

Loch Fyne A La Carte Menu Nutritional Information - Spring/ Summer 2018

Key & Interpreting Data

The figures given below give 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.

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

All nutritional values shown are for the complete dish as listed on the menu, figures are typical for each dish and may vary slightly, as a result of manufacturing tolerances and cooking assembly.

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 - SS18 A La Carte Menu	Starters	Grilled Scottish King Scallops	1259	15%	302	15%	23.1	33%	8.9	44%	4.7	2%	0.8	1%	18.4	37%	1.07	18%
Loch Fyne - SS18 A La Carte Menu	Starters	Flaked ham & piccalilli	2689	32%	643	32%	37.2	53%	7.5	38%	36.5	14%	11.0	12%	42.0	84%	5.86	98%
Loch Fyne - SS18 A La Carte Menu	Starters	Pan-Fried Chilll & Garlic King Prawns	3510	42%	835	42%	53.5	76%	7.1	35%	68.4	26%	3.6	4%	25.0	50%	1.64	27%
Loch Fyne - SS18 A La Carte Menu	Starters	Prawn Cocktail	2249	27%	537	27%	34.8	50%	1.9	9%	37.2	14%	11.7	13%	22.2	44%	2.83	47%
Loch Fyne - SS18 A La Carte Menu	Starters	Baked Goats Cheese Crottin	1395	17%	333	17%	19.4	28%	8.3	41%	26.6	10%	9.0	10%	4.6	9%	1.20	20%
Loch Fyne - SS18 A La Carte 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 - SS18 A La Carte Menu	Starters	Salt & Pepper Squid	2140	25%	511	26%	28.5	41%	3.4	17%	54.5	21%	17.5	19%	3.5	7%	0.88	15%
Loch Fyne - SS18 A La Carte Menu	Starters	Scottish Rope Grown Mussels Starter	1513	18%	363	18%	17.9	26%	8.3	41%	35.3	14%	3.9	4%	21.8	44%	1.83	31%
Loch Fyne - SS18 A La Carte Menu	Starters	Mussels with Provencal	1356	16%	323	16%	10.6	15%	1.1	5%	41.2	16%	9.5	11%	22.8	46%	2.12	35%
Loch Fyne - SS18 A La Carte Menu	Starters	My First Oyster	258	3%	61	3%	1.2	2%	0.2	1%	3.2	1%	0.9	1%	9.5	19%	1.12	19%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 1	258	3%	61	3%	1.2	2%	0.2	1%	3.2	1%	0.9	1%	9.5	19%	1.12	19%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 3	739	9%	175	9%	3.4	5%	0.5	3%	8.3	3%	1.3	1%	27.9	56%	3.34	56%

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 - SS18 A La Carte Menu	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 6	1459	17%	345	17%	6.8	10%	1.1	5%	16.0	6%	1.9	2%	55.6	111%	6.67	111%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Natural Fyne Vinegar, Tabasco and Lemon 12	2918	35%	690	35%	13.5	19%	2.1	11%	31.9	12%	3.7	4%	111.2	222%	13.32	222%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Garlic Breadcrumb 1	405	5%	97	5%	4.6	7%	2.4	12%	4.3	2%	0.5	1%	9.7	19%	1.10	18%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Garlic Breadcrumb 3	1198	14%	286	14%	13.8	20%	7.1	35%	12.3	5%	1.0	1%	28.8	58%	3.31	55%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Garlic Breadcrumb 6	2398	29%	573	29%	27.6	39%	14.1	71%	24.7	10%	2.0	2%	57.6	115%	6.62	110%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Garlic Breadcrumb 12	4795	57%	1145	57%	55.2	79%	28.2	141%	49.4	19%	4.1	5%	115.2	230%	13.23	221%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Tequila & Lime 1	252	3%	60	3%	1.2	2%	0.2	1%	2.4	1%	0.1	0%	9.3	19%	1.09	18%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Tequila & Lime 3	756	9%	179	9%	3.5	5%	0.6	3%	7.3	3%	0.4	0%	27.9	56%	3.27	55%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Tequila & Lime 6	1512	18%	358	18%	7.0	10%	1.1	6%	14.6	6%	0.8	1%	55.8	112%	6.53	109%
Loch Fyne - SS18 A La Carte Menu	Starters	Oysters Tequila & Lime 12	3025	36%	716	36%	13.9	20%	2.2	11%	29.2	11%	1.6	2%	111.6	223%	13.07	218%
Loch Fyne - SS18 A La Carte Menu	Starters	Basket of Bread (v)	2779	33%	668	33%	29.6	42%	15.6	78%	90.3	35%	6.4	7%	17.6	35%	3.20	53%
Loch Fyne - SS18 A La Carte Menu	Starters	Bread Free Refill (v)	2779	33%	668	33%	29.6	42%	15.6	78%	90.3	35%	6.4	7%	17.6	35%	3.20	53%
Loch Fyne - SS18 A La Carte Menu	Starters	Marinated Mixed Olives (v)	669	8%	160	8%	16.0	23%	0.0	0%	5.6	2%	0.0	0%	0.0	0%	1.76	29%
Loch Fyne - SS18 A La Carte Menu	Starters	Classic Smoked Salmon, Bradan Orach, Gin-Cured, Beetroot Cured for Two	2248	27%	537	27%	25.9	37%	8.6	43%	32.7	13%	5.5	6%	43.6	87%	5.83	97%
Loch Fyne - SS18 A La Carte Menu	Starters	Classic Smoked Salmon, Bradan Orach, Gin-Cured, Beetroot Cured	1204	14%	288	14%	15.0	21%	5.7	28%	16.5	6%	2.9	3%	21.9	44%	2.96	49%
Loch Fyne - SS18 A La Carte 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%

