



FITNESS

NUTRITION SURVIVAL GUIDE TO

LOCH FYNE

CALORIES AND MACRONUTRIENTS

2021

WWW.JAMIECARROLLFITNESS.COM

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-----------------	-------------	-------------------------	-------------------	------------	---------------	----------

1-200 CAL

APPETISERS/BAR SNACKS

201-300 CAL

301-400 CAL

Halloumi Fries with Chimichurri	743	5.6	6.6	-	3.9	57.2	6.68
Mini Sausage Rolls	244	10.1	14.8	-	2.4	16	1.28
Prawn Karaage with soy and ginger sauce	325	8.6	23.5	-	3.9	19.3	2.52
Chorizo in parsley and white wine	393	22	3.9	-	1.5	32	2.56
Edamame Beans with ginger and chilli	189	16.2	12.5	-	8.2	7.1	8.88
Padron peppers with smoked sea salt	199	1	3	-	2	20	1.95
Nocellara Olives	186	0.8	1.6	-	0.8	19.2	1.84
Basket of Bread with Balsamic Oil (v)	797	15.8	106.1	-	10.6	33.8	1.98

401-500 CAL

STARTERS

501+ CAL

Pan-Fried Chilli & Garlic King Prawns	857	25	66.4	-	2.1	54	1.52
Classic Smoked Salmon Plate	337	22.6	12.3	-	3.3	21.7	3.3
Loch Fyne Fish Soup	468	18.3	39.9	-	4.4	25.9	1.94
Scallops with Chickpea and Nduja stew	311	23.4	9.2	-	2.1	19.1	7.48
Smoked gressingham duck, grilled fig, goats cheese fondant	241	15.6	10.8	-	8.1	14.4	8.54
Samphire and sweet potato pakora, date chutney	404	6.6	42.8	-	15.5	22.6	1.04
Smoked Haddock fishcakes, creamed mustard leeks	733	23	49.2	-	8.3	52.1	8.64
Beetroot & Ricotta tortelloni with goats cheese cream	321	14.1	40	-	4.5	11.9	1.36
Devonshire crab tortelloni, lemon oil	731	31.1	61.4	-	2.2	37.8	9.08
Salt & Pepper Squid	490	3.1	59.6	-	24.2	23.3	7.85
Clams, Cockles & Chorizo on sourdough	353	29.9	24.2	-	4.7	15	4.34
Haggis Scotch Egg, curried potato cream, Turnip	773	25	53.6	-	15.6	48.8	2.89
Squash ricotta tart, baby beetroot	140	4.1	9	-	6	9.5	3.96
Cured Mackerel fillet, Red cabbage and apple with honey mustard and dill sauce	346	2.4	14.3	-	13.3	30.7	0.97
Scottish Rope Grown Mussels Starter	375	21.8	37.2	-	2.8	17.3	1.59
Warm winter salad, puy lentil, red pepper dressing	311	6.9	28.3	-	12.4	18.1	10.24

OYSTERS

My First Oyster	61	9.5	3.2	-	0.9	1.2	1.11
Oyster - 1 with your choice of sauce listed below	59	9.4	3	-	0.7	1.2	1.1
- With Fyne Vinegar	62	9.6	3.6	-	1.3	1.2	1.1
- With Wasabi & Cucumber	71	9.9	5	-	2.5	1.7	1.1
- With Soy & Ginger sauce	68	9.7	4.8	-	2.2	1.2	2.15
Oysters -3 with your choice of sauce listed below	170	27.8	7.6	-	0.7	3.4	3.28
- With Fyne Vinegar	173	28	8.2	-	1.3	3.4	3.28
- With Wasabi & Cucumber	182	28.3	9.6	-	2.5	3.9	3.28
- With Soy & Ginger sauce	179	28.1	9.4	-	2.2	3.4	4.33
Oysters 6 - with your choice of sauce listed below	336	55.3	14.5	-	0.7	6.8	6.55
- With Fyne Vinegar	339	55.5	15.1	-	1.3	6.8	6.55
- With Wasabi & Cucumber	348	55.8	16.5	-	2.5	7.3	6.55

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Soy & Ginger sauce	345	55.6	16.3	-	2.2	6.8	7.6
Oysters 12 - with your choice of sauce listed below	671	110.6	28.9	-	1.3	13.5	13.08
- With Fyne Vinegar	674	110.8	29.5	-	1.9	13.5	13.08
- With Wasabi & Cucumber	683	111.1	30.9	-	3.1	14	13.08
- With Soy & Ginger sauce	680	110.9	30.7	-	2.8	13.5	14.13

