

# Loch Fyne Restaurants Set Menu Nutritional Information Spring 2019



## 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 - Spring 2019 Set Menu	Starters	Char Grilled Sardines, chilli oil, yoghurt	2083	25%	498	25%	37.2	53%	7.1	36%	1.3	0%	1.2	1%	32.5	65%	0.73	12%
Loch Fyne - Spring 2019 Set Menu	Starters	Potted Scottish Peppered Mackerel	1478	18%	353	18%	22.3	32%	9.0	45%	27.5	11%	2.5	3%	13.6	27%	2.28	38%
Loch Fyne - Spring 2019 Set Menu	Starters	Set Meat Charcuterie for One	1671	20%	399	20%	15.5	22%	6.3	32%	44.1	17%	15.4	17%	23.1	46%	4.90	82%
Loch Fyne - Spring 2019 Set Menu	Starters	Loch Fyne Smoked Haddock Remoulade, granary toast	1246	15%	297	15%	12.4	18%	0.8	4%	28.9	11%	2.9	3%	18.7	37%	1.58	26%
Loch Fyne - Spring 2019 Set Menu	Starters	Crispy Sprats with Citrus Mayo	904	11%	216	11%	22.5	32%	1.6	8%	2.8	1%	1.2	1%	0.8	2%	0.21	4%
Loch Fyne - Spring 2019 Set Menu	Starters	Traditional Prawn Cocktail	1519	18%	363	18%	26.4	38%	1.9	9%	21.0	8%	6.3	7%	12.1	24%	1.45	24%
Loch Fyne - Spring 2019 Set Menu	Starters	Cod Goujons & Tartare Sauce	2130	25%	510	25%	41.7	60%	3.7	19%	22.1	9%	2.2	2%	14.1	28%	1.45	24%
Loch Fyne - Spring 2019 Set Menu	Starters	Trio of Smoked Fish with Honey & Mustard Potato Salad	1378	16%	329	16%	26.3	38%	7.3	36%	10.7	4%	5.3	6%	13.3	27%	1.49	25%
Loch Fyne - Spring 2019 Set Menu	Starters	Soup of the Day - Carrot & Coriander	1250	15%	300	15%	11.3	16%	6.0	30%	47.4	18%	7.9	9%	7.1	14%	1.30	22%
Loch Fyne - Spring 2019 Set Menu	Starters	Ham Hock & Sweet Cider Terrine	1197	14%	286	14%	9.0	13%	1.4	7%	42.4	16%	13.6	15%	10.9	22%	3.31	55%

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 - Spring 2019 Set Menu	Starters	Avocado & Pomegranate Salad	2353	28%	564	28%	23.6	34%	4.1	21%	80.3	31%	10.9	12%	9.1	18%	0.03	1%
Loch Fyne - Spring 2019 Set Menu	Starters	Soup of the Day - Cream of Broccoli & Blue Cheese	1376	16%	331	17%	17.3	25%	10.0	50%	39.4	15%	1.9	2%	9.1	18%	1.30	22%
Loch Fyne - Spring 2019 Set Menu	Starters	Soup of the Day- Cream of Tomato & Roasted Red Pepper	1612	19%	387	19%	15.3	22%	8.0	40%	53.4	21%	13.9	15%	9.1	18%	1.30	22%
Loch Fyne - Spring 2019 Set Menu	Mains	Madeira Herring, beetroot, egg & horseradish salad	1650	20%	394	20%	20.7	30%	3.2	16%	40.1	15%	25.1	28%	9.5	19%	2.90	48%
Loch Fyne - Spring 2019 Set Menu	Mains	Salmon Fishcakes w/ wilted spinach, provencal sauce, white wine cream	2197	26%	527	26%	37.6	54%	13.5	68%	31.5	12%	4.9	5%	22.3	45%	1.34	22%
Loch Fyne - Spring 2019 Set Menu	Mains	Grilled sardines with parsley & lemon	2505	30%	601	30%	36.7	52%	9.1	46%	2.8	1%	2.7	3%	53.1	106%	1.09	18%
Loch Fyne - Spring 2019 Set Menu	Mains	Flat Iron Steak	1868	22%	445	22%	28.9	41%	16.5	83%	1.1	0%	0.3	0%	45.3	91%	0.77	13%
Loch Fyne - Spring 2019 Set Menu	Mains	Scottish Rope Grown Mussels	1587	19%	381	19%	18.1	26%	8.3	41%	39.0	15%	4.3	5%	22.4	45%	1.96	33%
Loch Fyne - Spring 2019 Set Menu	Mains	King Prawn Tagliatelle	3532	42%	843	42%	59.2	85%	8.2	41%	48.0	18%	3.6	4%	31.8	64%	2.00	33%
Loch Fyne - Spring 2019 Set Menu	Mains	Mixed Bean Tagine	1168	14%	279	14%	4.0	6%	0.4	2%	49.7	19%	15.4	17%	12.3	25%	9.29	155%
Loch Fyne - Spring 2019 Set Menu	Mains	Chilli Sin Carne	2469	29%	590	30%	8.8	13%	0.8	4%	72.2	28%	17.2	19%	55.3	111%	8.40	140%
Loch Fyne - Spring 2019 Set Menu	Mains	Gruyere & red onion tart (v)	2394	28%	572	29%	36.6	52%	16.4	82%	43.0	17%	22.0	24%	15.9	32%	1.47	25%