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 - SS18 A La Carte Menu	Starters	Hot Smoked Anchovies	540	6%	129	6%	10.5	15%	1.5	8%	3.3	1%	0.0	0%	5.4	11%	0.78	13%
Loch Fyne - SS18 A La Carte Menu	Starters	Halloumi Fries, tomato ketchup	1953	23%	469	23%	32.9	47%	23.2	116%	9.6	4%	9.6	11%	28.1	56%	4.94	82%
Loch Fyne - SS18 A La Carte Menu	Starters	Three Grilled Scallops & Chorizo with garlic butter	1593	19%	382	19%	26.5	38%	7.0	35%	7.3	3%	1.8	2%	27.5	55%	1.51	25%
Loch Fyne - SS18 A La Carte Menu	Starters	Mussels with Chilli & Coriander	1774	21%	423	21%	26.0	37%	3.0	15%	33.2	13%	2.7	3%	20.6	41%	1.80	30%
Loch Fyne - SS18 A La Carte Menu	Mains	28-Day Aged 10oz British Rib-Eye Steak	6746	80%	1618	81%	123.5	176%	48.8	244%	66.8	26%	5.1	6%	61.6	123%	1.95	33%
Loch Fyne - SS18 A La Carte Menu	Mains	28 day aged 10oz british Rib Eye Steak with 1/2 Lobster	7820	93%	1873	94%	131.9	188%	52.3	262%	67.6	26%	5.9	7%	68.9	138%	3.58	60%
Loch Fyne - SS18 A La Carte Menu	Mains	8oz Chargrilled British Burger	7288	87%	1741	87%	119.2	170%	33.6	168%	124.6	48%	9.0	10%	63.6	127%	6.70	112%
Loch Fyne - SS18 A La Carte Menu	Mains	Chargrilled British 8oz beef Burger with 1/2 Lobster	8139	97%	1942	97%	122.3	175%	34.0	170%	124.6	48%	9.0	10%	70.3	141%	8.32	139%
Loch Fyne - SS18 A La Carte Menu	Mains	Poached Loch Fyne Smoked Haddock	2419	29%	580	29%	33.4	48%	19.5	98%	23.1	9%	5.8	6%	47.9	96%	1.49	25%
Loch Fyne - SS18 A La Carte Menu	Mains	Whole Roasted Seabass	3319	40%	791	40%	36.0	51%	5.0	25%	35.6	14%	3.6	4%	78.0	156%	1.14	19%
Loch Fyne - SS18 A La Carte Menu	Mains	Loch Fyne Fishermans Stew	3639	43%	871	44%	52.0	74%	13.2	66%	34.4	13%	8.6	10%	67.3	135%	3.32	55%
Loch Fyne - SS18 A La Carte Menu	Mains	Takeaway Haddock & Chips	6049	72%	1448	72%	78.3	112%	7.7	39%	138.2	53%	8.8	10%	51.8	104%	3.89	65%
Loch Fyne - SS18 A La Carte Menu	Mains	Seafood Tagliatelle	3648	43%	875	44%	59.7	85%	28.8	144%	46.3	18%	1.8	2%	54.3	109%	2.13	36%
Loch Fyne - SS18 A La Carte Menu	Mains	King Prawn Malabar Curry	3143	37%	750	38%	22.4	32%	0.3	1%	80.0	31%	12.1	13%	55.6	111%	8.35	139%
Loch Fyne - SS18 A La Carte Menu	Mains	Whole Baked Lobster	6228	74%	1490	74%	94.5	135%	39.6	198%	85.5	33%	4.3	5%	21.2	42%	4.28	71%
Loch Fyne - SS18 A La Carte Menu	Mains	Fish and Chips	7021	84%	1680	84%	107.1	153%	12.5	63%	135.3	52%	12.1	13%	51.7	103%	5.25	88%
Loch Fyne - SS18 A La Carte Menu	Mains	Takeaway Cod & Chips	7291	87%	1745	87%	110.5	158%	12.8	64%	143.4	55%	11.5	13%	52.1	104%	5.40	90%

