

Loch Fyne Brunch 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 Brunch	Mains	Loch Fyne Breakfast - Please select your egg and bread choices listed below	4621	55%	1108	55%	82.8	118%	35.1	175%	40.3	15%	6.3	7%	27.2	54%	8.76	146%
Loch Fyne - SS18 Brunch	Mains	Fried Eggs	1106	13%	268	13%	26.4	38%	3.3	16%	0.0	0%	0.0	0%	7.6	15%	0.21	4%
Loch Fyne - SS18 Brunch	Mains	Scrambled Eggs	1449	17%	350	18%	31.9	46%	15.5	78%	0.5	0%	0.5	1%	15.6	31%	0.45	7%
Loch Fyne - SS18 Brunch	Mains	Poached Egg	460	5%	110	6%	8.5	12%	2.1	10%	0.1	0%	0.1	0%	8.0	16%	0.00	0%
Loch Fyne - SS18 Brunch	Mains	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Mains	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Mains	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	9%
Loch Fyne - SS18 Brunch	Mains	Crushed Avocado on toast with poached eggs - Please select your bread choice listed below	3435	41%	830	41%	82.1	117%	14.5	73%	5.1	2%	2.6	3%	21.1	42%	1.00	17%
Loch Fyne - SS18 Brunch	Mains	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Mains	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Mains	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	9%
Loch Fyne - SS18 Brunch	Mains	The Loch Muffin	2597	31%	621	31%	41.7	60%	15.5	78%	31.1	12%	3.3	4%	51.6	103%	3.26	54%

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 Brunch	Mains	Pancakes - Banana & Cream	3630	43%	873	44%	36.2	52%	20.3	101%	126.4	49%	83.9	93%	10.0	20%	1.52	25%
Loch Fyne - SS18 Brunch	Mains	Pancakes - Bacon & Maple Syrup	5752	68%	1381	69%	76.9	110%	40.8	204%	91.8	35%	52.4	58%	78.9	158%	9.19	153%
Loch Fyne - SS18 Brunch	Mains	Lobster Benedict	3060	36%	736	37%	61.9	88%	24.5	123%	31.8	12%	4.1	5%	34.2	68%	2.20	37%
Loch Fyne - SS18 Brunch	Mains	Avocado & Smoked Salmon	2575	31%	620	31%	54.1	77%	10.8	54%	4.4	2%	3.1	3%	31.6	63%	1.82	30%
Loch Fyne - SS18 Brunch	Mains	Avocado, Pink Grapefruit & Chillli	2270	27%	550	27%	55.0	79%	10.4	52%	12.0	5%	7.1	8%	5.9	12%	0.20	3%
Loch Fyne - SS18 Brunch	Mains	A Pair of Grilled Loch Fyne Kippers - Please select your bread choice listed below	3355	40%	810	41%	66.3	95%	25.2	126%	0.8	0%	0.8	1%	35.7	71%	5.76	96%
Loch Fyne - SS18 Brunch	Mains	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Mains	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Mains	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	9%
Loch Fyne - SS18 Brunch	Mains	Smoked Salmon & Scrambled Eggs - Please select your bread choice listed below	1911	23%	461	23%	37.9	54%	16.7	84%	1.1	0%	1.1	1%	30.6	61%	2.25	38%
Loch Fyne - SS18 Brunch	Mains	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Mains	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Mains	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	9%
Loch Fyne - SS18 Brunch	Mains	Eggs Benedict	3872	46%	933	47%	78.5	112%	32.2	161%	30.9	12%	4.0	4%	23.5	47%	4.66	78%
Loch Fyne - SS18 Brunch	Mains	Eggs Florentine	2720	32%	656	33%	57.3	82%	24.1	120%	31.7	12%	4.8	5%	24.7	49%	1.34	22%
Loch Fyne - SS18 Brunch	Mains	Eggs Royale	2985	36%	719	36%	60.9	87%	24.9	124%	31.3	12%	4.4	5%	33.5	67%	2.38	40%
Loch Fyne - SS18 Brunch	Mains	Croissant	3431	41%	824	41%	41.2	59%	15.6	78%	46.9	18%	14.0	16%	6.5	13%	0.03	1%

