

SPECIALITĂȚI MEXICANE

FAJITAS (420G)

(piept de pui -220g; amestec mexican -70g; **lipie**- 60g; fasole rosie-50g; **sos mexican**-50g; ardei gras-40g; ceapa-20g; ardei iute-10g; ulei-10ml; usturoi-5g; sare-2g)

Kcal=610,635(113,71229/100g); kj=2552,4543(475,31737/100g); glucide=59,22; zahar=15,76; lipide=13,355; AGS=1,785; sare=3,4; fibre=9,96.

Aditivi: agent de ingrosare-guma guar, celuloza carboximetilica,guma xantan,acidifiant-acid malic, acid lactic, emulsifiant-mono si digliceride ai acizilor grasi, conservanti-propionat de calciu, sorbat de potasiu

FILETTO MEXICAN (450G)

(cotlet porc-220g; cartofi-200g; kaise-50g; **sos mexican**-20g; ulei-10ml; porumb-10ml; fasole rosie-10g; gogosari in otet-10g; boia ardei -2g; sare-2g)

Kccal=726,526(136,05356/100g); kl=3036,8787(568,70387/100g); glucide=43,45; zahar=4,5; lipide=34,014; AGS=8,98; sare=3,7; fibre=6,6

Aditivi: acidifiant-acid citric, agent de ingrosare-guma xantan, colorant-caramel, conservant-nitrit de sodiu, aroma-aroma de fum

TOSTADAS (450G)

(piept de pui-220g; amestec mexican-100g; **lipie**-60g; fasole rosie-50g; porumb-50g; **sos mexican**-50g; **telemea**-40g; **smantana 15%**-25g; avocado-20g; ulei-10ml; sare-2g)

Kcal=832,72(132,81021/100g); kj=3480,7696(555,14667/100g); glucide=65,145; zahar=15,735; lipide=30,4; AGS=10,586; sare=4,2; fibre=11,76.

Aditivi: agent de ingrosare-guma guar, celuloza carboximetilica,guma xantan,acidifiant-acid malic, acid lactic, emulsifiant-mono si digliceride ai acizilor grasi, conservanti-propionat de calciu, sorbat de potasiu

BURITTO (550G)

(piept de pui-200g; fasole rosie-150g; amestec mexican-100g; orez-60g; **lipie**-60g; porumb-50g; **sos mexican**-40g; **smantana 15%**-25g; ketchup-20g; sare-2g; curry-1g)

Kcal=867,4687(122,52383/100g); kj=3626,0192(122,52383/100g); glucide=130,4124; zahar=16,973; lipide=7,6867; AGS=2,906; sare=3,08; fibre=19,78.

Aditivi: agent de ingrosare-guma guar, celuloza carboximetilica,guma xantan,acidifiant-acid malic, acid lactic, emulsifiant-mono si digliceride ai acizilor grasi, conservanti-propionat de calciu, sorbat de potasiu

TACOS (420G)

(carne tocata-250g; **lipie**-60g; amestec mexican- 60g; fasole rosie-60g; **sos mexican**-40g; **cascaval**-40g; ardei gras-25g; ceapa-20g; ulei-10ml; ardei iute-10g; sare-2g)

Kcal=1253,498(217,24402/100g); kj=5239,6216(908,08001/100g); glucide=65,445; zahar=11,908; lipide=81,542; AGS=21,747; sare=3,88; fibre=9,715.

Aditivi: agent de ingrosare-guma guar, celuloza carboximetilica,guma xantan,acidifiant-acid malic, acid lactic, emulsifiant-mono si digliceride ai acizilor grasi, conservanti-propionat de calciu, sorbat de potasiu

CHILLI CON CARNE (430G)

(carne tocata-200g; amestec mexican-120g; **sos mexican**-60g; **lipie**-60g; fasole rosie-50g; ardei gras-25g; ceapa-15g; ardei iute-10g; sare- 2g; piper- 1g)

Kcal=998,804(180,61555/100g); kj=4175,0007(754,97301/100g); glucide=76,61; zahar=17,063; lipide=55,008; AGS=17,699; sare=3,08; fibre=11,445.

Aditivi: agent de ingrosare-guma guar, celuloza carboximetilica,guma xantan,acidifiant-acid malic, acid lactic, emulsifiant-mono si digliceride ai acizilor grasi, conservanti-propionat de calciu, sorbat de potasiu

SOS MEXICAN-100g

(apă, pastă de tomate, zahăr, porumb, paprika, otet, ceapă, sfeclă roșie, amidon din porumb, jalapeno, soia fermentata, suc de mere, condimente, aroma de fum, colorant(caramel), guma xantan)

Kcal=102,3/100g; kj=427,61/100g; glucide=23; zahar=18; lipide=0,3; AGS=0,1; sare=3,1; fibre=0

Aditivi: acidifiant-acid citric, agent de ingrosare-guma xantan, colorant-caramel, aroma-aroma de fum

SOS GUACAMOLE-100g

(avocado; ardei iute; ulei; suc lamaie; ceapa; sare)

Kcal=113,13/100g; kj=472,91/100g; glucide=5,11; zahar=4,86; lipide=10,02; AGS=1,18; sare=2; fibre=2,14

RECOMANDAREA BUCĂTARULUI

GRILLED PORK COLLAR(225G)

(ceafa©-400g; sare-3g; cimbru-3g)

En Kcal=548,7321(135,15569/100g); en kj=2293,7002(564,95078/100g); glucide=0,8082; zahar=0; lipide=24,2229; AGS=23,2; sare=3; fibre=1,11.

Aditivi: nitriti de sodiu

GRILLED PORK COLLAR(450G)

(ceafa©-750g; sare-5g; cimbru-5g)

En Kcal=1027,5535(135,20441/100g); en kj=4295,1736(565,15442/100g); glucide=1,347; zahar=0; lipide=45,3715; AGS=43,5; sare=3; fibre=1,85

Aditivi: nitriti de sodiu

TOMAHAWK(210g)

(cotlet de porc cu os©300g; sare-2g; cimbru-2g)

En Kcal=454,8214(149,6123/100g); en kj=1901,1535(625,37943/100g); glucide=0,8388; zahar=0,3; lipide=24,7486; AGS=12,3; sare=2; fibre=0,74.

Aditivi: nitriti de sodiu

TOMAHAWK (400g)

(cotlet de porc uc os© -550g; sare-3g; cimbru-4g)

En Kcal=834,5428(149,82815/100g); en kj=3488,3889(626,28167/100g); glucide=1,6276; zahar=0,55; lipide=45,3972; AGS=22,55; sare=2; fibre=1,48.

Aditivi: nitriti de sodiu

CARTOFI COPTI (240g)

(cartofi-250g; sare-2g)

Kcal=198,25(78,359684/100g); kj=828,685(327,5434783/100g); glucide=44; zahar=0; lipide=0,25; AGS=0; sare=2; fibre=6,5.

SOS BARBEQUE -100g

(pastă de tomate, oțet, zahar, amidon modificat din porumb, melasa, mustar, sare, colorant(caramel), extract de ceapă, praf de usturoi, condimente, aromă de fum)

Kcal=148,7/100g; kj=621,56/100g; glucide=35; zahar=31; lipide=0,3; AGS=0,1; sare=3; fibre=0

PAINE(120g)

(faina alba -100g; apa-50ml; ulei-10ml; drojdie-5g; zahar-5g; sare-2g;)

En kcal=456,845; kj=1909,6121; glucide=78,15; zahar=5,9; lipide=10,905; AGS=1,365; sare=2; fibre=1,65.

PLATOURI

2-4 PERSOANE

GURMAND(1150g)

(cartofi prajiti-400g; aripioare-300g; ceafa de porc-240g; pulpe dezosate-200g; carnati de casa-140g; telemea-100g;)

En Kcal=4022,72(291,50/100g); en kj=16814,99(1218,4779/100g); glucide=186,98; zahar=1,55; lipide=262,206; AGS=94,32; sare=3,4; fibre=30

HAIUCESC (1500g)

(cartofi-600g; coaste de porc-400g; castraveti murati-300g; mici-260g; cotlet de porc -220g; sos barbeque-50g; sare-3g)

En Kcal=2894,93(157,93/100g); en kj=12100,82(660,16/100g); glucide=136,12; zahar=21,72; lipide=161,23; AGS=66,51; sare=15,35; fibre=19,2

Aditivi: conservant-nitrit de sodiu, colorant caramel

DRUMETULUI(1250g)

(cartofi-400g; slanina afumata-200g; Kaiser-200g; carnati taranesc-200g; branza de burduf-150g; telemea -150g; ceapa-150g; sare-3g)

En Kcal=3854,33(265,26/100g); en kj=16111,09(1108,81/100g); glucide=87,05; zahar=13,85; lipide=322,53; AGS=131,05; sare=15,25; fibre=14,15

Aditivi: conservant-nitrit de sodiu

MENIUL ZILEI

LUNI

CIORBA DE GAINA-440ml

(apa-300ml; pui grill-50g; morcov-30g; taitei-25g; **telina**-20g; ardei gras-20g; patrunjel-5g; ulei-5ml; **delikat**-2g; sare-1g)

Kcal=204,418(44,53/100ml); kj=854,46(186,56/100ml); glucide=21,78; zahar=2,92; lipide=6,66; AGS=1,06; sare=2,33; fibre=2,63

Aditivi: potenciator de aroma-monoglutamat de sodiu

PIFTELE CU SOS TOMAT- 190g

(carne tocata-120g; ceapa-25g; **oua**-20g; **pesmet**-20g; ulei-15ml; pasta rosii-15g; **faina alba**-10; zahar-4g; **delikat**-3g; sare-2g)

Kcal=615,40(252,21/100ml); kj=2572,40(1054,26/100ml); glucide=28,94; zahar=6,98; lipide=42,76; AGS= 12,20; sare=2,28; fibre=1,84

Aditivi: potenciator de aroma-monoglutamat de sodiu

CEAFA DE PORC- 120g

(ceafa de porc-160g; **condiment gratar**-2g)

Kcal=363,02(224,08/100g); kj=1517,42(936,68/100g); glucide=0,36; zahar=0,19; lipide=22,90; AGS=15,21; sare=1,18; fibre=0

CARTOFI PIURE-160g

(cartofi-170g; **smantana 15%**-15g; **unt**-10g; sare-2g)

Kcal=216,92(110,11/100g); kj=906,72(460,26/100g); glucide=30,365; zahar=0,44; lipide=8,92; AGS=5,25; sare=2; fibre=4,42

GHIVECI CALUGARESC DE POST-380g

(apa-150ml; cartofi-100g; vinete-40g; dovlecei-40; morcov-30g; **telina**-20g; ceapa-20g; ardei gras-20g; fasole verde-20g; pasta tomate-15g; ulei-10ml; patrunjel-5g; **delikat**-2g; sare-2g)

Kcal=233,68(49,30/100g); kj=976,81(206,07/100g); glucide=29,319; zahar=6,74; lipide=10,4; AGS= 1,24; sare=3,33; fibre=7,88

Aditivi= potenciator de aroma-monoglutamat de sodiu

SALATA VARZA-130g

(varza alba-120g; ulei-10ml; sare-2g)

Kcal=117,42(88,95/100g); kj=490,81(371,83/100g); glucide=4,56; zahar=4,32; lipide=10,22; AGS=1,16; sare=2g; fibre=3g

MARTI

BORS TARANESC CU AFUMATURA-440ml

(apa-250ml; cartofi-75g; coaste de porc afumate-40g; morcov-30g; bors acru-25ml; **telina**-20g; ardei gras-20g; pasta tomate-15g; ceapa-15g; ulei-5ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=265,70(52,82/100ml); kj=1110,657(220,8080/100ml); glucide=19,62; zahar=3,72; lipide=15,73; AGS=4,78; sare=3,13; fibre=5,04

Aditivi: potenciator de aroma-monoglutamat de sodiu

OSTROPEL DE PUI-220g

(pulpe dezosate-150g; pasta tomate-40g; ardei gras-30g; ceapa-30g; morcov-20g; ulei-10ml; **faina alba**-10g; patrunjel-5g; **delikat**-2g; sare-2g)

Kcal=375,15(125,46/100g); kj=1568,12(524,45/100g); glucide=15,25; zahar=5,35; lipide=19,73; AGS=3,69; sare=13,37; fibre=4,83

Aditivi: potenciator de aroma-monoglutamat de sodiu

PULPE DE PUI DEZOSATE-110

(pulpe de pui-150g; **condiment gratar**-2g)

Kcal=227,49(149,66/100g); kj=950,90(625,59/100g); glucide=1,11; zahar=0,34; lipide=11,99; AGS=4,84; sare=1,18; fibre=0

OREZ SARBESC-180g

(apa-100ml; orez-50g; morcov-20g; ardei gras-15g; ulei-10ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=281,27(126,13/100g); kj=1175,72(527,23/100g); glucide=42,38; zahar=2,88; lipide=10,43; AGS=1,26; sare=2,33; fibre=2,31

Aditivi: potenciator de aroma-monoglutamat de sodiu

SALATA VARZA-130g

(varza alba-120g; ulei-10ml; sare-2g)

Kcal=117,42(88,95/100g); kj=490,81(371,83/100g); glucide=4,56; zahar=4,32; lipide=10,22; AGS=1,16; sare=2g; fibre=3g

MANCARICA DE MAZARE DE POST-200G

(mazare-250g; apa-50ml; morcov-40g; ceapa-30g; pasta tomate-15g; ulei-10ml; **faina alba**-10ml; patrunjel-5g; sare-2g; **delikat**-2g)

Kcal=288,55(69,69/100g); kj=1206,17(291,34/100g); glucide=35,41; zahar=9,19; lipide=10,18; AGS=1,18; sare=3,33; fibre=16,1

Aditivi: potenciator de aroma-monoglutamat de sodiu

OREZ SARBESC-180g

(apa-100ml; orez-50g; morcov-20g; ardei gras-15g; ulei-10ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=281,27(126,13/100g); kj=1175,72(527,23/100g); glucide=42,38; zahar=2,88; lipide=10,43; AGS=1,26; sare=2,33; fibre=2,31

Aditivi: potenciator de aroma-monoglutamat de sodiu

SALATA VARZA-130g

(varza alba-120g; ulei-10ml; sare-2g)

Kcal=117,42(88,95/100g); kj=490,81(371,83/100g); glucide=4,56; zahar=4,32; lipide=10,22; AGS=1,16; sare=2g; fibre=3g

MIERCURI

CIORBA DE PERISOARE DE PUI-440g

(apa-250ml; piept de pui- 40g; morcov-30g; orez-25g; bors acru-25ml; ardei gras-20g; ceapa-15g; **oua**-15g; pasta tomate-10g; patrunjel-5g; ulei-5ml; **delikat**-2g; sare-1g)

Kcal=158,168(34,16/100ml); kj=661,14(142,79/100ml); glucide=10,22; zahar=3,48; lipide=7,13; AGS=1,07; sare=2,48; fibre=4,33

Aditivi: potenciator de aroma-monoglutamat de sodiu

PULPA DE PORC LA TAVA -180g

(pulpa de porc-180g; vin alb-25ml; amidon-5g; sare-5g; ulei-5ml; cimbru-3g; boia dulce-2g; piper-1g)

Kcal=279,505(123,67/100g); kj=1168,33(516,96/100g); glucide=4,3; zahar=0,006; lipide=93,86; AGS=2,64; sare=5; fibre=76,5

SNITEL VIENEZ DE PORC-130g

(cotlet porc-100g; ou-25g; pesmet-15g; ulei-15ml; faina alba-10g; sare-1g)

Kcal=380,6(229,277/100g); kj=1590,908(958,37/100g); glucide=18,11; zahar=0,49; lipide=21,42; AGS=4,74; sare=1; fibre=0,76

CARTOFI PIURE-160g

(cartofi-170g; smantana 15%-15g; unt-10g; sare-2g)

Kcal=216,92(110,11/100g); kj=906,72(460,26/100g); glucide=30,365; zahar=0,44; lipide=8,92; AGS=5,25; sare=2; fibre=4,42

SALATA MURATURI MIXTA-150g

(castraveti murati-75g; gogosari in otet-50g)

Kcal=20,75(16,6/100g); kj=86,735(69,388/100g); glucide=3,75; zahar=2,32; lipide=0,15; AGS=0,075; sare=5; fibre=2,4

MANCARICA DE FASOLE DE POST -300g

(apa-200ml; fasole boabe-120g; pasta tomate-40g; ceapa galbena-30g; ardei gras-20g; morcov-20g; ulei-10ml; patrunjel-5g; sare-4g; cimbru-2g; piper-1g)

Kcal=447,63(99,03/100g); kj=1871,11(413,96/100g); glucide=56,31; zahar=7,74; lipide=12,29; AGS=1,50; sare=3,6; fibre=82,57

