

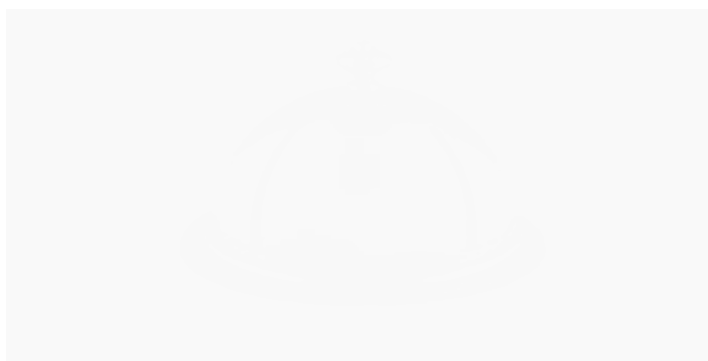
Lista alergenii

Alergenii din alimente se pot încadra conform Directivei CE 2000-13, în următoarele grupe:

1. Cereale care conțin gluten (grâu, secară, orz, ovăz, grâu spelt, grâu mare sau hibrizi ai acestora) și produse derivate
2. Crustacee și produse derivate
3. Oua și produse derivate
4. Peste și produse derivate
5. Arahide și produse derivate
6. Soia și produse derivate
7. Lapte și produse derivate (inclusiv lactoză)
8. Fructe cu coajă (migdale, alune de pădure, nuci, nuci Pecan, nuci de Brazilia, fistic, nuci de macadamia și nuci de Queensland) și produse derivate
9. Telina și produse derivate
10. Mustar și produse derivate
11. Seminte de susan și produse derivate
12. Dioxid de sulf și sulfiti în concentrații de peste 10 mg/kg sau 10 mg/litru
13. Lupin și produse derivate
14. Moluste și produse derivate

BORS DE STURION

32.00 lei



Ingrediente o portie de 350g :

sturion crud 120g, bors 100g, morcov crud 50g, ardei gras rosu 50g, telina radacina 50g, apio 20g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	63.46	222.1
Energie Kj	265.51	929.26
Grasimi	2.02g	7.08g
din care acizi grasi saturati	0.6g	2.11g
Glucide	5.08g	17.79g
din care zaharuri	2.4g	8.39g
Fibre	1.31g	4.59g
Proteine	6.42g	22.47g
Sare	0.23g	0.79g

Alergeni

Telina,

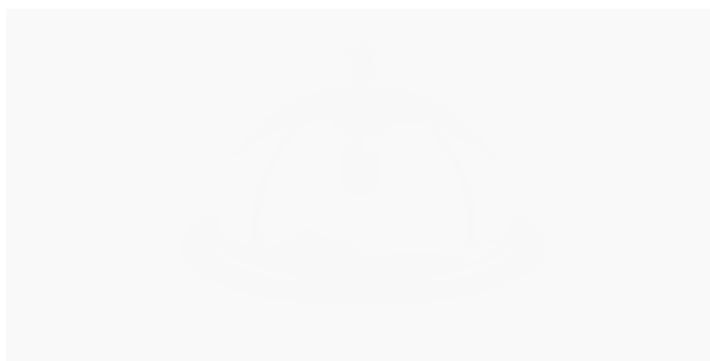
Peste

Aditivi

-

BRANZA PICANTA- TIROKAFTERI

26.00 lei



Ingrediente o portie de 150g :

BRANZA FETA [LAPTE de oaie si capra pasteurizat, sare, cheag, culturi lactice selectionate] 150g, ardei 10g, rozmarinuscat 2g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	301.88	452.82
Energie Kj	1263.06	1894.59
Grasimi	23.71g	35.57g
din care acizi grasi saturati	12.91g	19.36g
Glucide	4.19g	6.29g
din care zaharuri	3.2g	4.8g
Fibre	0.69g	1.03g
Proteine	81.13g	121.69g
Sare	28g	42g