MAINS

Seafood Grill	1003	97.6	37.9	-	2.8	53.2	2.42
Fish and Chips	1624	52.5	139.9	-	11.5	99	5.3
Battered Haddock & Chips	1373	53.1	130.8	-	10.4	82.1	3.22
Battered Cod & Chips	1620	52.3	139.3	-	10.8	98.9	5.3
Takeaway Haddock & Chips	1437	53.5	138.8	-	9.7	85.6	3.37
Seafood Goan Curry	565	49	42.2	-	10.4	24.7	7.84
Ribeye Steak, chimichurri sauce	1703	67.5	87.9	-	7.6	120.4	2.2
Spiced Roasted Cauliflower & Squash Goan Curry	460	14.3	47.9	-	16.8	24.4	8.65
Shellfish Platter with Lobster and Crab	1420	192.8	24.2	-	5.2	61.6	14.23
Chargrilled Beef Burger, pancetta, swiss cheese and classic burger sauce	1669	64.8	127	-	11.3	107.3	13.2
Beetroot & Ricotta tortelloni with goats cheese cream Main	566	24.9	72.3	-	7.9	19.6	8.76
Prawn & chilli linguine	729	35.1	44.7	-	9.4	44.9	10.25
Pork Belly, black pudding mash, creamed spinach, burnt apple puree	748	35.1	32.2	-	11.5	52.4	10.59
Cured Mackerel fillet, Red cabbage and apple with honey mustard and dill sauce	474	5.4	35.6	-	33.6	34.4	1.34
Warm winter salad, puy lentil, red pepper dressing	603	13.1	54	-	24.7	35.9	13.94
Baked Spinach gnocchi, wild mushroom, blue cheese, leek and jerusalem artichoke.	1114	24.2	83.6	-	9.7	76	9.46
Roast Cod Fillet, Pancetta and red wine lentils	883	41	26.5	-	14.3	61.3	2.4
Poached Loch Fyne Smoked Haddock	643	47.9	30.3	-	12.4	37	1.67
Whole Lobster Thermidor - With your choice of side listed below	595	65	12	-	7.6	29.7	2.78
French Fries	616	6.6	90.2	-	2.2	35.2	0
Cooked Basmati Rice	93	3	21	-	0	1.5	6
Scottish Rope Grown Mussels	1186	50.8	124.3	-	5.4	67.3	3.78

PREMIUM

Grilled Langoustine, romesco sauce	823	77.4	7.7	-	4.2	53.5	3.33
Devonshire crab tortelloni, lemon oil	712	30.3	58.8	-	2.1	37.6	3.53
Roast monkfish, Smoked Pancetta & Red wine lentils	1033	37.1	26.7	-	14.5	80.9	2.95

SAUCES

Lobster Butter	132	1.5	1.2	-	0.6	13.5	0.15
Wild Garlic Pesto	54	2.8	1.2	-	0.4	4	0.6
Mayonnaise	113	0.2	1.2	-	0.4	12	0.1
Tomato Ketchup	20	0.2	4.6	-	4.6	0	0.36
Salted Butter	221	0.3	0.3	-	0.3	24.3	0.57

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Roasted Chilli Oil	152	8	4.8	-	3.2	13.6	1.8
Garlic Butter	188	0.6	0.9	-	0.3	20.4	0
Chimmichurri	114	1.6	4	-	0.4	10.4	0.24
Soy and ginger	23	0.8	4.8	-	4	0	2.96
Smoked Paprika & sunblush tomato	192	0.9	2.4	-	1.2	19.8	0.57
Harissa butter	208	0.3	0.6	-	0.3	22.5	0.66
Salsa Verde	176	1.6	0.8	-	0.4	18.8	1.44
Oil and Balsamic	323	0.4	13	-	9.6	30	0.06
Creme Anglaise	62	0.8	8.8	-	4.8	2.4	0.16

SIDES

Buttered Spinach	50	1.6	1.1	-	1.1	4.6	0.2
French Fries	560	6	82	-	2	32	1.29
Twice Cooked Chips	526	6.6	68.2	-	4.4	26.4	1.59
Creamed Mash Potatoes with Chives	248	3.5	19.9	-	3.4	16.7	1.76
Mushy Peas	68	4	10.4	-	1.6	0.8	0.72
Samphire with Lemon	11	1.7	0.7	-	0.7	0.1	1.47
Rainbow Carrots, Harissa butter	126	1.4	8	-	7.9	11.4	0.61
Sauteed New Potatoes	191	3.9	32.8	-	0.1	5.5	0.18
New Potatoes	239	4.8	36.6	-	0.2	8.4	6.53
Savoy cabbage, shallot and chestnuts	257	6.8	18.2	-	9.9	16.9	7.2
Dauphinoise	615	16.4	24	-	3.2	51.2	0.56
Green Salad	126	1.4	1.7	-	1.7	12.4	0.02