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 Brunch	Mains	Porridge - Please select your topping choice listed below	1703	20%	405	20%	11.4	16%	2.5	13%	60.5	23%	12.5	14%	16.3	33%	0.45	8%
Loch Fyne - SS18 Brunch	Mains	Clear Blossom Honey	321	4%	77	4%	0.0	0%	0.0	0%	19.0	7%	19.0	21%	0.0	0%	0.00	0%
Loch Fyne - SS18 Brunch	Mains	Maple Syrup	277	3%	66	3%	0.0	0%	0.0	0%	15.8	6%	15.5	17%	0.0	0%	0.08	1%
Loch Fyne - SS18 Brunch	Mains	Bananas	199	2%	48	2%	0.0	0%	0.0	0%	11.5	4%	10.5	12%	0.5	1%	0.00	0%
Loch Fyne - SS18 Brunch	Mains	Crushed Avocado on toast with crispy bacon and poached egg - Please select your bread choice listed below	4297	51%	1036	52%	92.8	133%	24.5	122%	5.2	2%	2.7	3%	48.8	98%	5.04	84%
Loch Fyne - SS18 Brunch	Mains	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Mains	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Mains	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	9%
Loch Fyne - SS18 Brunch	Mains	Crushed Avocado on toast - Please select your bread choice listed below	2176	26%	528	26%	56.3	80%	13.2	66%	4.2	2%	2.2	2%	4.2	8%	0.98	16%
Loch Fyne - SS18 Brunch	Mains	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Mains	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Mains	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	9%
Loch Fyne - SS18 Brunch	Mains	Dippy Eggs with toast - Please select your bread choice listed below	1346	16%	325	16%	29.2	42%	14.1	71%	0.2	0%	0.2	0%	15.2	30%	1.10	18%
Loch Fyne - SS18 Brunch	Mains	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Mains	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Mains	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	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 Brunch	Mains	Poached Loch Fyne Smoked Haddock with Soft Poached Egg	3145	37%	754	38%	58.8	84%	23.3	117%	35.7	14%	8.8	10%	40.9	82%	1.00	17%
Loch Fyne - SS18 Brunch	Mains	Crushed Avocado on toast with crispy bacon - Please select your bread choice listed below	4449	53%	1075	54%	100.7	144%	32.8	164%	5.3	2%	2.8	3%	40.9	82%	5.40	90%
Loch Fyne - SS18 Brunch	Mains	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Mains	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Mains	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	9%
Loch Fyne - SS18 Brunch	Extras	Toasted bloomer	1504	18%	363	18%	25.9	37%	15.6	78%	29.7	11%	2.2	2%	5.4	11%	1.44	24%
Loch Fyne - SS18 Brunch	Extras	Extra Black Pudd	960	11%	230	12%	17.8	25%	5.6	28%	11.0	4%	2.0	2%	6.8	14%	1.51	25%
Loch Fyne - SS18 Brunch	Extras	Extra Egg																
Loch Fyne - SS18 Brunch	Extras	Fried Eggs	1106	13%	268	13%	26.4	38%	3.3	16%	0.0	0%	0.0	0%	7.6	15%	0.21	4%
Loch Fyne - SS18 Brunch	Extras	Scrambled Eggs	1449	17%	350	18%	31.9	46%	15.5	78%	0.5	0%	0.5	1%	15.6	31%	0.45	7%
Loch Fyne - SS18 Brunch	Extras	Poached Egg	460	5%	110	6%	8.5	12%	2.1	10%	0.1	0%	0.1	0%	8.0	16%	0.00	0%
Loch Fyne - SS18 Brunch	Extras	Extra Haggis	687	8%	164	8%	11.4	16%	5.7	29%	10.1	4%	0.5	1%	5.3	11%	1.31	22%
Loch Fyne - SS18 Brunch	Extras	Extra Mushroom	422	5%	101	5%	8.8	13%	3.0	15%	4.0	2%	0.3	0%	1.6	3%	0.09	2%
Loch Fyne - SS18 Brunch	Extras	Extra Sausage	1131	13%	271	14%	24.2	35%	7.4	37%	4.0	2%	0.2	0%	9.3	19%	1.26	21%
