

MENIURI COMPLETE PUI (450G-620G)

AMERICAN CHIKEN	Val. En. Kcal 795/ KJ 3326/ Proteine 59g/ Lipide 7g/ Lipide saturate 2g/ Carbohidrati 117g/ Zaharuri 2g/ Sare 0.7g/ Aditivi: intaritor de gust, acid acetic, colorant alimentar, benzonat de sodiu, acid lactic, acid citric, / Alergeni: mustar, gluten, oua, lactoza
PUI SHANGHAI	Val. En. Kcal 539/ KJ 2254/ Proteine 51g/ Lipide 6g/ Lipide saturate 2g/ Carbohidrati 67g/ Zaharuri 2g/ Sare 2.5g/ Aditivi: emulgator, difosfati, acid acetic, benzonat de sodiu, acid lactic, acid citric/ Alergeni: gluten, oua, mustar, lactoza
FICATEI DE PUI PRAJITI / LA GRATAR	Val. En. Kcal 430/ KJ 1800/ Proteine 65g/ Lipide 16g/ Lipide saturate 13g/ Carbohidrati 3g/ Zaharuri 0g/ Sare 0.4g
ARIPIOARE CRISPY	Val. En. Kcal 877/ KJ 3670/ Proteine 67g/ Lipide 29g/ Lipide saturate 17g/ Carbohidrati 90g/ Zaharuri 7g/ Sare 1.8g/ Aditivi: emulgator, difosfati, acid acetic, benzonat de sodiu, acid lactic, acid citric/ Alergeni: gluten, oua, mustar, lactoza
ARIPIOARE LA GRATAR	Val. En. Kcal 508/ KJ 2124/ Proteine 76g/ Lipide 20g/ Lipide saturate 18g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.5g/ Aditivi: emulgator, difosfati, acid acetic, benzonat de sodiu, acid lactic, acid citric/ Alergeni: oua, mustar, lactoza
SNITEL DE PUI	Val. En. Kcal 581/ KJ 2430/ Proteine 57g/ Lipide 23g/ Lipide saturate 5g/ Carbohidrati 34g/ Zaharuri 4g/ Sare 1.3g/ Aditivi: emulgator, difosfati/ Alergeni: gluten, oua
PIEPT DE PUI LA GRATAR	Val. En. Kcal 230/ KJ 961/ Proteine 43/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.3g
PULPA DEZOSATA LA GRATAR	Val. En. Kcal 279/ KJ 1168/ Proteine 35g/ Lipide 15g/ Lipide saturate 11g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.4g
PUI CRISPY (OPTIONAL PICANT)	Val. En. Kcal 500/ KJ 2092/ Proteine 50g/ Lipide 6g/ Lipide saturate 2g/ Carbohidrati 60g/ Zaharuri 5g/ Sare 1.6g/ Aditivi: emulgator, difosfati/ Alergeni: gluten, oua, mustar

MENIURI COMPLETE PORC (450G-620G)

CHIFTELUTE	Val. En. Kcal 361/ KJ 1512/ Proteine 31g/ Lipide 22g/ Lipide saturate 8g/ Carbohidrati 8g/ Zaharuri 2g/ Sare 0.3g/ Aditivi: emulgator, difosfati/ Alergeni: lactoza, oua, gluten
SNITEL DE PORC	Val. En. Kcal 499/ KJ 2090/ Proteine 38g/ Lipide 13g/ Lipide saturate 4g/ Carbohidrati 35g/ Zaharuri 5g/ Sare 1.9g/ Aditivi: emulgator, difosfati/ Alergeni: lactoza, oua, gluten
CEAFA DE PORC LA GRATAR	Val. En. Kcal 405/ KJ 1695/ Proteine 44g/ Lipide 26g/ Lipide saturate 14g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.4g
CARNATI MACELARESTI LA GRATAR	Val. En. Kcal 375/ KJ 1570/ Proteine 15g/ Lipide 34g/ Lipide saturate 11g/ Carbohidrati 3g/ Zaharuri 0g/ Sare 2.7g/ Aditivi: ascorbat de sodiu, acetat de sodiu, nitrit de sodiu
CABANOS LA GRATAR	Val. En. Kcal 343/ KJ 1437/ Proteine 19g/ Lipide 22g/ Lipide saturate 8g/ Carbohidrati 2g/ Zaharuri 0g/ Sare 2.1g/ Aditivi: ascorbat de sodiu, acetat de sodiu, nitrit de sodiu
MUSCHIULET DE PORC LA GRATAR	Val. En. Kcal 339/ KJ 1418/ Proteine 38g/ Lipide 20g/ Lipide saturate 7g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 2.2g

