

MENIU CALORII

Rovi's

SANDWICH

FUNKY PORK SANDWICH 410G	paine de casa cu seminte de susan 150g, muschiulet de porc 140g, sos tartar 40g, salata verde, branza cedar, ceapa caramelizata, castravete murat, gogosar murat, cartofi prajiti 150g/ Val. En. Kcal 1252/ Kj 5242/ Proteine 41g/ Lipide 40g/ Lipide saturate 11g/ Carbohidrati 93g/ Zaharuri 9g/ Sare 5.6g/ Aditivi: betacaroten, colorant, acid lactic, guma guar/ Alergeni: gluten, lactoza, oua, susan
CROQUE MADAME 410G	paine toast 100g, oua 100g, cascaval 40g, jambon 60g, cartofi prajiti 150g/ Val. En. Kcal 1135/ Kj 4753/ Proteine 51g/ Lipide 75g/ Lipide saturate 19g/ Carbohidrati 63g/ Zaharuri 7g/ Sare 5.7g/ Aditivi: lactat de potasiu, acetat de sodiu, nitril de sodiu, difosfati, trifosfati/ Alergeni: gluten, oua, lactoza
CLUB SANDWICH CU PUI 470G	paine toast 100g, pasta din piept de pui 60g, salata verde, castraveti, bacon 45g, ou fierat, rosie, cartofi prajiti 150g/ Val. En. Kcal 878/ Kj 3677/ Proteine 40g/ Lipide 56g/ Lipide saturate 20g/ Carbohidrati 52g/ Zaharuri 6g/ Sare 2g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu, acetat de potasiu/ Alergeni: gluten, oua
SANDWICH ROVI'S CU PIEPT DE PUI 410G	paine proaspata facuta in casa 150g, branza delice, piept de pui la gratar 80g, rosii, salata rucola, sos de iaurt 30g, cartofi prajiti 150g/ Val. En. Kcal 1118/ Kj 4681/ Proteine 42g/ Lipide 56g/ Lipide saturate 11g/ Carbohidrati 107g/ Zaharuri 4g/ Sare 1.9g/ Alergeni: gluten, lactoza

BURGERS

BURGER VITA

MEGA CHEESE BURGER 700G	paine de casa cu seminte de susan 150g, carne de vita 200g, sos tartar 30g, salata verde, rosie proaspata 40g, castravete murat 30g, ceapa rosie, bacon 34g, sos de branza cedar 110g si cartofi prajiti cu parmezan 150g/ Val. En. Kcal 1920/ Kj 8002/ Proteine 70g/ Lipide 54g/ Lipide saturate 16g/ Carbohidrati 93g/ Zaharuri 15g/ Sare 3.5g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu, acetat de potasiu, betacaroten/ Alergeni: gluten, lactoza, oua, susan
DUBLU ROVI'S BURGER DE VITA 700G	paine de casa cu seminte de susan 150g, carne de vita 250g, sos tartar 70g, salata verde, rosie proaspata 40g, ceapa rosie, castravete murat 40g, bacon 45g, ou 50g, branza cedar 40g si cartofi prajiti cu parmezan 150g/ Val. En. Kcal 1772/ Kj 7416/ Proteine 89g/ Lipide 107g/ Lipide saturate 41g/ Carbohidrati 92g/ Zaharuri 7g/ Sare 4.3g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu, acetat de potasiu, betacaroten/ Alergeni: gluten, susan, oua, lactoza
ROVI'S BURGER DE VITA CU BRANZA 600G	paine de casa cu seminte de susan 150g, carne de vita 200g, sos tartar 30g, salata verde, rosie proaspata 40g, ceapa rosie, castravete murat 30g, branza cedar si cartofi prajiti cu parmezan 150g/ Val. En. Kcal 1571/ Kj 6576/ Proteine 76g/ Lipide 82g/ Lipide saturate 21g/ Carbohidrati 109g/ Zaharuri 6g/ Sare 3.4g/ Aditivi: acid lactic, acid citric, betacaroten/ Alergeni: gluten, susan, lactoza, oua
ROVI'S BURGER DE VITA 600G	paine de casa cu seminte de susan 150g, carne de vita 200g, sos tartar 30g, salata verde, rosie proaspata 40g, ceapa rosie, castravete murat 30g si cartofi prajiti cu parmezan 150g/ Val. En. Kcal 1488/ Kj 6230/ Proteine 71g/ Lipide 82g/ Lipide saturate 21g/ Carbohidrati 109g/ Zaharuri 5g/ Sare 2.9g/ Aditivi: betacaroten, acid lactic/ Alergeni: susan, lactoza, gluten, oua

BURGER PUI

BURGER CRISPY DE PUI 610G	paine de casa cu seminte de susan 150g, carne tocata de pui in invelis crocant 230g, sos tartar 40g, salata verde, branza cedar, ceapa caramelizata 30g, castravete murat 30g, gogosar murat, cartofi prajiti cu parmezan si usturoi 150g/ Val. En. Kcal 1234/ Kj 5167/ Proteine 80g/ Lipide 57g/ Lipide saturate 19g/ Carbohidrati 97g/ Zaharuri 16g/ Sare 3.6g/ Aditivi: betacaroten, acid lactic, acid citric/ Alergeni: oua, gluten, susan, lactoza
ROVI'S BURGER DE PUI CU BRANZA 600G	paine de casa cu seminte de susan 150g, carne tocata de pui 200g, sos de iaurt 30g, branza cedar, salata verde, rosie proaspata 40g, ceapa rosie, castravete murat 30g si cartofi prajiti cu parmezan 150g/ Val. En. Kcal 1381/ Kj 5781/ Proteine 63g/ Lipide 69g/ Lipide saturate 21g/ Carbohidrati 110g/ Zaharuri 6g/ Sare 3.4g/ Aditivi: betacaroten, colorant/ Aditivi: gluten, oua, lactoza, susan
ROVI'S BURGER DE PUI 550G	paine de casa cu seminte de susan 150g, carne tocata de pui 200g, sos de iaurt 30g, salata verde, rosie proaspata 40g, ceapa rosie, castravete murat 30g si cartofi prajiti cu parmezan 150g/ Val. En. Kcal 1298/ Kj 5435/ Proteine 58g/ Lipide 69g/ Lipide saturate 21g/ Carbohidrati 109g/ Zaharuri 5g/ Sare 3.4g/ Aditivi: 0/ Alergeni: gluten, susan, oua

PASTE

PASTE CU CREVETI 460G	unt 30g, creveti 150g, usturoi, ulei de masline, ardei iute, vin alb, patrunjel, spaghetti 150g/ Val. En. Kcal 1056/ Kj 4421/ Proteine 48g/ Lipide 55g/ Lipide saturate 20g/ Carbohidrati 83g/ Zaharuri 65g/ Sare 1.4g/ Aditivi: metilceluloza, polifosfati/ Alergeni: lactoza, oua, crustacee, sulfiti, gluten
SPAGHETTI ALFREDO CU PIEPT DE PUI 450G	spaghetti 150g, piept de pui 70g, bacon 30g, smantana 130g, ceapa, usturoi, parmezan/ Val. En. Kcal 1171/ Kj 4901/ Proteine 48g/ Lipide 70g/ Lipide saturate 39g/ Carbohidrati 86g/ Zaharuri 6g/ Sare 4g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu, acetat de potasiu, caragenan, lizozim/ Alergeni: gluten, oua, lactoza
SPAGHETTI MILANESE 450G	spaghetti 150g, bacon 60g, smantana 50g, sos de rosii 130g, usturoi, parmezan, ciuperci 50g/ Val. En. Kcal 1047/ Kj 4832/ Proteine 36g/ Lipide 58g/ Lipide saturate 33g/ Carbohidrati 95g/ Zaharuri 13g/ Sare 4.2g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu, acetat de potasiu, caragenan/ Alergeni: gluten, oua, lactoza
SPAGHETTI CARBONARA 350G	spaghetti 150g, bacon 60g, smantana 200g, ou 40g, parmezan/ Val. En. Kcal 1502/ Kj 6285/ Proteine 39g/ Lipide 107g/ Lipide saturate 63g/ Carbohidrati 87g/ Zaharuri 6g/ Sare 4.8g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu, acetat de potasiu, caragenan, lizozim/ Alergeni: gluten, oua, lactoza
PENNE QUATRO FORMAGGI 350G	penne 150g, smantana 130g, gorgonzola 30g, branza emmentaler 25g, parmezan/ Val. En. Kcal 1038/ Kj 4343/ Proteine 35g/ Lipide 59g/ Lipide saturate 38g/ Carbohidrati 91g/ Zaharuri 5g/ Sare 4g/ Aditivi: amidonacetilat, fosfat de gliamidon, polifosfati, fosfat de calciu, carbonat de sodiu/ Alergeni: gluten, oua, lactoza
TORTELLINI AL FORNO 500G	tortellini 150g, bacon 60g, ciuperci 50g, cascaval 50g, smantana 130g si sos de rosii / Val. En. Kcal 1233/ Kj 5160/ Proteine 39g/ Lipide 89g/ Lipide saturate 53g/ Carbohidrati 60g/ Zaharuri 6g/ Sare 3g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu, acetat de potasiu, caragenan/ Alergeni: gluten, oua, lactoza
TORTELLINI ALLA PANNA 400G	tortellini 150g, jambon 60g, ciuperci 50g, smantana 130g, parmezan, usturoi/ Val. En. Kcal 900/ Kj 3767/ Proteine 29g/ Lipide 57g/ Lipide saturate 30g/ Carbohidrati 60g/ Zaharuri 5g/ Sare 4.8g/ Aditivi: lactat de potasiu, acetat de sodiu, nitril de sodiu, difosfati, trifosfati, caragenan/ Alergeni: gluten, oua, lactoza

FRUCTE DE MARE

CREVETI CU USTUROI SI VIN 250G	unt 30g, creveti 200g, usturoi, ulei de masline, ardei iute, vin alb, patrunjel/ Val. En. Kcal 770/ Kj 3224/ Proteine 61g/ Lipide 53g/ Lipide saturate 20g/ Carbohidrati 5g/ Zaharuri 2g/ Sare 0.6g/ Aditivi: metilceluloza, polifosfati, sulfiti/ Alergeni: crustacee, sulfiti
PASTE CU CREVETI 460G	unt 30g, creveti 150g, usturoi, ulei de masline, ardei iute, vin alb, patrunjel, spaghetti 150g/ Val. En. Kcal 1056/ Kj 4421/ Proteine 48g/ Lipide 55g/ Lipide saturate 20g/ Carbohidrati 83g/ Zaharuri 65g/ Sare 1.4g/ Aditivi: metilceluloza, polifosfati, sulfiti/ Alergeni: gluten, oua, crustacee