SALATA MURATURI MIXTA-150g

(castraveti murati-75g; gogosari in otet-50g)

Kcal=20,75(16,6/100g); kj=86,735(69,388/100g); glucide=3,75; zahar=2,32; lipide=0,15; AGS=0,075; sare=5; fibre=2,4

JOI

CIORBA DE PUI A LA GREC-440g

(apa-300ml; pui grill-50g; morcov-30g; orez-25g; telina-20g; oua-15g; smantana 15%-15g; ardei gras-15g; ulei-5ml; faina alba-5g; patrunjel-5g; delikat-5g; sare-1g)

Kcal=265,77(54,46/100ml); kj=1110,93(227,64/100ml); glucide=27,23; zahar=2,50; lipide=10,18; AGS=2,74; sare=2,33; fibre=3,29

Aditivi: potenciator de aroma-monoglutamat de sodiu

TOCHITURA TARANEASCA-180g

(pulpa de porc-150g; malai-75g; carnaciori-50g; vin alb-25ml; ulei-20ml; ceapa-15g; boia dulce-10g; sare-5g; cimbru-3g; piper-1g)

Kcal=773,36(218,46/100g); kj=3232,67(913,18/100g); glucide=60,89; zahar=1,73; lipide=37,38; AGS=10,74; sare=5; fibre=85,7

SNITEL PARISIAN DE PUI – 130g

(piept de pui-100g; ou-20g; faina alba-20g; ulei-15ml; sare-2g)

Kcal=330,69(210,63/100g); kj=1382,28(880,43/100g); glucide=14,62; zahar=0,18; lipide=18,05; AGS=2,48; sare=2; fibre=0

CARTOFI TARANESTI-220g

(cartofi-200g; ardei gras-25g; ceapa-25g; ulei-15ml; usturoi-5g; patrunjel-5g; sare-2g)

Kcal=313,255(113,12/100g); kj=1309,82(472,86/100g); glucide=38,82; zahar=3,22; lipide=15,28; AGS=1,79; sare=2; fibre=6,52

SALATA MURATURI MIXTA-150g

(castraveti murati-75g; gogosari in otet-50g)

Kcal=20,75(16,6/100g); kj=86,735(69,388/100g); glucide=3,75; zahar=2,32; lipide=0,15; AGS=0,075; sare=5; fibre=2,4

PASTAI CU MAMALIGUTA DE POST-380g

(fasole verde-250g; apa-200g; malai-75g; rosii-40g; ceapa- 30g; ulei-10ml; patrunjel-5g; sare-2g; delikat-2g)

Kcal=457,96(74,58/100g); kj=1914,306(311,77/100g); glucide=75,2; zahar=3,04; lipide=11,03; AGS=1,29; sare=3,33; fibre=8,95

Aditivi: potenciator de aroma-monoglutamat de sodiu

VINERI

CIORBA DE FASOLE CU AFUMATURA-440ml

(apa-250ml; fasole gatita- 75g; coaste de porc afumate- 60g; bors acru-20ml; morcov-15g; ardei gras-15g; ceapa-10g; **telina**-10g; pasta tomata-10g; ulei-5ml; patrunjel-5g; sare-1g; **delikat**-1g)

Kcal=335,04(68,79/100g); kj=1400,49(287,57/100g); glucide=16,331; zahar=2,27; lipide=21,25; AGS=6,93; sare=2,56; fibre=11,10

Aditivi: potenciator de aroma-monoglutamat de sodiu

PULPA DE PUI LA CEAUN- 180g;

(pulpe de pui-200g; usturoi-15g; ulei-10ml; **delikat**-2g; sare-1g)

Kcal=150,15(65,85/100g); kj=627,66(275,29/100g); glucide=4,62; zahar=3,52; lipide=14,63; AGS=2,57; sare=2,33; fibre=0,15

Aditivi: potenciator de aroma-monoglutamat de sodiu

PIEPT DE PUI- 110g

(piept de pui-140g; **condiment gratar**-2g)

Kcal=141,24(99,46/100g); kj=590,38(418/100g); glucide=0,36; zahar=0,19; lipide=1,28; AGS=0,29; sare=1,188; fibre=0

CARTOFI PIURE-160g

(cartofi-170g; **smantana 15%**-15g; **unt**-10g; sare-2g)

Kcal=216,92(110,11/100g); kj=906,72(460,26/100g); glucide=30,365; zahar=0,44; lipide=8,92; AGS=5,25; sare=2; fibre=4,42

SALATA MURATURI MIXTA-150g

(castraveti murati-75g; gogosari in otet-50g)

Kcal=20,75(16,6/100g); kj=86,735(69,388/100g); glucide=3,75; zahar=2,32; lipide=0,15; AGS=0,075; sare=5; fibre=2,4

TOCANITA DE CIUPERCI – 240g

(ciuperci-400g; ceapa-30g; morcov-30g; ardei gras-20g; ulei-15ml; pasta rosii-10g; patrunjel-5g; sare-2g)

Kcal=209,71(40,95/100g); kj=876,60(171,21/100g); glucide=6,141; zahar=4,97; lipide=15,15; AGS=1,79; sare=2,15; fibre=12,355

CARTOFI TARANESTI-220g

(cartofi-200g; ardei gras-25g; ceapa-25g; ulei-15ml; usturoi-5g; patrunjel-5g; sare-2g)

Kcal=313,255(113,12/100g); kj=1309,82(472,86/100g); glucide=38,82; zahar=3,22; lipide=15,28; AGS=1,79; sare=2; fibre=6,52

MENIU DE POST

CIORBA DE FASOLE(450ml)

(apa-300ml; fasole gatita-150g; bors acru-30ml; morcov-15g; ardei gras-15g; ceapa-10g; pasta tomate-10g; **telina**-10g; ulei-5ml; patrunjel-5g; sare-1g; **delikat**-1g)

Kcal=207,31(37,55/100ml); kj=866,58(156,99/100ml); glucide=25,72; zahar=2,21; lipide=6,04; Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBA DE LEGUME (450ml)

(apa-250ml; cartofi-75g; morcov-30g; bors acru-25ml; **telina**-20g; ardei gras-20g; ceapa-15g; fasole verde-15g; pasta tomate-15g; ulei-5ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=145,62(30,46/100ml); kj=608,72(127,34/100ml); glucide=20,55; zahar=3,68; lipide=5,33; AGS=0,62; sare=2,33; fibre=5,24

Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBA DE SFECLA ROSIE (450ml)

(apa-250ml; sfecla rosie-60g; cartofi-50g; bors acru-25ml; morcov-20g; **telina**-15g; ceapa-15g; ardei gras-15g; fasole verde-15g; pasta tomate-10g; ulei-5ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=135,45(27,75/100ml); kj=566,20(116,02/100ml); glucide=18,25; zahar=6,29; lipide=5,24; AGS=0,62; sare=2,33; fibre=5,38

Aditivi: potenciator de aroma-monoglutamat de sodiu

SUPA CREMA DE ROSII (450ml)

(apa-230ml; rosii-100g; sos pizza-100ml; ceapa 20g; ulei-10ml; zahar-5g; busuoioc-2; **delikat**-2g; sare-1g)

Kcal=181,02(38,51/100ml); kj=756,66(160,99/100ml); glucide=17,58; zahar=12,37; lipide=10,67; AGS=1,29; sare=3,13; fibre=2,3

Aditivi: potenciator de aroma-monoglutamat de sodiu

SPAGHETE CU CIUPERCI (420g)

(apa-200ml; **spaghete/penne**-100g; ciuperici-100g; sos pizza 50ml; morcov-15g; usturoi-5g; busuioc-2g; sare-2g)

Kcal=569,10(110,72/100g); kj=2378,86(462,81/100g); glucide=80,53; zahar=7,11; lipide=14,31; AGS=8,85; sare=2,5; fibre=6,47

SPAGHETE PORNICI (430g)

(apa-200ml; hribi©- 150g; **spaghete/penne**-100g; sps pizza-80ml; morcov-10g; ulei-10ml; patrunjel-5g; usturoi-5g; sare-2g)

Kcal=560,95(99,81/100g); kj=2344,79(417,22/100g); glucide=88,85; zahar=7,49; lipide=12,93; AGS=1,64, sare=2,8; fibre=8,02

TOCANITA DE HRIBI CU MAMALIGUTA (450G)

(hribi©-250g; apa-100ml; malai-75g, ceapa-30g; morcov-20g; ardei gras-20g; ulei-15ml; patrunjel-5g; usturoi-5g; sare-4g; piper1-g)

En Kcal=511,93(97,51/100g); en kj =2139,90(407,60/100g); glucide=71,07; zahar=5,01; lipide=17,01; AGS=1,93; sare=4; fibre=38,6

SALATA VERDE ASORTATA (330g)

(rosii cherry-100g; castraveti-70g; salata verde-60g; ardei gras-50g; masline feliate-40g; lamiae-20g; busuioc-1g)

Kcal=130,27(38,20/100g); kj=544,54(159,68/100g); glucide=12,37; zahar=3,64; lipide=7,17; AGS=1,23; sare=2; fibre=6,03

SALATA GRAND CHIEF (300g)

(rosii-100g; castraveti-80g; varza-50g; salata verde-50g; moprcov-40g; ceapa-20g)

Kcal=69,93(20,56/100g); kj=292,33(85,98/100g); glucide=12,65; zahar=7,86; lipide=0,60; AGS=0,02; sare=2; fibre=6,01

SALATA CU PORUMB (400G)

(paine-120g; porumb-100g; rosii-100g; salata verde-60g; masline foliate-50)

Kcal=624,26(145,17/100g); kj=2609,40(606,83/100g); glucide=94,65; zahar=10,57; lipide=20,1; AGS=2,91; sare=2,99; fibre=7,92

CHAMPIGNONS PANE (240g)

(ciuperci-220g; **faina alba**-30g; ulei-15ml; sare-2g)

Kcal=306,12(103,07/100g); kj=1279,58(430,83/100g); glucide=22,59; zahar=0,71; lipide=18,24; AGS=2,55; sare=2; fibre=5,89

CHAMPIGNONS LA GRATAR (170G)

(ciuperci-320g; usturoi p-4g; sare-2g)

Kcal=43,87(13,45/100g); kj=183,40(56,25/100g); glucide=2,08; zahar=1,52; lipide=0,004; AGS=0,004; sare=2; fibre=8,04

RIZOTTO (210G)

(apa-140ml; orez-65g; **unt**-25g; **delikat**-2g; curry-2g; sare-1g)

Kcal=377,62(160,69/100g); kj=1578,47(671,69/100g); glucide=51,63; zahar=0,45; lipide=16,80; AGS=9,83; sare=2,33; fibre=0,84

Aditivi : potenciator de aroma-monoglutamat de sodiu

SOTE DE CIUPERCI CU MORCOV (240G)

(ciuperci-350g; ceapa-30g; morcov-30g; ulei-15ml; patrunjel-5g; sare-2g)

Kcal=195,28(45,20/100g); kj=816,27(188,95/100g); glucide=4,51; zahar=4; lipide=15,1; AGS=1,77; sare=2; fibre=10,74

RIZOTTO CU HRIBI (240G)

(apa-120ml; orez-50g; hribi©-50g; ceapa-30g; ardei gras-20g; morcov-20g; ulei-15ml; patrunjel-5g; sare-2g)

Kcal=247,84(111,48/100g); kj=1454,00(466,02/100g); glucide=44,99; zahar=3,39; lipide=15,62; AGS=1,84; sare=2; fibre=3,89

LEGUME GRATINATE(220G)

(ciuperci-50g; cascaval-50; ardei gras-50; dovlecei-50g; **telina**-40g; morcov-40g; **sos soia**-15ml; ulei-15ml; sare-2g)

Kcal=467,85(132,91/100g); kj=1955,61(555,57/100g); glucide=18,71; zahar=14,27; lipide=36,39; AGS=1,83; sare=3,6; fibre=7,57

Aditivi: acidifiant-acid lactic, colorant-caramel

PIURE DE SPANAC (200g)

(spana@-150g; cartofi-30g; ceapa-30g; ulei-15ml; patrunjel-5g; sare-2g)

Kcal=202,39(87,23/100g); kj=845,99(364,65/100g); glucide=11,38; zahar=2,73; lipide=15,37; AGS=1,92; sare=2; fibre=5,95

OREZ SARBESC (240g)

(apa-140ml; orez-65g; ceapa-30g; ardei gras-25g; morcov-20g; ulei-15ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=383,05(126,42/100g); kj=1601,18(528,44/100g); glucide=55,01; zahar=3,76; lipide=15,55; AGS=1,87; sare=2,33; fibre=2,92

Aditivi: potentiator de aroma-monoglutamat de sodiu

DELIKAT- 100G

(sare iodată, monoglutamat de sodiu, zahăr legume dehidratate, amidon din porumb, ulei de floarea soarelui, pudră de usturoi, condimente, arome, coloranti)

Kcal=123,4/100g; kj=515,81/100g; glucide=21; zahar=11,4; lipide=1,8; AGS=0,8; sare=66,5; fibre=0

Aditivi: potentiator de aromă: monoglutamat de sodiu

MIC DEJUN

OMLETA (150g)

(oua-130g; smantana 15%-50g; ulei-10ml; sare-2g)

Kcal=349,52(182,04/100g); kj=1460,99(760,93/100g); glucide=1,35; zahar=1,35; lipide=30,48; AGS=8,91; sare=2; fibre=0

OMLETA CU SUNCA SI CASCAVAL (220g)

(oua-130g; sunca presata-50g; cascaval-40g; smanatna 15%-40g; ulei-10ml; sare-1g)

Kcal=588,26(217,07/100g); kj=2458,92(907,35/100g); glucide=1,93; zahar=1,93; lipide=47,7; AGS=8,57; sare=2,3; fibre=0

Aditivi: antioxidant-ascorbat de sodiu, colorant-carmin, conservant-nitrit de sodiu, potenciator de gust-monoglutamat de sodiu, stabilizatori-E451

APERITIV CALD

CASCAVAL PANE PE CRUTON DE PAINE (250g)

(cascaval-120g; paine-75g; ou-40g; faina alba-20g; ulei-15ml)

En Kcal=1108,84(410,68/100g); en kj=4634,95(1716,64); glucide=63,46; zahar=3,86; lipide=76,36; AGS=3,62;sare=4,06; fibre=1,61

FICATEI DE PASARE SOTE (220g)

(ficatei-300g; ceapa-30g; morcov-25g; ulei-15ml; sare-2g; piper-1g)

En Kcal=548,49(147,04/100g); en kj=2292,71; glucide=6,63; zahar=3,05; lipide=27,67; AGS=6,25; sare=2; fibre=1,79

FICATEI DE PASARE LA GRATAR (200G)

(ficatei-300g; sare-2g)

Kcal=395,4(130,92/100g); kj=1652,77(547,27/100g); glucide=3; zahar=0; lipide=12,6; AGS=4,5; sare=2; fibre=0

BAGHETE DE PUI CU SUSAN (210G)

(piept de pui-150g; oua-50g; susan-25g; faina alba-20g; ulei-15ml; sare-2g)

Kcal=575,36(219,60/100g); kj=2405,02(917,94/100g); glucide=20,49; zahar=0,25; lipide=33,92; AGS=5,08; sare=2; fibre=0,26

SUPE CREME

SUPA CREMA DE ROSII (450ml)

(apa-230ml; rosii-100g; sos pizza-100ml; ceapa 20g; ulei-10ml; zahar-5g; busuoioc-2; delikat-2g; sare-1g)

Kcal=181,02(38,51/100ml); kj=756,66(160,99/100ml); glucide=17,58; zahar=12,37; lipide=10,67; AGS=1,29; sare=3,13; fibre=2,3

Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBE

CIORBA DE BURTA (450ML)

(apa-300ml; burta vita-120g; **smantana 15%**-40g; **oua**-15g; amidon-5g; ulei-5ml; otet-5ml; usturoi-2g; sare-1g; **delikat**-1g)

Kcal=375,73(76,06/100ml); kj=1570,58(317,93/100ml); glucide=6,45; zahar=1,88; lipide=29,26; AGS=14,98; sare=2,66; fibre=0,02

Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBA RADAUTEANA (450ML)

(apa-300ml; piept de pui-120g; **smantana 15%**-50g; **oua**-15g; amidon-5g; ulei-5ml; otet-5ml; usturoi-2g; sare-1g; **delikat**-1g)

Kcal=317,51(62,99/100ml); kj=1327,22(263,33/100ml); glucide=6,72; zahar=2,15; lipide=18,40; AGS=6,52; sare=2,66; fibre=0,02

Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBA DE VACUTA(450 ml)

(apa-200ml; pulpa vacuta-120g; cartofi-60g; morcov-25g; bors acru-25ml; ardei gras-20g; **telina**-15g; fasole verde-15g; paste tomate-15g; ceapa-10g; ulei-5ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=265,87(51,32/100ml); kj=1111,36(214,54/100ml); glucide=17,10; zahar=3,13; lipide=8,40; AGS=1,94; sare=2,33; fibre=4,43

Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBA DE LEGUME (450ml)

(apa-250ml; cartofi-75g; morcov-30g; bors acru-25ml; **telina**-20g; ardei gras-20g; ceapa-15g; fasole verde-15g; paste tomate-15g; ulei-5ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=145,62(30,46/100ml); kj=608,72(127,34/100ml); glucide=20,55; zahar=3,68; lipide=5,33; AGS=0,62; sare=2,33; fibre=5,24

Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBA DE FASOLE(450ml)

(apa-300ml; fasole gatita-150g; bors acru-30ml; morcov-15g; ardei gras-15g; ceapa-10g; **telina**-10g; paste tomate-10g; ulei-5ml; patrunjel-5g; sare-1g; **delikat**-1g)

Kcal=207,31(37,55/100ml); kj=866,58(156,99/100ml); glucide=25,72; zahar=2,21; lipide=6,04; AGS=0,76; sare=1,66; fibre=20,13.

Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBA DE FASPOLE CU AFUMATURA(450ML)

(apa-200ml; fasole gatita-120g; coaste de porc afumate-120g; bors acru-30ml; morcov-15g; ardei gras-15g; ceapa-10g; **telina**-10g; paste tomate-10g; ulei-5ml; patrunjel-5g; sare-1g; **delikat**-1g)

Kcal=557,53(102,86/100ml); kj=2330,50(429,98/100ml); glucide=21,73; zahar=2,33; lipide=37,06; AGS=13,21; sare=3,46; fibre=14,78

Aditivi: potenciator de aroma-monoglutamat de sodiu

CIORBA DE SFECLA ROSIE (450ml)

(apa-250ml; sfecla rosie-60g; cartofi-50g; bors acru-25ml; morcov-20g; **telina**-15g; ceapa-15g; ardei gras-15g; fasole verde-15g; pasta tomate-10g; ulei-5ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=135,45(27,75/100ml); kj=566,20(116,02/100ml); glucide=18,25; zahar=6,29; lipide=5,24; AGS=0,62; sare=2,33; fibre=5,38

Aditivi: potenciator de aroma-monoglutamat de sodiu

SMANTANA 15% (100G)

(smantana15%-100g)

Kcal=155,8(155,8/100g); kj=651,24(651,24/100g); glucide=2,7; zahar=2,7; lipide=15; AGS=9; sare=0; fibre=0,3

DELIKAT- 100G

(sare iodată, monoglutamat de sodiu, zahăr legume dehidratate, amidon din porumb, ulei de floarea soarelui, pudră de usturoi, condimente, arome, coloranti)

Kcal=123,4/100g; kj=515,81/100g; glucide=21; zahar=11,4; lipide=1,8; AGS=0,8; sare=66,5; fibre=0

Aditivi: potenciator de aromă: monoglutamat de sodiu

FRUCTE DE MARE

RISOTTO CU FRUCTE DE MARE (340G)

(apa-130ml; **mix fructe de mare** ©-120g; rosii-70g; orez-65g; vin alb-50ml; usturoi-5g; busuioc-2g; sare-2g)

Kcal=360,31(81,15/100g); kj=1506,12(339,21/100g); glucide=56,75; zahar=7,16; lipide=4,88; AGS=0,86; sare=4,26; fibre=3,75

Aditivi: acidifianti-acid citric, citrat de sodiu, stabilizatori- difosfati, trifosfati, colorant-capsantina

PASTE CU FRUCTE DE MARE (420G)

(apa-200ml; **mix fructe de mare** ©-150g; spaghete-100g; rosii-100g; vin alb-50ml; ulei-10ml; usturoi-5g; busuioc-2g; sare-2g)

Kcal=604,69(97,68/100g); kj=2527,63(408,34/100g); glucide=83,79; zahar=9,2; lipide=16,46; AGS=2,31; sare=4,95; fibre=4,05

Aditivi: acidifianti-acid citric, citrat de sodiu, stabilizatori- difosfati, trifosfati, colorant-capsantina

SPAGHETE CU MIDII (450G)

(**midii** ©-300g; apa-200ml; spaghete-100g; rosii-100g; vin alb-50ml; ulei-10ml; usturoi-5g; busuioc-2g; sare-2g)

Kcal=700,09(91,03/100g); kj=2926,40(380,54/100g); glucide=83,19; zahar=6,5; lipide=21,26; AGS=4,56; sare=3; fibre=4,05

Aditivi: acidifianti-acid citric, citrat de sodiu, stabilizatori- difosfati, trifosfati

MIDII CU SOS DE VIN (470g)

(**midii**©-350g; apa-100g; rosii-100g; vin alb-50ml; ulei-10ml; usturoi-5g; busuioc-2g; sare-2g)

Kcal=383,19(61,90/100g); kj=1601,76(258,76/100g); glucide=13,19; zahar=3; lipide=20,76; AGS=4,66; sare=3; fibre=1,05

Aditivi: acidifianti-acid citric, citrat de sodiu, stabilizatori- difosfati, trifosfati,

SUPA DE MIDII (450ml)

(apa-350ml; **midii**©- 120g; rosii-60g; ardei gras-40g; ulei-10ml; usturoi-5g; patrunjel-5g; busuioc-2g; sare-2g)

Kcal=211,78(35,06/100ml); kj=885,26(146,56/100ml); glucide=8,005; zahar=2,8; lipide=13,85; AGS=2,37; sare=2,6; fibre=1,93

Aditivi: acidifianti-acid citric, citrat de sodiu, stabilizatori- difosfati, trifosfati

MIX MARIN (600g)

(**dorada**©-200g; **biban de mare**©-200g; **calamar tub**©-100g; **caracatita**©-60g; **creveti**©-60g; avocado-40g; sos usturoi-30g; ulei-10ml; sare-2g)

Kcal=859,08(122,37/100g); kj=3590,97(511,53/100g); glucide=2,60; zahar=1,23; lipide=39,52; AGS=7,23; sare=2,6; fibre=2,83

Aditivi: acidifianti-acid citric, citrat de sodiu, stabilizatori- difosfati, trifosfati

MIX DE PESTE PRAJIT (470g)

(crap©-120g; apa-150ml; salau©-100g; pastrav©-100g; malai-75g; sos usturoi-30g; ulei-20ml; sare-4g)

Kcal=918,32(153,30/100g); kj=3838,59(640,83/100g); glucide=59,13; zahar=2,63; lipide=46,22; AGS=6,63; sare=6,1; fibre=6,12

MIX DE PESTE LA GRATAR (450G)

(crap©-120g; apa-150ml; salau©-100g; pastrav©-100g; malai-75g; sos usturoi-30g; sare-4g)

Kcal=738,68(127,57/100g); kj=3087,69(533,28/100g); glucide=59,13; zahar=2,63; lipide=26,26; AGS=4,31; sare=6,1; fibre=6,12

BIBAN LA GRATAR (240g)

(biban de mare©-300g; sare-2g)

Kcal=447,42(143,40/100g); kj=1870,21(599,42/100g); glucide=0; zahar=0; lipide=18,38; AGS=4,16; sare=2; fibre=0

PREPARATE DIN CARNE DE PEȘTE

FILE DE SALAU CU SOS DE VIN ALB (280G)

(file de salau©-200g; smantana 32% -50 g; vin alb-40ml; oua-30g; faina alba-20g; ulei-10ml; unt 65%; amidon-5g; sare-2g; delicat-2g)

En Kcal=612,52(165,99/100g); en kj=2560,34(693,86/100g); glucide=20,58; zahar=1,44; lipide=38,71; AGS=17,76; sare=3,32; fibre=0,26

Aditivi: stabilizator-caragenan, potentiator de aroma-monoglutamat de sodiu

SOMON LA GRATAR(175 G)

(somon©-220g; sare-2g)

En Kcal=488,62(241,89/100g); en kj=2042,43(1011,10/100g); glucide=0; zahar=0; lipide=34,54; AGS=7,26, sare=2, fibre=0

PATRAV LA GRATAR CU MAMALIGUTA(420g)

(patrav©-330g; apa-150ml; malai-75g; ulei-10ml; sare-3g)

En Kcal=753,06(132,58/100g); en kj=3147,79(554,18/100g); glucide=54,3; zahar=0,62; lipide=30,02; AGS=4,25; sare=3; fibre=4,35

SALAU LA GRATAR (170G)

(salau©-220g; sare-2g)

En Kcal=197,78(399,51/100g); en kj=826,72(409,26/100g); glucide=0; zahar=0; lipide=3,3; AGS=1,54; sare=2; fibre=0

DORADA REGALA LA GRATAR (250G)

(dorada©-350g; sare-2g)

En Kcal=292,95(83,22/100g); en kj=1224,53(347,87/100g); glucide=0; zahar=0; lipide=3,15; AGS=0; sare=2; fibre=0

SARAMURA DE CRAP CU MAMALIGUTA (550G)

(crap©-250g; apa-300ml; malai-75g; rosi cherry-75g; ardei gras-30g; ardei iute-10g; ulei-10ml; usturoi-5g; otet-5ml; patrunjel-5g; sare-4g)

En Kcal=484,26(63,38/100g); en kj=2024,23(264,95/100g); glucide=60,45; zahar=3,22; lipide=23,05; AGS=3,8; sare=4; fibre=6,19

INELE DE CALAMARI PANE (220G)

(inele panetate©-300g; ulei-15ml)

En Kcal=777,81(246,92/100g); en kj=3251,24(1032,14/100g); glucide=104,7; zahar=1,4; lipide=31,17; AGS=4,14; sare=4,8; fibre=0

Aditivi: agent de afanare-difosfat disodic , carbonat acid de sodiu, agent de ingrosare-guma guar,metilceluloza, caragenan, antioxidant-acid citric

RASOL DE SALAU (550G)

(apa-250ml; salau©-220g; cartofi-80g; telina-50g; morcov-50g; ceapa-30g; ulei-10ml; suc lamiae-10ml; patrunjel-5g; sare-3g; piper-1g; busuioc 1g)

En Kcal=397,07(55,92/100g); en kj=1659,77(233,77/100g); glucide=22,58; zahar=4,28; lipide=13,70; AGS=2,77; sare=3; fibre=7,2

PREPARATE DIN CARNE DE PASĂRE

PIEPT DE RATA CU PORTOCALA (220 G)

(piept de rata-240g; portocale-100g; vin alb-20ml; suc rosii-15ml; ulei-10ml; zahar-5g; busuioc-2g; sare-2g)

En Kcal=1044,39(265,07/100g); en kj=4365,57(1108,01/100g); glucide=11,71; zahar=9,30; lipide=77,51; AGS=25,17; sare=2,01; fibre=2,22

PIEPT DE CURCAN CU SOS GORGONZOLA (230g)

(piept de curcan-220g; gorgonzola-50g; smantana 32%-50g; sare-3g)

En Kcal=533,45(165,15/100g); en kj=2229,82(690,34/100g); glucide=2,47; zahar=1; lipide=31,33; AGS=17,75; sare=4; fibre=0

Aditivi: stabilizatori-carragenan

PIEPT DE PUI CU SOS DE HRIBI (250G)

(piept de pui-220g; smantana 32%-60g; hribi-60g; ceapa-15g; usturoi-10g; amidon-3g; sare-2g)

Eh Kcal=455,70(123,16/100g); en kj=1904,83(514,81/100g); glucide=10,46; zahar=4,31; lipide=21,46; AGS=13,05; sare=2; fibre=1,97

Aditivi: stabilizatori-carragenan

CORDON BLEU(280g)

(piept de pui-220g; cascaval-50g; sunca presata-50g; oua-30g; faina alba-20g; ciuperci-20g; ulei-10ml; sare-2g; piper-1g)

En Kcal=788,25(195,59/100g); en kj=3294,91(817,59/100g); glucide=16,98; zahar=0,87; lipide=48,99; AGS=24,78; sare=3,25; fibre=0,95

Aditivi: antioxidant-ascorbat de sodiu, colorant-carmin, conservant-nitrit de sodiu, potentiator de gust-monoglutamat de sodiu, stabilizatori-E451

PIEPT DE PUI VERA-CRUZ (300G)

(piept de pui-200g; cartofi prajiti-80g; fulgi porumb-30g; smantana 15%-25g; ulei-20ml; portocale-15g; lamiae-15g; rosii-15g; faina alba-10g; sare-2g)

En Kcal=968,66(235,11/100g); en kj=4049,002(982,76/100g); glucide=72,70; zahar=4,54; lipide=50,91; AGS=9,77; sare=2,32; fibre=15,25

PULPA DE PUI LA CEAUN (370g)

(pulpe de pui -300g; cartofi prajiti-170g; ulei-20ml; usturoi-15g; sare-3g)

En Kcal=1348,42(265,43/100g); en kj=5636,41(1109,53/100g); glucide=82,4; zahar=3,3; lipide=80,42; AGS=14,62; sare=3; fibre=12,9

VALDOSTANA PUI(350G)

(piept de pui-220g; sunca presata-40g; **cascaval**-50g; **smantana 15%**- 50g; ciuperci-40g; **faina alba**-10g; patrunjel-5g; sare-2g)

En Kcal=637,68(149,33/100g); en kj=2665,50(624,23/100g); glucide=9,70; zahar=2,37; lipide=32,5; AGS=22,52; sare=3,71; fibre=1,35

Aditivi: antioxidant-ascorbat de sodiu, colorant-carmin, conservant-nitrit de sodiu, potentiator de gust-monoglutamat de sodiu, stabilizatori-E451

SNITEL PARISIAN (220g)

(piept de pui-185g; **ou**-30g; **faina alba**-30g; ulei-15g; sare-2g)

En Kcal=463,42(176,87/100g); en kj=1937,11(739,35/100g); glucide=21,93; zahar=0,27; lipide=19,90; AGS=2,92; sare=2; fibre=0,39

PREPARATE DIN CARNE DE OAIE

PATRAMA DE OAIE (450G)

(patrama de oaie©-240g; apa-150ml; malai-75g; **branza de burduf**-50g; sare-1g)

En Kcal=751,5(145,63/100g); en kj=3141,27(608,77/100g); glucide=59,6; zahar=4,0025; lipide=28,7; AGS=23,67; sare=5,15; fibre=4,35

Aditivi: conservant-nitrit de sodiu

PREPARATE DIN CARNE DE VITĂ

MUSCHI DE VITA STRAGANOFF (320G)

(muschi de vita©-200g; ciuperci-60g; ardei gras-30g; pasta de tomate-25g; **smantana 32%**-20g; ceapa-20g; **mustar**-10g; **unt**-10g; sare-2g)

En Kcal=419,63(100,63/100g); en kj=1754,07(420,64/100g); glucide=7,91; zahar=5,68; lipide=22,40; AGS=10,20; sare=2; fibre=3,41

Aditivi: stabilizatori-caragenan, amidon modificat, acidifiant-acid lactic, agent de ingrosare-guma xantan, conservanti-sorbat de potasiu,benzoat de sodiu, colorant-caroten

MUSCHI DE VITA CU SOS DE HRIBI (250G)

(muschi de vita© -220g; hribi©-70g; apa -70ml; **smantana 32%**-50g; **ulei**-10ml; usturoi-5g; patrunjel-5g; amidon-4g; sare-2g)

En Kcal=574,69(127,42/100g); en kj=2402,21(532,64/100g); glucide=10,24; zahar=3,01; lipide=35,99; AGS=13,87; sare=2; fibre=2,4

Aditivi: stabilizator-caragenan

MUSCHI DE VITA CU SOS GORGONZOLA (240G)

(muschi de vita©-220g; **smantana 32%**-50g; **gorgonzola**-30g; sare-2g)

En Kcal=577,89(185,22/100g); en kj=2415,58(774,22/100g); glucide=1,19; zahar=1,04; lipide=39,53; AGS=20,95; sare=2; fibre=0

Aditivi: stabilizator-caragenan

MUSCHI DE VITA CU SOS DE VIN ROSU(220G)

(muschi de vita©-220g; vin rosu-50ml; **unt**-20g; **sos brun**-5g; sare-1g)

En Kcal=395,14(133,49/100g); en kj=1651,68(558,001/100g); glucide=0,29; zahar=0,12; lipide=22,72; AGS=10,02; sare=2,04; fibre=0

Aditivi: antioxidant-extract de rozmarin, coloranti-caramel amoniu, potentiator de aroma-inozinat disodic, monoglutamat de sodiu

