oz Beef Burger	4706	56%	1125	56%	83.3	119%	18.9	94%	42.6	16%	7.0	8%	51.5	103%	5.50	92%
Loch Fyne - AW18 Set Menu	Mains	Mixed Bean Tagine	1917	23%	458	23%	4.0	6%	0.4	2%	90.2	35%	15.4	17%	15.3	31%	9.29	155%
Loch Fyne - AW18 Set Menu	Mains	Chilli Sin Carne	3218	38%	769	38%	8.8	13%	0.8	4%	112.7	43%	17.2	19%	58.3	117%	8.40	140%
Loch Fyne - AW18 Set Menu	Mains	Fish Fingers	3307	39%	789	39%	53.2	76%	4.9	25%	49.1	19%	4.1	5%	38.4	77%	2.30	38%
Loch Fyne - AW18 Set Menu	Mains	Classic Caesar Salad Bowl	2995	36%	716	36%	61.2	87%	9.8	49%	27.5	11%	5.4	6%	16.5	33%	4.07	68%
Loch Fyne - AW18 Set Menu	Mains	Butternut Squash Risotto with Sweet Potato Crisps	4036	48%	966	48%	40.1	57%	21.5	108%	81.0	31%	37.9	42%	18.7	37%	0.40	7%
Loch Fyne - AW18 Set Menu	Sides	French Fries	2348	28%	560	28%	32.0	46%	12.0	60%	82.0	32%	2.0	2%	6.0	12%	1.29	22%
Loch Fyne - AW18 Set Menu	Sides	Crispy Bacon	601	7%	144	7%	8.0	11%	3.6	18%	0.0	0%	0.0	0%	17.8	36%	1.93	32%
Loch Fyne - AW18 Set Menu	Sides	Twice Cooked Chips	2000	24%	478	24%	24.0	34%	2.0	10%	62.0	24%	4.0	4%	6.0	12%	1.49	25%
Loch Fyne - AW18 Set Menu	Sides	Green Salad	502	6%	120	6%	12.3	18%	1.7	8%	1.3	0%	1.3	1%	1.2	2%	0.02	0%
Loch Fyne - AW18 Set Menu	Sides	Curly Kale with Garlic Butter	754	9%	183	9%	17.8	25%	10.8	54%	1.6	1%	1.1	1%	2.9	6%	0.64	11%
Loch Fyne - AW18 Set Menu	Sides	Heritage Potatoes with Minted Butter	983	12%	236	12%	7.9	11%	5.0	25%	34.2	13%	2.1	2%	4.1	8%	0.00	0%
Loch Fyne - AW18 Set Menu	Desserts	Treacle tart, clotted cream, orange	2300	27%	552	28%	25.8	37%	13.5	67%	74.4	29%	56.3	63%	6.2	12%	0.49	8%
Loch Fyne - AW18 Set Menu	Desserts	Creme Brulee	1876	22%	453	23%	41.5	59%	23.4	117%	15.5	6%	8.7	10%	5.8	12%	0.25	4%
Loch Fyne - AW18 Set Menu	Desserts	Luxury Ice Cream & Sorbet Mix - please select your flavour choice listed below																
Loch Fyne - AW18 Set Menu	Desserts	Pear Sorbet	264	3%	63	3%	0.1	0%	0.1	0%	15.3	6%	14.8	16%	0.2	0%	0.01	0%
Loch Fyne - AW18 Set Menu	Desserts	Lemon Sorbet	257	3%	62	3%	0.0	0%	0.0	0%	15.2	6%	15.1	17%	0.1	0%	0.03	0%
Loch Fyne - AW18 Set Menu	Desserts	Raspberry Sorbet	354	4%	85	4%	0.2	0%	0.2	1%	19.9	8%	14.7	16%	0.3	1%	0.01	0%
Loch Fyne - AW18 Set Menu	Desserts	Rum & Raisin	410	5%	98	5%	4.0	6%	2.8	14%	14.1	5%	12.5	14%	1.4	3%	0.07	1%

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			Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake	Per Serving	% Reference Intake
Loch Fyne - AW18 Set Menu	Desserts	Amaretti Amaretto	569	7%	136	7%	7.9	11%	7.0	35%	13.9	5%	13.5	15%	2.1	4%	0.02	0%
Loch Fyne - AW18 Set Menu	Desserts	Walnut	542	6%	130	6%	7.9	11%	4.8	24%	12.7	5%	11.7	13%	1.7	3%	0.04	1%
Loch Fyne - AW18 Set Menu	Desserts	Mint Chocolate	510	6%	122	6%	7.0	10%	4.5	22%	13.1	5%	12.9	14%	1.6	3%	0.06	1%
Loch Fyne - AW18 Set Menu	Desserts	Strawberry	341	4%	82	4%	2.4	3%	1.5	7%	14.4	6%	14.4	16%	0.5	1%	0.02	0%
Loch Fyne - AW18 Set Menu	Desserts	Chocolate	538	6%	129	6%	6.9	10%	4.1	21%	14.0	5%	13.8	15%	2.3	5%	0.11	2%
Loch Fyne - AW18 Set Menu	Desserts	Vanilla	458	5%	110	5%	6.2	9%	4.3	22%	11.9	5%	11.9	13%	1.6	3%	0.00	0%
Loch Fyne - AW18 Set Menu	Desserts	Passion Fruit Cheesecake	2216	26%	533	27%	46.6	67%	28.4	142%	23.0	9%	8.9	10%	6.1	12%	0.86	14%
Loch Fyne - AW18 Set Menu	Desserts	Chocolate Tart	2452	29%	586	29%	35.2	50%	21.0	105%	55.8	21%	56.2	62%	9.2	18%	0.22	4%
Loch Fyne - AW18 Set Menu	Desserts	Toffee Pudding with Butterscotch Sauce & Ice Cream	3587	43%	857	43%	44.0	63%	24.7	123%	100.4	39%	78.9	88%	6.5	13%	1.22	20%