FOOD

AMERICAN CHICKEN 550G	piept de pui cu invelis crocant 240g, cartofi prajiti 250g sau cartofii casei, sos de maioneza cu usturoi 80g/ Val. En. Kcal 1671/ Kj 6994/ Proteine 68g/ Lipide 70g/ Lipide saturate 12g/ Carbohidrati 187g/ Zaharuri 5g/ Sare 3.4/ Aditivi: intaritor de gust, acid acetic, colorant alimentar, benzonat de sodiu, acid lactic, acid citric, / Alergeni: mustar, gluten, oua, lactoza
PUI SHANGHAI 550G	piept de pui cu invelis crocant 240g, cartofi prajiti 250g sau cartofii casei, sos de maioneza cu usturoi 80g/ Val. En. Kcal 1415/ Kj 5922/ Proteine 60g/ Lipide 69g/ Lipide saturate 12g/ Carbohidrati 137g/ Zaharuri 6g/ Sare 5.2g/ Aditivi: emulgator, difosfati, acid acetic, benzonat de sodiu, acid lactic, acid citric/ Alergeni: gluten, oua, mustar, lactoza

PUI CRISPY (OPTIONAL PICANT) 550G	piept de pui cu invelis crocant 240g, cartofi prajiti 250g sau cartofii casei, sos de maioneza cu usturoi 80g/ Val. En. Kcal 1376/ KJ 5760/ Proteine 67g/ Lipide 69g/ Lipide saturate 12g/ Carbohidrati 130g/ Zaharuri 9g/ Sare 4.3g/ Aditivi: acid acetic, colorant alimentar, acid lactic, acid citric/ Alergeni: gluten, oua, mustar, lactoza
PLATOU DE BRANZETURI 550G	branza cu meucegai 40g, telemea 50g, parmezan 30g, cascaval 50g, mar 150g, struguri 120g, nuci 50g, branza brie 60g/ Val. En. Kcal 1192/ KJ 5407/ Proteine 56g/ Lipide 82g/ Lipide saturate 40g/ Carbohidrati 29g/ Zaharuri 24g/ Sare 4.3g/ Aditivi: stabilizator, lizozim/ Alergeni: lactoza, nuci
OUA OCHIURI CU BACON SI BRANZA / OMLETA 360G	oua ochiuri 100g cu bacon 80g si branza 80g, rosii 100g/ Val. En. Kcal 893/ KJ 3740/ Proteine 41g/ Lipide 77g/ Lipide saturate 44g/ Carbohidrati 8g/ Zaharuri 6g/ Sare 4.9g/ Aditivi: difosfati, trifosfati, acetat de sodiu, nitrit de sodiu, carbonat de sodiu, ascorbat de sodiu/ Alergeni: oua, lactoza
MAMALIGUTA CU BRANZA SMANTANA SI OU 600G	mamaliguta 300g cu branza 150g, smantana 120g si ou 50g/ Val. En. Kcal 1357/ KJ 5680/ Proteine 41g/ Lipide 76/ Lipide saturate 37g/ Carbohidrati 126g/ Zaharuri 7g/ Sare 2.5g/ Alergeni: lactoza, oua
CROCHETE DE CASCAVAL 250G	cascaval 200g, pesmet, 30g, ou 50g/ Val. En. Kcal 1164/ KJ 4872/ Proteine 89g/ Lipide 70g/ Lipide saturate 37g/ Carbohidrati/ 42g/ Zaharuri 3g/ Sare 4.5g/ Aditivi: lactoza, oua, gluten
SALATA DE VINETE 150G	vinete copate 150g, ceapa, maioneza/ Val. En. Kcal 319/ KJ 1336/ Proteine 4g/ Lipide 28g/ Lipide saturate 4g/ Carbohidrati 18g/ Zaharuri 12g/ Sare 1.5g/ Aditivi: acid lactic, acid citric/ Alergeni: lactoza, oua
PLATOU CALD (2 PERSOANE) 850G	carnat semiafumat 125g, pastama de porc 120g, pulpa de pui 100g, ficatei 100g, bacon 80g, cartofii casei 100g, muraturi 100g/ Val. En. Kcal 1196/ KJ 5006/ Proteine 97g/ Lipide 85g/ Lipide saturate 46g/ Carbohidrati 7g/ Zaharuri 1g/ Sare 4.7g/ Aditivi: ascorbat de sodiu, nitrit de sodiu, difosfat disodic, propinat de calciu/ Alergeni: oua, gluten
PLATOU RECE (2 PERSOANE) 760G	salata de vinete 130g, rosii cherry 100g, castraveti 40g, masline kalamata 30g, masline verzi 30g, ceapa rosie, branza telemea 80g, sunculita taraneasca 80g, slanina afumata 40g, jambon 80g/ Val. En. Kcal 540/ KJ 2260/ Proteine 54g/ Lipide 23g/ Lipide saturate 16g/ Carbohidrati 22g/ Zaharuri 13g/ Sare 7.7g/ Aditivi: lactat de potasiu, caragenan, trifosfati, conservant, nitrit de sodiu/ Alergeni: lactoza, oua

MEXICAN FOOD

QUESSADILLA CU PIEPT DE PUI 500G	tortilla 100g, piept de pui 70g, bacon 60g, cascaval 100g, verdeata, sos de iaurt 70g, cartofii casei 200g sau cartofi prajiti/ Val. En. Kcal 1601/ KJ 6701/ Proteine 73g/ Lipide 124g/ Lipide saturate 46g/ Carbohidrati 46g/ Zaharuri 5g/ Sare 4.8g/ Aditivi: glicerol, acid malic, propinat de calciu, sorbat de potasiu, difosfati, acetat de sodiu/ Alergeni: gluten, oua, lactoza
QUESSADILLA CU PULPA DE PUI 595G	tortilla 100g, pulpa de pui 150g, unt, ardei gras 90g, ardei iute, branza cedar 80g, ceapa, usturoi, sos de iaurt 70g, cartofi prajiti 200g sau cartofii casei/ Val. En. Kcal 1463/ KJ 6124/ Proteine 56g/ Lipide 117g/ Lipide saturate 42g/ Carbohidrati 48g/ Zaharuri 7g/ Sare 3.4g/ Aditivi: glicerol, acid malic, sorbat de potasiu, propinat de calciu, betacaroten/ Alergeni: gluten, oua, lactoza
QUESSADILLA CU MUSCHI DE VITA 585G	tortilla 100g, muschi de vita 130g, unt, ardei gras 90g, ardei iute, branza cedar 80g, ceapa, usturoi, sos de iaurt 70g, cartofi prajiti 200g saucartofii casei/ Val. En. Kcal 1307/ KJ 5473/ Proteine 62g/ Lipide 93g/ Lipide saturate 40g/ Carbohidrati 50g/ Zaharuri 8g/ Sare 3.5g/ Aditivi: glicerol, acid malic, propinat de calciu, sorbat de potasiu, betacaroten/ Alergeni: gluten, oua, lactoza
FAJITAS DE VITA 420G	cococi 150g, muschi de vita 180g, mozzarella, smantana 30g, salata verde 80g, ceapa, rosie 30g, ardei iute, castraveti 30g/ Val. En. Kcal 1176/ KJ 4924/ Proteine 59g/ Lipide 39g/ Lipide saturate 17g/ Carbohidrati 88g/ Zaharuri 3g/ Sare 1.1g/ Alergeni: gluten, lactoza
FAJITAS DE PUI 420G	cococi 150g, pulpa de pui 180g, ardei iute, castravete 30g, ceapa rosie 30g, ardei rosu 70g, rosii 30g, smantana 30g, salata verde 80g, mozzarella/ Val. En. Kcal 1013/ KJ 4241/ Proteine 47g/ Lipide 28g/ Lipide saturate 17g/ Carbohidrati 89g/ Zaharuri 4g/ Sare 1.1g/ Alergeni: gluten, lactoza

LA CEAUN

COCOSUL LA CEAUN CU MAMALIGUTA 800G	pui coquelet 500g, usturoi, vin alb, cimbru, mamaliguta 300g/ Val. En. Kcal 1533/ KJ 6418/ Proteine 105g/ Lipide 89g/ Lipide saturate 37g/ Carbohidrati 80g/ Zaharuri 1g/ Sare 1g/ Aditivi: acid acetic, colorant alimentar/ Alergeni: sulfiti, mustar, lactoza
PASTRAMA DE BERBECUT LA CEAUN CU MAMALIGUTA 550G	pastama de berbecut 250g, usturoi, vin alb, cimbru, mamaliguta 300g/ Val. En. Kcal 1126/ KJ 4712/ Proteine 62g/ Lipide 62g/ Lipide saturate 14g/ Carbohidrati 79g/ Zaharuri 1g/ Sare 1g/ Alergeni: sulfiti
PASTRAMA DE PORC LA CEAUN CU MAMALIGUTA 550G	pastrama din ceafa de porc 250g, usturoi, vin alb, cimbru, mamaliguta 300g/ Val. En. Kcal 1126/ KJ 4712/ Proteine 62g/ Lipide 62g/ Lipide saturate 14g/ Carbohidrati 79g/ Zaharuri 1g/ Sare 1g/ Alergeni: sulfiti

MANCARE TURCEASCA

ADANA KEBAP 650G	carne tocata de miel cu vita 280g, salata de ceapa si sumac 120g, sos esme 80g, bulgur 170g/ Val. En. Kcal 2144/ KJ 8975/ Proteine 106g/ Lipide 86g/ Lipide saturate 42g/ Carbohidrati 140g/ Zaharuri 12g/ Sare 5.2g/ Aditivi: acid citric, benzonat de sodiu, glutamat monosodic/ Alergeni: gluten
ADANA KEBAP IN LIPIE 650G	carne tocata de miel cu vita 280g, salata de ceapa cu rosii si sumac 120g, sos esme 30g, tortilla 100g, sos de iaurt 40g, cartofi prajiti cu parmezan si usturoi 150g/ Val. En. Kcal 2141/ KJ 8968/ Proteine 109g/ Lipide 117g/ Lipide saturate 46g/ Carbohidrati 166g/ Zaharuri 16g/ Sare 5.3g/ Aditivi: glicerol, acid malic, propinat de calciu, sorbat de potasiu, acid citric/ Alergeni: gluten, oua, lactoza