MENIURI COMPLETE PESTE (450G-620G)

SALAU LA PANE	Val. En. Kcal 577/ KJ 2416/ Proteine 47g/ Lipide 6g/ Lipide saturate 1g/ Carbohidrati 38g/ Zaharuri 0g/ Sare 0.3g/ Alergeni: gluten, oua, peste, lactoza
SALAU LA GRATAR	Val. En. Kcal 162/ KJ 678/ Proteine 37g/ Lipide 1g/ Lipide saturate 0g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.3g/ Alergeni: peste

GARNITURA

CARTOFI PRAJITI	Val. En. Kcal 563/ KJ 2357/ Proteine 4g/ Lipide 46g/ Lipide saturate 7g/ Carbohidrati 34g/ Zaharuri 2g/ Sare 1g
CARTOFII CASEI	Val. En. Kcal 398/ KJ 1666/ Proteine 8g/ Lipide 10g/ Lipide saturate 2g/ Carbohidrati 69g/ Zaharuri 3g/ Sare 1.6g/ Aditivi: emulgator, difosfati, arome/ Alergeni: lactoza, oua
CARTOFI NATUR	Val. En. Kcal 193/ KJ 808/ Proteine 4g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 34g/ Zaharuri 2g/ Sare 0.5g
PIURE	Val. En. Kcal 292/ KJ 1222/ Proteine 6g/ Lipide 15g/ Lipide saturate 10g/ Carbohidrati 37g/ Zaharuri 5g/ Sare 1g/ Alergeni: lactoza
VARZA CALITA	Val. En. Kcal 209/ KJ 873/ Proteine 6g/ Lipide 11g/ Lipide saturate 2g/ Carbohidrati 15g/ Zaharuri 7g/ Sare 2.4g/ Aditivi:4
IAHNIE DE FASOLE	Val. En. Kcal 338/ KJ 1414/ Proteine 15g/ Lipide 12g/ Lipide saturate 2g/ Carbohidrati 32g/ Zaharuri 22g/ Sare 0.1g/ Aditivi: acorbat de sodiu, citrat de sodiu, nitrit de sodiu
OREZ SIMPLU	Val. En. Kcal 579/ KJ 2423/ Proteine 12g/ Lipide 23g/ Lipide saturate 4g/ Carbohidrati 79g/ Zaharuri 5g/ Sare 1g/ Alergeni: gluten

SALATE

SALATA DE VARZA	Val. En. Kcal 99/ KJ 415/ Proteine 3g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 8g/ Zaharuri 4g/ Sare 1g
SALATA DE MURATURI	Val. En. Kcal 36/ KJ 151/ Proteine 2g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 8g/ Zaharuri 4g/ Sare 2.9g

SAU SOS

SOS DE MAIONEZA CU USTUROI	Val. En. Kcal 478/ KJ 2002/ Proteine 1g/ Lipide 53g/ Lipide saturate 8g/ Carbohidrati 1g/ Zaharuri 1g/ Sare 1.1g/ Aditivi: acid lactic, acid citric/ Alergeni: oua
MUSTAR	Val. En. Kcal 79/ KJ 331/ Proteine 4g/ Lipide 4g/ Lipide saturate 0g/ Carbohidrati 8g/ Zaharuri 5g/ Sare 2g /Aditivi: acid acetic, benzonat de sodiu/ Alergeni: mustar
SOS DE IAURT	Val. En. Kcal 130/ KJ 545/ Proteine 1.9g/ Lipide 10.6g/ Lipide saturate 5.8g/ Carbohidrati 2.7g/ Zaharuri 2.1g/ Sare 1g/ Aditivi: acid citric, citrat de sodiu, citrat de calciu/ Alergeni: lactoza
SOS TARTAR	Val. En. Kcal 378/ KJ 1583/ Proteine 0.8g/ Lipide 41.4g/ Lipide saturate 6.6g/ Carbohidrati 1.3g/ Zaharuri 1.1g/ Sare 0.9g/ Aditivi: acid lactic, acid citric/ Alergeni: oua

PAINE SAU MAMALIGUTA

PAINE	Val. En. Kcal 450/ KJ 1884/ Proteine 11g/ Lipide 6g/ Lipide saturate 1g/ Carbohidrati 84g/ Zaharuri 0g/ Sare 3g/ Alergeni: gluten
MAMALIGUTA	Val. En. Kcal 249/ KJ 1261/ Proteine 7g/ Lipide 1g/ Lipide saturate 0g/ Carbohidrati 79g/ Zaharuri 1g/ Sare 0.5g