RAMSTEC GERMAN (500G)

(muschi de vita©-220g; cartofi-200g; **oua**-120g; vin rosu-50ml; **cascaval**-40g; ceapa-20g; **unt**-15g; patrunjel-5g; sare-3g; piper negru-1g)

En Kcal=889,18(131,92/100g); en kj=3716,79(131,92/100g); glucide=37,05; zahar=1,28; lipide=48,50; AGS=11,08; sare=3; fibre=5,92

SNITEL VIENEZ (220G)

(muschi de vita©-180g; **oua**-40g; **pesmet**-30g; **faina alba**-15g; ulei-15ml; sare-2)

En Kcal=574,08(203,57/100g); en kj=2399,67(850,94/100g); glucide=32,56; zahar=0,94; lipide=27,44; AGS=4,69; sare=2; fibre=1,45

PREPARATE DIN CARNE DE PORC

COTLET FRANTUZESC (250G)

(cotlet de porc – 220g; ciuperci-70g; **cascava**;-40g; ulei-10ml; patrunjel-5g; sare-2g)

En Kcal=607,49(175,06/100g); en kj=2539,30(731,78/100g); glucide=1,14; zahar=0,14; lipide=39,77; AGS=6,22; sare=2,4; fibre=1,97

ESCALOP ZINGARA(280G)

(cotlet de porc-220g; apa-100ml; vin rosu-50 ml; **sunca presata**-40g; ciuperci-40g; ketchup-30g; ulei-10ml; **faina alba**-10; sare-2g; piper-1g)

En Kcal=530,66(105,49/100g); en kj=2218,15(440,98/100g); glucide=15,51; zahar=6,85; lipide=24,63; AGS=6,67; sare=2,49; fibre=1,32

Aditivi: antioxidant-ascorbat de sodiu, colorant-carmin, conservant-nitrit de sodiu, potentiator de gust-monoglutamat de sodiu, stabilizatori-E451, agent de ingrosare-amidon modificat

STEAK PORC (420G)

(cotlet porc-220g; cartofi-200g; ficat de pui-100g; mazare-30g; **smantana 15%**-20g; ulei-10ml; **unt**-10g; **condiment gratar**-2; sare-1g)

En Kcal=805,50(135,83/100g); en kj=3367,006(567,79/100g); glucide=39,81; zahar=1,28; lipide=36,94; AGS=13,33; sare=2,2; fibre=6,76

VALDOSTANA CU GARNITURA DE CARTOFI NATUR(560G)

(cotlet de porc-200g; cartofi-250g; ciuperci -70g; **sunca presata**-50g; **smantana 15%**-50g; **cascaval**-40g; **unt**-15g; **faina alba**-10g; ulei-10ml; patrunjel-5g; sare-3g)

En Kcal=1039,96(147,93/100g); en kj=4347,03(618,35/100g); glucide=53,85; zahar=2,49; lipide=58,1; AGS=16,61; sare=2,9; fibre=10,005

Aditivi: antioxidant-ascorbat de sodiu, colorant-carmin, conservant-nitrit de sodiu, potentiator de gust-monoglutamat de sodiu, stabilizatori-E451, agent de ingrosare-amidon modificat

MUSCHIULET IMPRETIT (250G)

(muschiulet de porc©-220g; kaise-60g; **cascaval**-40g; **condiment gratar**-2g)

En Kcal=593,48(184,31/100g); en kj=2480,76(770,42/100g); glucide=1,56; zahar=0,55; lipide=34,76; AGS=5,23; sare=3,28; fibre=0

Aditivi: conservant-nitrit de sodiu

MUSCHIUTET DE PORC CU VIN ROSU(240G)

(muschiulet de porc- 220g; vin rosu-50ml; **smantana 32%**-30g; **unt**-10g; ceapa-10g; **sos brun**-5g; sare-2g; piper-1g)

En Kcal=412,18(125,66/100g); en kj=1722,91(525,27/100g); glucide=2,05; zahar=1,25; lipide=21,46; AGS=12,11; sare=2,04; fibre=0,44

Aditivi: antioxidant-extract de rozmarin, coloranti-caramel amoniu, potentiator de aroma-inozinat disodic, monoglutamat de sodiu

SNITEL VIENEZ (220G)

(cotlet de porc-180g; **ou**-40g; **pesmet**-15g; ulei-15ml; **faina alba**-10g; sare-2g)

En Kcal=504,57(192,58/100g); en kj=2109,10(805,00099/100g); glucide=18,11; zahar=0,49; lipide=26,29; AGS=6,96; sare=2; fibre=0,76

PREPARATE LA GRĂȚAR

MICI (50g)

(mici-65g)

Kcal=144,07(221,66/100g); kj=602,25(926,53/100g); glucide=0,97; zahar=0,97; lipide=16,5; AGS=7,5; sare=0,97; fibre=0

Aditivi: bicarbonat de sodiu

PIEPT DE CURCAN(180G)

(piept de curcan-180g; **condiment gratar**-2g;)

En Kcal=234,60(105,67/100g); en kj=980,64(441,73/100g); glucide=1,68; zahar=0,19; lipide=3,16; AGS=0,67; sare=1,18; fibre=0

PIEPT DE PUI(180G)

(piept de pui-220g; **condiment gratar**-2g)

En Kcal=220,68(99,40/100g); en kj=922,44(415,51/100g); glucide=0,36; zahar=0,19; lipide=2,008; AGS=0,45; sare=1,18; fibre=0

PULPE DE PUI DEZOSATE (185G)

(pulpe de pui dezosate- 240 g; **condiment gratar**-2g)

En Kcal=362,65(149,85/100g); en kj=1515,88(626,39/100g); glucide=1,56; zahar=0,43; lipide=19,18; AGS=7,73; sare=1,18; fibre=0

MUSCHI DE VITA(180G)

(muschi de vita©-220g; **condiment gratar**-2g)

En Kcal=278,54(125,46/100g); en kj=1164,29(524,45/100g); glucide=0,36; zahar=0,19; lipide=9,70; AGS=2,21; sare=1,18; fibre=0

COTLET DE PORC (180G)

(cotlet de porc-220g; **condiment gratar**-2g)

En Kcal=354,59(159,75/100g); en kj=1482,20(667,65/100g); glucide=0,36; zahar=0,19; lipide=18,35; AGS=6,08; sare=1,18; fibre=0

CEAFA DE PORC (220g)

(ceafa de porc -280g; **condiment gratar**-2g)

En Kcal=633,62(224,68/100g); en kj=2648,53(939,19/100g); glucide=0,36; zahar=0,19; lipide=40,06; AGS=26,61; sare=1,18; fibre=0

FRIGARUI ASORTATE(220G)

(piept de pui -120g; cotlet de porc-120g; ceapa-40g; ardei gras-40g; **condiment gratar**-3g)

En Kcal=333,75(103,32/100g); en kj=1395,07(431,91/100g); glucide=3m98, zahar=3,69; lipide=11,27; AGS=3,64; sare=1,77; fibre=1,68

MIX GRILL(320G)

(mici-130g; cotlet de porc-120g; piept de pui-120g; muschi de vita©-100g; **condiment gratar**-3g)

En Kcal=728,45(154,006/100g); en kj=3044,92(643,74/100g); glucide=1,80; zahar=1,55; lipide=36,96; AGS=15,51; sare=3,11; fibre=0

Aditivi: agent de afanare-bicarbonat de sodiu

MIX GRILL DE PORC (320G)

(ceafa de porc-140g; mici-130g; cotlet de porc=120g; carnati=80g; **condiment gratar**-2g)

En Kcal=1025,87(217,34/100g); en kj=4288,15(908,50/100g); glucide=1,82; zahar=1,65; lipide=68,36; AGS=31,33;sare=33; fibre=0

Aditivi: agent de afanare-bicarbonat de sodiu

ARIPIOARE DE PUI (200G)

(aripioare de pui©-300g; **condiment gratar**-3g)

En Kcal=506,13(167,03/100g); en kj=2115,62(698,22/100g); glucide=1,17; zahar=0,29; lipide=32,44; AGS=18,01; sare=1,8; fibre=0

CONDIMENT GRATAR-100G

(sare iodată, boia de ardei, chimen, usturoi, praf de cayenne)

Kcal=136,2/100g; kj=569,31/100g; glucide=18; zahar=9,7; lipide=4,2; AGS=0,5; sare=59,5; fibre=0

SOSURI PENTRU GRĂTARE

SOS DE VIN ALB-117G

(smantana 32%-50g; vin alb-40ml; **unt**-20g; **amidon**-5g; sare-2g)

Kcal=291,71(249,32/100g); kj=1219,32(1042,19/100g); glucide=6,38; zahar=1g; lipide=29,01; AGS=18,3; sare=2; fibre=0

Aditivi: stabilizator-carragenan

SOS PIZZAIOLLA (100G)

(rosii decojite-50g; sos shiracha-30g; ardei iute-20g; usturoi-5g; sare-2g)

Kcal=307,25(287,14/100g); kj=128,30; glucide=6,89; zahar=2,56; lipide=30,31; AGS=3,52; sare=2; fibre=0,75

Aditivi: acidifiant-acid citric, conservanti-sorbat de potasiu, bisulfid de sodiu, agent de ingrosare-guma xantan

SOS GORGONZOLA (100g)

(smantana 32%-80g; **gorgonzola**-20g; sare-2g)

Kcal=305,06(299,07/100g); kj=1275,15(1250,14/100g); glucide=1,84; zahar=1,6; lipide=30,5; AGS=19,7; sare=2; fibre=0

Aditivi: stabilizator-carragenan

SOS GUACAMOLE(100G)

(avocado-70g; ulei-10ml; ceapa-10g; ardei iute-5g; suc lamiae-10ml; sare-2g)

Kcal=115,4(113,13/100g); kj=482,37(472,91/100g); glucide=5,11; zahar=4,86; lipide=10,02; AGS=1,18; sare=2; fibre=2,14

SOS SALSA (100G)

(sos mexican-100g)

Kcal=102,3(102,3/100g); kj=427,61; glucide= 23; zahar=18; lipide=0,3; AGS=0,1; sare=3,1; fibre=0

Aditivi: acidifiant-acid citric, agent de ingrosare-guma xantan, colorant-caramel, aroma-aroma de fum

SOS MEXICAN-100g

(apă, pastă de tomate, zahăr, porumb, paprika, otet, ceapă, sfeclă roșie, amidon din porumb, jalapeno, soia fermentata, suc de mere, condimente, aroma de fum, colorant(caramel), guma xantan)

Kcal=102,3/100g; kj=427,61/100g; glucide=23; zahar=18; lipide=0,3; AGS=0,1; sare=3,1; fibre=0

Aditivi: acidifiant-acid citric, agent de ingrosare-guma xantan, colorant-caramel, aroma-aroma de fum

SOS BARBEQUE -100g

(pastă de tomate, oțet, zahar, amidon modificat din porumb, melasa, mustar, sare, colorant(caramel), extract de ceapă, praf de usturoi, condimente, aromă de fum)

Kcal=148,7/100g; kj=621,56/100g; glucide=35; zahar=31; lipide=0,3; AGS=0,1; sare=3; fibre=0

MÂNCĂRURI TRADIȚIONALE

TOCHITURA BUCOVINEANA (650G)

(pulpa de porc -200g; oua-120g; apa-100ml; malai-75g; Kaiser-70g; branza burduf-50g; carnaciori-50g, castraveti murati-50g; gogosari in otet-50g; vin alb-25ml; ulei-20ml; ceapa-15g; boia dulce-5g; sare-3g; cimbru-3g; piper-1g)

En Kcal=1318,75(157,55/100g); en kj=5512,40(658,59/100g); glucide=64,09; zahar=4,70; lipide=76,37; AGS=24,99; sare=13,5; fibre=87,9

Aditivi: conservanti-nitrit de sodiu

CIULAMA DE PUI (450G)

(piept de pui-220g; **smantana 15%**-100g; apa-100ml; malai-75g; **faina alba**-30g; ulei -20ml; patrunjel-5g; sare-3g; **delicat**-3g)

En Kcal=994,64(178,89/100g); en kj=4157,60(747,77/100g); glucide=79,13; zahar=3,73; lipide=50,05; ACS=15,04; sare=4,99; fibre=5,8

Aditivi: potentiatori de aroma-monoglutamat de sodiu

HRIBI CU SMANATANA (450G)

(hribi©-250g; **smantana gatit**-100ml; malai-75g; ceapa-40g; ulei-20ml; usturoi-10g; patrunjel-5g; sare-3g; **delicat**-3g)

En Kcal=865,10(170,96/100g); en kj=3616,12(714,64/100g); glucide=73,67; zahar=7,60; lipide=64,01; AGS=23,46; sare=5,08; fibre=16,3

Aditivi: stabilizatori-carragenan

TOCANITA DE HRIBI CU MAMALIGUTA (450G)

(hribi©-250g; apa-100ml; malai-75g, ceapa-30g; morcov-20g; ardei gras-20g; ulei-15ml; patrunjel-5g; usturoi-5g; sare-4g; piper-1g)

En Kcal=511,93(97,51/100g); en kj =2139,90(407,60/100g); glucide=71,07; zahar=5,01; lipide=17,01; AGS=1,93; sare=4; fibre=38,6

BRANZA CU SMANTANA (450G)

(**banza vaci**-150g; apa-150ml; **smantana 15%**-100g; malai-75g; ulei-10ml; sare-3g)

En Kcal=760,97(155,93/100g); en kj=3183,89(652,43/100g); glucide=65,87; zahar=3,33; lipide=122,5; AGS=24,96; sare=3; fibre=4,35

OSTROPEL DE PUI (350g)

(piept de pui-220g; **smantana 15%**-60g; pasta tomate-40g, ardei gras-30g; ceapa-30g; morcov-20g; ulei-10ml; **faina alba**-10g; patrunjel-5ml; sare-2g; **delikat**-2g;)

En Kcal=565,24(131,75/100g); en kj=2362,70(550,74/100g); glucide=16,75; zahar=6,85; lipide=33,14; AGS=10,21; sare=4,83; fibre=13,37

Aditivi: potentiatori de aroma-monoglutamat de sodiu

CIULAMA DE PUI CU HRIBI (500G)

(piept de pui-220g; **smantana de gatit**-100ml; hribi ©-75g; malai-75g; ceapa-30g; ulei-20ml; usturoi-10g; amidon-5g; patrunjel-5g; sare-5g)

En Kcal=1108,74(203,43/100g); en kj=4634,53(850,37/100g); glucide=68,13; zahar=6,75; lipide=67,1; AGS=26,99; sare =5; fibre=16,3

Aditivi: stabilizatori-carragenan

TOCANITA MOLDOVENEASCA (450G)

(apa-100ml; muschi de vita ©-80g; piept de pui-80g; cotlet de porc-80g; malai-75g; **branza burduf**-50g; **smantana 32%**-25g; pasta tomata-20g; vin alb-20ml; ceapa-15g; ardei gras-15g; ulei-15ml; **delikat**-3g; sare-3g; amidon-2g; piper-1g)

En Kcal=1000,38(171,29/100g); en kj=4181,60(716,02/100g); glucide=61,48; zahar=4,02; lipide=54,17; AGS=20,18; sare=6,75; fibre=10,66

Aditivi: stabilizatori-carragenan, potentiatori de aroma-monoglutamat de sodiu

PASTRAV CU SMANTANA(450g)

(pastrav ©-300g; **smantana de gatit**-100ml; malai-75g; ulei-20ml; **faina alba**-15g; patrunjel-5g; sare-3g; **delikat**-3g)

En Kcal=1167,32(224,05/100g); en kj=4879,41(936,54/100g); glucide=68,19; zahar=3,29; lipide=70,36; AGS=26,20; sare=4,99; fibre=9,4

Aditivi: potentiatori de aroma-monoglutamat de sodiu

CRAP PRAJIT CU MAMALIGUTA SI MUJDEI(400G)

(crap file ©-250g; apa-100ml; malai-90g; ulei -20ml; usturoi-20g; **faina alba**-10g; sare-5g; otet 9%-5g)

En Kcal=826,65(165,33/100g); en kj=3455,39(691,07/100g); glucide=77,96; zahar=5,48; lipide=33,15; AGS=4,98; sare=5; fibre=8,1

COASTE DE PORC (420G)

(coaste de porc-400g; sos barbeque-50g)

En Kcal=1336,47(296,99/100g); en kj=5586,44(1241,43/100g); glucide=19; zahar=15,9; lipide=104,15; AGS=41,65; sare=6; fibre=0

Aditivi: conservanti-nitriti de sodiu, colorant-caramel

CIOLAN DE PORC(600g)

(ciolan porc -650g; sos barbeque-50g)

En Kcal=1219,67(174,23/100g); en kj=5098,22 ; glucide=17,8; zahar=15,5; lipide=52,15; AGS=20,2; sare=4,8; fibre=0

Aditivi: conservanti-nitriti de sodiu, colorant-caramel

GARNITURI

CARTOFI PRAJITI(200G)

(cartofi-220g; ulei-20ml)

Kcal=354,1(147,54/100g); kj=1480,13(616,72/100g); glucide=38,72; zahar=0; lipide=20,18; AGS=2,32; sare=0; fibre=5,72

CARTOFI CU PARMEZAN (230g)

(cartofi-220g; parmezan-30g; ulei-20ml)

Kcal=472,78(175,10/100g); kj=1976,22(731,93/100g); glucide=39,14; zahar=0,06; lipide=29,18; AGS=8,62; sare=0,6; fibre=5,72

CARTOFI NATUR (220g)

(cartofi-220g; unt-15g; sare-2g; patrunjel-5g)

Kcal=263,84(109,02/100g); kj=1102,85(455,72/100g); glucide=38,85; zahar=0,06; lipide=9,98; AGS=9,85; sare=2; fibre=5,94

PIURE DE CARTOFI (200g)

(cartofi-180g; unt-15g; smantana15%-15g; sare-2g;)

Kcal=254,22(119,91/100g); kj=1062,63(501,24/100g); glucide=32,14; zahar=0,46; lipide=12,18; AGS=7,2; sare=2; fibre=4,68

CARTOFI TARANESTI (270g)

(cartofi-220g; ceapa-30g; ardei gras-25g; ulei-15ml; usturoi-5g; patrunjel-5g; sare- 2g;)

Kcal=330,76(109,52/100g); kj=1382,59(457,81/100g); glucide=42,65; zahar=3,53; lipide=15,31; AGS=1,79; sare=2; fibre=7,17

CARTOFI LA CUPTOR CU CAȘCAVAL(270g)

(cartofi-250g; **cascaval**-50g; sare-2g)

Kcal=433,25(143,46/100g); kj=1810,98(599,66/100g); glucide=44; zahar=0; lipide=21,25; AGS=0; sare=3; fibre=6,5

CARTOFI COPTI (240g)

(cartofi-250g; sare-3g)

Kcal=198,25(78,359684/100g); kj=828,685(327,5434783/100g); glucide=44; zahar=0; lipide=0,25; AGS=0; sare=2; fibre=6,5.