SALATE SPECIALE

SALATA CRISPY CHICKEN 430G	salata iceberg 140g, castraveti 40g, masline negre 30g, branza delice 60g, ceapa rosie, pui crispy 60g, rosii cherry 45g, sos de iaurt 70g, focacia 100g/ Val. En. Kcal 497/ KJ 2080/ Proteine 25g/ Lipide 22g/ Lipide saturate 12g/ Carbohidrati 52g/ Zaharuri 7g/ Sare 3.2g/ Aditivi: stabilizatori, agent de ingrosare, acid citric/ Alergeni: gluten, oua, lactoza
SALATA CHICKEN CROSTINI 380G	pastă din piept de pui 100g, salata verde 80g, castraveti 40g, rosii cherry 45g, paine prajita 50g, dressing vinegrete 40g/ Val. En. Kcal 532/ KJ 2228/ Proteine 37g/ Lipide 30g/ Lipide saturate 5g/ Carbohidrati 29g/ Zaharuri 7g/ Sare 1.9g/ Aditivi: acid lactic, acid citric, acid ascorbic, acid acetic, colorant alimentar, benzonat de sodiu/ Alergeni: gluten, mustar, oua, lactoza
SALATA CU VITA 400G	salata 60g, rucola, morcov, struguri 30g, parmesan 30g, gorgonzola, rosii cherry 45g, focacia 100g, dressing gorgonzola 70g/ Val. En. Kcal 931/ KJ 3898/ Proteine 67g/ Lipide 39g/ Lipide saturate 20g/ Carbohidrati 39g/ Zaharuri 5g/ Sare 5.7g/ Aditivi: stabilizator caragenan/ Alergeni: gluten, lactoza
SALATA DE PUI CU AVOCADO 430G	salata 75g, piept de pui 80g, branza delice 60g, avocado 70g, rosii cherry 45g, masline negre 30g, ceapa rosie, ou fiert 50g, crutoane 40g, dressing dulce acrisor 70g/ Val. En. Kcal 731/ KJ 3059/ Proteine 44g/ Lipide 36g/ Lipide saturate 14g/ Carbohidrati 16g/ Zaharuri 6g/ Sare 3.1g/ Aditivi: clorura de calciu, acid lactic/ Alergeni: gluten, lactoza, oua
SALATA CASEI 600G	salata 65g, rosii cherry 45g, castraveti 40g, ardei gras 40g, telemea 60g, jambon 40g, ou fiert 50g, masline negre 30g, focacia 100g, dressing de branza 70g/ Val. En. Kcal 648/ KJ 2711/ Proteine 37g/ Lipide 23g/ Lipide saturate 13g/ Carbohidrati 38g/ Zaharuri 5g/ Sare 4.6g/ Aditivi: lactat de potasiu, acetat de sodiu, nitrat de sodiu, gelifiant caragenan, difosfati, trifosfati, acid lactic/ Alergeni: gluten, oua, lactoza
SALATA CU TON 450G	salata 65g, ceapa rosie 30g, rosii cherry 45g, ton 80g, porumb 25g, focacia 100g, dressing vinegrete 70g/ Val. En. Kcal 446/ KJ 1866/ Proteine 31g/ Lipide 16g/ Lipide saturate 3g/ Carbohidrati 44g/ Zaharuri 11g/ Sare 1.2g/ Aditivi: acid acetic, benzonat de sodiu/ Alergeni: peste, gluten, mustar
SALATA CU SOMON SI BRANZA DELICE 400G	salata 70, rucola, rosii cherry 45g, branza delice 30g, masline negre 30g, somon afumat 70g, patrunjel, focacia 100g/ Val. En. Kcal 416/ KJ 1741/ Proteine 23g/ Lipide 15g/ Lipide saturate 6g/ Carbohidrati 39g/ Zaharuri 6g/ Sare 3g/ Aditivi: acid lactic, clorura de calciu, stabilizatori/ Alergeni: peste, lactoza, gluten
SALATA CU PUI 500G	salata 65g, rosii cherry 45g, ardei gras 25g, porumb 25g, piept de pui la gratar 70g, parmezan, ciuperci la gratar 40g, focacia 100g, dressing de branza 70g/ Val. En. Kcal 569/ KJ 2381/ Proteine 43g/ Lipide 11g/ Lipide saturate 5g/ Carbohidrati 44g/ Zaharuri 10g/ Sare 3.2g/ Aditivi: clorura de calciu, acid lactic/ Alergeni: gluten, lactoza
SALATA GRECEASCA 520G	salata 65g, rosii cherry 45g, castraveti 30g, ceapa rosie 30g, masline negre 30g, ardei 40g, branza delice 100g, oregano, focacia 100g, dressing vinegrete 70g/ Val. En. Kcal 503/ KJ 2106/ Proteine 20g/ Lipide 26g/ Lipide saturate 16g/ Carbohidrati 42g/ Zaharuri 10g/ Sare 4.1g/ Aditivi: stabilizatori, clorura de calciu, acid lactic, acid acetic, benzonat de sodiu/ Alergeni: gluten, lactoza, mustar

SALATA CAESAR CU PIEPT DE PUI 400G	salata iceberg 140g, rosii cherry 45g, piept de pui 70g, file de ansoa, dresing caesar 70g, masline negre 30g, crutoane 40g/ Val. En. Kcal 721/ Kj 3019/ Proteine 36g/ Lipide 50g/ Lipide saturate 9g/ Carbohidrati 31g/ Zaharuri 6g/ Sare 4.8g/ Aditivi: acid acetic, benzonat de sodiu, acid lactic, acid citric, lizozim/ Alergeni: peste, gluten, oua, lactoza
SALATA DE LEGUME LA GRATAR 520G	anghinare 60g, ardei gras copt 40g, ardei capia copt 40g, dovlecei copti 25g, mozzarella 50g, salata rucola, salata verde 70g, vinete coapte 25g, verdeata, ulei de masline, ciuperci la gratar 60g, sos pesto 50g, focacia 100g/ Val. En. Kcal 765/ Kj 3204/ Proteine 20g/ Lipide 45g/ Lipide saturate 16g/ Carbohidrati 18g/ Zaharuri 6g/ Sare 4g/ Aditivi: acid lactic/ Alergeni: lactoza, gluten
SALATA CU RUCOLA SI ROSII CHERRY 200G	rucola 60g, rosii cherry 90g, lamaie 20g, ulei de masline, focacia 100g/ Val. En. Kcal 267/ Kj 1119/ Proteine 6g/ Lipide 11g/ Lipide saturate 2g/ Carbohidrati 37g/ Zaharuri 6g/ Sare 0.3g/ Alergeni: gluten
SALATA RUCOLA CU ROSII CHERRY SI PARMESAN 300G	rucola 60g, rosii cherry 45g parmezan 40g, lamaie 20g, ulei de masline, focacia 100g/ Val. En. Kcal 423/ Kj 1771/ Proteine 21g/ Lipide 22/ Lipide saturate 9g/ Carbohidrati 36g/ Zaharuri 5g/ Sare 5.9g/ Aditivi: lizozim/ Alergeni: gluten, lactoza

DRESING

BRANZA 70G	branza, smantana, iaurt, marar/ Val. En. Kcal 153/ Kj 642/ Proteine 5.6g/ Lipide 12.5g/ Lipide saturate 8.2g/ Carbohidrati 2.7g/ Zaharuri 2g/ Sare 0.9g/ Aditivi: acid citric, citrat de sodiu, citrat de calciu/ Alergeni: lactoza
IAURT 70G	iaurt, usturoi, smantana, marar, ulei de masline/ 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
VINEGRETTE 70G	ulei de masline, mustar, condimente/ Val. En. Kcal 284/ Kj 1190/ Proteine 0.4g/ Lipide 29.8g/ Lipide saturate 4.3g/ Carbohidrati 3.7g/ Zaharuri 3.2g/ Sare 1.8g/ Aditivi: acid acetic, benzonat de sodiu/ Alergeni: mustar
CAESAR 70G	maioneza, file de ansoa, parmezan, usturoi, patrunjel/ Val. En. Kcal 363/ Kj 1518/ Proteine 4.6g/ Lipide 36.9g/ Lipide saturate 6.4g/ Carbohidrati 1.2g/ Zaharuri 1.1g/ Sare 2.2g/ Aditivi: acid lactic, acid citric, lizozim/ Alergeni: peste, oua lactoza
GORGONZOLA 70 G	smantana, iaurt, branza gorgonzola, ulei de masline, marar/ Val. En. Kcal 162/ Kj 691/ Proteine 6g/ Lipide 13.5g/ Lipide saturate 9g/ Carbohidrati 2.9g/ Zaharuri 2.4g/ Sare 1g/ Aditivi: acid citric, citrat de sodiu, citrat de calciu/ Alergeni: lactoza
DULCE-ACRISOR 70G	ulei de masline, miere, zeama de lamaie/ Val. En. Kcal 271/ Kj 1081/ Proteine 0.3g/ Lipide 28.7g/ Lipide saturate 3.9g/ Carbohidrati 3.2g/ Zaharuri 4g/ Sare 1.8g