Alergeni

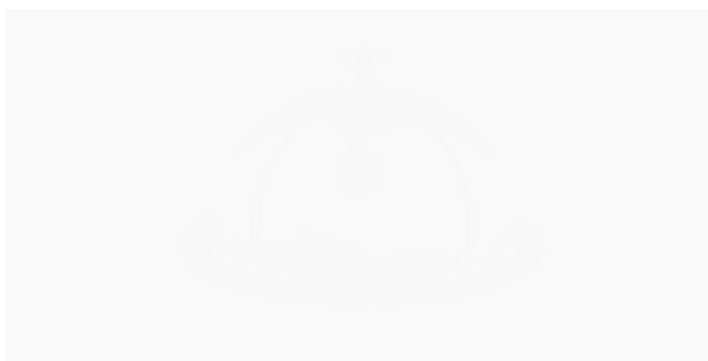
Lapte,

Aditivi

-

CALAMARI LA GRATAR

54.00 lei



Ingrediente o portie de 200g :

CALAMARI intregi fara piele 250g, ulei masline extra virgin 5g, lamaie 2g, oregano uscat 1g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	110.97	221.93
Energie Kj	464.29	928.55
Grasimi	3.44g	6.88g
din care acizi grasi saturati	0.71g	1.41g
Glucide	0.56g	1.13g
din care zaharuri	0.05g	0.09g
Fibre	0.25g	0.49g
Proteine	19.43g	38.86g
Sare	1g	2g

Alergeni

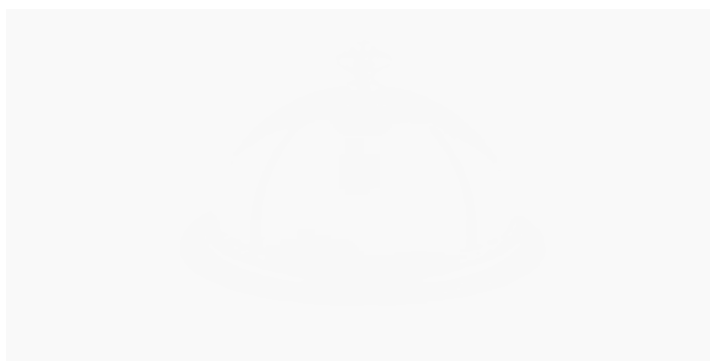
Moluste,

Aditivi

-

CALAMARI PANE

54.00 lei



Ingrediente o portie de 250g :

CALAMARI intregi fara piele 250g, **OUA** proaspete, categoria A, clasa M (53-63g) 60g, ulei rafinat din floarea soarelui 50g, pesmet [Faina de grau, drojdie, sare, ulei de palmier, glucoza] 50g, faina de grau alba superioara macinata, 30g, mustar [apă, oțet, boabe de muștar, zahăr, sare, condimente] 20g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	393.44	983.6
Energie Kj	1646.15	4115.38
Grasimi	22.59g	56.48g
din care acizi grasi saturati	3.09g	7.72g
Glucide	24.5g	61.25g
din care zaharuri	1.12g	2.79g
Fibre	0.4g	0.99g
Proteine	22.69g	56.72g
Sare	1.3g	3.26g

Alergeni

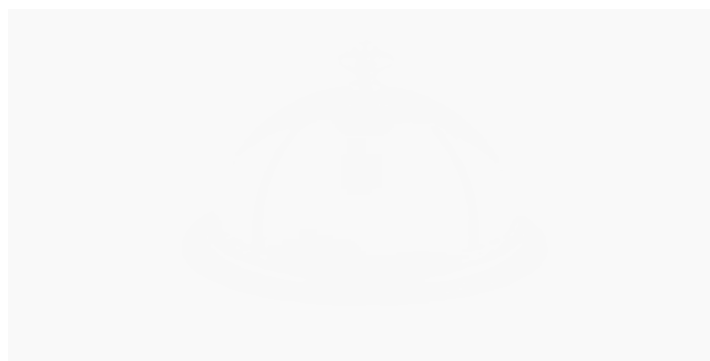
Moluste
Mustar
Gluten
Oua,

Aditivi

-

CALAMARI PICANTI

54.00 lei



Ingrediente o portie de 200g :

