

Loch Fyne A La Carte Menu Nutritional Information

Autumn Winter 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 - AW19 ALC Menu | Appetisers/Bar Snacks | Halloumi Fries with Chimichurri | 3096 | 37% | 743 | 37% | 57.2 | 82% | 35.4 | 177% | 6.6 | 3% | 3.9 | 4% | 5.6 | 11% | 6.68 | 111% |
| Loch Fyne - AW19 ALC Menu | Appetisers/Bar Snacks | Mini Sausage Rolls | 1021 | 12% | 244 | 12% | 16.0 | 23% | 6.7 | 33% | 14.8 | 6% | 2.4 | 3% | 10.1 | 20% | 1.28 | 21% |
| Loch Fyne - AW19 ALC Menu | Appetisers/Bar Snacks | Prawn Karaage with soy and ginger sauce | 1355 | 16% | 325 | 16% | 19.3 | 28% | 1.7 | 9% | 23.5 | 9% | 3.9 | 4% | 8.6 | 17% | 2.52 | 42% |
| Loch Fyne - AW19 ALC Menu | Appetisers/Bar Snacks | Chorizo in parsley and white wine | 1646 | 20% | 393 | 20% | 32.0 | 46% | 12.7 | 64% | 3.9 | 2% | 1.5 | 2% | 22.0 | 44% | 2.56 | 43% |
| Loch Fyne - AW19 ALC Menu | Appetisers/Bar Snacks | Edamame Beans with ginger and chilli | 792 | 9% | 189 | 9% | 7.1 | 10% | 1.0 | 5% | 12.5 | 5% | 8.2 | 9% | 16.2 | 32% | 8.88 | 148% |
| Loch Fyne - AW19 ALC Menu | Appetisers/Bar Snacks | Padron peppers with smoked sea salt | 832 | 10% | 199 | 10% | 20.0 | 29% | 1.2 | 6% | 3.0 | 1% | 2.0 | 2% | 1.0 | 2% | 1.95 | 33% |
| Loch Fyne - AW19 ALC Menu | Appetisers/Bar Snacks | Nocellara Olives | 777 | 9% | 186 | 9% | 19.2 | 27% | 3.2 | 16% | 1.6 | 1% | 0.8 | 1% | 0.8 | 2% | 1.84 | 31% |
| Loch Fyne - AW19 ALC Menu | Appetisers/Bar Snacks | Basket of Bread with Balsamic Oil (v) | 3333 | 40% | 797 | 40% | 33.8 | 48% | 1.8 | 9% | 106.1 | 41% | 10.6 | 12% | 15.8 | 32% | 1.98 | 33% |
| Loch Fyne - AW19 ALC Menu | Starters | Pan-Fried Chilli & Garlic King Prawns | 3586 | 43% | 857 | 43% | 54.0 | 77% | 7.6 | 38% | 66.4 | 26% | 2.1 | 2% | 25.0 | 50% | 1.52 | 25% |
| Loch Fyne - AW19 ALC Menu | Starters | Classic Smoked Salmon Plate | 1410 | 17% | 337 | 17% | 21.7 | 31% | 7.1 | 35% | 12.3 | 5% | 3.3 | 4% | 22.6 | 45% | 3.30 | 55% |
| Loch Fyne - AW19 ALC Menu | Starters | Loch Fyne Fish Soup | 1959 | 23% | 468 | 23% | 25.9 | 37% | 5.2 | 26% | 39.9 | 15% | 4.4 | 5% | 18.3 | 37% | 1.94 | 32% |
| Loch Fyne - AW19 ALC Menu | Starters | Scallops with Chickpea and Nduja stew | 1308 | 16% | 311 | 16% | 19.1 | 27% | 4.6 | 23% | 9.2 | 4% | 2.1 | 2% | 23.4 | 47% | 7.48 | 125% |
| Loch Fyne - AW19 ALC Menu | Starters | Smoked gressingham duck, grilled fig, goats cheese fondant | 1007 | 12% | 241 | 12% | 14.4 | 21% | 4.7 | 24% | 10.8 | 4% | 8.1 | 9% | 15.6 | 31% | 8.54 | 142% |
| Loch Fyne - AW19 ALC Menu | Starters | Samphire and sweet potato pakora, date chutney | 1689 | 20% | 404 | 20% | 22.6 | 32% | 1.6 | 8% | 42.8 | 16% | 15.5 | 17% | 6.6 | 13% | 1.04 | 17% |

| 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 - AW19 ALC Menu | Starters | Smoked Haddock fishcakes, creamed mustard leeks | 3061 | 36% | 733 | 37% | 52.1 | 74% | 16.5 | 82% | 49.2 | 19% | 8.3 | 9% | 23.0 | 46% | 8.64 | 144% |
| Loch Fyne - AW19 ALC Menu | Starters | Beetroot & Ricotta tortelloni with goats cheese cream | 1342 | 16% | 321 | 16% | 11.9 | 17% | 6.6 | 33% | 40.0 | 15% | 4.5 | 5% | 14.1 | 28% | 1.36 | 23% |
| Loch Fyne - AW19 ALC Menu | Starters | Devonshire crab tortelloni, lemon oil | 3056 | 36% | 731 | 37% | 37.8 | 54% | 15.4 | 77% | 61.4 | 24% | 2.2 | 2% | 31.1 | 62% | 9.08 | 151% |