MENIU DE POST

OREZ CU LEGUME 450G	orez 100g, ceapa 40g, usturoi, ardei 80g, rosie 70g, dovlecel 40g, ciabatta 150g si muraturi 100g/ Val. En. Kcal 962/ Kj 4028/ Proteine 22g/ Lipide 19g/ Lipide saturate 3g/ Carbohidrati 169g/ Zaharuri 9g/ Sare 2.8g/ Alergeni: gluten
OREZ CU CIUPERCI 400G	orez 100g, ciuperci 50g, ceapa 40g, usturoi, ciabatta 150g si muraturi 100g/ Val. En. Kcal 936/ Kj 3919/ Proteine 21g/ Lipide 18g/ Lipide saturate 3g/ Carbohidrati 163g/ Zaharuri 4g/ Sare 2.8g/ Alergeni: gluten
SOTE DE CIUPERCI CU MAMALIGUTA 550G	ciuperci 250g, ceapa 40g, ardei 40g, usturoi, marar, mamaliguta 300g/ Val. En. Kcal 525/ Kj 2196/ Proteine 13g/ Lipide 11g/ Lipide saturate 2g/ Carbohidrati 94g/ Zaharuri 10g/ Sare 1g
PASTE CU SOS ROSU SI CIUPERCI (OPTIONAL PICANTE) 400G	spaghetti 200g, sos de rosii 150g, ceapa 40g, sos pesto, ciuperci 50g, patrunjel/ Val. En. Kcal 498/ Kj 2084/ Proteine 14g/ Lipide 17g/ Lipide saturate 3g/ Carbohidrati 71g/ Zaharuri 13g/ Sare 1.6g/ Aditivi: conservant, lizozim/ Alergeni: gluten, lactoza
TOCANITA DE LEGUME CU MAMALIGUTA 470G	ciuperci 50g, dovlecel 40g, cartofi 100g, fasole verde 30g, ceapa 40g, usturoi, ardei 80g, sos de rosii 150g, vinete 40g, mamaliguta 300g/ Val. En. Kcal 673/ Kj 2816/ Proteine 4g/ Lipide 10g/ Lipide saturate 1g/ Carbohidrati 14g/ Zaharuri 8g

CHINESE FOOD

TERIYAKI CU PUI 400G	piept de pui 180g, morcov 30g, dovlecel 30g, ardei rosu 40g, paste de orez 100g, sos de soia, sos sweet chilli 30g, ulei de susan, seminte de susan, ceapa rosie/ Val. En. Kcal 808/ Kj 3369/ Proteine 61g/ Lipide 35g/ Lipide saturate 6g/ Carbohidrati 29g/ Zaharuri 5g/ Sare 3.1g/ Aditivi: hemiceluloza soia, agent ingrosare, stabilizator, agent de incarcare, conservant, indulcitor/ Alergeni: soia, susan, gluten
TERIYAKI CU VITA 370G	muschi de vita 180g, morcov 30g, dovlecel 30g, ardei rosu 40g, paste de orez 100g, sos de soia, sos sweet chilli 30g, seminte de susan, ceapa rosie, ulei de susan/ Val. En. Kcal 960/ Kj 4017/ Proteine 52g/ Lipide 56g/ Lipide saturate 15g/ Carbohidrati 29g/ Zaharuri 5g/ Sare 3.1g/ Aditivi: hemiceluloza soia, agent ingrosare, stabilizator, agent de incarcare, conservant, indulcitor/ Alergeni: soia, susan, gluten
PUI DULCE ACRISOR 420G	piept de pui 180g, bambus 30g, ananas 30g, castravete 30g, ardei rosu 40g, paste de orez 100g, sos de soia 40g, sirop de zahar 30g, ulei de susan, seminte de susan/ Val. En. Kcal 873/ Kj 3656/ Proteine 59g/ Lipide 26g/ Lipide saturate 5g/ Carbohidrati 29g/ Zaharuri 5g/ Sare 0.3g/ Aditivi: hemiceluloza soia, agent ingrosare, stabilizator, agent de incarcare, conservant, indulcitor/ Alergeni: soia, susan, gluten
PUI CU URECHI DE LEMN 510G	piept de pui 180g, morcov 30g, dovlecel 30g, ardei rosu 40g, sos de soia, sos sweet chilli 30g, ulei de susan, seminte de susan, urechi de lemn 60g, orez 150g/ Val. En. Kcal 1048/ Kj 4385/ Proteine 66g/ Lipide 53g/ Lipide saturate 9g/ Carbohidrati 71g/ Zaharuri 18g/ Sare 4.3g/ Aditivi: hemiceluloza soia, agent ingrosare, stabilizator, agent de incarcare, conservant, indulcitor/ Alergeni: soia, susan, gluten

GARNITURI

PIURE CU TRUFE 200G	cartofi 190g, lapte 30g, unt, pasta de trufe/ Val. En. Kcal 292/ Kj 1222/ Proteine 6g/ Lipide 15g/ Lipide saturate 10g/ Carbohidrati 37g/ Zaharuri 5g/ Sare 1g/ Aditivi: stabilizatori/ Alergeni: lactoza
OREZ CU TRUFE	orez 200g, pasta de trufe/ Val. En. Kcal 579/ Kj 2423/ Proteine 12g/ Lipide 23g/ Lipide saturate 4g/ Carbohidrati 79g/ Zaharuri 5g/ Sare 1g/ Aditivi: stabilizatori/ Alergeni: gluten, lactoza
CARTOFI CARBONARA 250G	cartofi 150g, bacon 40g, vin alb, smantana 80g, ou 50g, parmezan, baby spanac/ Val. En. Kcal 831/ Kj 3478/ Proteine 21g/ Lipide 69g/ Lipide saturate 38g/ Carbohidrati 33g/ Zaharuri 3g/ Sare 2.5g/ Aditivi: difosfati, trifosfati, acetat de sodiu, nitrat de sodiu, carbonat de sodiu, ascorbat de sodiu/ Alergeni: lactoza, oua, sulfiti
BROCOLI 200G	brocoli 200g, unt/ Val. En. Kcal 281/ Kj 1177/ Proteine 6g/ Lipide 25g/ Lipide saturate 16g/ Carbohidrati 14g/ Zaharuri 3g/ Alergeni: lactoza
LEGUME MEXICANE 240G	mazare 40g, fasole verde 40g, morcov baby 40g, conopida 40g, ardei rosu 40g, porumb 40g, unt/ Val. En. Kcal 477/ Kj 1996/ Proteine 11g/ Lipide 35g/ Lipide saturate 21g/ Carbohidrati 30g/ Zaharuri 18g/ Sare 1.8g/ Alergeni: lactoza
SPARANGHEL LA GRATAR 120G	sparanghel 120g, sare de mare/ Val. En. Kcal 65/ Kj 273/ Proteine 3g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 5g/ Zaharuri 2g/ Sare 1g
CARTOFI PRAJITI CU PARMESAN SI USTUROI 200G	cartofi prajiti pai 200g, parmezan, usturoi, patrunjel/ Val. En. Kcal 299/ Kj 1253/ Proteine 10g/ Lipide 4g/ Lipide saturate 3g/ Carbohidrati 35g/ Zaharuri 2g/ Sare 2.6g/ Aditivi: lizozim/ Alergeni: lactoza
CARTOFI LA CUPTOR CU SMANTANA SI CASCAVAL 350G	cartofi 200g, smantana 80g, lapte 80g, usturoi/ Val. En. Kcal 432/ Kj 1808/ Proteine 12g/ Lipide 26g/ Lipide saturate 17g/ Carbohidrati 43g/ Zaharuri 5g/ Sare 1.3g/ Aditivi: stabilizator, caragenan/ Alergeni: lactoza
CARTOFI PRAJITI 200G	cartofi prajiti 200g- ulei/ Val. En. Kcal 563/ Kj 2357/ Proteine 4g/ Lipide 46g/ Lipide saturate 7g/ Carbohidrati 34g/ Zaharuri 2g/ Sare 1g
CARTOFI PIURE 200G	cartofi 200g, lapte, unt/ Val. En. Kcal 292/ Kj 1222/ Proteine 6g/ Lipide 15g/ Lipide saturate 10g/ Carbohidrati 37g/ Zaharuri 5g/ Sare 1g/ Alergeni: lactoza
CARTOFI NATURE 200G	cartofi fierti 200g / Val. En. Kcal 193/ Kj 808/ Proteine 4g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 34g/ Zaharuri 2g/ Sare 0.5g/ Alergeni: lactoza
CARTOFI TARANESTI 310G	cartofi 250g, bacon 30g, ceapa 40g, usturoi, condimente/ 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/ Alergeni:0
CARTOFII CASEI 250G	cartofi fierti 200g, sos bechamel, fulgi de cartofi/ 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
VARZA CALITA 300G	varza 200g, ceapa 30g, sos de rosii 30g, ulei de floarea soarelui, slanina, porc/ Val. En. Kcal 209/ Kj 873/ Proteine 6g/ Lipide 11g/ Lipide saturate 2g/ Carbohidrati 15g/ Zaharuri 7g/ Sare 2.4g/ Aditivi: ascorbat de sodiu, citrat de sodiu, nitrat de sodiu/ Alergeni:0
OREZ SALBATIC 120G	orez 120g, unt, parmezan/ Val. En. Kcal 318/ Kj 1331/ Proteine 4g/ Lipide 18g/ Lipide saturate 11g/ Carbohidrati 36g/ Zaharuri 0g/ Sare 1g/ Aditivi: lizozim/ Alergeni: lactoza, gluten

OREZ SIMPLU 120G	orez 120g, ceapa 30g/ Val. En. Kcal 579/ Kj 2423/ Proteine 12g/ Lipide 23g/ Lipide saturate 4g/ Carbohidrati 79g/ Zaharuri 5g/ Sare 1g/ Alergeni: gluten
OREZ CU LEGUME 300G	orez 200g, dovlecel 30g, ardei rosu capia 30g, ceapa, rosie 30g/ Val. En. Kcal 127/ Kj 530/ Proteine 3g/ Lipide 10g/ Lipide saturate 1g/ Carbohidrati 9g/ Zaharuri 5g/ Alergeni: gluten
LEGUME LA GRATAR 220G	ciuperci 55g, vanata 55g, dovlecel 55g, ardei 55g/ Val. En. Kcal 127/ Kj 530/ Proteine 3g/ Lipide 10g/ Lipide saturate 1g/ Carbohidrati 9g/ Zaharuri 5g
IAHNIE DE FASOLE 300G	fasole 230g, ceapa 30g, morcov 30g, sos de rosii 30g, slanina porc/ 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, nitrif de sodi