FISHMONGERS

Fish Bar Loch Fyne Scottish Salmon Pan Fried	611	40.6	1.6	-	1.4	49.4	0.69
Fish Bar Loch Fyne Scottish Salmon Grilled	536	40.5	1.5	-	1.3	41.2	0.69
Fish Bar Loch Fyne Scottish Salmon Steamed	536	40.5	1.5	-	1.3	41.2	0.69
Fish Bar Tuna Pan Fried	433	44.4	1.5	-	1.4	27.8	2.34
Fish Bar Tuna Grilled	392	44.1	0.8	-	0.7	23.6	2.34
Fish Bar Tuna Char- Grilled	396	44.4	1.5	-	1.3	23.7	2.34
Fish Bar Cod Pan fried	399	29	1.6	-	1.4	24.8	1.04
Fish Bar Cod Grilled	325	28.9	1.5	-	1.3	16.6	1.04
Fish Bar Cod Steamed	319	28.6	0.6	-	0.4	16.4	1.04
Fish Bar Whole Turbot Pan Fried	589	94.8	1.4	-	1.4	22.9	1.09
Fish Bar Whole Turbot Grilled	604	94.7	1.3	-	1.3	24.7	1.09
Fish Bar Whole Turbot Steamed	604	94.7	1.3	-	1.3	24.7	1.09
Fish Bar Whole Megrin Grilled	415	61.8	1.3	-	1.3	16.7	1
Fish Bar Whole Megrin Pan Fried	490	61.9	1.4	-	1.4	24.9	1
Fish Bar Whole Megrin Steamed	415	61.8	1.3	-	1.3	16.7	1
Fish Bar Whole Seabass Pan Fried	670	97.2	1.8	-	1.4	30.9	1.87
Fish Bar Whole Seabass Grilled	596	97.1	1.7	-	1.3	22.7	0.87
Fish Bar Whole Seabass Steamed	593	97	1.3	-	1.3	22.7	1.87

- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fish Bar Gilt Head Bream Pan fried	311	24.2	1.5	-	1.4	23.2	0.87
Fish Bar Gilt Head Bream Grilled	274	24.2	1.5	-	1.3	19.1	0.87
Fish Bar Gilt Head Bream Steamed	274	24.2	1.5	-	1.3	19.1	0.87
Fish Bar Whole Mackerel Grilled	849	71.5	1.3	-	1.3	64.4	1.52
Fish Bar Whole Mackerel Pan Fried	923	71.6	1.4	-	1.4	72.6	1.52
Fish Bar Whole Mackerel Steamed	849	71.5	1.3	-	1.3	64.4	1.52
Wild Garlic Pesto	54	2.8	1.2	-	0.4	4	0.4
Garlic Butter	188	0.6	0.9	-	0.3	20.4	0
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
Chimichurri sauce	114	1.6	4	-	0.4	10.4	0
Harissa Butter	207	0.3	0.6	-	0.3	22.5	0.6
Smoked Parika and Sundried Tomato Buttter	192	0.9	2.4	-	1.2	19.8	0.3
Soy and Ginger sauce	23	0.8	4.8	-	4	0	2.8
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
Buttered Spinach	50	1.6	1.1	-	1.1	4.6	0.2
Sauteed Potatoes	191	3.9	32.8	-	0.1	5.5	0.18
Mashed Potatoes with Chives	248	3.5	19.9	-	3.4	16.7	1.76
Samphire and Lemon	11	1.4	0.7	-	0.7	0	1.4
Rainbow Carrots	109	0.8	4	-	4	10.4	0
Dauphinoise side	615	16.4	24	-	3.2	51.2	0.56
Savoy Cabbage and chestnut	257	6.8	18.2	-	9.9	16.9	7.2
New potatoes & Butter	238	4	36	-	0	8	6
Green Salad	126	1.4	1.7	-	1.7	12.4	0.02

DESSERTS

Vanilla Ice Cream	110	1.6	11.9	-	11.9	6.2	0.06
Strawberry Ice Cream	82	0.5	14.4	-	14.3	2.4	0.01
Mint Choc Ice Cream	122	1.6	13.1	-	12.9	7	0.05
Choc Split Ice Cream	129	2.3	14	-	13.8	6.9	0.1
Walnut Ice Cream	130	1.7	12.7	-	11.7	7.9	0.04
Amaretti Amaretto Ice Cream	136	2.1	13.9	-	13.5	7.9	0.01
Raspberry Sorbet	65	0.3	14.9	-	14.7	0.2	0
Lemon Sorbet	62	0.1	15.2	-	15.1	0	0.02
Pear Sorbet	63	0.2	15.3	-	14.8	0.1	0
Vegan Vanilla Ice Cream	102	1.3	11.5	-	10.5	5.5	0.12
Vegan Ice Cream - 3 Scoops	305	3.8	34.5	-	31.5	16.5	0.38
Creme Brulee	621	6.7	48.4	-	35	44.8	0.4
Vegan Apple Pie & Vanilla Ice Cream	314	3.8	52.6	-	31.9	9.4	0.19
Vanilla Ice Cream	110	1.6	11.9	-	11.9	6.2	0.06
Vegan Vanilla Ice Cream	102	1.3	11.5	-	10.5	5.5	0.12
Scottish Cheese Plate	595	24.2	50.6	-	22.7	31.9	2.18
Popcorn Sundae	564	7.3	38.5	-	34.8	42.1	1.98