LEGUME LA GRATAR (180g)

(ciuperci-50g; ceapa-50g; ardei gras-50g; dovlecei-50g; **telina**-40g; morcov-40g; vineta-40g; sare-2g)

Kcal=77,14(23,95/100g); kj=322,44(100,13/100g); glucide=13,06; zahar=9,52; lipide=0,52; AGS=0,14; sare=2; fibre=8,82

CHAMPIGNONS PANE (240g)

(ciuperci-220g; **faina alba**-30g; **oua**-30g;ulei-15ml; sare-2g)

Kcal=306,12(103,07/100g); kj=1279,58(430,83/100g); glucide=22,59; zahar=0,71; lipide=18,24; AGS=2,55; sare=2; fibre=5,89

CHAMPIGNONS LA GRATAR (170G)

(ciuperci-320g; usturoi praf-4g; sare-2g)

Kcal=43,87(13,45/100g); kj=183,40(56,25/100g); glucide=2,08; zahar=1,52; lipide=0,004; AGS=0,004; sare=2; fibre=8,04

RIZOTTO (210G)

(apa-140ml; orez-65g; **unt**-25g; **delikat**-2g; curry-2g; sare-1g)

Kcal=377,62(160,69/100g); kj=1578,47(671,69/100g); glucide=51,63; zahar=0,45; lipide=16,80; AGS=9,83; sare=2,33; fibre=0,84

Aditivi: potenciator de aroma-monoglutamat de sodiu

SOTE DE CIUPERCI CU MORCO (240G)

(ciuperci-350g; ceapa-30g; morcov-30g; ulei-15ml; patrunjel-5g; sare-2g)

Kcal=195,28(45,20/100g); kj=816,27(188,95/100g); glucide=4,51; zahar=4; lipide=15,1; AGS=1,77; sare=2; fibre=10,74

RIZOTTO CU HRIBI (240G)

(apa-120ml; orez-50g; hribi©-50g; ceapa-30g; ardei gras-20g; morcov-20g; ulei-15ml; patrunjel-5g; sare-2g)

Kcal=247,84(111,48/100g); kj=1454,00(466,02/100g); glucide=44,99; zahar=3,39; lipide=15,62; AGS=1,84; sare=2; fibre=3,89

LEGUME GRATINATE(220G)

(ciuperci-50g; cascaval-50; ardei gras-50; dovlecei-50g; telina-40g; morcov-40g; vinete-40g; sos soia-15ml; ulei-15ml; sare-2g)

Kcal=467,85(132,91/100g); kj=1955,61(555,57/100g); glucide=18,71; zahar=14,27; lipide=36,39; AGS=1,83; sare=3,6; fibre=7,57

Aditivi: acidifiant-acid lactic, colorant-caramel

PIURE DE SPANAC (200g)

(spana©-150g; cartofi-30g; ceapa-30g; ulei-15ml; patrunjel-5g; sare-2g)

Kcal=202,39(87,23/100g); kj=845,99(364,65/100g); glucide=11,38; zahar=2,73; lipide=15,37; AGS=1,92; sare=2; fibre=5,95

FASOLE ROSIE (220G)

(fasole rosie-200g; sos Mexican-50g; unt-10g; sare-2g)

Kcal=192,89(73,62/100g); kj=806,28(307,74/100g); glucide=22,14; zahar=9,04; lipide=7,25; AGS=3,95; sare=2,5; fibre=11,6

Aditivi: acidifiant-acidcitric, agent de ingrosare-guma xantan, colorant-caramel, potentiator de aroma-aroma de fum

LEGUME MEXICANE(220G)

(amestec mexican-250g; unt-15g; delikat-2g)

Kcal=261,57(97,96/100g); kj=1093,39(409,51/100g); glucide=29,23; zahar=8,03; lipide=10,78; AGS=6,04; sare=1,33; fibre=9

Aditivi: potentiator de aroma-monoglutamat de sodiu

OREZ SARBESC (240g)

(apa-140ml; orez-65g; ceapa-30g; ardei gras-25g; morcov-20g; ulei-15ml; patrunjel-5g; **delikat**-2g; sare-1g)

Kcal=383,05(126,42/100g); kj=1601,18(528,44/100g); glucide=55,01; zahar=3,76; lipide=15,55; AGS=1,87; sare=2,33; fibre=2,92

Aditivi: potenciator de aroma-monoglutamat de sodiu

SOSURI

MUJDEI(100G)

(ulei-40ml; usturoi-35g; apa-20ml; otet-5ml; sare-2g)

Kcal=370,36(363,09/100g); kj=1548,10(1517,74/100g); glucide=2,28; zahar=2,24; lipide=39,92; AGS=4,64; sare=2; fibre=0,91

MAIONEZA(100g)

(ulei de rafita, apă, zahar, otet din alcool, mustar, amidonuri modificate, sare, acidifiant(acid lactic), praf de ou integral, guma xantan, colorant(betacaroten)

Kcal=511(511/100g); kj=2135,98(2135,98/100g); glucide=8,2; zahar=6,5; lipide=53; AGS=4,3; sare=1,5; fibre=0

Aditivi: acidifiant-acid lactic, agent de ingrosare-guma xantan, conservanti-sorbat de potasiu, benzoat de potasiu, coloranti-caroteni, antioxidanti-calcium disodic

KETCHUP (100g)

(apă, pastă de tomate, zahar, amidon modificat, otet din alcool, sare, acid tartric, arome, conservanti)

Kcal=100,7(100,7/100g); kj=420,92(420,92/100g); glucide=23; zahar=20; lipide=0,3; AGS=0; sare=1,7; fibre=0

Aditivi: amidon modificat, conservanti:acid ascorbic, sorbat de potasiu

SMANTANA (100G)

(smantana15%-100g)

Kcal=155,8(155,8/100g); kj=651,24(651,24/100g); glucide=2,7; zahar=2,7; lipide=15; AGS=9; sare=0; fibre=0,3

MUSTAR (100g)

(apă, boabe de muștar, oțet de vin, făină de grâu, zahăr, sare, ulei de floarea soarelui, condimente, colorant(betacaroten)

Kcal=123(123/100g); kj=514,14(514,14/100g); glucide=15; zahar=10; lipide=5; AGS=0,3; sare=2; fibre=0

Aditivi: apă, boabe de muștar, oțet de vin, făină de grâu, zahăr, sare, ulei de floarea soarelui, condimente, colorant(betacaroten)

DESERT

PIZZA PARADISIO (500g)

(faina pizza-150g; nutela-80g; apa-75ml; visine@-75g; smantana 32 %-50g; mascarpone-50g; mozzarella-50g; ulei de masline-10ml; zahar-10g; drojdei-3g; sare-2g; menta-2g)

Kcal=1563,21(280,64/100g); kj=6534,23(1173,11/100g); glucide=175,26; zahar=64,56; lipide=80,55; AGS=40,96; sare=2; fibre=2,16

Aditivi: stabilizator-carragenan, amulsifiant-lecitina din soia.

PIZZA MANZANAS (500g)

(aluat pizza-220g; mozzarella-100g; mere-75g; smantana 32%-50g; mascarpone-50g; miere-30g; nuca miez-25g; zahar-20g)

Kcal=1303,11(228,61/100g); kj=5447,03(955,61/100g); glucide=162,04; zahar=55,08; lipide=72,77; AGS=40,62; sare=2,64; fibre=5,18

Aditivi: stabilizator-carragenan, amulsifiant-lecitina din soia.

TIRAMISU(200g)

(mascarpone-110g; piscoturi-40g; oua-40g; cafea-20ml; zahar-20; cacao-2g; esenta de rom-1ml)

Kcal=706,72(303,31/100g); kj=2954,08(1267,84/100g); glucide=54,62; zahar=39,69; lipide=47,6; AGS=31,3; fibre=0,66

Aditivi: acidifianti-acid citric

INGHETATA(60g)

(inghetata-60g)

Kcal=177/100g; kj=742/100g; glucide=24,91; zahar=24,91; lipide=7,16; AGS=5,9; sare=0; fibre=0

Aditivi: emulsifiant-lecitina de soia, aroma-vanilina

SALATA DE FRUCTE(250g)

(mere-50g; pere-50g; portocale-50g; banana-50; kiwi-50; zahara-5g)

Kcal=193,19(71,55/100g); kj=807,53(299,08/100g); glucide=36,97; zahar=34,35; lipide=4,05; AGS=3,45; sare=0; fibre=5,6

Aditivi: emulsifiant-lecitina de soia, aroma-vanilina

PAPANASI(220g)

(branza vaci-100g; oua-30g; smantana 15%-30g; faina alba-25g; dulceata-25g; gris-20g; zahar-15g; ulei-15ml; sare-1g; praf de copt-1g; esenta de vanilie-1 ml)

Kcal=638,29(242,69/100g); kj=2668,07(1014,47/100g); glucide=72,11; zahar=28,2; lipide=29,41; AGS=9,48; sare=1; fibre=0,96

Aditivi: agent de afanare-bicarbonat de sodiu, acisifianti-acid citric

MERLENKA(100G)

(marlenka-100g)

Kcal=426/100g; kj=1784/100g; glucide=50; zahar=38; lipide=22; AGS=12; sare=0; fibre=0

Aditivi: acidifianti-acid citric, agent de afanare, bicarbonat de sodiu, emulsifianti-mono si digliceride ale acizilor grasi

CLATITE CU BRANZA(200g)

(branza vaci-60g; faina alba-40g; oua-30g; lapte-20ml; smantana 15%-20g; apa-20ml; zahar-10g; stafide-10g; ulei-5ml; sare-1g; esenta de rom-1ml)

Kcal=422,36(194,63/100g); kj=1765,47(813,58/100g); glucide=52,92; zahar=18,27; lipide=16,01; AGS=5,75; sare=1; fibre=0,90

Aditivi: stabilizator-propilenglicol

CLATITE CU DULCEATA(150G)

(dulceata-60g; faina alba-40g; lapte-20ml; apa-20ml; zahar-5g; ulei-5ml; sare-1g; esenta de rom-1ml)

Kcal=402,33(240,91/100g); kj=1681,73(1007,02/100g); glucide=76,54; zahar=35,36; lipide=7,55; AGS=1,03; sare=1; fibre=1,18

Aditivi: acidifiant-acid citric

CLATITE CU CIOCOLATA(150g)

(finetti-70g; faina alba-40g; lapte-20ml; apa-20ml; zahar-5g;ulei-5ml;sare-1g; esenta de rom-1ml;)

Kcal=623,15(352,06/100g); kj=2604,76(1471,61/100g); glucide=73,64; zahar=44,06; lipide=32,05; AGS=12,23; sare=1; fibre=0,52

Aditivi: emulsifiant-lecitina de soia, aroma-vanilina

CHEESECAKE(250G)

(branza Philadelphia-80g; fructe de padure©-80g; biscuit-30g; smantana 32%-25g; zahar-25g; unt-20g; apa-20ml; gelatina-5g)

Kcal=675,6(237,05/100g); kj=2824,008(990,88/100g); glucide=57,22; zahar=35,42; lipide=44,34; AGS=21,33; sare=0,61; fibre=0,9

Aditivi: agenti de afanare-bicarbonat de sodiu, bicarbonat de amoniu, stabilizator-carragenan

CHOCOLATE LAVA(150g)

(oua-50g; inghetata-40g; ciocolata menaj-25g; unt-25g; faina alba-25g; zahar-25g)

Kcal=610,59(321,36/100g); kj=2552,28(1343,30/100g); glucide=63,33; zahar=44,53; lipide=34,33; AGS=27,41; sare=0; fibre=0,32

Aditivi: emulsifiant-lecitina de soia, mono si digliceride ale acizilor grasi, stabilizatori-guma guar, guma caruba, carragenan,colorant-curcumina

SALATE

SALATA SFECLA ROȘIE (220G)

(sfecla rosie-250g; hrean-20g; ulei-10ml; otet-5ml; zahar-2g; sare-2g)

Kcal=188,62(65,26/100g); kj=788,43(272,81/100g); glucide=20,45; zahar=20,1; lipide=10,02; AGS=1,15; sare=2; fibre=7,14

SALATA VERDE (150g)

(salata verde-150g; lamiae-20g)

Kcal=39,67(23,33/100g); kj=165,82(97,54/100g); glucide=6,75; zahar=2,45; lipide=0,51; AGS=0,15; sare=0; fibre=2,51

SALATĂ ASORTATA(230g)

(rosii-100g; castraveti-80g; ardei gras-50g; ceapa-20g)

Kcal=46,39(18,55/100g); kj=193,93(77,57/100g); glucide=8,27; zahar=4,65; lipide=0,42; AGS=0,02; sare=2,1; fibre=2,75

SALATĂ DE ROSII CU TELEMEA(220G)

(rosii-180g; teleme-40g)

Kcal=154,52(70,23/100g); kj=645,89(293,58/100g); glucide=5,62; zahar=2,02; lipide=9,96; AGS=9,76; sare=1; fibre=1,8

SALATĂ CRUDITATI(250g)

(telina-100g; morcov-100g; mere-80g; suc lamiae-10ml; sare-1g)

Kcal=101,08(34,73/100g); kj=422,51(145,19/100g); glucide=20,6; zahar=14,59; lipide=0,6; AGS=0; sare=1; fibre=10,24

SALATA DE VARZA(180g)

(varza alba-180g; ulei-10ml; sare-2g)

Kcal=131,22(68,34/100g); kj=548,49(285,67/100g); glucide=6,84; zahar=6,48; lipide=10,34; AGS=1,16; sare=2; fibre=4,5

SALATĂ DE MURATURI MIXTĂ(220g)

(castraveti murati-120g; gogosari in otet-100g)

Kcal=36,16(16,43/100g); kj=151,14(68,70/100g); glucide=6,6; zahar=4,32; lipide=0,24; AGS=0,12; sare=8,5; fibre=4,44

SALATA GRAND CHEF (300 g)

(rosii-100g; castraveti-80g; varza-50g; salata verde-50g; mopr cov-40g; ceapa-20g)

Kcal=69,93(20,56/100g); kj=292,33(85,98/100g); glucide=12,65; zahar=7,86; lipide=0,60; AGS=0,02; sare=2; fibre=6,01

SALATE APERITIV

SALATĂ WALDORF (400G)

(piept pui-140g; telina-120g; mere-120g; maioneza-25g; smantana 15%-20g; miez nuca-10g; suc lamiae-10ml; sare-1g)