| Loch Fyne - AW19 ALC Menu | Starters | Salt & Pepper Squid | 2055 | 24% | 490 | 24% | 23.3 | 33% | 2.7 | 13% | 59.6 | 23% | 24.2 | 27% | 3.1 | 6% | 7.85 | 131% |
| Loch Fyne - AW19 ALC Menu | Starters | Clams, Cockles & Chorizo on sourdough | 1476 | 18% | 353 | 18% | 15.0 | 21% | 5.3 | 27% | 24.2 | 9% | 4.7 | 5% | 29.9 | 60% | 4.34 | 72% |
| Loch Fyne - AW19 ALC Menu | Starters | Haggis Scotch Egg, curried potato cream, Turnip | 3227 | 38% | 773 | 39% | 48.8 | 70% | 17.1 | 85% | 53.6 | 21% | 15.6 | 17% | 25.0 | 50% | 2.89 | 48% |
| Loch Fyne - AW19 ALC Menu | Starters | Squash ricotta tart, baby beetroot | 584 | 7% | 140 | 7% | 9.5 | 14% | 1.7 | 9% | 9.0 | 3% | 6.0 | 7% | 4.1 | 8% | 3.96 | 66% |
| Loch Fyne - AW19 ALC Menu | Starters | Cured Mackerel fillet, Red cabbage and apple with honey mustard and dill sauce | 1447 | 17% | 346 | 17% | 30.7 | 44% | 2.4 | 12% | 14.3 | 6% | 13.3 | 15% | 2.4 | 5% | 0.97 | 16% |
| Loch Fyne - AW19 ALC Menu | Starters | Scottish Rope Grown Mussels Starter | 1564 | 19% | 375 | 19% | 17.3 | 25% | 8.3 | 41% | 37.2 | 14% | 2.8 | 3% | 21.8 | 44% | 1.59 | 27% |
| Loch Fyne - AW19 ALC Menu | Starters | Warm winter salad, puy lentil, red pepper dressing | 1302 | 16% | 311 | 16% | 18.1 | 26% | 2.8 | 14% | 28.3 | 11% | 12.4 | 14% | 6.9 | 14% | 10.24 | 171% |
| Loch Fyne - AW19 ALC Menu | Oysters | My First Oyster | 256 | 3% | 61 | 3% | 1.2 | 2% | 0.2 | 1% | 3.2 | 1% | 0.9 | 1% | 9.5 | 19% | 1.11 | 19% |
| Loch Fyne - AW19 ALC Menu | Oysters | Oyster - 1 with your choice of sauce listed below | 251 | 3% | 59 | 3% | 1.2 | 2% | 0.2 | 1% | 3.0 | 1% | 0.7 | 1% | 9.4 | 19% | 1.10 | 18% |
| Loch Fyne - AW19 ALC Menu | Oysters | Fyne Vinegar | 13 | 0% | 3 | 0% | 0.0 | 0% | 0.0 | 0% | 0.6 | 0% | 0.6 | 1% | 0.2 | 0% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Oysters | Wasabi & Cucumber | 52 | 1% | 12 | 1% | 0.5 | 1% | 0.0 | 0% | 2.0 | 1% | 1.8 | 2% | 0.5 | 1% | 0.00 | 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 - AW19 ALC Menu | Oysters | Soy & Ginger sauce | 36 | 0% | 9 | 0% | 0.0 | 0% | 0.0 | 0% | 1.8 | 1% | 1.5 | 2% | 0.3 | 1% | 1.05 | 18% |
| Loch Fyne - AW19 ALC Menu | Oysters | Oysters -3 with your choice of sauce listed below | 719 | 9% | 170 | 9% | 3.4 | 5% | 0.5 | 3% | 7.6 | 3% | 0.7 | 1% | 27.8 | 56% | 3.28 | 55% |
| Loch Fyne - AW19 ALC Menu | Oysters | Fyne Vinegar | 13 | 0% | 3 | 0% | 0.0 | 0% | 0.0 | 0% | 0.6 | 0% | 0.6 | 1% | 0.2 | 0% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Oysters | Wasabi & Cucumber | 52 | 1% | 12 | 1% | 0.5 | 1% | 0.0 | 0% | 2.0 | 1% | 1.8 | 2% | 0.5 | 1% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Oysters | Soy & Ginger sauce | 36 | 0% | 9 | 0% | 0.0 | 0% | 0.0 | 0% | 1.8 | 1% | 1.5 | 2% | 0.3 | 1% | 1.05 | 18% |
| Loch Fyne - AW19 ALC Menu | Oysters | Oysters 6 - with your choice of sauce listed below | 1421 | 17% | 336 | 17% | 6.8 | 10% | 1.1 | 5% | 14.5 | 6% | 0.7 | 1% | 55.3 | 111% | 6.55 | 109% |
| Loch Fyne - AW19 ALC Menu | Oysters | Fyne Vinegar | 13 | 0% | 3 | 0% | 0.0 | 0% | 0.0 | 0% | 0.6 | 0% | 0.6 | 1% | 0.2 | 0% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Oysters | Wasabi & Cucumber | 52 | 1% | 12 | 1% | 0.5 | 1% | 0.0 | 0% | 2.0 | 1% | 1.8 | 2% | 0.5 | 1% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Oysters | Soy & Ginger sauce | 36 | 0% | 9 | 0% | 0.0 | 0% | 0.0 | 0% | 1.8 | 1% | 1.5 | 2% | 0.3 | 1% | 1.05 | 18% |