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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 - SS18 A La Carte Menu	Mains	Seafood Grill	4277	51%	1031	52%	74.4	106%	32.7	163%	26.3	10%	4.5	5%	66.3	133%	2.27	38%
Loch Fyne - SS18 A La Carte Menu	Mains	Scottish Rope Grown Mussels	4907	58%	1174	59%	67.9	97%	28.5	143%	122.4	47%	6.5	7%	50.8	102%	4.02	67%
Loch Fyne - SS18 A La Carte Menu	Mains	Mussels with provencale sauce	4410	52%	1051	53%	50.0	71%	13.6	68%	130.9	50%	14.2	16%	52.1	104%	4.42	74%
Loch Fyne - SS18 A La Carte Menu	Mains	Battered Haddock loin, chips, Mushy Peas, Tartar Sauce	5633	67%	1348	67%	71.1	102%	7.2	36%	130.0	50%	9.3	10%	51.4	103%	3.65	61%
Loch Fyne - SS18 A La Carte Menu	Mains	Shellfish Platter with Whole Crab	7568	90%	1804	90%	76.0	109%	11.6	58%	27.6	11%	6.2	7%	259.7	519%	20.27	338%
Loch Fyne - SS18 A La Carte Menu	Mains	Shellfish Platter with Lobster	7697	92%	1834	92%	71.6	102%	10.8	54%	27.6	11%	7.2	8%	272.6	545%	20.44	341%
Loch Fyne - SS18 A La Carte Menu	Mains	Loch Fyne Fishermans Stew to Share	8801	105%	2110	105%	127.6	182%	43.5	218%	99.1	38%	20.0	22%	145.1	290%	7.22	120%
Loch Fyne - SS18 A La Carte Menu	Mains	28 Day Aged 8oz Scottish Sirloin Steak	5457	65%	1311	66%	88.6	127%	33.9	170%	66.9	26%	5.3	6%	62.4	125%	1.62	27%
Loch Fyne - SS18 A La Carte Menu	Mains	28 Day Aged 8oz Scottish Sirloin Steak with grilled 1/2 lobster	6326	75%	1516	76%	91.8	131%	34.3	172%	67.6	26%	5.9	7%	69.4	139%	3.25	54%
Loch Fyne - SS18 A La Carte Menu	Mains	Hot shellfish platter	10481	125%	2507	125%	123.0	176%	41.5	207%	79.4	31%	8.8	10%	283.5	567%	22.50	375%
Loch Fyne - SS18 A La Carte Menu	Mains	Pan Fried Hake	3877	46%	933	47%	67.3	96%	16.5	82%	24.7	10%	2.9	3%	51.8	104%	3.38	56%
Loch Fyne - SS18 A La Carte Menu	Mains	Summer Spelt Risotto	2379	28%	569	28%	24.1	34%	8.0	40%	63.6	24%	8.7	10%	16.5	33%	0.76	13%
Loch Fyne - SS18 A La Carte Menu	Mains	Mussels with Chilli & Coriander with french fries	5213	62%	1243	62%	76.9	110%	17.1	85%	120.3	46%	5.3	6%	49.5	99%	3.95	66%
Loch Fyne - SS18 A La Carte Menu	Mains	Braised Fennel & Quinoa Salad	3714	44%	888	44%	68.6	98%	9.4	47%	52.3	20%	18.8	21%	15.1	30%	0.46	8%
Loch Fyne - SS18 A La Carte Menu	Mains	8oz Char Grilled Scottish Burger with half lobster	8415	100%	2009	100%	129.2	185%	38.3	192%	125.6	48%	9.8	11%	70.7	141%	8.33	139%
Loch Fyne - SS18 A La Carte Menu	Sides	Samphire with Garlic Butter	417	5%	101	5%	10.2	15%	6.5	32%	0.5	0%	0.2	0%	1.7	3%	1.47	25%
Loch Fyne - SS18 A La Carte 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%