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 - Spring 2019 Set Menu	Mains	Smoked Salmon Kedgree Bake with butter sauce	3732	44%	892	45%	61.8	88%	29.1	146%	61.6	24%	2.8	3%	25.8	52%	6.67	111%
Loch Fyne - Spring 2019 Set Menu	Mains	Donald Russell Char-grilled Burger with Crispy Bacon & Black Bomber Cheese	5133	61%	1227	61%	57.7	82%	13.8	69%	116.2	45%	27.1	30%	54.5	109%	4.58	76%
Loch Fyne - Spring 2019 Set Menu	Mains	Avocado & Pomegranate Salad	3683	44%	883	44%	45.7	65%	8.2	41%	107.2	41%	16.2	18%	13.3	27%	0.06	1%
Loch Fyne - Spring 2019 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 - Spring 2019 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 - Spring 2019 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 - Spring 2019 Set Menu	Sides	Curly Kale with Garlic Butter	764	9%	183	9%	17.8	25%	10.8	54%	1.6	1%	1.1	1%	2.9	6%	0.64	11%
Loch Fyne - Spring 2019 Set Menu	Sides	New Potatoes & Minted Butter	1226	15%	290	14%	15.8	23%	10.0	50%	34.4	13%	0.2	0%	4.2	8%	0.00	0%
Loch Fyne - Spring 2019 Set Menu	Sides	Garden Salad	759	9%	181	9%	16.7	24%	2.4	12%	5.9	2%	4.7	5%	2.4	5%	0.02	0%
Loch Fyne - Spring 2019 Set Menu	Desserts	Treacle Tart, clotted cream, orange	709	8%	169	8%	16.1	23%	10.1	50%	5.4	2%	5.2	6%	1.2	2%	0.01	0%
Loch Fyne - Spring 2019 Set Menu	Desserts	Luxury Ice Cream & Sorbet Mix - Please select your scoop flavours listed below																
Loch Fyne - Spring 2019 Set Menu	Desserts	<b>Pear Sorbet</b>	264	3%	63	3%	0.1	0%	0.1	0%	15.3	6%	14.8	16%	0.2	0%	0.01	0%

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 - Spring 2019 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 - Spring 2019 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 - Spring 2019 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%
Loch Fyne - Spring 2019 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 - Spring 2019 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 - Spring 2019 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 - Spring 2019 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 - Spring 2019 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 - Spring 2019 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 - Spring 2019 Set Menu	Desserts	Passion Fruit Cheesecake	2718	32%	652	33%	44.4	63%	27.3	137%	55.0	21%	40.7	45%	8.3	17%	0.63	11%
Loch Fyne - Spring 2019 Set Menu	Desserts	Chocolate Tart	2398	29%	573	29%	43.5	62%	25.8	129%	37.5	14%	28.4	32%	7.3	15%	0.28	5%
Loch Fyne - Spring 2019 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%	1.29	22%

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 - Spring 2019 Set Menu	Desserts	Clementine Tart	1695	20%	405	20%	26.6	38%	14.3	72%	38.0	15%	24.3	27%	4.5	9%	0.24	4%
Loch Fyne - Spring 2019 Set Menu	Desserts	Warm Chocolate Fondant	1425	17%	341	17%	18.4	26%	12.2	61%	37.2	14%	31.2	35%	6.2	12%	0.09	2%
Loch Fyne - Spring 2019 Set Menu	Desserts	Creme Brulee	2170	26%	523	26%	40.3	58%	23.2	116%	35.6	14%	28.6	32%	5.6	11%	0.24	4%
Loch Fyne - Spring 2019 Set Menu	Desserts	Vegan Apple Pie & Vanilla Ice Cream - Please select your ice cream flavour choice listed below	1120	13%	268	13%	8.0	11%	3.2	16%	44.9	17%	27.2	30%	3.2	6%	0.16	3%
Loch Fyne - Spring 2019 Set Menu	Desserts	Vanilla Ice Cream	458	5%	110	5%	6.2	9%	4.3	22%	11.9	5%	11.9	13%	1.6	3%	0.06	1%
Loch Fyne - Spring 2019 Set Menu	Desserts	Vegan Vanilla Ice Cream	425	5%	102	5%	5.5	8%	2.0	10%	11.5	4%	10.5	12%	1.3	3%	0.13	2%
Loch Fyne - Spring 2019 Set Menu	Desserts	Eton Mess	1775	21%	431	22%	43.2	62%	26.4	132%	9.7	4%	8.8	10%	2.2	4%	0.08	1%