PAINÉ

MAMALIGUTA 300G	malai 100g, apa, ulei/ Val. En. Kcal 249/ Kj 1261/ Proteine 7g/ Lipide 1g/ Lipide saturate 0g/ Carbohidrati 79g/ Zaharuri 1g/ Sare 0.5g
FOCACIA 300G	faina 120g, oregano, ulei de masline/ Val. En. Kcal 551/ Kj 2566/ Proteine 17g/ Lipide 6g/ Lipide saturate 1g/ Carbohidrati 129g/ Zaharuri 1g/ Sare 1.2g/ Alergeni: gluten
FOCACIA CU BRANZA 350G	faina 100g, mozzarella 70g/ Val. En. Kcal 961/ Kj 4022/ Proteine 39g/ Lipide 29g/ Lipide saturate 23g/ Carbohidrati 131g/ Zaharuri 2g/ Sare 1.2g/ Alergeni: gluten, lactoza
COCOCI TARANESTI 150G	faina 100g, apa/ Val. En. Kcal 350/ Kj 1084/ Proteine 9g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 74g/ Zaharuri 0g/ Sare 2g/ Alergeni: gluten
CIABATTA (PAINÉ DE CASA) 150G	faina 100g, ulei de masline/ Val. En. Kcal 450/ Kj 1884/ Proteine 11g/ Lipide 6g/ Lipide saturate 1g/ Carbohidrati 84g/ Zaharuri 0g/ Sare 3g/ Alergeni: gluten
FOCACIA CU PARMEZAN 330G	faina 120g, parmezan 60g, ulei de masline/ Val. En. Kcal 868/ Kj 3634/ Proteine 36g/ Lipide 20g/ Lipide saturate 10g/ Carbohidrati 131g/ Zaharuri 1g/ Sare 8.2g/ Aditivi: lizozim/ Alergeni: gluten, lactoza

PREPARATE GRATAR

COCOSÉ DE PADURE LA GRATAR CU MAMALIGUTA	pui coquelet 500g, mamaliguta 300g/ Val. En. Kcal 1296/ Kj 5425/ Proteine 108g/ Lipide 44g/ Lipide saturate 30g/ Carbohidrati 119g/ Zaharuri 2g/ Sare 1.1g/ Aditivi: acid acetic, benzonat de sodiu/ Alergeni: lactoza, mustar
T- BONE 400-500G	unt, T-bone 400-500g, o bucata de vitel reprezentata de un os in forma literei 'T' marginit de doua bucati de carne de buna calitate cu textura diferita/ Val. En. Kcal 1107/ Kj 4634/ Proteine 108g/ Lipide 72g/ Lipide saturate 27g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.8g/ Alergeni: lactoza
PIEPT DE PUI 250G	Val. En. Kcal 410/ Kj 1716/ Proteine 78g/ Lipide 9g/ Lipide saturate 3g/ Carbohidrati 1g/ Zaharuri 0g/ Sare 0.5g
PIEPT DE PUI MARINAT 250G	Pentru un plus de savoare si fragezime, noi am pregatit un amestec natural care accentueaza gustul delicios al carni de pui, activand papilele cu note uoare de foaje de dafin, cimbru si boia dulce/ Val. En. Kcal 430/ Kj 1816/ Proteine 78g/ Lipide 10g/ Lipide saturate 4g/ Carbohidrati 1g/ Zaharuri 0g/ Sare 0.5g./ Aditivi: acid acetic, benzonat de sodiu/ Alergeni: lactoza, mustar
PULPE DE PUI DEZOSATE 250G	Val. En. Kcal 388/ Kj 1622/ Proteine 49g/ Lipide 21g/ Lipide saturate 15g/ Carbohidrati 1g/ Zaharuri 0g/ Sare 0.5g
FRIGARUI DE PUI 310G	piept de pui 200g, ardei rosu 40g, ardei verde 40g, ceapa rosie 35g/ Val. En. Kcal 433/ Kj 1814/ Proteine 78g/ Lipide 9g/ Lipide saturate 3g/ Carbohidrati 5g/ Zaharuri 4g/ Sare 0.5g
CEAFA DE PORC 250G	Val. En. Kcal 563/ Kj 2355/ Proteine 61g/ Lipide 36g/ Lipide saturate 20g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.5g
PASTRAMA DE PORC 250G	Val. En. Kcal 580/ Kj 2320/ Proteine 37g/ Lipide 37g/ Lipide saturate 20g/ Carbohidrati 0g/ Zaharuri 1g/ Sare 0.5/ Alergeni: sulfiti
MUSCHULET DE PORC 250G	Val. En. Kcal 265/ Kj 1190/ Proteine 45g/ Lipide 8g/ Lipide saturate 3g/ Carbohidrati 4g/ Zaharuri 4g/ Sare 1.9g
CARNATI MACELARESTI 250G	Val. En. Kcal 750/ Kj 3140/ Proteine 30g/ Lipide 68g/ Lipide saturate 23g/ Carbohidrati 5g/ Zaharuri 0g/ Sare 3.3g/ Aditivi: ascorbat de sodiu, acetat de sodiu, nitrif de sodiu
MUSCHI DE VITA 250G	Val. En. Kcal 625/ Kj 2616/ Proteine 65g/ Lipide 38g/ Lipide saturate 15g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.5g/ Alergeni: lactoza
PASTRAMA DE BERBECUT 250G CU MAMALIGUTA 300G	Val. En. Kcal 888/ Kj 3719/ Proteine 65g/ Lipide 16g/ Lipide saturate 7g/ Carbohidrati 118g/ Zaharuri 1g/ Sare 1g/ Alergeni: sulfiti
COTLET DE BERBECUT LA GRATAR 300G	Val. En. Kcal 441 / Kj 1846/ Proteine 66g/ Lipide 18g/ Lipide saturate 8g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.5g
FICATEI DE PUI LA GRATAR 250G	Val. En. Kcal 430/ Kj 1800/ Proteine 65g/ Lipide 16g/ Lipide saturate 13g/ Carbohidrati 3g/ Zaharuri 0g/ Sare 0.4g

PENTRU CA PREPARATELE NOASTRE SA AIBA O SAVOARE CAT MAI INTENSA, VA RECOMANDAM SA ASEZONATI CU SOSURILE SPECIALE :

SOS BBQ 70G	mustar, sos de rosii, coliadru, sos worcester, cimbru, sos de soia/ Val. En. Kcal 60/ Kj 251/ Proteine 1g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 10g/ Zaharuri 8g/ Sare 0.7g/ Aditivi: sorbat de potasiu, benzonat de sodiu, acid citric, acid ascorbic, acid acetic, glutamat monosodic, hemiceluloza soia, agent ingrosare, stabilizatori/ Alergeni: soia, mustar
MUSTAR 70G	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 70G	iaurt, smantana, ulei de masline, marar, usturoi/ 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 70G	maioneza, capere, castraveti murati, ceapa/ 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
SOS DE MAIONEZA CU USTUROI 70G	maioneza 60g, 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
MUJDEI DE USTUROI 70G	usturoi, ulei/ Val. En. Kcal 55/ Kj 563/ Proteine 2g/ Lipide 1g/ Lipide saturate 1g/ Carbohidrati 13g/ Zaharuri 0g/ Sare 0.2
LUTICA 150G	rosii coapte 100, ardei capia copt 40g, usturoi, ulei/ Val. En. Kcal 202/ Kj 846/ Proteine 6g/ Lipide 10g/ Lipide saturate 2g/ Carbohidrati 25g/ Zaharuri 18g/ Sare 0.5g
SOS GORGONZOLA 120G	smantana, branza cu mucegai, cascaval, parmezan/ Val. En. Kcal 486/ Kj 1959/ Proteine 8g/ Lipide 47g/ Lipide saturate 31g/ Carbohidrati 6g/ Zaharuri 1g/ Sare 0.9g/ Aditivi: stabilizator caragenan, lizozim/ Alergeni: lactoza
CEAPA CARAMELIZATA 30G	ceapa rosie/ Val. En. Kcal 135/ Kj 566/ Proteine 1g/ Lipide 8g/ Lipide saturate 5g/ Carbohidrati 13g/ Zaharuri 13g/ Sare 0.3g/ Alergeni: sulfiti

SALATE

SALATA ASORTATA DE VARA CU ROSII CHERRY 250G	rosii cherry 150g, castraveti 50g, ardei gras verde 50g, ceapa alba 40g, verdeata/ Val. En. Kcal 42/ Kj 177/ Proteine 2g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 9g/ Zaharuri 7g/ Sare 0.1g
SALATA VERDE CU LAMAIE 100G	salata verde 50g, castraveti 30g, marar, masline, rosii 30g/ Val. En. Kcal 54/ Kj 225/ Proteine 3g/ Lipide 3g/ Lipide saturate 0g/ Carbohidrati 7g/ Zaharuri 3g/ Sare 0.7g/ Aditivi: stabilizatori
SALATA DE ARDEI COPTI 180G	ardei capia rosu copt 180g/ Val. En. Kcal 80/ Kj 335/ Proteine 4g/ Lipide 1g/ Lipide saturate 0g/ Carbohidrati 18g/ Zaharuri 10g/ Sare 1g

SALAT DE VARZA ALBA 200G	varza alba150, morcov 50g, marar/ Val. En. Kcal 99/ Kj 415/ Proteine 3g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 8g/ Zaharuri 4g/ Sare 1g
SFECLA CU SFECLA ROSIE SI SOS DE HREAN 150G	sfecla rosie 150g/ Val. En. Kcal 67/ Kj 282/ Proteine 2g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 15g/ Zaharuri 11g/ Sare 0.3g
SALATA DE MURATURI 180G	muraturi asortate in saramura 180g, in fuctie de sezon/ Val. En. Kcal 36/ Kj 151/ Proteine 2g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 8g/ Zaharuri 4g/ Sare 2.9g
SALATA DE VARZA CU MAIONEZA 250G	varza alba 150g, morcov 40g, maioneza 30g,ceapa rosie, partunjel, ulei de masline/ Val. En. Kcal 258/ Kj 1082/ Proteine 3g/ Lipide 23g/ Lipide saturate 4g/ Carbohidrati 8g/ Zaharuri 5g/ Sare 0.5g / Aditivi: acid lactic, acid citric/ Alergeni: oua