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 - SS18 A La Carte Menu	Sides	Buttered Spinach	205	2%	50	2%	4.6	7%	2.6	13%	1.1	0%	1.1	1%	1.6	3%	0.20	3%
Loch Fyne - SS18 A La Carte 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 - SS18 A La Carte Menu	Sides	Mashed Potato	515	6%	123	6%	3.0	4%	1.5	8%	19.5	8%	3.0	3%	3.0	6%	0.75	13%
Loch Fyne - SS18 A La Carte 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 - SS18 A La Carte Menu	Sides	Baked Beetroot, creme fraiche, chives	701	8%	168	8%	11.8	17%	3.4	17%	11.4	4%	10.0	11%	3.0	6%	0.53	9%
Loch Fyne - SS18 A La Carte Menu	Sides	Sauteed Heritage Potatoes	1471	18%	355	18%	22.0	31%	8.0	40%	34.0	13%	2.0	2%	4.0	8%	0.20	3%
Loch Fyne - SS18 A La Carte Menu	Sides	Add Half Lobster	1110	13%	264	13%	9.9	14%	4.7	23%	0.3	0%	0.1	0%	7.0	14%	1.62	27%
Loch Fyne - SS18 A La Carte Menu	Sides	Hollandaise Sauce	1599	19%	388	19%	41.5	59%	25.0	125%	1.0	0%	1.0	1%	3.0	6%	0.05	1%
Loch Fyne - SS18 A La Carte Menu	Sides	Roasted Chilli Oil	388	5%	93	5%	9.3	13%	1.2	6%	1.2	0%	0.6	1%	5.4	11%	0.87	15%
Loch Fyne - SS18 A La Carte Menu	Sides	Sauce Gribiche	688	8%	165	8%	17.4	25%	1.2	6%	0.6	0%	0.6	1%	1.2	2%	0.90	15%
Loch Fyne - SS18 A La Carte Menu	Sides	Salsa Verde	583	7%	139	7%	14.1	20%	2.1	11%	0.9	0%	0.3	0%	1.5	3%	1.65	28%
Loch Fyne - SS18 A La Carte Menu	Sides	Lobster Butter	548	7%	133	7%	13.8	20%	8.1	41%	1.2	0%	0.6	1%	1.5	3%	0.15	3%
Loch Fyne - SS18 A La Carte Menu	Sides	Lovage Pesto	665	8%	159	8%	16.5	24%	3.0	15%	0.9	0%	0.3	0%	1.8	4%	0.45	8%
Loch Fyne - SS18 A La Carte 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 - SS18 A La Carte Menu	Sides	Twice Cooked Chips	2200	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	6.6	13%	1.59	27%
Loch Fyne - SS18 A La Carte Menu	Sides	Mushy Peas	341	4%	82	4%	4.0	6%	2.4	12%	6.4	2%	1.6	2%	4.0	8%	0.40	7%
Loch Fyne - SS18 A La Carte Menu	Sides	Greek Salad	1568	19%	375	19%	34.8	50%	9.7	49%	7.2	3%	4.5	5%	9.8	20%	0.84	14%

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 - SS18 A La Carte Menu	Desserts	Treacle Tart	2300	27%	552	28%	25.8	37%	13.5	67%	74.4	29%	56.3	63%	6.2	12%	0.49	8%
Loch Fyne - SS18 A La Carte Menu	Desserts	Luxury Ice Cream & Sorbet Mix - Please select your flavour choice listed below																
Loch Fyne - SS18 A La Carte 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 - SS18 A La Carte 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 - SS18 A La Carte 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 - SS18 A La Carte 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 - SS18 A La Carte 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 - SS18 A La Carte 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 - SS18 A La Carte 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 - SS18 A La Carte 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 - SS18 A La Carte Menu	Desserts	Chocolate	515	6%	123	6%	6.3	9%	4.1	21%	14.4	6%	13.9	15%	1.9	4%	0.09	2%
Loch Fyne - SS18 A La Carte 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 - SS18 A La Carte Menu	Desserts	Creme Brulee	1664	20%	403	20%	45.0	64%	26.2	131%	13.6	5%	6.4	7%	5.8	12%	0.08	1%
Loch Fyne - SS18 A La Carte Menu	Desserts	British Cheese Selection	2236	27%	534	27%	31.8	45%	15.5	77%	39.7	15%	9.9	11%	20.8	42%	1.42	24%
Loch Fyne - SS18 A La Carte Menu	Desserts	Spiced Rum & Chocolate Delice	11947	142%	2857	143%	202.2	289%	124.7	623%	259.4	100%	214.8	239%	21.2	42%	0.15	3%
Loch Fyne - SS18 A La Carte Menu	Desserts	Passion Fruit Cheesecake	2221	26%	534	27%	46.6	67%	28.4	142%	23.3	9%	9.2	10%	6.1	12%	0.86	14%
Loch Fyne - SS18 A La Carte Menu	Desserts	Eton Mess	2535	30%	614	31%	54.0	77%	33.0	165%	29.7	11%	29.1	32%	3.8	8%	0.13	2%