Loch Fyne - SS18 Brunch	Extras	Extra Tomato	213	3%	52	3%	5.0	7%	0.4	2%	1.2	0%	1.2	1%	0.4	1%	0.20	3%
Loch Fyne - SS18 Brunch	Extras	Add 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 - SS18 Brunch	Extras	Toast - Granary	1499	18%	362	18%	26.5	38%	15.6	78%	27.2	10%	2.2	2%	6.1	12%	1.31	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 - SS18 Brunch	Kids Breakfast	Dippy Egg - Kids - Please select your bread choice listed below	520	6%	125	6%	10.5	15%	4.5	22%	0.1	0%	0.1	0%	7.6	15%	0.37	6%
Loch Fyne - SS18 Brunch	Kids Breakfast	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Kids Breakfast	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Kids Breakfast	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	9%
Loch Fyne - SS18 Brunch	Kids Breakfast	Pancakes with Banana - Kids	1955	23%	470	23%	18.7	27%	10.2	51%	69.2	27%	41.5	46%	6.1	12%	0.96	16%
Loch Fyne - SS18 Brunch	Kids Breakfast	Pancakes with Bacon & syrup - Kids	2801	33%	671	34%	30.9	44%	15.3	76%	56.9	22%	30.7	34%	40.5	81%	4.82	80%
Loch Fyne - SS18 Brunch	Kids Breakfast	Kids Eggs Benedict	1937	23%	466	23%	39.2	56%	16.1	80%	15.4	6%	2.0	2%	11.8	24%	2.33	39%
Loch Fyne - SS18 Brunch	Kids Breakfast	Kids Eggs Florentine	1366	16%	329	16%	28.7	41%	12.0	60%	15.9	6%	2.5	3%	12.5	25%	0.69	12%
Loch Fyne - SS18 Brunch	Kids Breakfast	Kids Eggs Royale	1532	18%	369	18%	30.9	44%	12.5	63%	15.7	6%	2.3	3%	18.0	36%	1.34	22%
Loch Fyne - SS18 Brunch	Kids Breakfast	Kids Smoked Salmon & Scrambled Eggs	1756	21%	424	21%	35.9	51%	16.3	82%	0.9	0%	0.9	1%	25.6	51%	1.65	28%
Loch Fyne - SS18 Brunch	Kids Breakfast	Kids Toast with 3 Items	153	2%	37	2%	4.1	6%	2.6	13%	0.1	0%	0.1	0%	0.1	0%	0.00	0%
Loch Fyne - SS18 Brunch	Kids Breakfast	Fried Eggs	1106	13%	268	13%	26.4	38%	3.3	16%	0.0	0%	0.0	0%	7.6	15%	0.21	4%
Loch Fyne - SS18 Brunch	Kids Breakfast	Scrambled Eggs	1449	17%	350	18%	31.9	46%	15.5	78%	0.5	0%	0.5	1%	15.6	31%	0.45	7%
Loch Fyne - SS18 Brunch	Kids Breakfast	Poached Egg	460	5%	110	6%	8.5	12%	2.1	10%	0.1	0%	0.1	0%	8.0	16%	0.00	0%
Loch Fyne - SS18 Brunch	Kids Breakfast	No Gluten Rolls	994	12%	238	12%	5.2	7%	1.3	7%	44.8	17%	7.0	8%	2.7	5%	1.14	19%
Loch Fyne - SS18 Brunch	Kids Breakfast	Country Malt Bloomer	363	4%	87	4%	1.2	2%	0.0	0%	16.8	6%	1.2	1%	3.6	7%	0.48	8%
Loch Fyne - SS18 Brunch	Kids Breakfast	Bread White Bloomer	367	4%	88	4%	0.8	1%	0.0	0%	18.4	7%	1.2	1%	3.2	6%	0.56	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 Brunch	Kids Breakfast	Baked Beans	291	3%	70	3%	0.8	1%	0.8	4%	11.2	4%	3.2	4%	4.0	8%	0.64	11%
Loch Fyne - SS18 Brunch	Kids Breakfast	Flat Mushrooms	28	0%	7	0%	0.3	0%	0.1	0%	0.2	0%	0.1	0%	0.9	2%	0.01	0%
Loch Fyne - SS18 Brunch	Kids Breakfast	Tomato	96	1%	23	1%	0.0	0%	0.0	0%	4.1	2%	4.1	5%	1.4	3%	0.00	0%
Loch Fyne - SS18 Brunch	Kids Breakfast	Black Pudding	775	9%	185	9%	12.8	18%	5.3	26%	11.0	4%	2.0	2%	6.8	14%	1.31	22%
Loch Fyne - SS18 Brunch	Kids Breakfast	Haggis	687	8%	164	8%	11.4	16%	5.7	29%	10.1	4%	0.5	1%	5.3	11%	1.31	22%
Loch Fyne - SS18 Brunch	Kids Breakfast	Pork Sausages	946	11%	226	11%	19.2	27%	7.1	35%	4.0	2%	0.2	0%	9.3	19%	1.26	21%
Loch Fyne - SS18 Brunch	Kids Breakfast	Back Bacon	597	7%	144	7%	10.8	15%	4.1	20%	0.0	0%	0.0	0%	0.0	0%	1.74	29%