Kcal=468,81(115,11/100g); kj=1959,62(439,37/100g); glucide=25,16; zahar=16,83; lipide=24,51; AGS=3,76; sare=1,5; fibre=9,73

Aditivi: acidifiant-acid lactic, agent de ingrosare-guma xantan, conservanti-sorbat de potasiu, benzoat de potasiu, coloranti-caroteni, antioxidanti-calcium disodic

SALATĂ DE PUI CORSAIRE(320g)

(piept pui-140g; Kaiser-175g; **oua**-60g; cartofi-60g; salata verde-50g; **cascaval**-40g; ceapa-15g; ulei-15ml;)

Kcal=748,97(166,43/100g); kj=3130,69(695,70/100g); glucide=14,62; zahar=1,96; lipide=50,03; AGS=7,05; sare=2,67; fibre=2,58

Aditivi: conservant-nitrit de sodiu

SALATA CU PORUMB (400G)

(paine-120g; porumb-100g; rosii-100g; salata verde-60g; masline foliate-50g)

Kcal=624,26(145,17/100g); kj=2609,40(606,83/100g); glucide=94,65; zahar=10,57; lipide=20,1; AGS=2,91; sare=2,99; fibre=7,92

SALATĂ CU SOMON AFUMAT(380g)

(**somon afumat**-100g; cartofi-60g; rosii-60g; catraveti-60g; ardei gras-50g; **oua**-30g; **smanatana 32%**-20g; ceapa-15g)

Kcal=390,80(98,93/100g); kj=1633,56(413,56/100g); glucide=19,19; zahar=4,39; lipide=24,06; AGS=7,22; sare=2,5; fibre=3,68

Aditivi: stabilizator-carragenan

SALATĂ DE TON (350g)

(**ton conserva**-120g; rosii-70g; salata verde-60g; ardei gras-50g; **telina**-30g; masline feliate-20g; lamaie-20g; ceapa-15g)

Kcal=447,33(116,18/100g); kj=1869,83(485,67/100g); glucide=9,65; zahar=4,02; lipide=24,39; AGS=2,96; sare=2,68; fibre=5,76

SALATĂ DE LEGUME CU BRANZETURI (400g)

(rosii cherry-100g; castraveti-70g; salata verde-60g; **mozzarella**-50g; **branza feta**-50g; lamiae-20g; ardei gras-50g; busuioc-1g)

Kcal=326,66(81,46/100g); kj=1365,47(340,51/100g); glucide=15,55; zahar=5,14; lipide=21,69; AGS=11,78; sare=2,9; fibre=4,03

Aditivi: stabilizator-carragenan, acidifiant-acid lactic

SALATA MEXICANA TACO LOCO (350g)

(amestec Mexican-150g; piept de pui-140g; **sos mexican**-60g; fasole rosie-60g; patrunjel-5g)

Kcal=329,62(79,42/100g); kj=1377,81(332,002/100g); glucide=34,30; zahar=15,45; lipide=2,28; AGS=0,44; sare=0,9; fibre=9,10.

Aditivi: acidifiant-acid citric, agent de ingrosare-guma xantan, colorant-caramel, aroma-aroma de fum

SALATA VERDE ASORTATA (330g)

(rosii cherry-100g; castraveti-70g; salata verde-60g; ardei gras-50g; masline feliate-40g; lamiae-20g; busuioc-1g)

Kcal=130,27(38,20/100g); kj=544,54(159,68/100g); glucide=12,37; zahar=3,64; lipide=7,17; AGS=1,23; sare=2; fibre=6,03

SALATĂ DE CRUDITATI CU PIEPT DE PUI (400g)

(piept de pui-140g; **telina**-100g; morcov-100g; mere-80g; **maioneza**-25g; suc lamiae-10ml; sare-1g)

Kcal=367,85(80,66/100g); kj=1537,61(418/100g); glucide=22,65; zahar=16,21; lipide=15,11; AGS=1,35; sare=1,5; fibre=10,24

Aditivi: acidifiant-acid lactic, agent de ingrosare-guma xantan, conservanti-sorbat de potasiu, benzoat de potasiu, coloranti-caroteni, antioxidanti-calcium disodic

SALATĂ CAPRICIOSA (400g)

(piept de pui-100g; rosii-80g; castraveti-70g; ardei gras-60g; varza alba-60g; **smantana 15%**-20g; porumb-20g; ketchup-10g; **mustar**-5g; otet balsamic-5ml;)

Kcal=211,88(49,27/100g); kj=885,66(205,96/100g); glucide=15,22; zahar=9,82; lipide=4,75; AGS=2,09; sare=1,6; fibre=4,07

Aditivi: conservant-sorbat de potasiu, benzoat de sodiu, colorant-betacaroten

SALATĂ GRECEASCA(350g)

(rosii-120g; **branza feta**-100g; castraveti-100g; ceapa-30g; masline 25g; busuioc-2g)

Kcal=334,17(88,64/100g); kj=1396,84(370,51/100g); glucide=13,76; zahar=7,08; lipide=25,69; AGS=10,53; sare=4,25; fibre=3,7

Aditivi: stabilizator-carragenan, acidifiant-acid lactic

SALATĂ BULGAREASCA(420g)

(sunca presata-100g; rosii-100g; castraveti-70g; ardei gras=60g; **oua**-60g; **telemea**-50g; masline-25g)

Kcal=452,50(97,31/100g); kj=1891,45(406,76/100g); glucide=9,86; zahar=6,70; lipide=26,43; AGS=10,58; sare=5,15; fibre=3,62

Aditivi: antioxidanti-ascorbat de sodiu, stabilizator-E450,carragenan,potentiator de gust-monoglutamat de sodiu, conservant-nitrit de sodiu

SALATĂ BERLINEZA(400g)

(castraveti murati-150g; piept de pui-140g; **oua**-100g; ceapa-30g; **maioneza**-20g; ketchup-10g; patrunjel-10g; **mustar**-5g;)

Kcal=435,98(93,75/100g); kj=1822,39(391,91/100g); glucide=11,17; zahar=7,28; lipide=22,52; AGS=3,83; sare=7,85; fibre=3

Aditivi: acidifiant-acid lactic, agent de ingrosare-guma xantan, conservanti-sorbat de potasiu, benzoat de potasiu, coloranti-caroteni, antioxidanti-calcium disodic

PASTE

SPAGHETE/PENNE CARBONARA(430g)

(apa-200ml; **spaghete/penne**-100g; Kaiser-100g; **smantana 32%**- 80g; **parmeza**-40g; **oua**-30g; coniac-10ml; sare-2g)

Kcal=1047,08(186,31/100g); kj=4376,79(778,78/100g) ; glucide=75,4; zahar=5,78; lipide=63,6; AGS=31,75; sare=3,5; fibre=3

SPAGHETE/PENNE BOLOGNESE (420g)

(apa-200ml; **spaghete/penne**-100g; carne toccata-100g; sos pizza -60g; **parmesan**-40g; ceapa-20g; morcov-15g; **tellina**-15g; zahar-5g; sare-2g; busuioc-2g; piper-1g; oregano-1g;)

Kcal=833,14(148,51/100g); kj=3482,55(620,77/100g); glucide=85,49; zahar=12,57; lipide=34,61; AGS=17,10; sare=2,6; fibre=5,97

SPAGHETE/PENNE MILANEZE(420g)

(apa-200ml; **spaghete/penne**-100g; sunca presata-80g; sos pizza-80g; ciuperci-70g; **parmesan**-30g; busuioc uscat-2g; sare-1g)

Kcal=650,66(115,57/100g); kj=2719,77(483,08/100g); glucide=82,84; zahar=7,46; lipide=15,87; AGS=7,67; sare=3,85; fibre=5,41

Aditivi: antioxidant-ascorbat de sodiu, colorant-carmin, conservant-nitrit de sodiu, potenciator de gust-monoglutamat de sodiu, stabilizatori-E451

SPAGHETE/PENNE PESCARA(430g)

(apa-200ml; **spaghete/penne**-100g; **ton conserva**-100g; rosii-60g; vin alb-50g; patrunjel-5g; zahar-5g; sare-2g; busuioc-2g; piper-1g)

Kcal=626,82(119,39/100g); kj=2620,14(499,07/100g); glucide=79,20; zahar=9,04; lipide=19,23; AGS=2,3; sare=3,5; fibre=4,02

SPAGHETE/PENNE CU CIUPERCI (420g)

(apa-200ml; **spaghete/penne**-100g; ciuperci-100g; sos pizza 50ml; **parmesan**-40g; morcov-15g; usturoi-5g; busuioc-2g; sare-2g)

Kcal=569,10(110,72/100g); kj=2378,86(462,81/100g); glucide=80,53; zahar=7,11; lipide=14,31; AGS=8,85; sare=2,5; fibre=6,47

SPAGHETE/PENNE PORCINI (430g)

(apa-200ml; hribi©- 150g; **spaghete/penne**-100g; sos pizza-80ml; morcov-10g; ulei-10ml; usturoi-5g; patrunjel-5g; sare-2g)

Kcal=560,95(99,81/100g); kj=2344,79(417,22/100g); glucide=88,85; zahar=7,49; lipide=12,93; AGS=1,64, sare=2,8; fibre=8,02

SPAGHETE/PENNE MEDINE(420)

(apa-200ml; **penne**-100g; broccoli©-80g; sos pizza-80g; sunca presata-50g **parmesan**-40g; **smantana 32%**-30g; piper-1g; sare-1g)

Kcal=727,23(124,95/100g); kj=3039,82(522,30/100g); glucide=81,48; zahar=11,21; lipide=25,99; AGS=15,79; sare=2,3; fibre=6,17

Aditivi: antioxidant-ascorbat de sodiu, colorant-carmin, conservant-nitrit de sodiu, potenciator de gust-monoglutamat de sodiu, stabilizatori-E451

PENNE QUATTRO FORMAGGI (400g)

(apa-200ml; **penne**-100g; **smantana 32%**-70g; **cascaval**-30g; **mozzarella**-30g; **parmezan**-20g; **gorgonzola**-20g; sare-1g)

Kcal=932,08(197,89/100g); kj=3896,13(418/100g); glucide=73,93; zahar=9,08; lipide=54,24; AGS=26,26; sare=1,6; fibre=3,3

Aditivi: stabilizator-carragenan

TORTELLINI PRIMAVERA(450g)

(apa-200ml; **tortellini**-110g; sunca presata-50g; **cascaval**-40g; ciuperci-40g; sos bolonez-40g; sos pizza-30g; smantana32%-30g; mazare-20g; sare-2g)

Kcal=918,43(163,42/100g); kj=3839,08(683,10/100g); glucide=81,005; zahar=8,48; lipide=46,31; AGS=12,13; sare=4,5; fibre=3,34

Aditivi: antioxidant-ascorbat de sodiu, colorant-carmin, conservant-nitrit de sodiu, potenciator de gust-monoglutamat de sodiu, stabilizatori-E451

TORTELLINI BOLOGNESE (440g)

(apa-200ml; **tortellini**-100g; carne tocata-100g; sos pizza -60g; **parmezan**-40g; ceapa-20g; morcov-15g; **tellina**-15g; zahar-5g; sare-2g; busuioc-2g; piper-1g; oregano-1g)

Kcal=1054,71(188,005/100g); kj=4408,69(785,86/100g); glucide=98,12; zahar=26,02; lipide=50,02; AGS=18,79; sare=4; fibre=9,3

Aditivi: conservant-lizozim de ou, nitrit de sodiu, antioxidant-extract de rozmarin

TORTELLINI A LA PANNA (430g)

(apa-200ml; **tortellini**-100g; Kaiser-100g; **smantana 32%**-80g; **parmezan**-40g; **oua**-30g; coniac-10ml; sare-2g)

Kcal=1081,58(192,45/100g); kj=4521,004(804,44/100g); glucide=69,4; zahar=4,28; lipide=70,1; AGS=33,35; sare=4,5; fibre=3

Aditivi: conservant-lizozim de ou, nitrit de sodiu, antioxidant-extract de rozmarin

PENNE AL SALMONE (420g)

(apa-200ml; **penne**-100g; **file somon afumat**-100g; **smantana 32%**-70g; sare-1g)

Kcal=774,35(164,40/100g); kj=3236,78(687,21/100g); glucide=74,7; zahar=5,24; lipide=38,63; AGS=17,31; sare=2,8; fibre=3

PIZZA CLASIC

PIZZA MARGHERITA

(**aluat pizza**-280g; **mozzarella**-150g; sos pizza dulce-60g; busuiov-1g; oregano-1g)

Kcal=1088,41(221,21/100g);kj=4549,51(924,69/100g);glucide=130,46;zahar=6,42;lipide=42,70;AGS=22,46;sare=2.43;fibre=5,57

Aditivi: acidifiant-acid citric

PIZZA POMODORINI

(aluat pizza-280g;mozzarella-120g;rosii-120g;sos pizza dulce-60g; busuioc-2g; oregano-1g)

Kcal=1022,86(175,44/100g);kj=4275,55(733,37/100g);glucide=132,56;zahar=7,59;lipide=36,47;AGS=18,40;sare=4,83;fibre=5,63

Aditivi: acidifiant-acid citric

PIZZA FUNGHI

(aluat pizza-280g; mozzarella-120g; ciuperci-100g; sos pizza dulce-60g)

Kcal=1009,80(180,32/100g); kj=4220,98(754,74); glucide=128,78; zahar=6,62; lipide=36,11; AGS=18,38; sare=2,43; fibre=7,89

Aditivi: acidifianti-acid citric

PIZZA PROSCIUTTO

(aluat pizza-280g; mozzarella-120g; sunca presata-120g; sos pizza dulce-60g;)

Kcal=1156,49 (199,39/100g); kj=4834,13(833,47/100g); glucide=130,52; zahar=8,46; lipide=40,72; AGS=19,72; sare=4,83; fibre=5,39

Aditivi: antioxidanti-ascorbat de sodiu, stabilizator-E450,carragenan,potentiator de gust-monoglutamat de sodiu, conservant-nitrit de sodiu

PIZZA SALAMI

(aluat pizza-280g; mozzarella-120g; salam-100g; sos pizza dulce-60g;)

Kcal=1438,90(256,94/100g); kj=6014,61(1074,03/100g); glucide=132,58; zahar=8,06; lipide=74,21; AGS=32,02; sare=4,43; fibre=5,39

Aditivi: conservant-nitrit de sodiu, colorant-carmin, extract din sange, antioxidant-ascorbat de sodiu, stabilizatori-difosfati, trifosfati, potentiator de aroma-monoglutamat de sodiu

PIZZA PROSCIUTTO E FUNGHI

(aluat pizza-280g; mozzarella-120g; sunca presata-100g; sos pizza dulce-60g; ciuperci-50g)

Kcal=832,40(136,46/100g); kj=3479,46(570,40/100g); glucide=133,00; zahar=10,51; lipide=14,43; AGS=3,37; sare=4,43; fibre=9,52

Aditivi: antioxidanti-ascorbat de sodiu, stabilizator-E450,carragenan,potentiator de gust-monoglutamat de sodiu, conservant-nitrit de sodiu

PIZZA CALZONE-ÎMPĂTURITĂ

(aluat pizza-280g; mozzarella-120g; sunca-80g; sos pizza dulce-60g; ciuperci-30g)

Kcal=1107,19(194,24/100g); kj=4628,07(811,94/100g); glucide=129,93; zahar=7,84; lipide=39,18; AGS=19,27; sare=4,03; fibre=6,14

Aditivi: conservant-nitrit de sodiu, colorant-carmin, antioxidant-ascorbat de sodiu, potenciator de aroma-monoglutamat de sodiu, stabilizatori-difosfati, trifosfati, acidifiant-acid citric

PIZZA TONNO

(aluat pizza-280g; mozzarella-120g; ton-120g; sos pizza dulce-70g; ceapa rosie-30g; oregano-1g)

Kcal=1467,51(236,31/100g); kj=6134,21(988/100g); glucide=174,64; zahar=9,17; lipide=56,85; AGS=20,73; sare=2,45; fibre=6,44

Aditivi: acidifiant-acid citric

PIZZA CAPRICIOSA

(aluat pizza-280g; mozzarella-120g; sunca-80g; sos pizza dulce-60g; rosii-40g; ciuperci-30g; masline-20g)

Kcal=1146,31(181,95/100g); kj=4791,60(760,57/100g); glucide=131,27; zahar=8,20; lipide=42,62; AGS=19,83; sare=4,83; fibre=8,14

Aditivi: conservant-nitrit de sodiu, colorant-carmin, antioxidant-ascorbat de sodiu, potenciator de aroma-monoglutamat de sodiu, stabilizatori-difosfati, trifosfati, acidifiant-acid citric