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 - SS18 A La Carte Menu	Fish Bar	Fish Bar Options - Please select your choice of fish, cooking method and side choices listed below																
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Tuna Pan Fried	1736	21%	412	21%	21.3	30%	4.8	24%	1.4	1%	1.4	2%	40.6	81%	0.70	12%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Tuna Grilled	1560	19%	369	18%	17.1	24%	2.1	11%	0.4	0%	0.4	0%	40.2	80%	0.69	12%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Tuna - Char Grilled	1583	19%	374	19%	17.2	25%	2.2	11%	1.3	1%	1.3	1%	40.5	81%	0.70	12%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Line Caught Cod Grilled	1337	16%	318	16%	16.4	23%	2.5	13%	0.4	0%	0.4	0%	28.6	57%	1.04	17%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Line Caught Cod Steamed	1360	16%	323	16%	16.6	24%	2.6	13%	1.3	1%	1.3	1%	28.9	58%	1.04	17%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Line Caught Cod Pan fried	1513	18%	361	18%	20.7	30%	5.2	26%	1.4	1%	1.4	2%	29.0	58%	1.04	17%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Loch Fyne Scottish Salmon Pan fried	2536	30%	609	30%	49.4	71%	11.4	57%	1.4	1%	1.4	2%	40.6	81%	0.70	12%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Loch Fyne Scottish Salmon Grilled	2231	27%	535	27%	41.2	59%	6.2	31%	1.3	1%	1.3	1%	40.5	81%	0.70	12%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Loch Fyne Scottish Salmon Steamed	2231	27%	535	27%	41.2	59%	6.2	31%	1.3	1%	1.3	1%	40.5	81%	0.70	12%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Gilt Head Bream Pan fried	1298	15%	310	15%	23.2	33%	4.8	24%	1.4	1%	1.4	2%	24.2	48%	0.87	15%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Gilt Head Bream Grilled	1146	14%	273	14%	19.1	27%	2.2	11%	1.3	1%	1.3	1%	24.2	48%	0.87	15%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Gilt Head Bream Steamed	1146	14%	273	14%	19.1	27%	2.2	11%	1.3	1%	1.3	1%	24.2	48%	0.87	15%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Halibut Pan fried	1645	20%	392	20%	26.6	38%	7.9	40%	1.4	1%	1.4	2%	37.1	74%	0.76	13%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Halibut Grilled	1316	16%	312	16%	18.2	26%	2.7	14%	0.4	0%	0.4	0%	36.7	73%	0.75	13%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Halibut Steamed	1339	16%	318	16%	18.4	26%	2.7	14%	1.3	1%	1.3	1%	37.0	74%	0.76	13%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Turbot Supreme Grilled	1642	20%	391	20%	22.3	32%	4.0	20%	0.4	0%	0.4	0%	0.2	0%	0.54	9%