PREPARATE GATITE DE PUI

PUI ROVIS 330G	piept de pui 180g, usturoi, ceapa, vin alb, smantana 100g, crema de branza 60g, rosii cherry 50g/ Val. En. Kcal 1470/ Kj 6154/ Proteine 62g/ Lipide 127g/ Lipide saturate 63g/ Carbohidrati 10g/ Zaharuri 2g/ Sare 0.5g/ Aditivi: stabilizator caragenan/ Alergeni: lactoza, sulfiti
PUI FLORENTIN CU SPANAC 320G	piept de pui 180g, usturoi, smantana 120g, baby spanac, parmezan/ Val. En. Kcal 1045/ Kj 4376/ Proteine 61g/ Lipide 75g/ Lipide saturate 31g/ Carbohidrati 10g/ Zaharuri 1g/ Sare 1.6g/ Aditivi: lizozim, stabilizator caragenan/ Alergeni: lactoza, sulfiti
PIEPT DE PUI UMPLUT CU PASTA DE BRANZA SI SPANAC 270G	piept de pui 150g, pasta de branza 70g, spanac 50g/ Val. En. Kcal 443/ Kj 1853/ Proteine 53g/ Lipide 21g/ Lipide saturate 11g/ Carbohidrati 4g/ Zaharuri 1g/ Sare 2g/ Aditivi: clorura de calciu, acid lactic/ Alergeni: gluten, lactoza, oua
SNITEL DE PUI 180G	piept de pui 150g, sos bechamel 30, pesmet/ 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
CIULAMA DE PUI CU CIUPERCI SI MAMALIGUTA 650G	piept de pui 150g, ciuperci 50g, faina 30g, ulei, mamaliguta 300g/ Val. En. Kcal 1116/ Kj 4671/ Proteine 56g/ Lipide 45g/ Lipide saturate 8g/ Carbohidrati 32g/ Zaharuri 5g/ Sare 2g/ Alergeni: gluten
PUI CU SMANTANA SI CIUPERCI 450G	piept de pui 150g, sos de smantana 150g, ciuperci 50g/ Val. En. Kcal 972/ Kj 4068/ Proteine 57g/ Lipide 74g/ Lipide saturate 34g/ Carbohidrati 15g/ Zaharuri 5g/ Sare 2.6g/ Aditivi: stabilizator/ Alergeni: lactoza, sulfiti
PUI CU SOS GORGONZOLA 350G	piept de pui 180g, sos gorgonzola170g/ Val. En. Kcal 915/ Kj 3831/ Proteine 73g/ Lipide 65g/ Lipide saturate 40g/ Carbohidrati 8g/ Zaharuri 2g/ Sare 4.2g/ Aditivi: stabilizator caragenan/ Alergeni: lactoza
TIGAIIE ROVI 'S OPTIONAL PICANTA 350G	piept de pui 180g, ardei 100g, morcov 40g, usturoi/ Val. En. Kcal 504/ Kj 2111/ Proteine 57g/ Lipide 25g/ Lipide saturate 5g/ Carbohidrati 9g/ Zaharuri 5g/ Sare 0.3g
RULADA DE PUI CU SOS GORGONZOLA 370G	piept de pui 180g, parmezan, gogosari, castraveti murati, mozzarella 50g, branza cu mucegai, smantana dulce 100g/ Val. En. Kcal 974/ Kj 4076/ Proteine 79g/ Lipide 68g/ Lipide saturate 47g/ Carbohidrati 10g/ Zaharuri 3g/ Sare 2.7g/ Aditivi: stabilizator caragenan, lizozim/ Alergeni: lactoza

PREPARATE GATITE DE PORC

SNITEL DE PORC 180G	muschiulet de porc 150g, sos bechamel 30, pesmet/ 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
SARMALUTE CU MAMALIGUTA 500G	carne tocata de porc 120g, varza murata 100g, mamaliguta 300g/ 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
TOCHITURA CU MAMALIGUTA 700G	ceafa de porc 180g, cabanos 80g, ou 50g, branza 40g, mamaliguta 300g, sos de rosii 100g/ Val. En. Kcal 1324/ Kj 5544/ Proteine 65g/ Lipide 50g/ Lipide saturate 21g/ Carbohidrati 11g/ Zaharuri 4g/ Sare 2.3g/ Aditivi:difosfati, acetat de sodiu, ascorbat de sodiu/ Alergeni: oua, lactoza
POMANA PORCULUI CU MAMALIGUTA 500G	ceafa de porc 200g, condimente, mamaliguta 300g/ Val. En. Kcal 1221/ Kj 5132/ Proteine 80g/ Lipide 62g/ Lipide saturate 27g/ Carbohidrati 83g/ Zaharuri 1g/ Sare 1.1g
CARNATI MACELARESTI CU IAHNIE DE FASOLE 400G	carnati macelaresti 200g, iahnie de fasole200g/ Val. En. Kcal 852/ Kj 3566/ Proteine 35g/ Lipide 63g/ Lipide saturate 19g/ Carbohidrati 28g/ Zaharuri 17g/ Sare 4.3g/ Aditivi: ascorbat de sodiu, acetat de sodiu, nitrat de sodiu
CARNATI MACELARESTI CU VARZA CALITA 400G	carnati macelaresti 200g, varza calita 200g/ Val. En. Kcal 686/ Kj 2872/ Proteine 27g/ Lipide 59g/ Lipide saturate 19g/ Carbohidrati 10g/ Zaharuri 3g/ Sare 5.2g/ Aditivi: ascorbat de sodiu, acetat de sodiu, nitrat de sodiu

ROVI'S RIBS

COASTA DE VITEL LA GRATAR 450G	coasta de vitel/ Val. En. Kcal 1150/ Kj 5233/ Proteine 130g/ Lipide 75g/ Lipide saturate 30g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.9g
COASTA DE PORC CU SOS BBQ SI CARTOFI CU PARMEZAN 1189G	coasta de porc in sos bbq 600g, cartofi cu parmezan 200g, salata de varza cu maioneza 200g, muraturi 40g/ Val. En. Kcal 1457/ Kj 6393/ Proteine 73g/ Lipide 97g/ Lipide saturate 35g/ Carbohidrati 56g/ Zaharuri 18g/ Sare 2.8g/ Aditivi: sorbat de potasiu, benzonat de sodiu, acid citric, acid ascorbic, acid acetic, hemiceluloza soia, agent ingrosare/ Alergeni: mustar, soia, lactoza
COASTA DE PORC CU SOS BBQ 550G	coasta de porc in sos bbq 550g/ Val. En. Kcal 1228/ Kj 5140/ Proteine 63g/ Lipide 93g/ Lipide saturate 32g/ Carbohidrati 21g/ Zaharuri 16g/ Sare 2.1g/ Aditivi: sorbat de potasiu, benzonat de sodiu, acid citric, acid ascorbic, acid acetic, hemiceluloza soia, agent ingrosare/ Alergeni: mustar, soia
COASTA DE PORC LA GRATAR 400G	coasta de porc/ Val. En. Kcal 1108/ Kj 4638/ Proteine 60g/ Lipide 92g/ Lipide saturate 32g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.8g/ Alergeni: sulfiti

PREPARATE GATITE DE VITA

MUSCHI DE VITA CU SOS DE MASLINE VERZI 400G	muschi de vita 200g, ardei verde 40g, ardei rosu 40g, ciuperci 50g, morcov 30g, mozzarella 30g, masline verzi 30g/ Val. En. Kcal 1152/ Kj 4822/ Proteine 56g/ Lipide 84g/ Lipide saturate 36g/ Carbohidrati 11g/ Zaharuri 6g/ Sare 1.4g/ Alergeni: lactoza, sulfiti
MUSCHI DE VITA CU SOS GORGONZOLA 450G	muschi de vita 250, sos gorgonzola 200g/ Val. En. Kcal 1191/ Kj 4985/ Proteine 84g/ Lipide 90g/ Lipide saturate 50g/ Carbohidrati 7g/ Zaharuri 2g/ Sare 5.1g/ Aditivi: stabilizator caragenan, lizozim/ Alergeni: lactoza
MUSCHI DE VITA CU SOS DE PIPER 550G	muschi de vita 200g, morcov 30g, ceapa 40g, usturoi, smantana 150g, piper/ Val. En. Kcal 1070/ Kj 4478/ Proteine 56g/ Lipide 85g/ Lipide saturate 46g/ Carbohidrati 12g/ Zaharuri 5g/ Sare 1g/ Aditivi: stabilizator caragenan/ Alergeni: lactoza, sulfiti

PREPARATE GATITE DE OAIIE

COTLET DE BERBECUT IN CRUSTA DE NUCA 350G	cotlet de berbecut 300g, ulei de masline, ou 50g, miez de nuca 70g/ Val. En. Kcal 2584/ Kj 10817/ Proteine 94g/ Lipide 208g/ Lipide saturate 34g/ Carbohidrati 83g/ Zaharuri g/ Sare 1.9g/ Alergeni: gluten, oua
PASTRAMA DE BERBECUT 250G CU MAMALIGUTA 300G	Val. En. Kcal 888/ Kj 3719/ Proteine 65g/ Lipide 16g/ Lipide saturate 7g/ Carbohidrati 118g/ Zaharuri 1g/ Sare 1g/ Alergeni: sulfiti

PREPARATE GATITE DE PESTE

PASTRAV PRAJIT CU MAMALIGUTA 550G	file pastrav 200g, malai, mamaliguta 300g/ Val. En. Kcal 983/ Kj 4113/ Proteine 68g/ Lipide 18g/ Lipide saturate 3g/ Carbohidrati 141g/ Zaharuri 2g/ Sare 0.8g/ Alergeni: peste
SALAU LA CUPTOR CU SPARANGHEL 390G	salau 200g, ardei rosu 80g, morcov 50g, lamaie, sparanghel 120g/ Val. En. Kcal 232/ Kj 970/ Proteine 37g/ Lipide 2g/ Lipide saturate 1g/ Carbohidrati 17g/ Zaharuri 9g/ Sare 0.9g/ Alergeni: peste
DORADA LA CUPTOR 350G	lamaie, usturoi, ulei de masline/ Val. En. Kcal 508/ Kj 2128/ Proteine 74g/ Lipide 23g/ Lipide saturate 4g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.4g/ Alergeni: peste
DORADA LA GRATAR 350G	dorada/ Val. En. Kcal 385/ Kj 1612/ Proteine 74g/ Lipide 10g/ Lipide saturate 2g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.4g/ Alergeni: peste
SALAU PANE 250G	salau 200g, sos bechamel 50g/ 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
SARAMURA DE CRAP CU MAMALIGUTA 500G	crap file 250g, ardei iute, ardei gras, rosie, ceapa, usturoi, verdeata, mamaliguta 300g/ Val. En. Kcal 873/ Kj 3656/ Proteine 64g/ Lipide 27g/ Lipide saturate 5g/ Carbohidrati 98g/ Zaharuri 11g/ Sare 0.4g/ Alergeni: peste
SOMON LA GRATAR 250G	somon file/ Val. En. Kcal 358/ Kj 1496/ Proteine 75g/ Lipide 3g/ Lipide saturate 3g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.3g/ Alergeni: peste
SOMON CU SOS DE LAMAIE 300G	somon file, lamaie, smantana, verdeata/ Val. En. Kcal 1069/ Kj 4476/ Proteine 78g/ Lipide 80g/ Lipide saturate 56g/ Carbohidrati 5g/ Zaharuri 1g/ Sare 1.5g/ Aditivi: stabilizator caragenan/ Alergeni: peste, lactoza
SALAU LA GRATAR 200G	Val. En. Kcal 162/ Kj 678/ Proteine 37g/ Lipide 1g/ Lipide saturate 0g/ Carbohidrati 0g/ Zaharuri 0g/ Sare 0.3g/ Alergeni: peste