CALAMARI intregi fara piele 250g, sos de rosii 100g, vin alb sec 50g, afine rosii de padure merisoare [100% afine rosii] 20g, sos chilli [Apa, pasta de ardei 20% (ardei si gogosari, sare, amidon modificat, agent de ingrosare (guma de xantan, acidifiant (acid citric), dextroza, otet, zahar, amidon modificat, condimente ardei chili (0.9%) agent de ingrosare (guma de xantan), aroma 10g, ulei masline extra virgin 5g, ardei iute tocat 2g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	157.46	314.92
Energie Kj	658.81	1317.62
Grasimi	3.48g	6.95g
din care acizi grasi saturati	0.7g	1.39g
Glucide	6.57g	13.13g
din care zaharuri	3.37g	6.74g
Fibre	0.93g	1.85g
Proteine	20.32g	40.63g
Sare	1.82g	3.64g

Alergeni

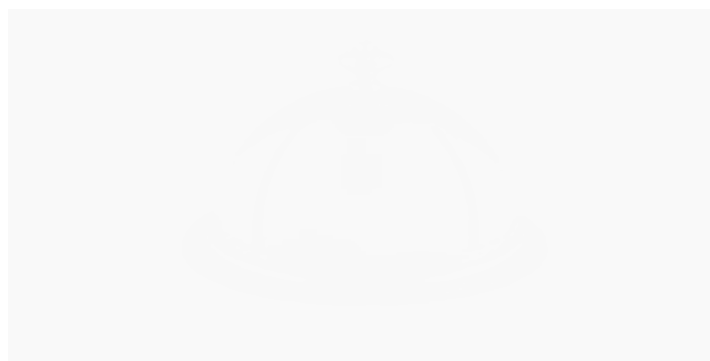
Moluste
Lapte
Gluten,

Aditivi

Conservant: E202
Agent de ingrosare: E415
Corector de aciditate: E330

CALAMARI PRAJITI

54.00 lei



Ingrediente o portie de 200g :

CALAMARI intregi fara piele 250g, **OUA** proaspete, categoria A, clasa M (53-63g) 60g, ulei rafinat din floarea soarelui 50g, faina de grau alba superioara macinata, 50g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	422.5	845
Energie Kj	1767.74	3535.48
Grasimi	27.18g	54.36g
din care acizi grasi saturati	3.65g	7.3g
Glucide	18.43g	36.87g
din care zaharuri	0.23g	0.47g
Fibre	0.33g	0.65g
Proteine	25.73g	51.46g
Sare	1.11g	2.21g

Alergeni

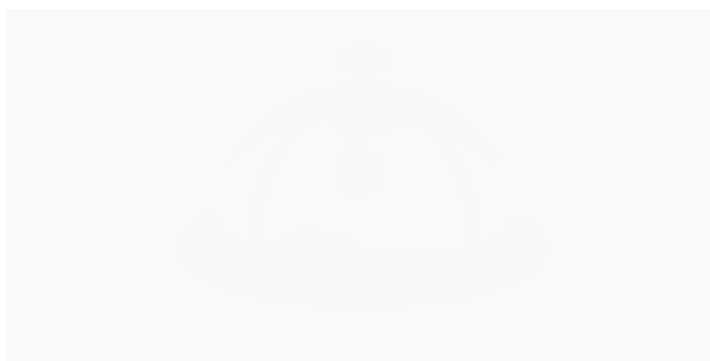
Moluste
Oua
Gluten,

Aditivi

-

CALAMARI UMPLUT CU BRANZA

58.00 lei



Ingrediente o portie de 300g :

