

# LOCH FYNE

## NON GLUTEN À LA CARTE MENU

### OYSTER BAR

#### LOCH FYNE® OYSTERS

Single (59 kcal) 1/2 dozen (336 kcal)  
Dozen (671 kcal)

served natural with wasabi cucumber sauce (12 kcal)  
or served warm with 'Nduja butter (37 kcal)

### NIBBLES

Nocellara olives (Vg) (186 kcal)

Padrón peppers with smoked  
sea salt (Vg) (199 kcal)

Chorizo, parsley & white wine\*  
(394 kcal)

### STARTERS

#### LOCH FYNE® CLASSIC SMOKED SALMON

capers, horseradish & chive cream,  
shallots (510 kcal)

#### CHICKEN & MANGO SALAD

mixed seeds, avocado, cucumber,  
red onion, chilli & coriander oil  
(227 kcal)

#### SUPERFOOD SALAD (VG)

Tenderstem® broccoli, asparagus,  
pink grapefruit, avocado, pomegranate,  
soya beans, mixed seeds,  
rice (486 kcal)

### FISHMONGERS

All of the fresh fish from  
the fishmongers can  
be pan-fried, grilled or  
steamed, and served with  
a butter or sauce and two  
sides of your choice.

HAKE FILLET (323-403 kcal)

BREAM FILLET (274-311 kcal)

YELLOWFIN TUNA STEAK

*Char-grilled option available* (392 - 433 kcal)

LOCH FYNE® SALMON

FILLET (536 - 611 kcal)

MEAGRE FILLET

(196-270 kcal)

WHOLE SEA BASS

(593-607 kcal)

WHOLE PLAICE

(567-604 kcal)

### BUTTERS

Lobster\* (131 kcal) - 'Nduja (219 kcal) - Smoked paprika & sun-dried tomato (192 kcal) -  
Garlic (189 kcal) - Chilli & lime (201 kcal)

### SAUCES

Roasted chilli oil (113 kcal) - Chimichurri (107 kcal) - Salsa verde (177 kcal) -  
Tapenade (109 kcal)

### MAINS

#### LOCH FYNE SEAFOOD MIXED GRILL\*

Scottish salmon, Scottish king scallop,  
Palourde Clams, squid, sea bass fillet,  
samphire, wilted spinach, lobster butter,  
sautéed new potatoes (1003 kcal)

#### LOCH FYNE® POACHED SCOTTISH SMOKED HADDOCK

mashed potatoes, wholegrain  
mustard cream, garden peas,  
wilted spinach (654 kcal)

#### SEAFOOD RISOTTO\*

Palourde Clams, king prawns, squid,  
samphire, sun-dried tomato (1165 kcal)

#### PAN-FRIED MEAGRE FILLET

okra, Bombay potatoes, raita,  
pomegranate (557 kcal)

#### WHOLE GRILLED LOBSTER

(253 kcal)  
with your choice of garlic butter  
(377 kcal), chilli & lime butter  
(401kcal) or 'Nduja butter (438 kcal)  
and a side of your choice

#### LOCH FYNE SHELLFISH PLATTER WITH WHOLE LOBSTER AND DRESSED CRAB

served on ice with Scottish langoustines,  
crevettes, Loch Fyne® oysters,  
mayonnaise (1344 kcal)

#### DONALD RUSSELL CHARGRILLED 8OZ BEEF BURGER

crispy pancetta, Gruyère cheese,  
tomato, burger sauce (1072 kcal)

#### ARTICHOKE RISOTTO\* (V)

rosemary, lemon (1225 kcal)

#### SUPERFOOD SALAD (Vg)

Tenderstem® broccoli, asparagus,  
pink grapefruit, avocado, pomegranate,  
soya beans, mixed seeds,  
rice (894 kcal)

ADD TO ANY MAIN 1/2 lobster (249 kcal) scallops (198 kcal) prawns (173 kcal)

### SIDES

Buttered new potatoes (v)  
(224 kcal)

Mashed potatoes with chives (v)  
(248 kcal)

Dauphinoise potatoes (590 kcal)

Green salad (Vg) (127 kcal)

Bombay potatoes (Vg) (186 kcal)

Samphire with fresh lemon (Vg)  
(11 kcal)

Okra, Tenderstem® broccoli,  
sugar snap peas (Vg) (95 kcal)

Adults need around 2000 kcal a day.

All calorie counts are based on standard portion sizes, and as dishes are made to order this may vary slightly. Reference daily intakes of an average adult are 8,400kJ/ 2,000kcal. To ensure our customers have choice, temporary product substitutions may be required which can affect the calorie content listed for our dishes on the menu. Whilst we take care to preserve the integrity of our vegetarian & vegan products, we must advise that these are handled in a multi-kitchen environment.

Full allergen information on the ingredients in the food we serve is available upon request - please speak to a member of the team. Dishes may vary from those shown due to seasonal availability of ingredients. (V) suitable for vegetarians. (Vg) suitable for vegans. (\*) contains alcohol. (N) contains nuts. Fish, poultry and shellfish dishes may contain bones and/or shell. Please be aware that all our dishes are prepared in kitchens where nuts and gluten are present, as well as other allergens, therefore we cannot guarantee that any food item is completely 'free from' traces of allergens, due to the risk of cross contamination. Consuming raw or lightly cooked shellfish may increase your risk of food-borne illness. Our menu descriptions do not list all ingredients. All stated weights are approximate prior to cooking, some dishes may contain alcohol which may not be listed on the menu. Please ask your server before ordering if you are concerned about the presence of allergens in your food, alternatively full allergen information can be found at [www.lochfyne seafoodandgrill.co.uk](http://www.lochfyne seafoodandgrill.co.uk). Set menus are subject to availability and may be withdrawn on special event days and during December. Set menus are only available with specified offers and discounts. All service charges, cash and credit/debit card tips are paid in full to our team members.