IN CAZUL IN CARE DORITI ALTE GARNITURI SAU SALATE DECAT CELE MENTIONATE LA MENIURI COMPLETE, LA PRETURILE DE MAI SUS SE ADAUGA URMATOARELE SUME:

OREZ CU LEGUME	Val. En. Kcal 127/ KJ 530/ Proteine 3g/ Lipide 10g/ Lipide saturate 1g/ Carbohidrati 9g/ Zaharuri 5g/ Alergeni: gluten
CARTOFI TARANESTI	Val. En. Kcal 503/ KJ 2104/ Proteine 9g/ Lipide 35g/ Lipide saturate 12g/ Carbohidrati 39g/ Zaharuri 6g/ Sare 0.7g/ Aditivi: difosfati, trifosfati, acetat de sodiu, nitrat de sodiu, carbonat de sodiu, ascorbat de sodiu
SALATA DE ROSII CHERRY	Val. En. Kcal 42/ KJ 177/ Proteine 2g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 9g/ Zaharuri 7g/ Sare 0.1g
SALATA DE ARDEI COPTI	Val. En. Kcal 80/ KJ 335/ Proteine 4g/ Lipide 1g/ Lipide saturate 0g/ Carbohidrati 18g/ Zaharuri 10g/ Sare 1g
SALATA VERDE	Val. En. Kcal 54/ KJ 225/ Proteine 3g/ Lipide 3g/ Lipide saturate 0g/ Carbohidrati 7g/ Zaharuri 3g/ Sare 0.7g/ Aditivi: stabilizatori

MENIUL ZILEI (1100-1300G)

SARMALUTE CU MAMALIGUTA	Val. En. Kcal 973/ KJ 4072/ Proteine 41g/ Lipide 35g/ Lipide saturate 15g/ Carbohidrati 113g/ Zaharuri 10g/ Sare 4.7g/ Aditivi: ascorbat de sodiu, citrat de sodiu, nitrit de sodiu
PIEPT DE PUI LA GRATAR	Val. En. Kcal 230/ KJ 961/ Proteine 43/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.3g
PUJ SHANGHAI	Val. En. Kcal 539/ KJ 2254/ Proteine 51g/ Lipide 6g/ Lipide saturate 2g/ Carbohidrati 67g/ Zaharuri 2g/ Sare 2.5g/ Aditivi: emulgator, difosfati, acid acetic, benzonat de sodiu, acid lactic, acid citric/ Alergeni: gluten, oua, mustar, lactoza
PULPA DEZOSATA LA GRATAR	Val. En. Kcal 279/ KJ 1168/ Proteine 35g/ Lipide 15g/ Lipide saturate 11g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.4g
CEAFA DE PORC LA GRATAR	Val. En. Kcal 405/ KJ 1695/ Proteine 44g/ Lipide 26g/ Lipide saturate 14g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.4g

CIORBA OFERTA VALABILA INTRE 11:00-14:30H LUNI-VINERI

CIORBA DE PERISOARE	Val. En. Kcal 300/ KJ 1257/ Proteine 24g/ Lipide 16g/ Lipide saturate 5g/ Carbohidrati 11g/ Zaharuri 9g/ Sare 1g/ Aditivi: regulator de aciditate/ Alergeni: oua, telina, gluten
CIORBA DE GAINA	Val. En. Kcal 71/ KJ 297/ Proteine 3g/ Lipide 1g/ Lipide saturate 0g/ Carbohidrati 14g/ Zaharuri 7g/ Sare 0.8g/ Aditivi: regulator de aciditate/ Alergeni: oua, telina, gluten
CIORBA DE FASOLE	Val. En. Kcal 472/ KJ 1975/ Proteine 27g/ Lipide 28g/ Lipide saturate 10g/ Carbohidrati 22g/ Zaharuri 15g/ Sare 0.3g / Alergeni: telina
CIORBA DE VACUTA	Val. En. Kcal 216/ KJ 906/ Proteine 17g/ Lipide 9g/ Lipide saturate 4g/ Carbohidrati 4g/ Zaharuri 3g/ Sare 0.1g/ Alergeni: regulator de aciditate/ Alergeni: oua, telina, gluten
CIORBA DE BURTA	Val. En. Kcal 575/ KJ 2406/ Proteine 19g/ Lipide 44g/ Lipide saturate 22g/ Carbohidrati 11g/ Zaharuri 7g/ Sare 0.2g/ Alergeni: lactoza, oua, telina
CIORBA DE CURCAN	Val. En. Kcal 272/ KJ 1140/ Proteine 37g/ Lipide 10g/ Lipide saturate 3g/ Carbohidrati 6g/ Zaharuri 3g/ Sare 1.3g/ Aditivi: regulator de aciditate/ Alergeni: oua, telina, gluten

