



NUTRITION SURVIVAL GUIDE TO  
**LOCH FYNE**  
CALORIES AND MACRONUTRIENTS

THECLUBGYM.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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## APPETISERS

Basket of Bread with Balsamic Oil	715	17.3	90	-	6.1	35	2.66
Marinated Mixed Olives (v)	127	1.6	1.6	-	0.8	12.8	2.48
Halloumi Fries, tomato ketchup	688	4.7	10.5	-	10.5	49.4	7.04
Hot Smoked Anchovies	52	5.1	0	-	0	3.6	1.83
Bread Refill (v)	715	17.3	90	-	6.1	35	2.66

## STARTERS

Scottish Rope Grown Mussels Starter	363	21.8	35.3	-	4	17.9	1.84
Pan-Fried Chilli & Garlic King Prawns	832	25.6	62.5	-	4	54	1.65
Salt & Pepper Squid	511	3.5	54.6	-	17.5	28.4	0.88
Baked Goats Cheese Crottin (v)	279	10	15.9	-	13.7	19.5	0.88
Avocado & Pomegranate Salad	564	9.1	80.3	-	10.9	23.6	0.03
Classic Smoked Salmon Plate	580	32.4	40.8	-	4.1	31.3	4.95
Ham Hock & Sweet Cider Terrine	286	10.9	42.4	-	13.6	9	3.31
King Scallops with Pea Puree & Crispy Pancetta	407	19.3	14.5	-	9	29.6	2.19
Loch Fyne Fish Soup	443	19	36.1	-	6.3	25.9	2.07

## OYSTERS

My First Oyster	60	9.5	3	-	0.7	1.2	1.1
Oysters Natural Fyne Vinegar, Tabasco and Lemon 1	60	9.5	3	-	0.7	1.2	1.1
Oysters Natural Fyne Vinegar, Tabasco and Lemon 3	172	27.9	7.7	-	0.8	3.4	3.28
Oysters Natural Fyne Vinegar, Tabasco and Lemon 6	339	55.6	14.8	-	1	6.8	6.55
Oysters Natural Fyne Vinegar, Tabasco and Lemon 12	70	10.3	4.2	-	1.9	1.3	1.11

## FROM THE LAND

28-Day Aged 10oz Scottish Rib-Eye Steak	1669	67	89.4	-	7.9	115.8	2.39
Spiced Roasted Cauliflower & Squash Goan Curry	586	17.5	74	-	30.8	24.6	8.68
Donald Russell Char-grilled Burger with Crispy Bacon & Black Bomber C	1361	64.8	115.2	-	28.8	70.3	6
Avocado & Pomegranate Salad	883	13.3	107.2	-	16.2	45.7	0.06

## FROM THE SEA

Seafood Tagliatelle	772	38	7.3	-	2.2	67.6	2.12
Fish and Chips	1624	52.5	139.9	-	11.5	99	5.3
Battered Haddock Loin, chips, Mushy Peas, Tartar Sauce	1373	53.1	130.8	-	10.4	82.1	3.22
Takeaway Cod & Chips	1620	52.3	139.2	-	10.8	98.9	5.3
Takeaway Haddock & Chips	1436	53.5	138.8	-	9.7	85.6	3.37
Seafood Grill	1147	97.7	37.7	-	2.6	69.1	20.1
Poached Loch Fyne Smoked Haddock	643	47.9	30.3	-	12.4	37	1.67

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Whole Baked Lobster	1302	59.8	86.3	-	4.3	88.8	2.87
Shellfish Platter With Crab	1489	217.3	21.1	-	6.5	60.5	16.4
Shellfish Platter with Lobster	1290	201.2	21	-	6.3	45.3	14.6
Whole Crab with Lemon Mayonnaise	734	69	4.9	-	2.8	49.2	4.01
Scottish Rope Grown Mussels	1174	50.8	122.4	-	6.7	67.9	4.04
Seafood Goan Curry	576	52.3	41.8	-	10	24.8	7.94

### SAUCES

Garlic, Lemon & Parsley Butter	251	0.8	32.4	-	0.4	27.2	0
Hollandaise Sauce	303	2	32.8	-	0.8	32.4	0.16
Roasted Chilli Oil	152	8	1.6	-	3.2	13.6	1.8
Salsa Verde	176	1.6	0	-	0.4	18.8	1.44
Wild Garlic Pesto	204	2.8	0	-	0.4	20.8	0.56
Lobster Butter	132	1.5	0.6	-	0.6	13.5	0.15
Olive, Dill & Caper Butter	239	0.4	0	-	0.4	26.4	0.32
Crab & Chervil Butter	179	1.5	0.4	-	0.3	18.9	0
Salted Butter	221	0.3	4.2	-	0.3	24.3	0.57
Tomato Ketchup	20	0.2	0.1	-	4.6	0	0.36
Mayonnaise	113	0.2	1.6	-	0.4	12	0.1

### SIDES

French Fries	560	6	82	-	2	32	1.29
Twice Cooked Chips	526	6.6	68.2	-	4.4	26.4	1.59
Mushy Peas	68	4	10.4	-	1.6	0.8	0.72