| Loch Fyne - AW19 ALC Menu | Oysters | Oysters 12 - with your choice of sauce listed below | 2840 | 34% | 671 | 34% | 13.5 | 19% | 2.1 | 11% | 28.9 | 11% | 1.3 | 1% | 110.6 | 221% | 13.08 | 218% |
| Loch Fyne - AW19 ALC Menu | Oysters | Fyne Vinegar | 13 | 0% | 3 | 0% | 0.0 | 0% | 0.0 | 0% | 0.6 | 0% | 0.6 | 1% | 0.2 | 0% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Oysters | Wasabi & Cucumber | 52 | 1% | 12 | 1% | 0.5 | 1% | 0.0 | 0% | 2.0 | 1% | 1.8 | 2% | 0.5 | 1% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Oysters | Soy & Ginger sauce | 36 | 0% | 9 | 0% | 0.0 | 0% | 0.0 | 0% | 1.8 | 1% | 1.5 | 2% | 0.3 | 1% | 1.05 | 18% |
| Loch Fyne - AW19 ALC Menu | Mains | Seafood Grill | 4208 | 50% | 1003 | 50% | 53.2 | 76% | 22.4 | 112% | 37.9 | 15% | 2.8 | 3% | 97.6 | 195% | 2.42 | 40% |

| 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 - AW19 ALC Menu | Mains | Fish and Chips | 6784 | 81% | 1624 | 81% | 99.0 | 141% | 9.8 | 49% | 139.9 | 54% | 11.5 | 13% | 52.5 | 105% | 5.30 | 88% |
| Loch Fyne - AW19 ALC Menu | Mains | Battered Haddock & Chips | 5737 | 68% | 1373 | 69% | 82.1 | 117% | 7.8 | 39% | 130.8 | 50% | 10.4 | 12% | 53.1 | 106% | 3.22 | 54% |
| Loch Fyne - AW19 ALC Menu | Mains | Battered Cod & Chips | 6768 | 81% | 1620 | 81% | 98.9 | 141% | 9.8 | 49% | 139.3 | 54% | 10.8 | 12% | 52.3 | 105% | 5.30 | 88% |
| Loch Fyne - AW19 ALC Menu | Mains | Takeaway Haddock & Chips | 6003 | 71% | 1437 | 72% | 85.6 | 122% | 8.0 | 40% | 138.8 | 53% | 9.7 | 11% | 53.5 | 107% | 3.37 | 56% |
| Loch Fyne - AW19 ALC Menu | Mains | Seafood Goan Curry | 2369 | 28% | 565 | 28% | 24.7 | 35% | 3.7 | 19% | 42.2 | 16% | 10.4 | 12% | 49.0 | 98% | 7.84 | 131% |
| Loch Fyne - AW19 ALC Menu | Mains | Ribeye Steak, chimichurri sauce | 7128 | 85% | 1703 | 85% | 120.4 | 172% | 34.6 | 173% | 87.9 | 34% | 7.6 | 8% | 67.5 | 135% | 2.20 | 37% |
| Loch Fyne - AW19 ALC Menu | Mains | Spiced Roasted Cauliflower & Squash Goan Curry | 1924 | 23% | 460 | 23% | 24.4 | 35% | 3.5 | 18% | 47.9 | 18% | 16.8 | 19% | 14.3 | 29% | 8.65 | 144% |
| Loch Fyne - AW19 ALC Menu | Mains | Shellfish Platter with Lobster and Crab | 5969 | 71% | 1420 | 71% | 61.6 | 88% | 5.9 | 29% | 24.2 | 9% | 5.2 | 6% | 192.8 | 386% | 14.23 | 237% |
| Loch Fyne - AW19 ALC Menu | Mains | Chargrilled Beef Burger, pancetta, swiss cheese and classic burger sauce | 6989 | 83% | 1669 | 83% | 107.3 | 153% | 34.1 | 171% | 127.0 | 49% | 11.3 | 13% | 64.8 | 130% | 13.20 | 220% |
| Loch Fyne - AW19 ALC Menu | Mains | Beetroot & Ricotta tortelloni with goats cheese cream Main | 2364 | 28% | 566 | 28% | 19.6 | 28% | 10.7 | 54% | 72.3 | 28% | 7.9 | 9% | 24.9 | 50% | 8.76 | 146% |
| Loch Fyne - AW19 ALC Menu | Mains | Prawn & chilli linguine | 3055 | 36% | 729 | 36% | 44.9 | 64% | 6.9 | 34% | 44.7 | 17% | 9.4 | 10% | 35.1 | 70% | 10.25 | 171% |
| Loch Fyne - AW19 ALC Menu | Mains | Pork Belly, black pudding mash, creamed spinach, burnt apple puree | 3123 | 37% | 748 | 37% | 52.4 | 75% | 20.4 | 102% | 32.2 | 12% | 11.5 | 13% | 35.1 | 70% | 10.59 | 177% |
| Loch Fyne - AW19 ALC Menu | Mains | Cured Mackerel fillet, Red cabbage and apple with honey mustard and dill sauce | 1985 | 24% | 474 | 24% | 34.4 | 49% | 3.7 | 18% | 35.6 | 14% | 33.6 | 37% | 5.4 | 11% | 1.34 | 22% |