SUPE

DE PUI	Val. En. Kcal 336/ KJ 1406/ Proteine 36g/ Lipide 7g/ Lipide saturate 2g/ Carbohidrati 30g/ Zaharuri 8g/ Sare 1.2g/ Alergeni: telina, gluten, oua
CU TAIETEI	Val. En. Kcal 227/ KJ 1158/ Proteine 13g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 44g/ Zaharuri 8g/ Sare 1.1g/ Alergeni: oua, gluten, telina
CU GALUSTE	Val. En. Kcal 581/ KJ 2432/ Proteine 29g/ Lipide 11g/ Lipide saturate 3g/ Carbohidrati 88g/ Zaharuri 12g/ Sare 1.2g/ Alergeni: gluten, oua, telina

GARNITURA

CARTOFI PRAJITI	Val. En. Kcal 563/ KJ 2357/ Proteine 4g/ Lipide 46g/ Lipide saturate 7g/ Carbohidrati 34g/ Zaharuri 2g/ Sare 1g
CARTOFII CASEI	Val. En. Kcal 398/ KJ 1666/ Proteine 8g/ Lipide 10g/ Lipide saturate 2g/ Carbohidrati 69g/ Zaharuri 3g/ Sare 1.6g/ Aditivi: emulgator, difosfati, arome/ Alergeni: lactoza, oua
CARTOFI NATUR	Val. En. Kcal 193/ KJ 808/ Proteine 4g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 34g/ Zaharuri 2g/ Sare 0.5g
PIURE	Val. En. Kcal 292/ KJ 1222/ Proteine 6g/ Lipide 15g/ Lipide saturate 10g/ Carbohidrati 37g/ Zaharuri 5g/ Sare 1g/ Alergeni: lactoza
VARZA CALITA	Val. En. Kcal 209/ KJ 873/ Proteine 6g/ Lipide 11g/ Lipide saturate 2g/ Carbohidrati 15g/ Zaharuri 7g/ Sare 2.4g/ Aditivi:4
IAHNIE DE FASOLE	Val. En. Kcal 338/ KJ 1414/ Proteine 15g/ Lipide 12g/ Lipide saturate 2g/ Carbohidrati 32g/ Zaharuri 22g/ Sare 0.1g/ Aditivi: acorbat de sodiu, citrat de sodiu, nitrit de sodiu
OREZ SIMPLU	Val. En. Kcal 579/ KJ 2423/ Proteine 12g/ Lipide 23g/ Lipide saturate 4g/ Carbohidrati 79g/ Zaharuri 5g/ Sare 1g/ Alergeni: gluten

SALATA

SALATA DE VARZA	Val. En. Kcal 99/ KJ 415/ Proteine 3g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 8g/ Zaharuri 4g/ Sare 1g
SALATA DE MURATURI	Val. En. Kcal 36/ KJ 151/ Proteine 2g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 8g/ Zaharuri 4g/ Sare 2.9g

SOS

SOS DE MAIONEZA CU USTUROI	Val. En. Kcal 478/ KJ 2002/ Proteine 1g/ Lipide 53g/ Lipide saturate 8g/ Carbohidrati 1g/ Zaharuri 1g/ Sare 1.1g/ Aditivi: acid lactic, acid citric/ Alergeni: oua
MUSTAR	Val. En. Kcal 79/ KJ 331/ Proteine 4g/ Lipide 4g/ Lipide saturate 0g/ Carbohidrati 8g/ Zaharuri 5g/ Sare 2g /Aditivi: acid acetic, benzonat de sodiu/ Alergeni: mustar
SOS DE IAURT	Val. En. Kcal 130/ KJ 545/ Proteine 1.9g/ Lipide 10.6g/ Lipide saturate 5.8g/ Carbohidrati 2.7g/ Zaharuri 2.1g/ Sare 1g/ Aditivi: acid citric, citrat de sodiu, citrat de calciu/ Alergeni: lactoza
SOS TARTAR	Val. En. Kcal 378/ KJ 1583/ Proteine 0.8g/ Lipide 41.4g/ Lipide saturate 6.6g/ Carbohidrati 1.3g/ Zaharuri 1.1g/ Sare 0.9g/ Aditivi: acid lactic, acid citric/ Alergeni: oua