CALAMARI intregi fara piele 200g, **BRANZA** 100g, rosii 30g, ulei masline extra virgin 5g, oregano uscat 1g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	186.42	559.25
Energie Kj	779.98	2339.90
Grasimi	12.03g	36.08g
din care acizi grasi saturati	5.99g	17.97g
Glucide	2.35g	7.06g
din care zaharuri	1.17g	3.52g
Fibre	0.26g	0.79g
Proteine	17.25g	51.75g
Sare	1.29g	3.86g

Alergeni

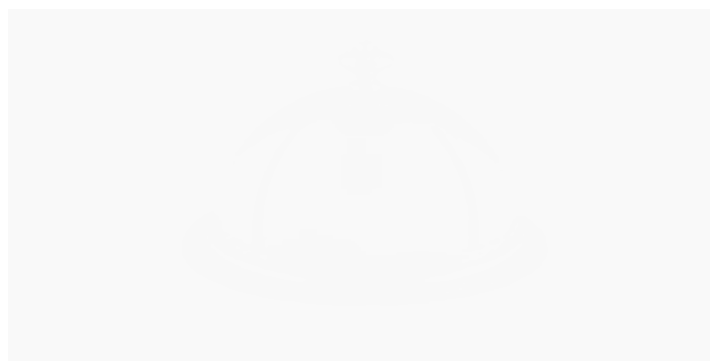
Lapte
Moluste,

Aditivi

-

CALCAN FILE LA PLITA

74.00 lei



Ingrediente o portie de 200g :

calcan 280g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	153.6	307.2
Energie Kj	642.66	1285.32
Grasimi	6.42g	12.84g
din care acizi grasi saturati	1.37g	2.74g
Glucide	0g	0g
din care zaharuri	0g	0g
Fibre	0g	0g
Proteine	22.4g	44.8g
Sare	0.53g	1.05g

Alergeni

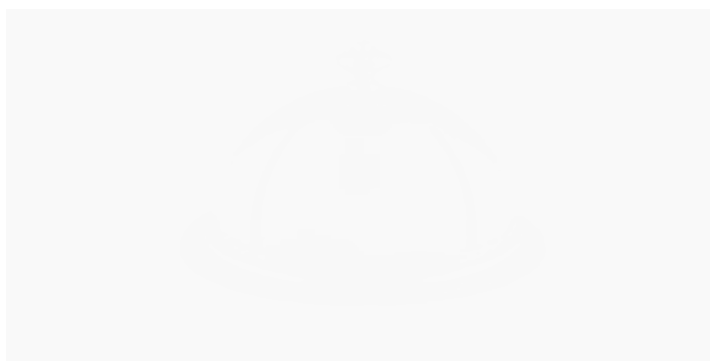
Peste,

Aditivi

-

CARACATITA LA GRATAR

85.00 lei



Ingrediente o portie de 150g :

caracatita 200g, ulei masline extravirgin 5g, lamaie 2g, oregano uscat 1g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	76.29	114.43
Energie Kj	319.19	478.77
Grasimi	3.75g	5.63g
din care acizi grasi saturati	1.11g	1.66g
Glucide	1.25g	1.88g
din care zaharuri	0.73g	1.09g
Fibre	0.33g	0.49g
Proteine	10.65g	15.97g
Sare	1.79g	2.68g

Alergeni

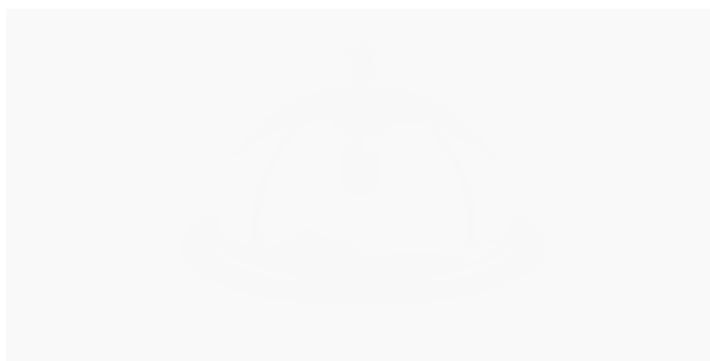
Peste
Moluste,

Aditivi

Antioxidant: E331

CARACATITA PICANTA

85.00 lei



Ingrediente o portie de 200g :