| Loch Fyne - AW19 ALC Menu | Mains | Warm winter salad, puy lentil, red pepper dressing | 2524 | 30% | 603 | 30% | 35.9 | 51% | 5.6 | 28% | 54.0 | 21% | 24.7 | 27% | 13.1 | 26% | 13.94 | 232% |

| 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 - AW19 ALC Menu | Mains | Baked Spinach gnocchi, wild mushroom, blue cheese, leek and Jerusalem artichoke. | 4654 | 55% | 1114 | 56% | 76.0 | 109% | 46.0 | 230% | 83.6 | 32% | 9.7 | 11% | 24.2 | 48% | 9.46 | 158% |
| Loch Fyne - AW19 ALC Menu | Mains | Roast Cod Fillet, Pancetta and red wine lentils | 3681 | 44% | 883 | 44% | 61.3 | 88% | 34.8 | 174% | 26.5 | 10% | 14.3 | 16% | 41.0 | 82% | 2.40 | 40% |
| Loch Fyne - AW19 ALC Menu | Mains | Poached Loch Fyne Smoked Haddock | 2685 | 32% | 643 | 32% | 37.0 | 53% | 21.3 | 107% | 30.3 | 12% | 12.4 | 14% | 47.9 | 96% | 1.67 | 28% |
| Loch Fyne - AW19 ALC Menu | Mains | Whole Lobster Thermidor - With your choice of side listed below | 2497 | 30% | 595 | 30% | 29.7 | 42% | 17.0 | 85% | 12.0 | 5% | 7.6 | 8% | 65.0 | 130% | 2.78 | 46% |
| Loch Fyne - AW19 ALC Menu | Mains | French Fries | 2583 | 31% | 616 | 31% | 35.2 | 50% | 13.2 | 66% | 90.2 | 35% | 2.2 | 2% | 6.6 | 13% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Mains | Cooked Basmati Rice | 395 | 5% | 93 | 5% | 1.5 | 2% | 0.0 | 0% | 21.0 | 8% | 0.0 | 0% | 3.0 | 6% | 6.00 | 100% |
| Loch Fyne - AW19 ALC Menu | Mains | Scottish Rope Grown Mussels | 4958 | 59% | 1186 | 59% | 67.3 | 96% | 28.5 | 143% | 124.3 | 48% | 5.4 | 6% | 50.8 | 102% | 3.78 | 63% |
| Loch Fyne - AW19 ALC Menu | Premium | Grilled Langoustine, romesco sauce | 3454 | 41% | 823 | 41% | 53.5 | 76% | 7.7 | 38% | 7.7 | 3% | 4.2 | 5% | 77.4 | 155% | 3.33 | 56% |
| Loch Fyne - AW19 ALC Menu | Premium | Devonshire crab tortelloni, lemon oil | 2978 | 35% | 712 | 36% | 37.6 | 54% | 15.3 | 77% | 58.8 | 23% | 2.1 | 2% | 30.3 | 61% | 3.53 | 59% |
| Loch Fyne - AW19 ALC Menu | Premium | Roast monkfish, Smoked Pancetta & Red wine lentils | 4310 | 51% | 1033 | 52% | 80.9 | 116% | 37.6 | 188% | 26.7 | 10% | 14.5 | 16% | 37.1 | 74% | 2.95 | 49% |
| Loch Fyne - AW19 ALC Menu | Sauces | Lobster Butter | 550 | 7% | 132 | 7% | 13.5 | 19% | 8.1 | 41% | 1.2 | 0% | 0.6 | 1% | 1.5 | 3% | 0.15 | 3% |
| Loch Fyne - AW19 ALC Menu | Sauces | Wild Garlic Pesto | 224 | 3% | 54 | 3% | 4.0 | 6% | 1.6 | 8% | 1.2 | 0% | 0.4 | 0% | 2.8 | 6% | 0.60 | 10% |
| Loch Fyne - AW19 ALC Menu | Sauces | Mayonnaise | 474 | 6% | 113 | 6% | 12.0 | 17% | 0.8 | 4% | 1.2 | 0% | 0.4 | 0% | 0.2 | 0% | 0.10 | 2% |
| Loch Fyne - AW19 ALC Menu | Sauces | Tomato Ketchup | 85 | 1% | 20 | 1% | 0.0 | 0% | 0.0 | 0% | 4.6 | 2% | 4.6 | 5% | 0.2 | 0% | 0.36 | 6% |

| 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 - AW19 ALC Menu | Sauces | Salted Butter | 926 | 11% | 221 | 11% | 24.3 | 35% | 15.6 | 78% | 0.3 | 0% | 0.3 | 0% | 0.3 | 1% | 0.57 | 10% |
| Loch Fyne - AW19 ALC Menu | Sauces | Roasted Chilli Oil | 636 | 8% | 152 | 8% | 13.6 | 19% | 1.2 | 6% | 4.8 | 2% | 3.2 | 4% | 8.0 | 16% | 1.80 | 30% |
| Loch Fyne - AW19 ALC Menu | Sauces | Garlic Butter | 788 | 9% | 188 | 9% | 20.4 | 29% | 12.9 | 65% | 0.9 | 0% | 0.3 | 0% | 0.6 | 1% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Sauces | Chimmichurri | 478 | 6% | 114 | 6% | 10.4 | 15% | 0.8 | 4% | 4.0 | 2% | 0.4 | 0% | 1.6 | 3% | 0.24 | 4% |