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 - SS18 A La Carte Menu	Fish Bar	Turbot Supreme Pan Fried	1971	23%	471	24%	30.7	44%	9.2	46%	1.4	1%	1.4	2%	0.6	1%	0.54	9%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Turbot Supreme Steamed	1665	20%	396	20%	22.5	32%	4.0	20%	1.3	1%	1.3	1%	0.5	1%	0.54	9%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Monkfish Supreme Grilled	1209	14%	287	14%	16.1	23%	2.3	12%	1.3	1%	1.3	1%	34.6	69%	0.60	10%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Monkfish Supreme Pan Fried	1515	18%	361	18%	24.3	35%	7.5	38%	1.4	1%	1.4	2%	34.7	69%	0.60	10%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Monkfish Supreme Steamed	1209	14%	287	14%	16.1	23%	2.3	12%	1.3	1%	1.3	1%	34.6	69%	0.60	10%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Lemon Sole Whole Grilled	1494	18%	353	18%	16.5	24%	2.5	13%	0.4	0%	0.4	0%	41.4	83%	1.39	23%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Lemon Sole Whole Pan Fried	1800	21%	427	21%	24.7	35%	7.7	39%	0.5	0%	0.5	1%	41.5	83%	1.39	23%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Lemon Sole Whole Steamed	1494	18%	353	18%	16.5	24%	2.5	13%	0.4	0%	0.4	0%	41.4	83%	1.39	23%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Brill Whole Grilled	1787	21%	424	21%	19.7	28%	3.0	15%	1.3	1%	1.3	1%	54.1	108%	1.86	31%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Brill Whole Pan Fried	1940	23%	461	23%	23.8	34%	5.6	28%	1.4	1%	1.4	2%	54.2	108%	1.86	31%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Brill Whole Steamed	1787	21%	424	21%	19.7	28%	3.0	15%	1.3	1%	1.3	1%	54.1	108%	1.86	31%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Plaice Whole Grilled	2375	28%	565	28%	22.6	32%	3.5	17%	0.4	0%	0.4	0%	67.0	134%	2.05	34%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Plaice Whole Pan Fried	2528	30%	602	30%	26.7	38%	6.1	30%	0.5	0%	0.5	1%	67.1	134%	2.05	34%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Plaice Whole Steamed	2375	28%	565	28%	22.6	32%	3.5	17%	0.4	0%	0.4	0%	67.0	134%	2.05	34%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Line-Caught Hake Pan-fried	1675	20%	402	20%	27.4	39%	7.4	37%	1.4	1%	1.4	2%	36.6	73%	1.10	18%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Line-Caught Hake Grilled	1369	16%	327	16%	19.2	27%	2.2	11%	1.3	1%	1.3	1%	36.5	73%	1.10	18%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Line-Caught Hake Steamed	1346	16%	322	16%	19.1	27%	2.1	11%	0.4	0%	0.4	0%	36.2	72%	1.09	18%

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 - SS18 A La Carte Menu	Fish Bar	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 - SS18 A La Carte Menu	Fish Bar	Hollandaise	959	11%	233	12%	24.9	36%	15.0	75%	0.6	0%	0.6	1%	1.8	4%	0.03	1%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Spinach	205	2%	50	2%	4.6	7%	2.6	13%	1.1	0%	1.1	1%	1.6	3%	0.20	3%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Salsa Verde	583	7%	139	7%	14.1	20%	2.1	11%	0.9	0%	0.3	0%	1.5	3%	1.65	28%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Samphire	152	2%	37	2%	3.3	5%	2.2	11%	0.0	0%	0.0	0%	1.1	2%	1.16	19%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Loyster Butter	548	7%	133	7%	13.8	20%	8.1	41%	1.2	0%	0.6	1%	1.5	3%	0.15	3%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Roasted Chilli Oil	388	5%	93	5%	9.3	13%	1.2	6%	1.2	0%	0.6	1%	5.4	11%	0.87	15%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Sauce Gribiche	688	8%	165	8%	17.4	25%	1.2	6%	0.6	0%	0.6	1%	1.2	2%	0.90	15%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Greek Salad	1568	19%	375	19%	34.8	50%	9.7	49%	7.2	3%	4.5	5%	9.8	20%	0.84	14%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Blanched 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 - SS18 A La Carte Menu	Fish Bar	Roast beetroot	701	8%	168	8%	11.8	17%	3.4	17%	11.4	4%	10.0	11%	3.0	6%	0.53	9%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Sauteed Heritage Potatoes	1471	18%	355	18%	22.0	31%	8.0	40%	34.0	13%	2.0	2%	4.0	8%	0.20	3%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	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 - SS18 A La Carte Menu	Fish Bar	French Fries	2583	31%	616	31%	35.2	50%	13.2	66%	90.2	35%	2.2	2%	6.6	13%	0.88	15%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Twice Cooked Chips	2200	26%	526	26%	26.4	38%	2.2	11%	68.2	26%	4.4	5%	6.6	13%	1.10	18%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Mashed Potato Premium	515	6%	123	6%	3.0	4%	1.5	8%	19.5	8%	3.0	3%	3.0	6%	0.75	13%
Loch Fyne - SS18 A La Carte Menu	Fish Bar	Lovage Pesto	665	8%	159	8%	16.5	24%	3.0	15%	0.9	0%	0.3	0%	1.8	4%	0.45	8%