PIZZA VEGETARIANA

(aluat pizza-280g; mozzarella-120g; sos pizza dulce-60g; ciuperci-60g; ardei gras-30g; rosii-30g; masline-20g)

Kcal=1047,37(174,56/100g); kj=4378,03(729,69/100g); glucide=130,46; zahar=7,53; lipide=39,59; AGS=18,97; sare=4,23; fibre=7,74

Aditivi: acidifiant-acid citric

PIZZA DE POST

(aluat pizza-280g; cascaval de post-120g; ciuperci-80g; sos pizza dulce-60g; masline-30g; rosii-30g; ardei gras-30g)

Kcal=1072,3(170,20/100g); kj=4482,21(711,46/100g); glucide=150,44; zahar=6,98; lipide=43,11; AGS=16,20; sare=5,19; fibre=8,74

Aditivi: acidifiant-acid citric, colorant-beta caroten

PIZZA RUSTICANA

(aluat pizza-280g; mozzarella-120g; kaizer-80g; sos pizza dulce-60g; ciuperci-30g)

Kcal=1199,32(210,40/100g); kj=5013,17(879,50/100g); glucide=130,17; zahar=6,96; lipide=52,91; AGS=22,7; sare=4,83; fibre=6,14)

Aditivi: conservant-nitrit de sodiu, colorant-carmin, antioxidant-ascorbat de sodiu, potenciator de aroma-monoglutamat de sodiu, stabilizatori-difosfati, trifosfati, acidifiant-acid citric

PIZZA EL DIABLO – PICANTA

(aluat pizza-280g; mozzarella-120g; salam picant-80g; sos pizza dulce-60g; ardei gras-30g; ceapa rosie-20g; usturoi-2g)

Kcal=1370,29(227,62/100g); kj=5727,82(951,46/100g) glucide=135,73; zahar=10,87; lipide=66,65; AGS=29,33; sare=4,03; fibre=6,57)

Aditivi: conservant-nitrit de sodiu, colorant-carmin, extract din sange, antioxidant-ascorbat de sodiu, stabilizatori-difosfati, trifosfati, potenciator de aroma-monoglutamat de sodiu

PIZZA BIANCA

(aluat pizza-280g; mozzarella-120g; piept pui-70g; sunca pui-30g; ciuperci-30g)

Kcal=1059,98(199,99/100g); kj=4430,75(835,99/100g); glucide=123,66; zahar=1,37; lipide=36,26; AGS=18,55; sare=2,86; fibre=5,31

Aditivi: antioxidanti-ascorbat de sodiu, acid ascorbic, conservanti-nitrit de sodiu, acetat de sodiu, acidifianti-citrat de sodiu, agent de ingrosare-caragenan, stabilizatori-difosfati, trifosfati, potenciator de aroma-monoglutamat de sodiu

PIZZA AMORE

(aluat pizza-280g; mozzarella-120g; sunca-80g; sos pizza dulce-60g; anghinare-60g; ardei gras-20g)

Kcal=1184,56(191,05/100g); kj=4951,47(798,62/100g); glucide=136,49; zahar=8,26; lipide=44,26; AGS=19,36; sare=4,03; fibre=5,73

Aditivi: conservant-nitrit de sodiu, colorant-carmin, antioxidant-ascorbat de sodiu, potenciator de aroma-monoglutamat de sodiu, stabilizatori-difosfati, trifosfati, acidifiant-acid citric

PIZZA POPEYE

(aluat pizza-280g; mozzarella-120g; kaizer-80g; sos pizza dulce-60; oua-60g; spanac-40g ©; gogosari in otet-20g; ciuperci-20g)

Kcal=1293,96(190,28/100g); kj 5408,77(795,40/100g); glucide=131,86; zahar=7,78; lipide= 58,99; AGS=24,24; sare=4,83; fibre=7,61)

Aditivi: conservant-nitrit de sodiu, acidifiant-acid citric

PIZZA PEPERONI

(aluat pizza-280g; mozzarella-120g; salam picant-120g; sos pizza picant-60g)

Kcal=1528,68(263,56/100g); kj=6389,89(1101,70/100g); glucide=134,24; zahar=8,73g; lipide=81,71; AGS=34,7; sare=4,83; fibre=5,39

Aditivi: conservant-nitrit de sodiu, colorant-carmin, extract din sange, antioxidant-zcorbat de sodiu

PIZZA PANE CU PARMEZAN

(aluat pizza-300g; parmezan-40g)

Kcal=690,71(225,72/100g); kj=2887,19(943,52/100g); glucide=127,73; zahar=0,36; lipide=11,74; AGS=2,45; sare=4,43; fibre=4

PIZZA PANE CU CASCAVAL

(aluat pizza-300g; cascaval-40g)

Kcal=855,92(251,74/100g); kj=3577,74(1052,27/100g); glucide=126,78; zahar=0,36; lipide=26,76; AGS=2,13; sare=3,63; fibre=3,6

PIZZA PANE

(aluat pizza-300g; sare-2g)

Kcal=690,71(225,72/100g); kj=2887,19(943,52/100g); glucide=127,73; zahar=0,36; lipide=11,74; AGS=2,45; sare=4,43; fibre=4

PIZZA SPECIAL

PIZZA WASABI

(aluat pizza-280g; mozzarella-120; carnati taranesc-100g; sos wasabi- 70g; piept de pui-55g; ciuperci-40g; ardei gras-30g)

Kcal=1420,04(204,322/100g); kj=5935,76(854,06/100g); glucide=135,12; zahar=11,52; lipide=62,84; AGS=25,48; sare=5,57; fibre=8,25

Aditivi: conservant-nitrit de sodiu, acidifiant-acid citric

PIZZA TACO LOCO

(**aluat pizza**-280g; **mozzarella**- 120g; sos pizza dulce-60g; piepi de pui- 50g; **sunca**-30; porumb-30g; ardei gras-30g; rosii-30g; ciuperci-20g; **salam**-20g)

Kcal=1204,92(179,83/100g); kj=5036,59(751,72/100g); glucide=134,85; zahar=9,194; lipide=45,57; AGS=21,574; sare=3,43; fibre=10,904

Aditivi: conservant-nitrit de sodiu, colorant-carmin, antioxidant-ascorbat de sodiu, potenciator de aroma-monoglutamat de sodiu, stabilizatori-difosfati, trifosfati, acidifiant-acid citric

PIZZA CARNIVORA

(**aluat pizza**-280g; **mozzarella**-120g; sos pizza dulce-60; Kaiser-40; carnati taranesc-40g; prosciutto crudo-20)

Kcal=1344,188(231,75/100g); kj=5618,706(968,74/100g); glucide=130,2; zahar=7,09; lipide=62,972; AGS=26,588; sare=5,43; fibre=5,39

Aditivi: conservant-nitrit de sodiu, colorant-carmin, antioxidant-ascorbat de sodiu, potenciator de aroma-monoglutamat de sodiu, stabilizatori-difosfati, trifosfati, acidifiant-acid citric

PIZZA POLLO

(**aluat pizza**-280g; **mozzarella**-120g; piept de pui-70g; sos pizza dulce-60; **sunca pui**-30; porumb-20g; aedei gras-20g; ciuperci-20g; **pastrama pui**-20g)

Kcal=1150,194(179,71/100g); kj=4807,811(751,22/100g); glucide=132,54; zahar=8,116; lipide=38,946; AGS=19,18; sare=3,33; fibre=6,634

Aditivi: antioxidanti-ascorbat de sodiu, acid ascorbic, conservanti-nitrit de sodiu, acetat de sodiu, acidifianti-citrat de sodiu, agent de ingrosare-caragenan, stabilizatori-difosfati, trifosfati, potenciator de aroma-monoglutamat de sodiu

PIZZA PESCARA

(**aluat pizza**-280g; **mozzarella**-120g; **ton**-120g; sos pizza dulce-60g; masline feliate-20g; lamiae-20g; usturoi-5g; oregabo-1g)

Kcal=1333,07(869,3/100g); kj=5572,23(869,30/100g); glucide=133,275; zahar=8,94; lipide=60,075; AGS=21,255; sare=2,73; fibre=7,47

Aditivi: acidifiant acid citric

PIZZA MELANZANA CON POMODORO

(**aluat pizza**-280g; **mozzarella**-120g; vinete-100; sos dulce-70g; rosii-50g; **sos soia**-15ml; usutroi-10g)

Kcal=1114,18(172,74/100g); kj=4657,17(722,05/100g); glucide=152,59; zahar=17,99; lipide=36,67; AGS=18,50; sare=3,59; fibre=9,52

Aditivi: acidifiant-acid lactic, colorant- caramel

PIZZA PORCINI

(**aluat pizza**-280g; **mozzarella**-120g; hribi©-100g; **smantana 15%©**-50g; piept pui-50g; patrunjel-2g)

Kcal=1157,90(192,34/100g); kj=4840,047(803,99/100g); glucide=128,27; zahar=1,92; lipide=51,71; AGS=28,93; sare=2,26; fibre=7,15

Aditivi: acidifiant-acid citric

PIZZA PICCANTE

(**aluat pizza**-280g; **mozzarella**-120g; kaise-80g; sos pizza dulce-60g; carnati taranesc-30g; gogosari in otet-30g; ceapa-15g; ardei iute-10g)

Kcal=1298,155(201,26/100g); Kj=5426,288(841,28/100g); glucide=133,045; zahar=8,611; lipide=59,323; AGS=24,585; sare=5,88; fibre=6,514

Aditivi: conservanti-nitrit de sodiu, acidifianti-acid citric

PIZZA QUATTRO CARNNI

(**aluat pizza**-280g; **mozzarella**-120g; sos pizza dulce-60g; Kaiser-35g; **sunca presata**-35; **salam**-20g)

Kcal=1248,491(213,41/100g); kj=5218,692(892,08/100g); glucide=131,855; zahar=8,014; lipide=53,095; AGS=23,6; sare=5,45; fibre=5,394

Aditivi: conservant-nitrit de sodiu, colorant-carmin, extract din sange, antioxidant-ascorbat de sodiu, stabilizatori-difosfati, trifosfati, potentiator de aroma-monoglutamat de sodiu

PIZZA QUATTRO STAGIONE

(**aluat pizza**-280g; **mozzarella**-120g; **sunca**-80g; sos pizza dulce-60g; ciuperca-40g; ardei gras-35g; masline-20g)

Kcal=1146,38(180,53/100g); kj=4791,868(754,62/100g); glucide=131,015; zahar=8,706; lipide=42,618; AGS=19,871; sare=4,83; fibre=8,269

Aditivi: antioxidanti-ascorbat de sodiu, stabilizator-E450,carragenan,potentiator de gust-monoglutamat de sodiu, conservant-nitrit de sodiu

PIZZA BOLOGNESE

(**aluat pizza**-280g; **mozzarella**-120g; sos bolognez-70g; sos pizza dulce-60g; **sunca presata**-30g; **salam**-20g)

Kcal=1292,424(222,8003/100g); kj=5401,572(931,30/100g); glucide=137,195; zahar=12,024; lipide=55,43; AGS=25,86; sare=4,90; fibre=6,96

Aditivi: conservant-nitrit de sodiu, colorant-carmin, antioxidant-ascorbat de sodiu, potentiator de aroma-monoglutamat de sodiu, stabilizatori-difosfati, trifosfati, acidifiant-acid citric

PIZZA QUATTRO FORMAGGI

(**aluat pizza**-280g; **mozzarella**-100g; **cascaval**-100g; sos pizza dulce-60g; **parmezan**-30g; **gorgonzola**-30g)

Kcal=1620,218(270,03/100g); kj=6772,51(1128,75/100g); glucide=128,206; zahar=6,388; lipide=90,242; AGS=26,322; sare=4,43; fibre=5,394

Aditivi: acidifiant-acid citric

PIZZA CON TUTTO

(**aluat pizza**-280g; **mozzarella**-120g; sos pizza dulce-60g; Kaiser-40g; rosii-30g; prosciutto crudo-20g; **salam**-20g; ardei gras-20g; porumb-20g; masline feliate-20g; **gorgonzola**-20g)

Kcal=1342,256 (206,5009/100g); kj=5610,63(863,17/100g); glucide=133,914; zahar=8.34; lipide=62,976; AGS=27,608; sare=4,83; fibre=7,434

Aditivi: conservant-nitrit de sodiu, colorant-carmin, extract din sange, antioxidant-ascorbat de sodiu, stabilizatori-difosfati, trifosfati, potentiator de aroma-monoglutamat de sodiu

PIZZA AZTECA

(**aluat pizza**-280g; **mozzarella**-120g; sos pizza dulce-60g; kaiser-30g; carnati taranesc-30g; gogosari in otet-20g; **salam**-20g; ardei gras-20g; **ementaler**-20g; masline-20g; porumb-20g; ciuperi-20g)

Kcal=1368,887(207,40/100g); kj=5721,94(674,65/100g); glucide=133,55; zahar=8,71; lipide=65,44; AGS=28,988;sare=4,93; fibre=7,734

Aditivi: conservanti-nitrit de sodiu, acidifiant-acid citric

PIZZA PROSCIUTO CRUDO E GORGONZOLA

(**aluat pizza**-280g; **mozzarella**-120g; prosciutto crudo-80g; sos pizza dulce-60g; **gorgonzola**-50g)

Kcal=1329,254(225,29/100g); kj=5556,28(941,74/100g); glucide=128,48; zahar=6,42; lipide=57,966; AGS=28,99; sare=4,83; fibre=5,394

Aditivi: conservant-nitrit de sodiu, acidifiant-acid citric

PIZZA SPEEDY GONZALES – picanta!

(aluat pizza-280g; mozzarella-120g; sos pizza dulce-60g; ardei gras-30; sunca-25; sunca-20; ciuperci-15g; masline-15g; ardei iute-10g)

Kcal=1154,44(200,77/100g); kj=4825,57(839,23/100g); glucide=131,535; zahar=8,459; lipide=47,316; AGS=21,858; sare=3,58; fibre=10,779

Aditivi: acidifiant acid citric

PIZZA REGIONE

(aluat pizza-280g; mozzarella-120g; Kaiser-80g; piept de pui-50g; ciuperci-30g; rosii-30g)

Kcal=1254,194(192,95/100g); kj=5242,53(806,54/100g); glucide=131,04; zahar=7,236; lipide=53,426; AGS=22,83; sare=4,03; fibre=6,44

Aditivi: conservant-nitrit de sodiu, acidifiant-acid citric

PIZZA KREEAS

(aluat pizza-280g; mozzarella-120g; kaiser-80g; sos pizza dulce- 60g; carnati taranesc-40g; ardei gras-30g; rosii-30g; masline-20g)

Kcal=1354,29(199,16/100g); kj=5660,941(832,49/100g); glucide=132,04; zahar=8,036; lipide=64,832; AGS=25,77; sare=5,93; fibre=8,004

Aditivi: conservant-nitrit de sodiu, acidifiant-acid citric

PIZZA PIRANIA

(aluat pizza-280g; mozzarella-120g; ton-120; sos pizza picant-60g; ceapa-20g; ardei iute-10g; sos siracha-5g; usturoi-2g; oregano-1g)

Kcal=1302,668(210,78/100g); kj=5445,15(33651,04/100g); glucide=132,712; zahar=4,152; lipide=55,78; AGS=21,404; sare=2,576; fibre=6,378

Aditivi: acidifianti-acid citric, agent de ingrosare-guma xantan, conservanti-sorbat de potasiu, bisulfit de sodiu

PIZZA MARINARA -poate fi si de post.