| Loch Fyne - AW19 ALC Menu | Sauces | Soy and ginger | 97 | 1% | 23 | 1% | 0.0 | 0% | 0.0 | 0% | 4.8 | 2% | 4.0 | 4% | 0.8 | 2% | 2.96 | 49% |
| Loch Fyne - AW19 ALC Menu | Sauces | Smoked Paprika & sunblush tomato | 804 | 10% | 192 | 10% | 19.8 | 28% | 12.3 | 62% | 2.4 | 1% | 1.2 | 1% | 0.9 | 2% | 0.57 | 10% |
| Loch Fyne - AW19 ALC Menu | Sauces | Harissa butter | 868 | 10% | 208 | 10% | 22.5 | 32% | 14.4 | 72% | 0.6 | 0% | 0.3 | 0% | 0.3 | 1% | 0.66 | 11% |
| Loch Fyne - AW19 ALC Menu | Sauces | Salsa Verde | 737 | 9% | 176 | 9% | 18.8 | 27% | 2.8 | 14% | 0.8 | 0% | 0.4 | 0% | 1.6 | 3% | 1.44 | 24% |
| Loch Fyne - AW19 ALC Menu | Sauces | Oil and Balsamic | 1353 | 16% | 323 | 16% | 30.0 | 43% | 1.8 | 9% | 13.0 | 5% | 9.6 | 11% | 0.4 | 1% | 0.06 | 1% |
| Loch Fyne - AW19 ALC Menu | Sauces | Creme Anglaise | 258 | 3% | 62 | 3% | 2.4 | 3% | 0.8 | 4% | 8.8 | 3% | 4.8 | 5% | 0.8 | 2% | 0.16 | 3% |
| Loch Fyne - AW19 ALC Menu | Sides | Buttered Spinach | 208 | 2% | 50 | 2% | 4.6 | 7% | 2.6 | 13% | 1.1 | 0% | 1.1 | 1% | 1.6 | 3% | 0.20 | 3% |
| Loch Fyne - AW19 ALC 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 - AW19 ALC 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 - AW19 ALC Menu | Sides | Creamed Mash Potatoes with Chives | 1034 | 12% | 248 | 12% | 16.7 | 24% | 10.0 | 50% | 19.9 | 8% | 3.4 | 4% | 3.5 | 7% | 1.76 | 29% |

| 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 - AW19 ALC Menu | Sides | Mushy Peas | 285 | 3% | 68 | 3% | 0.8 | 1% | 0.0 | 0% | 10.4 | 4% | 1.6 | 2% | 4.0 | 8% | 0.72 | 12% |
| Loch Fyne - AW19 ALC Menu | Sides | Samphire with Lemon | 48 | 1% | 11 | 1% | 0.1 | 0% | 0.0 | 0% | 0.7 | 0% | 0.7 | 1% | 1.7 | 3% | 1.47 | 25% |
| Loch Fyne - AW19 ALC Menu | Sides | Rainbow Carrots, Harissa butter | 529 | 6% | 126 | 6% | 11.4 | 16% | 4.8 | 24% | 8.0 | 3% | 7.9 | 9% | 1.4 | 3% | 0.61 | 10% |
| Loch Fyne - AW19 ALC Menu | Sides | Sauteed New Potatoes | 810 | 10% | 191 | 10% | 5.5 | 8% | 3.5 | 18% | 32.8 | 13% | 0.1 | 0% | 3.9 | 8% | 0.18 | 3% |
| Loch Fyne - AW19 ALC Menu | Sides | New Potatoes | 1013 | 12% | 239 | 12% | 8.4 | 12% | 5.3 | 26% | 36.6 | 14% | 0.2 | 0% | 4.8 | 10% | 6.53 | 109% |
| Loch Fyne - AW19 ALC Menu | Sides | Savoy cabbage, shallot and chestnuts | 1075 | 13% | 257 | 13% | 16.9 | 24% | 10.5 | 52% | 18.2 | 7% | 9.9 | 11% | 6.8 | 14% | 7.20 | 120% |
| Loch Fyne - AW19 ALC Menu | Sides | Dauphinoise | 2552 | 30% | 615 | 31% | 51.2 | 73% | 32.8 | 164% | 24.0 | 9% | 3.2 | 4% | 16.4 | 33% | 0.56 | 9% |
| Loch Fyne - AW19 ALC Menu | Sides | Green Salad | 527 | 6% | 126 | 6% | 12.4 | 18% | 1.8 | 9% | 1.7 | 1% | 1.7 | 2% | 1.4 | 3% | 0.02 | 0% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Items Listed below - please select your sides and sauces | | | | | | | | | | | | | | | | |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Loch Fyne Scottish Salmon Pan Fried | 2547 | 30% | 611 | 31% | 49.4 | 71% | 11.5 | 58% | 1.6 | 1% | 1.4 | 2% | 40.6 | 81% | 0.69 | 12% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Loch Fyne Scottish Salmon Grilled | 2236 | 27% | 536 | 27% | 41.2 | 59% | 6.3 | 32% | 1.5 | 1% | 1.3 | 1% | 40.5 | 81% | 0.69 | 12% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Loch Fyne Scottish Salmon Steamed | 2236 | 27% | 536 | 27% | 41.2 | 59% | 6.3 | 32% | 1.5 | 1% | 1.3 | 1% | 40.5 | 81% | 0.69 | 12% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Tuna Pan Fried | 1813 | 22% | 433 | 22% | 27.8 | 40% | 7.1 | 36% | 1.5 | 1% | 1.4 | 2% | 44.4 | 89% | 2.34 | 39% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Tuna Grilled | 1640 | 20% | 392 | 20% | 23.6 | 34% | 4.5 | 23% | 0.8 | 0% | 0.7 | 1% | 44.1 | 88% | 2.34 | 39% |

