

# LOCH FYNE

RESTAURANT + BAR

So the story goes... Let the ingredients sing. Our philosophy is the same today as it's always been, since Johnny and Andy opened their first oyster farm on the shores of Loch Fyne in 1978. From the loch to the coast, and the highlands around them, all our ingredients are responsibly cared for and sustainably sourced. And always ready to sing.

## OYSTER BAR

All of our oysters pair perfectly with fresh, sparkling whites like Joseph Perrier Champagne or crisp whites like Picpoul de Pinet and Muscadet.

served natural with Fyne vinegar (4 kcal), soy & ginger sauce (9 kcal) *or* wasabi cucumber sauce (12 kcal) *or* served warm with herb crumb (14 kcal) *or* 'Nduja butter (37 kcal).

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

## NIBBLES

Sourdough bread, oil & balsamic (v)  
(797 kcal)

Nocellara olives (Vg) (186 kcal)

Halloumi fries, chimichurri (v)  
(738 kcal)

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

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

## STARTERS

**SEA SALT & PEPPER SQUID**  
sesame seeds, tomato & chilli jam  
(474 kcal)

**PAN-FRIED CHILLI & GARLIC KING PRAWNS**  
lemon, olive oil, rye sourdough bread (856 kcal)

**SCOTTISH KING SCALLOPS**  
salsa verde, fregola, broad beans, sun-dried tomato (411 kcal)

**LOCH FYNE FISH SOUP\***  
brandade, shaved Gruyère cheese, chargrilled rye sourdough bread (405 kcal)

**LOCH FYNE® CLASSIC SMOKED SALMON**  
capers, horseradish & chive cream, shallots, rye bread (338 kcal)

**WARM CURED MACKEREL**  
chorizo & potato salad, burnt apple purée (330 kcal)

**LOCH FYNE® SMOKED HADDOCK FISHCAKES**  
creamed mustard leeks, lemon oil (723 kcal)

**HAGGIS SCOTCH EGG**  
curried potato cream, turnip & mango chutney (775 kcal)

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

**SAMPHIRE & SWEET POTATO PAKORA (Vg)**  
date chutney (406 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**  
*Chargrilled option available* (392 - 433 kcal)

**MEAGRE FILLET**  
(196-270 kcal)

**LOCH FYNE® SALMON FILLET** (536 - 611 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) – Romesco (N) (181 kcal) – Salsa verde (177 kcal) – Tapenade (109 kcal)

## MAINS

### LOCH FYNE SEAFOOD MIXED GRILL\*

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

### KING PRAWN LINGUINE\*

cherry tomatoes, samphire, tomato & chilli sauce (721 kcal)

### LOCH FYNE BATTERED LOIN OF COD AND TWICE-COOKED CHIPS

tartare sauce, mushy peas (1626 kcal)

### THAI GREEN CURRY

king prawns, hake, wilted spinach, toasted coconut, basmati rice (612 kcal)

### LOCH FYNE® BRADAN ROST TORTELLONI

samphire, lemon oil (579 kcal)

### FISH PIE

Loch Fyne® smoked haddock, Loch Fyne® bradan rost, crab, king prawns, egg, herb crumb, Tenderstem® broccoli, sugar snap peas (643 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

French fries (813 kcal) with your choice of garlic butter (377 kcal), chilli & lime butter (401 kcal) or 'Nduja butter (438 kcal)

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

served on ice with Scottish langoustines, crevettes, Loch Fyne® oysters, Tabasco, Fyne vinegar, mayonnaise (1355 kcal)

### DONALD RUSSELL

### CHARGRILLED 8OZ BEEF BURGER

crispy pancetta, Gruyère cheese, tomato, burger sauce, brioche bun, French fries (1611 kcal)

### SLOW-COOKED PORK BELLY

burnt apple purée, black pudding mash (731 kcal)

### SPINACH GNOCCHI (V)

samphire, Tenderstem® broccoli, sun-dried tomatoes, chimichurri (889 kcal)

### ARTICHOKE RISOTTO\* (V)

rosemary, lemon (1225 kcal)

### ROASTED SPICY CAULIFLOWER & BUTTERNUT SQUASH THAI GREEN CURRY (Vg)

wilted spinach, toasted coconut, basmati rice (514 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)

French fries (526 kcal) or twice-cooked chips (v) (560 kcal)

Mashed potatoes with chives (v) (248 kcal)

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

Dauphinoise potatoes (590 kcal)

Samphire with fresh lemon (Vg) (11 kcal)

Pak choi, chilli, soy & ginger (v) (107 kcal)

Green salad (Vg) (127 kcal)

Bombay potatoes (Vg) (186 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.lochfyneseafoodandgrill.co.uk](http://www.lochfyneseafoodandgrill.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.