ITALIAN PIZZA 32 CM

HELLEN BEEF 680G	blat 300g, carne tocata de vita 200g, cascaval 100g, sos de rosii 40g, ceapa, ardei rosu 40g, usturoi, rosii cherry 45g, baby spanac/ Val. En. Kcal 1612/ Kj 6750/ Proteine 109g/ Lipide 66g/ Lipide saturate 30g/ Carbohidrati 137g/ Zaharuri 4g/ Sare 3.6g/ Aditivi: lactat de calciu/ Alergeni: gluten, lactoza
MARGHERITA 440G	blat 300g, sos de rosii 40g, mozzarella 120g/ Val. En. Kcal 1030/ Kj 4311/ Proteine 44g/ Lipide 33g/ Lipide saturate 28g/ Carbohidrati 134g/ Zaharuri 3g/ Sare 1.3g/ Alergeni: gluten, lactoza
BIANCA 550G	blat 300g, gorgonzola 35g, mozzarella 120g, jambon 80g, ciuperci 40g/ Val. En. Kcal 1291/ Kj 5403/ Proteine 66g/ Lipide 52g/ Lipide saturate 41g/ Carbohidrati 135g/ Zaharuri 4g/ Sare 3.9g/ Aditivi: stabilizator caragenan, lactat de potasiu, acetat de sodiu, trifosfati/ Alergeni: gluten, lactoza
CAPRICIOSA 550G	blat 300g, sos de rosii 40g, mozzarella 120g, jambon 80g, ciuperci 60g/ Val. En. Kcal 1130/ Kj 4729/ Proteine 60g/ Lipide 36g/ Lipide saturate 28g/ Carbohidrati 137g/ Zaharuri 6g/ Sare 3.3g/ Aditivi: lactat de potasiu, nitrit de sodiu, trifosfati/ Alergeni: gluten, lactoza
PROSCIUTTO CRUDO 540G	blat 300g, sos de rosii 40g, mozzarella 120g, prosciutto crudo 50g, ciuperci 50g, parmezan 60g/ Val. En. Kcal 1198/ Kj 5015/ Proteine 63g/ Lipide 42g/ Lipide saturate 32g/ Carbohidrati 137g/ Zaharuri 5g/ Sare 5.6g/ Aditivi: lizozim/ Alergeni: gluten, lactoza
QUATTRO STAGIONI 600G	blat 300g, sos de rosii 40g, mozzarella 120g, salam 30g, carnati 30g, masline, ciuperci 30g, gogosari, ceapa, porumb, piept de pui 30g/ Val. En. Kcal 1349/ Kj 5646/ Proteine 66g/ Lipide 53g/ Lipide saturate 34g/ Lipide saturate 49g/ Carbohidrati 141g/ Zaharuri 4g/ Sare 1.3g/ Aditivi: nitrit de sodiu, ascorbat de sodiu, acid ascorbic, difosfati/ Alergeni: gluten, lactoza
DIAVOLA 540G	blat 300g, sos de rosii 40g, mozzarella 120g, salam picant 70g, ardei iute, usturoi/ Val. En. Kcal 1136/ Kj 4754/ Proteine 58g/ Lipide 35g/ Lipide saturate 28g/ Carbohidrati 142g/ Zaharuri 5g/ Sare 3.1g/ Aditivi: difosfati, acetat de sodiu, nitrit de sodiu/ Alergeni: gluten, lactoza
DEL PAESANO 570G	blat 300g, sos de rosii 40g, mozzarella 120g, sunculita taraneasca 60g, carnati 60g, gogosari murati 30g/ Val. En. Kcal 1271/ Kj 5321/ Proteine 65g/ Lipide 46g/ Lipide saturate 32g/ Carbohidrati 137g/ Zaharuri 5g/ Sare 3.9g/ Aditivi: acid ascorbic, caragenan, lactat de potasiu, trifosfati, regulator de aciditate/ Alergeni: gluten, lactoza
DELLA CASSA 630G	blat 300g, sos de rosii 40g, mozzarella 120g, jambon 40g, salam 40g, ciuperci 50g, masline 30g, porumb 30g, ardei gras/ Val. En. Kcal 1321/ Kj 5530/ Proteine 61g/ Lipide 54g/ Lipide saturate 33g/ Carbohidrati 146g/ Zaharuri 10g/ Sare 4.8g/ Aditivi: lactat de potasiu, acetat de sodiu, nitrit de sodiu, trifosfati/ Alergeni: gluten, lactoza
CALZONE 490G	blat 300g, sos de rosii 40g, mozzarella 120g, jambon 70g, ciuperci 40g/ Val. En. Kcal 1176/ Kj 4923/ Proteine 68g/ Lipide 38g/ Lipide saturate 19g/ Carbohidrati 136g/ Zaharuri 3g/ Sare 5g/ Aditivi: lactat de potasiu, acetat de sodiu, nitrit de sodiu, trifosfati/ Alergeni: gluten, lactoza
ALL TONNO 620G	blat 300g, sos de rosii 40g, mozzarella 120g, ton 150g, ceapa rosie 50g, masline 30g/ Val. En. Kcal 1298/ Kj 5433/ Proteine 90g/ Lipide 38g/ Lipide saturate 29g/ Carbohidrati 139g/ Zaharuri 7g/ Sare 3.3g/ Aditivi: stabilizator/ Alergeni: gluten, lactoza, peste
POLLO 540G	blat 300g, sos de rosii 40g, mozzarella 120g, piept de pui la gratar 90g, ciuperci 60g/ Val. En. Kcal 1193/ Kj 4992/ Proteine 73g/ Lipide 37g/ Lipide saturate 28g/ Carbohidrati 136g/ Zaharuri 5g/ Sare 1.4g/ Alergeni: gluten, lactoza
ROVI'S 760G	blat 300g, sos de rosii 40g, mozzarella 120g, sunculita taraneasca 70g, rosii cherry 45g, masline 30g, branza delice 60g, branza dulce 40g, rucola/ Val. En. Kcal 1521/ Kj 6369/ Proteine 77g/ Lipide 72g/ Lipide saturate 49g/ Carbohidrati 141g/ Zaharuri 8g/ Sare 4.3g/ Aditivi: regulator de aciditate, lactat de potasiu, trifosfati, nitrit de sodiu/ Alergeni: gluten, lactoza
QUATTRO FORMAGGI 500G	blat 300g, smantana 40g, gorgonzola 35g, parmezan 20g, mozzarella 120g/ Val. En. Kcal 1337/ Kj 5599/ Proteine 59g/ Lipide 63g/ Lipide saturate 47g/ Carbohidrati 134g/ Zaharuri 2g/ Sare 4.6g/ Aditivi: conservant, lizozim, stabilizator caragenan/ Alergeni: gluten, lactoza
VEGETARIANA DE POST 641G	blat 300g, sos de rosii 40g, mozzarella vegetala 120g, ciuperci 40g, ardei 30g, ceapa 40g, porumb 30g, vinete 80g, dovlecel 60g/ Val. En. Kcal 1117/ Kj 4677/ Proteine 48g/ Lipide 34g/ Lipide saturate 28g/ Carbohidrati 152g/ Zaharuri 16g/ Sare 1.3g/ Aditivi: regulator de aciditate/ Alergeni: gluten, soia
VEGETARIANA 610G	blat 300g, sos de rosii 40g, mozzarella 120g, ciuperci 40g, ceapa 40g, ardei gras 30g, dovlecel 60g, porumb 30g, vinete 80g/ Val. En. Kcal 1117/ Kj 4677/ Proteine 48g/ Lipide 34g/ Lipide saturate 28g/ Carbohidrati 152g/ Zaharuri 16g/ Sare 1.3g/ Aditivi: regulator de aciditate/ Alergeni: gluten, lactoza
CHORIZO 570G	blat 300g, sos de rosii 40g, salam chorizo 70g, mozzarella 120g, masline 30g/ Val. En. Kcal 1383/ Kj 5789/ Proteine 61g/ Lipide 63g/ Lipide saturate 38g/ Carbohidrati 137g/ Zaharuri 3g/ Sare 4.5g/ Aditivi: ascorbat de sodiu, eritorbat de sodiu, nitrit de sodiu/ Alergeni: gluten, lactoza
PESTO 550G	blat 300g, mozzarella 120g, piept de pui la gratar 90g, sos pesto 30g, ciuperci 50g/ Val. En. Kcal 1273/ Kj 5331/ Proteine 74g/ Lipide 46g/ Lipide saturate 30g/ Carbohidrati 134g/ Zaharuri 3g/ Sare 2.5g/ Aditivi: 0/ Alergeni: gluten, lactoza
SICILIANA 570G	blat 300g, sos de rosii 40g, mozzarella 120g, carnati 60g, bacon 50g, ceapa rosie 40g/ Val. En. Kcal 1420/ Kj 5945/ Proteine 60g/ Lipide 64g/ Lipide saturate 47g/ Carbohidrati 136g/ Zaharuri 6g/ Sare 3.4g/ Aditivi: difosfati, acetat de sodiu, nitrat de sodiu, acid ascorbic, ascorbat de sodiu, propinat de calciu/ Alergeni: gluten, lactoza
TEXAS 570G	blat 300g, sos de rosii 40g, mozzarella 120g, ciuperci 50g, bacon 80g, porumb 20g/ Val. En. Kcal 1386/ Kj 5803/ Proteine 56g/ Lipide 65g/ Lipide saturate 52g/ Carbohidrati 140g/ Zaharuri 8g/ Sare 3.3g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu, acetat de potasiu/ Alergeni: gluten, lactoza
RUCOLA SI PROSCIUTTO CRUDO 625G	blat 300g, sos de rosii 40g, mozzarella 120g, rucola 35g, rosii cherry 80g, prosciutto crudo 50g, parmezan 20g/ Val. En. Kcal 1213/ Kj 5076/ Proteine 64g/ Lipide 42g/ Lipide saturate 32g/ Carbohidrati 114g/ Zaharuri 7g/ Sare 5.6g/ Aditivi: conservant, lizozim, regulator de aciditate/ Alergeni: gluten, lactoza
RUCOLA SI ROSII CHERRY 600G	blat 300g, sos de rosii 40g, mozzarella 120g, gorgonzola 35g, parmezan, salata rucola 25g, rosii cherry 80g/ Val. En. Kcal 1254/ Kj 5251/ Proteine 60g/ Lipide 49g/ Lipide saturate 40g/ Carbohidrati 140g/ Zaharuri 4g/ Sare 4.6g/ Aditivi: stabilizator caragenan, regulator de aciditate/ Alergeni: gluten, lactoza
SOS DE ROSII DULCE/PICANT	Val. En. Kcal 19/ Kj 99/ Proteine 1g/ Lipide 0.2g/ Lipide saturate g/ Carbohidrati 3.5g/ Zaharuri 3.5g/ Sare 0.2g/ Aditivi: regulator de aciditate
KETCHUP DULCE/PICANT	Val. En. Kcal 66/ Kj 321/ Proteine 0.8g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 17g/ Zaharuri 14g/ Sare 1.9g/ Aditivi: sorbat de potasiu, benzonat de sodiu, acid citric