| 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 - AW19 ALC Menu | Fishmongers | Fish Bar Tuna Char- Grilled | 1657 | 20% | 396 | 20% | 23.7 | 34% | 4.5 | 23% | 1.5 | 1% | 1.3 | 1% | 44.4 | 89% | 2.34 | 39% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Cod Pan fried | 1677 | 20% | 399 | 20% | 24.8 | 35% | 7.9 | 40% | 1.6 | 1% | 1.4 | 2% | 29.0 | 58% | 1.04 | 17% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Cod Grilled | 1366 | 16% | 325 | 16% | 16.6 | 24% | 2.7 | 14% | 1.5 | 1% | 1.3 | 1% | 28.9 | 58% | 1.04 | 17% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Cod Steamed | 1343 | 16% | 319 | 16% | 16.4 | 23% | 2.7 | 13% | 0.6 | 0% | 0.4 | 0% | 28.6 | 57% | 1.04 | 17% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Turbot Pan Fried | 2478 | 30% | 589 | 29% | 22.9 | 33% | 9.0 | 45% | 1.4 | 1% | 1.4 | 2% | 94.8 | 190% | 1.09 | 18% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Turbot Grilled | 2544 | 30% | 604 | 30% | 24.7 | 35% | 5.3 | 27% | 1.3 | 1% | 1.3 | 1% | 94.7 | 189% | 1.09 | 18% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Turbot Steamed | 2544 | 30% | 604 | 30% | 24.7 | 35% | 5.3 | 27% | 1.3 | 1% | 1.3 | 1% | 94.7 | 189% | 1.09 | 18% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Megrin Grilled | 1738 | 21% | 415 | 21% | 16.7 | 24% | 3.2 | 16% | 1.3 | 1% | 1.3 | 1% | 61.8 | 124% | 1.00 | 17% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Megrin Pan Fried | 2048 | 24% | 490 | 24% | 24.9 | 36% | 8.4 | 42% | 1.4 | 1% | 1.4 | 2% | 61.9 | 124% | 1.00 | 17% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Megrin Steamed | 1738 | 21% | 415 | 21% | 16.7 | 24% | 3.2 | 16% | 1.3 | 1% | 1.3 | 1% | 61.8 | 124% | 1.00 | 17% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Seabass Pan Fried | 2804 | 33% | 670 | 34% | 30.9 | 44% | 8.8 | 44% | 1.8 | 1% | 1.4 | 2% | 97.2 | 194% | 1.87 | 31% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Seabass Grilled | 2494 | 30% | 596 | 30% | 22.7 | 32% | 3.6 | 18% | 1.7 | 1% | 1.3 | 1% | 97.1 | 194% | 0.87 | 15% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Seabass Steamed | 2482 | 30% | 593 | 30% | 22.7 | 32% | 3.6 | 18% | 1.3 | 1% | 1.3 | 1% | 97.0 | 194% | 1.87 | 31% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Gilt Head Bream Pan fried | 1307 | 16% | 311 | 16% | 23.2 | 33% | 4.9 | 25% | 1.5 | 1% | 1.4 | 2% | 24.2 | 48% | 0.87 | 15% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Gilt Head Bream Grilled | 1151 | 14% | 274 | 14% | 19.1 | 27% | 2.3 | 12% | 1.5 | 1% | 1.3 | 1% | 24.2 | 48% | 0.87 | 15% |