### VEGETABLE SIDES

Samphire with Garlic Butter	101	1.7	0.5	-	0.2	10.2	1.47
Curly Kale with Garlic Butter	183	2.9	1.6	-	1.1	17.8	0.64
Buttered Spinach	50	1.6	1.1	-	1.1	4.6	0.2
New Potatoes & Minted Butter -Side	290	4.2	34.4	-	0.2	15.8	0
Creamed Mash Potatoes with Chives	248	3.5	19.9	-	3.4	16.7	1.76
Garden Salad - Side	181	2.4	5.9	-	4.7	16.7	0.02
Seasonal Green Vegetables	96	5.4	5.8	-	2.7	5.7	0.5
Sauteed New Potatoes	191	3.9	32.8	-	0.1	5.5	0.18

### FISH BAR

Line-Caught Hake Pan-fried	403	36.6	1.6	-	1.4	27.4	1.09
Line-Caught Hake Grilled	329	36.5	1.5	-	1.3	19.2	1.09
Line-Caught Hake Steamed	323	36.2	0.6	-	0.4	19.1	1.09
Loch Fyne Scottish Salmon Pan fried	611	40.6	1.6	-	1.4	49.4	0.69
Loch Fyne Scottish Salmon Grilled	536	40.5	1.5	-	1.3	41.2	0.69
Loch Fyne Scottish Salmon Steamed	536	40.5	1.5	-	1.3	41.2	0.69
Tuna Pan Fried	433	44.4	1.5	-	1.4	27.8	2.34
Tuna Grilled	392	44.1	0.8	-	0.7	23.6	2.34
Tuna - Char Grilled	396	44.4	1.5	-	1.3	23.7	2.34
Whole Turbot - Pan Fried	589	94.8	1.4	-	1.4	22.9	1.09

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Whole Turbot - Grilled	604	94.7	1.3	-	1.3	24.7	1.09
Whole Turbot - Steamed	604	94.7	1.3	-	1.3	24.7	1.09
Whole Gurnard - Grilled	122	0.5	1.3	-	1.3	13	1.99
Whole Gurnard - Pan-Fried	196	0.6	1.4	-	1.4	21.2	1.99
Whole Gurnard - Steamed	122	0.5	1.3	-	1.3	13	1.99
Whole Seabass - Pan Fried	670	97.2	1.8	-	1.4	30.9	1.87
Whole Seabass - Grilled	596	97.1	1.7	-	1.3	22.7	0.87
Whole Seabass - Steamed	593	97	1.3	-	1.3	22.7	1.87
Gilt Head Bream Pan fried	311	24.2	1.5	-	1.4	23.2	0.87
Gilt Head Bream Grilled	274	24.2	1.5	-	1.3	19.1	0.87
Gilt Head Bream Steamed	274	24.2	1.5	-	1.3	19.1	0.87
Plaice Whole Grilled	567	67	0.6	-	0.4	22.6	2.05
Plaice Whole Pan Fried	604	67.1	0.7	-	0.5	26.7	2.05
Plaice Whole Steamed	567	67	0.6	-	0.4	22.6	2.05
Wild Garlic Pesto	204	2.8	1.2	-	0.4	20.8	0.4
Garlic Butter	251	0.8	1.2	-	0.4	27.2	0
Crab & Chervil Butter	179	1.5	0.6	-	0.3	18.9	0
Hollandaise Sauce	227	1.5	0.6	-	0.6	24.3	0.12
Lobster Butter	131	1.5	1.2	-	0.6	13.5	0
Roasted Chilli Oil	114	6	3.6	-	2.4	10.2	1.2
Salsa Verde	132	1.2	0.6	-	0.3	14.1	0.9
Olive, Dill & Caper Butter	239	0.4	0.4	-	0.4	26.4	0
French Fries	616	6.6	90.2	-	2.2	35.2	0
Twice Cooked Chips	526	6.6	68.2	-	4.4	26.4	0
Garden Salad	181	2.4	5.9	-	4.7	16.7	0.02
Blanched Curly Kale with Garlic Butter	183	2.9	1.6	-	1.1	17.8	0.64
Buttered Spinach	50	1.6	1.1	-	1.1	4.6	0.2
Samphire	37	1.1	0	-	0	3.3	1.1
Sauteed Potatoes	191	3.9	32.8	-	0.1	5.5	0.18
Seasonal Vegetables	96	5.4	5.8	-	2.7	5.7	0.49
Mashed Potatoes with Chives	248	3.5	19.9	-	3.4	16.7	1.76
New Potatoes & Minted Butter	290	4.2	34.4	-	0.2	15.8	0

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## DESSERTS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Passion Fruit Cheesecake	652	8.3	55	-	40.7	44.4	0.63
Chocolate Tart	2715	23.7	260.1	-	209.1	199.1	0.28
Pear Sorbet	63	0.2	15.3	-	14.8	0.1	0.01
Lemon Sorbet	62	0.1	15.2	-	15.1	0	0.03
Raspberry Sorbet	85	0.3	19.9	-	14.7	0.2	0.01
Rum & Raisin	98	1.4	14.1	-	12.5	4	0.07
Amaretti Amaretto	136	2.1	13.9	-	13.5	7.9	0.02
Walnut	130	1.7	12.7	-	11.7	7.9	0.04
Mint Chocolate	122	1.6	13.1	-	12.9	7	0.06
Strawberry	82	0.5	14.4	-	14.4	2.4	0.02
Chocolate	129	2.3	14	-	13.8	6.9	0.11
Vegan Vanilla Ice Cream	102	1.3	11.5	-	10.5	5.5	0.13
Eton Mess	431	2.2	9.7	-	8.8	43.2	0.8
Scottish Cheese Plate	503	23.9	28.1	-	1.7	31.9	2.06