CIORBE SI SUPE

CIORBA DE FASOLE CU AFUMATURA 480G	fasole alba 46g, ceapa 40g, ardei, morcov 30g, telina, suc de rosii 40g, costița de porc afumata 60g, verdeata/ Val. En. Kcal 472/ Kj 1975/ Proteine 27g/ Lipide 28g/ Lipide saturate 10g/ Carbohidrati 22g/ Zaharuri 15g/ Sare 0.3g/ Aditivi: difosfat disodic, propinat de calciu, citrat de sodiu/ Alergeni: telina
CIORBA DE BURTA 480G	ceapa, morcov, telina, usturoi, smantana 80g, ou 30g, burta de vita 80g, otet, gogosari/ 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 VACUTA 480G	ceapa 40g, morcov, ardei, ou, bors 30g, teaca verde, mazare, cartofi 40g, rasol de vita 80g, verdeata/ 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 PERISOARE 480G	ceapa 40g, ou, zeama de varza 40g, ardei, morcov 40g, telina, sos de rosii 40g, orez, carne tocata de porc 100g, verdeata/ 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 480G	ceapa30g, ardei, morcov, telina, zeama de varza 80g, taietei, suc de rosii 100g, carne de gaina 100g/ 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 CURCAN 480G	morcov, ceapa 30g, ardei, telina, suc de rosii 100g, zeama de varza 80g, ou, taietei, carne de curcan 100g/ 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
SUPA CU GALUSTE 480G	supa de pui 350g, gris, ou, telina, morcov 25g, ardei 25g, verdeata/ Val. En. Kcal 581/ KJ 2432/ Proteine 29g/ Lipide 11g/ Lipide saturate 3g/ Carbohidrati 88g/ Zaharuri 12g/ Sare 1.2g/ Alergeni: gluten, oua, telina
SUPA DE PUI 480G	piept de pui 80g, telina, morcov, ardei, taietei, supa de pui 350g/ Val. En. Kcal 336/ KJ 1406/ Proteine 36g/ Lipide 7g/ Lipide saturate 2g/ Carbohidrati 30g/ Zaharuri 8g/ Sare 1.2g/ Alergeni: telina, gluten, oua
SUPA CU TAIETEI 480G	taietei 25g, morcov, telina, ardei, supa de pui 350g / Val. En. Kcal 227/ KJ 1158/ Proteine 13g/ Lipide 5g/ Lipide saturate 1g/ Carbohidrati 44g/ Zaharuri 8g/ Sare 1.1g/ Alergeni: oua, gluten, telina
SMANTANA 70G	Val. En. Kcal 187/ KJ 782/ Proteine 2g/ Lipide 16g/ Lipide saturate 9g/ Carbohidrati 2g/ Zaharuri 1g/ Sare 0.1g
ARDEI MURAT 20G	Val. En. Kcal 5/ KJ 21/ Proteine 0g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 1g/ Zaharuri 1/ Sare 0.3g
ARDEI PROASPAT 20G	Val. En. Kcal 5/ KJ 21/ Proteine 0g/ Lipide 0g/ Lipide saturate 0g/ Carbohidrati 1g/ Zaharuri 1g/ Sare 0.3g

DESERT

LAVA CAKE 155G	ciocolata, lapte, oua,inghetata 30g (produs congelat)/ Val. En. Kcal 449/ KJ 1878/ Proteine 8g/ Lipide 24g/ Lipide saturate 8g/ Carbohidrati 52g/ Zaharuri 35g/ Sare 1.3g/ Aditivi: acidifiant, agent de ingrosare, corector de aciditate, caragenan/ Alergeni: oua, gluten, soia, lactoza, arahide
TIRAMISU 200G	piscoturi 100g, frisca 40g, oua 30g, mascarpone30g, cafea, lichior amaretto disaronno/ Val. En. Kcal 448/ KJ 1876/ Proteine 7g/ Lipide 28g/ Lipide saturate 19g/ Carbohidrati 40g/ Zaharuri 40g/ Sare 0.2g/ Aditivi: corector de aciditate, sorbitol, hidroxipropil, celuloza/ Alergeni: oua, lactoza, gluten
CLATITE CU BANANE 300G	faina 100g, oua 50g, lapte 30g, unt, zahar 30g, smantana 100g, banana 100g/ Val. En. Kcal 1072/ KJ 4486/ Proteine 15g/ Lipide 72g/ Lipide saturate 45g/ Carbohidrati 103g/ Zaharuri 48g/ Sare 0.2g/ Aditivi: caragenan/ Alergeni: gluten, oua, lactoza
CLATITE CU INGHEATATA, CIOCOLATA SI NUCI 300G	faina 100g, oua 50g, lapte 30g, ciocolata 40g, nuci 30g, inghetata de vanilie 35g/ Val. En. Kcal 827/ KJ 3462/ Proteine 16g/ Lipide 53g/ Lipide saturate 37g/ Carbohidrati 77g/ Zaharuri 46g/ Sare 0.2g/ Aditivi:/ Aditivi: stabilizator, colorant, arome/ Alergeni: gluten, oua, lactoza, nuci, soia, arahide
PAPANASI CU DULCEATA DE AFINE 250G	faina 100g, oua 30g, branza dulce 30g, zahar, smantana 60g dulceata afine 70g/ Val. En. Kcal 652/ KJ 2727 Proteine 14g/ Lipide 26g/ Lipide saturate 12g/ Carbohidrati 85g/ Zaharuri 60g/ Sare 0.2g/ Aditivi: conservant, acid citric, agent gelatinizant/ Alergeni: gluten, oua, lactoza
PAPANASI CU CIOCOLATA 250G	faina 100g, oua 30g, branza dulce30g, zahar, fineti 70g/ Val. En. Kcal 838/ KJ 3510/ Proteine 16g/ Lipide 50g/ Lipide saturate 40g/ Carbohidrati 74g/ Zaharuri 51g/ Sare 0.2g/ Alergeni: gluten, oua, lactoza, arahide, soia
INGHEATATA (5 CUPE) 175G	Val. En. Kcal 362/ KJ 1516/ Proteine 6g/ Lipide 19g/ Lipide saturate 12g/ Carbohidrati 42g/ Zaharuri 37g/ Sare 0.4g/ Aditivi: stabilizatori, caragenan, colorant, arome de vanilie/ Alergeni: lactoza, oua
INGHEATATA (ICUPA) 40G	Val. En. Kcal 83/ KJ 347/ Proteine 1g/ Lipide 4g/ Lipide saturate 3g/ Carbohidrati 10g/ Zaharuri 8g/ Sare 0.1g/ Aditivi: stabilizatori, caragenan, colorant, arome de vanilie/ Alergeni: lactoza, oua

IN ATENTIA CONSUMATORILOR



UNELE PRODUSE DIN MENIUL NOSTRU POT CONTINE ALERGENI. IN CAZUL IN CARE SUNTETI INTOLERANT / ALERGIC LA UN INGREDIENT, INAINTE DE A COMANDA ORICE PREPARAT DIN MENIUL NOSTRU CONSULTATI LISTA CU INGREDIENTELE CONTINUTE DE PREPARATE SI / SAU INTREBATI PERSONALUL UNITATII.

I. CEREALE CARE CONTIN GLUTEN (ADICA GRAU, SECARA, ORZ, OVAZ, GRAU SPELT, GRAU MARE SAU HIBRIZI AI ACESTORA);

2. CRUSTACEE SI PRODUSE DERIVATE;

3. OUA SI PRODUSE DERIVATE;

4. PESTE SI PRODUSE DERIVATE;

5. ARAHIDE SI PRODUSE DERIVATE;

6. SOIA SI PRODUSE DERIVATE;

7. LAPTE SI PRODUSE DERIVATE (INCLUSIVE LACTOZA);

8. FRUCTE CU COAJA, ADICA MIGDALE (AMYGDALUS COMMUNIS L.), ALONE DE PADURE (CORYLUS AVELLANA), NUCI (JUGLANS REGIA), ANACARDE (ANACARDIUM OCCIDENTALE), NUCI PECAN (CARYA ILLINOIENSIS(WANGENH.) K.KOCH), NUCI DE BRAZILIA (BERTHOLLETIA EXCELSA), FISTIC (PISTACIA VERA), NUCI DE MACADAMIA SI NUCI OUEENSLAND (MACADAMIA TERNIFOLIA) SI PRODUSE DERIVATE;

9. TELINA SI PRODUSE DERIVATE;

10. MUSTAR SI PRODUSE DERIVATE;

II. SEMINTE DE SUSAN SI PRODUSE DERIVATE;

12. DIOXID DE SULF SI SULFITI IN CONCENTRATII DE PESTE 10 MG/LITRU;

13. LUPIN SI PRODUSE DERIVATE;

14. MOLUSTE SI PRODUSE DERIVATE.