| 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 - AW19 ALC Menu | Fishmongers | Fish Bar Gilt Head Bream Steamed | 1151 | 14% | 274 | 14% | 19.1 | 27% | 2.3 | 12% | 1.5 | 1% | 1.3 | 1% | 24.2 | 48% | 0.87 | 15% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Mackerel Grilled | 3530 | 42% | 849 | 42% | 64.4 | 92% | 12.8 | 64% | 1.3 | 1% | 1.3 | 1% | 71.5 | 143% | 1.52 | 25% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Mackerel Pan Fried | 3840 | 46% | 923 | 46% | 72.6 | 104% | 18.0 | 90% | 1.4 | 1% | 1.4 | 2% | 71.6 | 143% | 1.52 | 25% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Fish Bar Whole Mackerel Steamed | 3530 | 42% | 849 | 42% | 64.4 | 92% | 12.8 | 64% | 1.3 | 1% | 1.3 | 1% | 71.5 | 143% | 1.52 | 25% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Wild Garlic Pesto | 224 | 3% | 54 | 3% | 4.0 | 6% | 1.6 | 8% | 1.2 | 0% | 0.4 | 0% | 2.8 | 6% | 0.40 | 7% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Garlic Butter | 788 | 9% | 188 | 9% | 20.4 | 29% | 12.9 | 65% | 0.9 | 0% | 0.3 | 0% | 0.6 | 1% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Lobster Butter | 550 | 7% | 131 | 7% | 13.5 | 19% | 8.1 | 41% | 1.2 | 0% | 0.6 | 1% | 1.5 | 3% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Roasted Chilli Oil | 477 | 6% | 114 | 6% | 10.2 | 15% | 0.9 | 5% | 3.6 | 1% | 2.4 | 3% | 6.0 | 12% | 1.20 | 20% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Chimichurri sauce | 478 | 6% | 114 | 6% | 10.4 | 15% | 0.8 | 4% | 4.0 | 2% | 0.4 | 0% | 1.6 | 3% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Harissa Butter | 868 | 10% | 207 | 10% | 22.5 | 32% | 14.4 | 72% | 0.6 | 0% | 0.3 | 0% | 0.3 | 1% | 0.60 | 10% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Smoked Parika and Sundried Tomato Butter | 803 | 10% | 192 | 10% | 19.8 | 28% | 12.3 | 62% | 2.4 | 1% | 1.2 | 1% | 0.9 | 2% | 0.30 | 5% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Soy and Ginger sauce | 97 | 1% | 23 | 1% | 0.0 | 0% | 0.0 | 0% | 4.8 | 2% | 4.0 | 4% | 0.8 | 2% | 2.80 | 47% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | French Fries | 2583 | 31% | 616 | 31% | 35.2 | 50% | 13.2 | 66% | 90.2 | 35% | 2.2 | 2% | 6.6 | 13% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Twice Cooked Chips | 2200 | 26% | 526 | 26% | 26.4 | 38% | 2.2 | 11% | 68.2 | 26% | 4.4 | 5% | 6.6 | 13% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Buttered Spinach | 208 | 2% | 50 | 2% | 4.6 | 7% | 2.6 | 13% | 1.1 | 0% | 1.1 | 1% | 1.6 | 3% | 0.20 | 3% |

| 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 - AW19 ALC Menu | Fishmongers | Sauteed Potatoes | 810 | 10% | 191 | 10% | 5.5 | 8% | 3.5 | 18% | 32.8 | 13% | 0.1 | 0% | 3.9 | 8% | 0.18 | 3% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Mashed Potatoes with Chives | 1034 | 12% | 248 | 12% | 16.7 | 24% | 10.0 | 50% | 19.9 | 8% | 3.4 | 4% | 3.5 | 7% | 1.76 | 29% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Samphire and Lemon | 47 | 1% | 11 | 1% | 0.0 | 0% | 0.0 | 0% | 0.7 | 0% | 0.7 | 1% | 1.4 | 3% | 1.40 | 23% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Rainbow Carrots | 457 | 5% | 109 | 5% | 10.4 | 15% | 5.6 | 28% | 4.0 | 2% | 4.0 | 4% | 0.8 | 2% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Dauphinoise side | 2552 | 30% | 615 | 31% | 51.2 | 73% | 32.8 | 164% | 24.0 | 9% | 3.2 | 4% | 16.4 | 33% | 0.56 | 9% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Savoy Cabbage and chestnut | 1075 | 13% | 257 | 13% | 16.9 | 24% | 10.5 | 52% | 18.2 | 7% | 9.9 | 11% | 6.8 | 14% | 7.20 | 120% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | New potatoes & Butter | 1012 | 12% | 238 | 12% | 8.0 | 11% | 6.0 | 30% | 36.0 | 14% | 0.0 | 0% | 4.0 | 8% | 6.00 | 100% |