(aluat pizza-280g; mozzarella-120g; ton-120g; sos pizza dulce-60g; rosii-60g; ardei gras-30g; masline feliate-20g; ciuperci-15g; ceapa-15g; oregano-1g)

Kcal=1329,576(192,41/100g); kj=5557,628(804,28/100g); glucide=131,725; zahar=8,34; lipide=60,16; AGS=21,33; sare=2,73; fibre=8,114

Aditivi: acidifiant acid citric

PIZZA CARBONARA

(**aluat pizza**-280g; **mozzarella**-120g; **smantana 32%**-60g; Kaiser-50g; **parmezan**-30g; ciuperci-30g; busuioc-1g)

Kcal=1402,434(245,61/100g); kj=5862,17(1026,65/100g); glucide=126,007; zahar=3,024; lipide=73,31; AGS=38,936; sare=2,26; fibre=7,03

Aditivi: stabilizator-carragenan, conservant-nitrit de sodiu

PIZZA VEGANA

(**aluat pizza**-280g; rosii cherry-80g; sos pizza dulce-60g; ciuperci-60g; rucola-30g; ardei gras-30g; masline-20g; porumb-20g)

Kcal=732,86(126,3552/100g); kj=3063,355(528,16/100g); glucide=130,286; zahar=8,238; lipide=14,072; AGS=2,74; sare=4,43; fibre=9,094

Aditivi: acidifiant-acid citric

PIZZA SALCHICHAS

(**aluat pizza**-280g; **mozzarella**-120g; sos pizza dulce-60g; carnati-50g; rosii-40g; ceapa-20g; **parmezan**-25; rucola-20g)

Kcal=1240,04(201,63/100g); kj=5183,40(842,83/100g); glucide=143,68; zahar=8,29; lipide=49,42; AGS=21,98; sare=6,08; fibre=11,39

Aditivi: acidifiant-acid citric

PIZZA EL TORO

(**aluat pizza**-280g; **mozzarella**-120g; pulpa vita-120g; **sos mexicam**-80g; rosii-50g; praz-20g)

Kcal=1213,188(181,07/100g); kj=5071,126(756,88/100g); glucide=145,182; zahar=16,554; lipide=39,66; AGS=19,916; sare=3,46; fibre=7,42

Aditivi: acidifiant-acid citric, agent de ingrosare-guma xantan, colorant-caramel, aroma-aroma de fum

PIZZA HAWAIIANA

(**aluat pizza**-280g; **mozzarella**-120g; pastrami pui-100g; sos pizza dulce-60g; ananas-60g)

Kcal=1233,514(198,95/100g); kj=5156,089(831,62/100g); glucide=137,78; zahar=14,52; lipide=43,666; AGS=20,58; sare=3,93; fibre=5,94

Aditivi: antioxidanti-ascorbat de sodiu, stabilizator-E450,carragenan,potentiator de gust-monoglutamat de sodiu, conservant-nitrit de sodiu

PIZZA ALCACHOFA

(**aluat pizza**-280g; **mozzarella**-120g; Kaiser-60g; anghinare-60g; **parmezan**-30g)

Kcal=1294,228(235,31/100g); kj=5409,87(983,61/100g); glucide=129,84; zahar=1,28; lipide=61,1; AGS=27,17; sare=4,46; fibre=4,56

Aditivi: conservant-nitrit de sodiu

SOS PIZZA DULCE-100g

(pulpa de rosii; sos aromat; zahar; ulei masline; sare; usturoi granulat; oregano; busuioc)

Glucide=9,97; zahar=9,17; lipide=1,76; AGS=0,23; sare=1,38; fibre=0,27

SOS PIZZA PICANT-100g

(pulpa de rosii; sos aromat; zahar; ulei masline; sare; usturoi granulat; piper; ardei iute tocat; pasta de ardei iute; ulei masline)

Glucide=8,86; zahar=8,05; lipide=1,63; AGS=0,20; sare=1,38; fibre=0,43

SOS WASABI-100g

(**hrean**; ulei masline; pudra wasabi; otet; sare)

Glucide=16,43; zahar=13,63; lipide=8,77; AGS=1,30; sare=1,86; fibre=3,12

SOS BOLOGNES-100g

(carne tocata; sos pizza; ceapa; morcov; **telina**; zahar; sare; busuioc; piper; oregano)

Kcal=145,20/100g; kj=606,96/100g; glucide=10,55; zahar=6,81; lipide=15,61; AGS=6,28; sare=1,96; fibre=2,25

ALUAT PIZZA-100g

(**faina pizza**; apa; ulei masline; sare; drojdie)

Glucide=42,26; zahar=0,11; lipide=3,32; AGS=0,71; sare=1,19; fibre=0,81

SOS PIZZAIOLA-100g

(rosii decojite; ardei iute; sos shiracha; usturoi; sare)

Kcal=287,14/100g; kj=1200,28/100g; glucide=6,89; zahar=2,56; lipide=30,31; AGS=3,52; sare=2; fibre=0,75

Aditivi: acidifiant-acid citric, conservanti-sorbat de potasiu, bisulfit de sodiu, agent de ingrosare-guma xantan

SOS DE SOIA-100g

(apă, sirop de glucoză-fructoză, zahar, sare, melasă, soia, extract de drojdie, faina de grau, extract de ierburi, condimente)

Kcal=243,2/100g; kj=1016,576/100g; glucide=58; zahar=52; lipide=0; AGS=0; sare=12,9; fibre=0

Aditivi: coloranti: caramel, acidifiant: acid citric

BĂUTURI CALDE

ESPRESSO

(apa-50ml; cafea-8g)

Kcal=0,112(0,19/100ml); kj=0,45(0,80/100ml); zahar=0; lipide=0,027; AGS=0,013; fibre=0

ESPRESSO LUNG

(apa-100ml; cafea-8g)

Kcal=0,112(0,103/100ml); kj=0,468(0,433/100ml); zahar=0; lipide=0,0148; AGS=0,0074; fibre=0

ESPRESSO DUBLU

(apa-100ml; cafea-15g)

Kcal=0,21(0,182/100ml); kj=0,8778(0,763/100ml); zahar=0; lipide=0,026; AGS=0,013; fibre=0

LATTE MACHIATTO

(lapte-150ml; apa-50ml; cafea-8g)

Kcal=52,162(25,077/100ml); kj= 218,037(104,825/100ml); zahar=3,24; lipide=2,53; AGS=1,44; fibre=0

CAPUCCINO

(lapte-130ml; apa-50ml; cafea-8g)

Kcal=45,222(24,054/100ml); kj=189,028(100,54/100g); zahar=3,111; lipide=2,42; AGS=1,38; fibre=0

CIOCOLATA CALDA

(lapte-150ml; ciocolata calda-25g; frisca-15g)

Kcal=149,74(78,81/100ml); kj=625,91(329,428/100ml); zahar=11,52; lipide=5,05; AGS=3,65; fibre=0

Aditivi: emulsifianti-mono si digliceride ale acizilor grasi, polisorbat, alginat de sodiu, coloranti- beta carotan

CAFÉ FRAPPE

(lapte-100ml; apa-65ml; frisca-15ml; sirop de zahar- 15ml; ness-5g)

Kcal=81,134(40,567/100ml); kj=339,14(169,57/100ml); zahar=7,113; lipide=3,55; AGS=2,72; fibre=0

Aditivi: emulsifianti-mono si digliceride ale acizilor grasi, polisorbat, alginat de sodiu, coloranti- beta carotan

IRISH COFE

(apa-100ml; frisca-30ml; crema whiskey-25ml; cafea-8g)

Kcal=45,992(28,21/100ml); kj=192,24(117,94/100ml); zahar=3,067; lipide=6,88; AGS=5,77; fibre=0

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza, antioxidanti-acid ascorbic

ICE COFFEE

(lapte-80ml; apa-65ml; cafea-8g)

Kcal=27,87(18,21/100ml); kj=116,505(76,14/100ml); zahar=2,35; lipide=1,84; AGS=1,050; fibre=0

CAFFE LATTE

(lapte-150ml; apa-50ml; cafea-8g)

Kcal=52,162(25,077/100ml); kj=218,03(104,82/100ml); zahar=3,24; lipide=2,53; AGS=1,44; fibre=03

BĂUTURI RĂCORITOARE

FRESH MERE

(mere-250ml)

Kcal=125,75(50,3/100ml); kj=525,63(210,25/100ml); zahar=11,5; lipide=0,3; AGS=0; fibre=2,8

FRESH PERE

(pere-25ml)

Kcal=111(45,6/100ml); kj=476,52(190,608/100ml); zahar=10,5; lipide=0; AGS=0; fibre=2,3

FRESH MIX MERE CU PERE

(mere-125ml; pere-125ml)

Kcal=119,5(47,8/100ml); kj=499,51(199,804/100ml); zahar=5,25; lipide=0; AGS=0; fibre=2,3

FRESH RODII

(rodii-250ml)

Kcal=186,75(74,7/100ml); kj=780,61(312,24/100ml); zahar= 12; lipide=0,7; AGS=0,2; fibre=2,5

LIMONADA

(apa-410ml; suc lamaie-40ml; sirop zahar-40ml)

Kcal=107,424(21,48/100ml); kj=449,02(89,80/100ml); zahar=4,82; lipide=0; AGS=0; fibre=0

LIMONADA CU CAPSUNI

(apa-400 ml; suc lamaie-50ml; piure capsuni-40ml)

Kcal=182,4(36,48/100ml); kj=762,43(152,48/100ml); zahar=8,49; lipide=0; AGS=0; fibre=0

Aditivi: acidifiant-citrat de sodiu, agent de ingrosare-pectina, conservant-sorbat de potasiu, coloranti-antociani

LIMONADA FRUCTUL PASIUNII

(apa-400ml; suc lamaie-50ml; piure fructul pasiunii-50ml)

Kcal=186,4(37,28/100ml); kj=779,152(155,83/100ml); zahar=8,77; lipide=0; AGS=0; fibre=0

Aditivi: acidifiant-citrat de sodiu, agent de ingrosare-pectina, conservant-sorbat de potasiu, coloranti-antociani

LIMONADA CU MANGO

(apa-400ml; suc lamaie=50ml; piure mango=50ml)

Kcal=187(37,4/100ml); kj=781,66(156,33/100ml); zahar=17,35; lipide=0; AGS=0; fibre=0

Aditivi: acidifiant-citrat de sodiu, agent de ingrosare-pectina, conservant-sorbat de potasiu, coloranti-antociani

Cocktail-uri non-alcoolice

GREEN APPLE

(suc mere-200ml; lime-50g; apa-35ml; curacao-15ml)

Kcal=171,85(57,28/100ml); kj=718,33(239,44/100ml); zahar=11,18; lipide=0,15; AGS=0; fibre=0

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza, antioxidant-acid ascorbic

HONEYMOON

(suc portocale-50ml; lime-50g; suc mere-50g; apa-35ml; grenadine-15ml; miere-15g)

Kcal=141,24(65,69/100ml) kj=590,38(274,59/100ml) zahar=11,93; lipide=0,23; AGS=0; fibre=0,09

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza, antioxidant-acid ascorbic

BELLA LUNA

(suc portocale-100ml; suc ananas-100ml; lime-50g; apa-35ml)

Kcal=130,25(45,70/100ml); kj=544,44(191,03/100ml); zahar=7,47; lipide=0,36; AGS=0,03; fibre=0,14

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza, antioxidant-acid ascorbic

VIRGIN MOJITO

(apa minerala-180ml; lime-50g; apa-40ml; sirop zahar-15ml; menta-15g)

Kcal=83,22(27,74/100ml); kj=347,89(115,96/100ml); zahar=2,85; lipide=0,19; AGS=0; fibre=0,4

Aditivi: indulcitori-sirop de glucoza fructoza

Cocktail-uri alcoolice

PREMIUM GIN TONIC

(apa tonica-180ml; lime-50g; gin Ciradella-50ml; apa-20ml)

Kcal=184,83(61,61/100ml); kj=772,58(257,52/100ml); zahar=2,64; lipide=0,15; AGS=0; fibre=0

Aditivi: acidifiant-acid citric, aroma-chinina, conservant-benzoat de sodiu, indulcitori-acesulfam k, sucraloza

GIN TONIC

(apa tonica-180g; lime-50g; gin Wenbley-50ml; apa-20ml)

Kcal=184,83(61,61/100ml); kj=772,58(257,52/100ml); zahar=2,64; lipide=0,15; AGS=0; fibre=0

Aditivi: acidifiant-acid citric, aroma-chinina, conservant-benzoat de sodiu, indulcitori-acesulfam k, sucraloza

APEROL SPRITZ

(apa minerala-100ml; prosecco-100ml; Aperol-50ml; apa-50ml)

Kcal=160(53,33/100ml); kj=668,8(222,93/100ml); zahar=6,66; lipide=0; AGS=0; fibre=0

Aditivi: coloranti-E110, E124, arome-chinina

SEX ON THE BEACH

(suc de portocale-160ml; vodka-50ml; lichior piersici-25ml; grenadine-15ml)

Kcal=240,36(96,14/100ml); kj=1004,70(401,88/100ml); zahar=13,57; lipide=0,06; AGS=0; fibre=0,25

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza, antioxidanti-acid ascorbic

MARGARITA

(apa-90ml; tequila-50ml; suc lime-25ml; triplu sec-15ml)

Kcal=124,6(69,22/100ml); kj=520,82(289,34/100ml); zahar=7,5; lipide=0; AGS=0; fibre=0

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza, antioxidanti-acid ascorbic

LONG ISLAND ICE TEA

(apa-100ml; pepsi-50ml; tequila-25ml; triplu sec-25ml; gin-25ml; vodka-25ml; rom alb-25ml; lime-25g)

Kcal=103,5(34,5/100ml); kj432,63(144,21/100ml); zahar=4,49; lipide=0; AGS=0; fibre=0

Aditivi: acidifianti-acid citric, acid fosforic, indulcitori-sirop de glucoza-fructoza, antioxidanti-acid ascorbic, colorant-caramel, aroma-cafeina

TEQUILA SUNRISE

(suc portocale-120ml; apa-65ml; tequila-50ml; grenadine-15ml)

Kcal=150,52(60,20/100ml); kj=629,17(251,66/100ml); zahar=6,44; lipide0,04; AGS=0; fibre=0

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza, antioxidanti-acid ascorbic

CUBA LIBRE

(pepsi-180ml; apa minerala-60ml; rom alb-50ml; lime-10g)

Kcal=196,95(65,65/100ml); kj=823,25(274,41/100ml); zahar=6,66; lipide=0,08; AGS=0; fibre=0

Aditivi: acidifiant-acid fosforic, colorant -caramel amoniacal, aroma-cafeina

PINA COLADA

(apa-85ml; lapte cocos-50ml; suc ananas-50ml; sirop cocos-15ml; rom alb-50ml)

Kcal=202,95(81,18/100ml); kj=848,33(339,33/100ml); zahar=7,78; lipide=0,34; AGS=0,14; fibre=0,08

Aditivi: acidifianti-fosfati de potasiu, carbonati de calciu, acid citric, stabilizator-guma guar, indulcitori-sirop de glucoza-fructoza

MOJITO

(apa minerala-180ml; rom alb-50ml; menta-10g; zahar-10g)

Kcal=164,03(65,61/100ml); kj=685,65(274,25/100ml); zahar=4; lipide=0,03; AGS=0; fibre=0

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza

HUGO

(proseco-100ml; apa minerala-85ml ;suc lime-25ml; sirop soc-15ml)

Kcal=149(66,22/100ml); kj=622,82(276,80/100ml); zahar=6,55; lipide=0; AGS=0; fibre=0

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza

CAMPARI ORANGE

(suc portocale-100ml; apa-85ml; Campari-50ml; grenadine-15ml)

Kcal=246,1(98,44/100ml); kj=1028,69(411,47/100g); zahar=14,2; lipide=0,04; AGS=0; fibre=0,16

Aditivi: acidifianti-acid citric, indulcitori-sirop de glucoza-fructoza, antioxidanti-acid ascorbic

SMOOTHIES

BRAVE SAMURAI

(amestec fructe©-150g; suc mere-250ml)

amestec fructe= ananas; papaya; mango

Kcal=178,25(44,56/100ml); kj=745,085(186,27/100ml); zahar=10,81; lipide=0,082; AGS=0; fibre=0,56

Aditivi: antioxidant-acid ascorbic

GOJI BOOST

(amestec fructe©-150g; suc mere-250ml)

amestec fructe= morcov; ananas; papaya, goji

Kcal=179,615(44,90/100ml); kj=750,79(187,69/100ml); zahar=10,81; lipide=0,093; AGS=0; fibre=0,45

Aditivi: antioxidant-acid ascorbic

BERRY SUN

(amestec fructe©-150g; suc mere-250ml)

amestec fructe=capsuni; smeura; mure

Kcal=151,73(37,93/100ml); kj=634,23(158,55/100ml); zahar=9,01; lipide=0,23; AGS=0; fibre=1,08

Aditivi: antioxidant-acid ascorbic

FRUIT NINJA

(amestec fructe©-150g; suc mere-250ml)

Amestec fructe=kiwi; mango; pepene galben; ananas

Kcal=184,53(43,13/100ml); kj=771,35(192,83/100ml); zahar=11,11; lipide=0,12; AGS=0; fibre=0,52

Aditivi: antioxidant-acid ascorbic

PINK YANG

(amestec fructe©-150g; suc mere-250ml)

Amestec fructe=capsuni; banana

Kcal=183,965(45,99/100ml); zahar=11; lipide=0,11; AGS=0; fibre=0,63

Aditivi: antioxidant-acid ascorbic

KALE KICK

(amestec fructe©-150g; suc mere-250ml)

Amestec fructe=lemongrass; banana; kale; mango

Kcal=191,99(47,99/100ml); kj=802,51(200,62/100ml); zahar=10,73; lipide=0,24; AGS=0; fibre=1,01

Aditivi: antioxidant-acid ascorbic