| Loch Fyne - AW19 ALC Menu | Fishmongers | Green Salad | 527 | 6% | 126 | 6% | 12.4 | 18% | 1.8 | 9% | 1.7 | 1% | 1.7 | 2% | 1.4 | 3% | 0.02 | 0% |
| Loch Fyne - AW19 ALC Menu | Desserts | Luxury Ice Cream & Sorbet - Please select your flavour choice listed below | | | | | | | | | | | | | | | | |
| Loch Fyne - AW19 ALC 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 - AW19 ALC Menu | Desserts | Strawberry Ice Cream | 341 | 4% | 82 | 4% | 2.4 | 3% | 1.5 | 7% | 14.4 | 6% | 14.3 | 16% | 0.5 | 1% | 0.01 | 0% |
| Loch Fyne - AW19 ALC Menu | Desserts | Mint Choc Ice Cream | 510 | 6% | 122 | 6% | 7.0 | 10% | 4.5 | 22% | 13.1 | 5% | 12.9 | 14% | 1.6 | 3% | 0.05 | 1% |
| Loch Fyne - AW19 ALC Menu | Desserts | Choc Split Ice Cream | 538 | 6% | 129 | 6% | 6.9 | 10% | 4.1 | 21% | 14.0 | 5% | 13.8 | 15% | 2.3 | 5% | 0.10 | 2% |
| Loch Fyne - AW19 ALC Menu | Desserts | Walnut Ice Cream | 542 | 6% | 130 | 6% | 7.9 | 11% | 4.8 | 24% | 12.7 | 5% | 11.7 | 13% | 1.7 | 3% | 0.04 | 1% |
| Loch Fyne - AW19 ALC Menu | Desserts | Amaretti Amaretto Ice Cream | 569 | 7% | 136 | 7% | 7.9 | 11% | 7.0 | 35% | 13.9 | 5% | 13.5 | 15% | 2.1 | 4% | 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 - AW19 ALC Menu | Desserts | Raspberry Sorbet | 270 | 3% | 65 | 3% | 0.2 | 0% | 0.2 | 1% | 14.9 | 6% | 14.7 | 16% | 0.3 | 1% | 0.00 | 0% |
| Loch Fyne - AW19 ALC Menu | Desserts | Lemon Sorbet | 257 | 3% | 62 | 3% | 0.0 | 0% | 0.0 | 0% | 15.2 | 6% | 15.1 | 17% | 0.1 | 0% | 0.02 | 0% |
| Loch Fyne - AW19 ALC Menu | Desserts | Pear Sorbet | 264 | 3% | 63 | 3% | 0.1 | 0% | 0.1 | 0% | 15.3 | 6% | 14.8 | 16% | 0.2 | 0% | 0.00 | 0% |
| Loch Fyne - AW19 ALC 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% | 0.12 | 2% |
| Loch Fyne - AW19 ALC Menu | Desserts | Vegan Ice Cream - 3 Scoops | 1275 | 15% | 305 | 15% | 16.5 | 24% | 6.0 | 30% | 34.5 | 13% | 31.5 | 35% | 3.8 | 8% | 0.38 | 6% |
| Loch Fyne - AW19 ALC Menu | Desserts | Crème Brûlée | 2581 | 31% | 621 | 31% | 44.8 | 64% | 25.9 | 129% | 48.4 | 19% | 35.0 | 39% | 6.7 | 13% | 0.40 | 7% |
| Loch Fyne - AW19 ALC Menu | Desserts | Vegan Apple Pie & Vanilla Ice Cream | 1312 | 16% | 314 | 16% | 9.4 | 13% | 3.8 | 19% | 52.6 | 20% | 31.9 | 35% | 3.8 | 8% | 0.19 | 3% |
| Loch Fyne - AW19 ALC 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 - AW19 ALC 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% | 0.12 | 2% |
| Loch Fyne - AW19 ALC Menu | Desserts | Scottish Cheese Plate | 2489 | 30% | 595 | 30% | 31.9 | 46% | 17.0 | 85% | 50.6 | 19% | 22.7 | 25% | 24.2 | 48% | 2.18 | 36% |
| Loch Fyne - AW19 ALC Menu | Desserts | Popcorn Sundae | 2352 | 28% | 564 | 28% | 42.1 | 60% | 25.4 | 127% | 38.5 | 15% | 34.8 | 39% | 7.3 | 15% | 1.98 | 33% |
| Loch Fyne - AW19 ALC Menu | Desserts | Sticky toffee pudding, tablet ice cream | 4957 | 59% | 1194 | 60% | 81.1 | 116% | 49.5 | 247% | 104.3 | 40% | 82.9 | 92% | 11.2 | 22% | 0.66 | 11% |
| Loch Fyne - AW19 ALC Menu | Desserts | Baked plums, Granola crumble | 2889 | 34% | 691 | 35% | 18.6 | 27% | 2.6 | 13% | 118.7 | 46% | 91.3 | 101% | 11.4 | 23% | 0.16 | 3% |
| Loch Fyne - AW19 ALC Menu | Desserts | Choc fondant | 2376 | 28% | 568 | 28% | 37.2 | 53% | 33.3 | 167% | 50.9 | 20% | 38.9 | 43% | 7.0 | 14% | 0.17 | 3% |
| Loch Fyne - AW19 ALC Menu | Desserts | Black forest trifle | 3274 | 39% | 788 | 39% | 44.2 | 63% | 24.1 | 121% | 89.4 | 34% | 71.2 | 79% | 7.5 | 15% | 0.67 | 11% |