caracatita 200g, sos de rosii 100g, vin alb sec 50g, rosii cherry 20g, sos chilli [Apa, pasta de ardei 20% (ardei si gogosari, sare, amidon modificat, agent de ingrosare (guma de xantan, acidifiant (acid citric), dextroza, otet, zahar, amidon modificat, condimente ardei chili (0.9%) agent de ingrosare (guma de xantan), aroma 10g, ulei masline extra virgin 5g, ardei iute tocat 2g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	148.81	297.62
Energie Kj	622.62	1245.24
Grasimi	3.45g	6.91g
din care acizi grasi saturati	0.52g	1.04g
Glucide	7.99g	15.98g
din care zaharuri	3.98g	7.96g
Fibre	1.14g	2.27g
Proteine	15.89g	31.78g
Sare	1.05g	2.1g

Alergeni

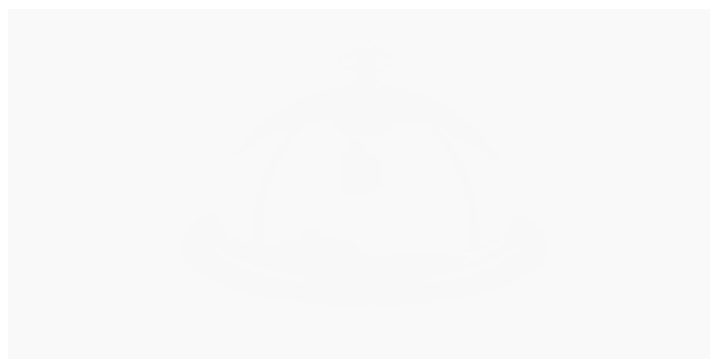
Moluste
Lapte
Gluten,

Aditivi

Conservant: E202
Agent de ingrosare: E415
Corector de aciditate: E330

CARTOFI PRAJITI-CHIPS

12.00 lei



Ingrediente o portie de 150g :

cartofi 200g, ulei rafinat din floarea soarelui 50g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	367.67	551.5
Energie Kj	1538.33	2307.47
Grasimi	30.76g	46.14g
din care acizi grasi saturati	3.25g	4.88g
Glucide	20.93g	31.4g
din care zaharuri	1.53g	2.3g
Fibre	3.2g	4.8g
Proteine	2.24g	3.36g
Sare	0.05g	0.08g

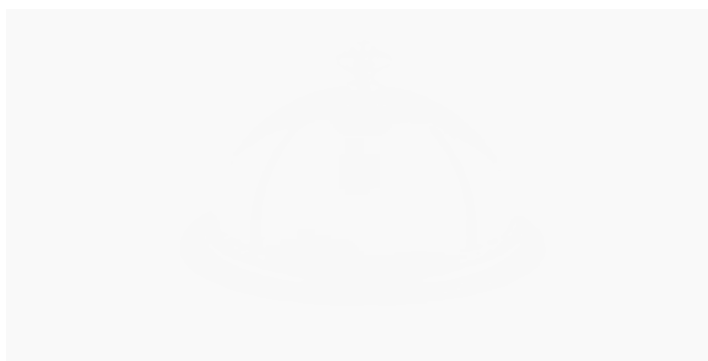
Alergeni

Aditivi

-

CIORBA PESCAREASCA

30.00 lei



Ingrediente o portie de 350g :

bors 100g, **SOMN** 50g, morcov crud 50g, ardei gras rosu 50g, somon 50g, **TELINA** radacina 50g, crap 50g, cartofi 20g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	92.66	324.3
Energie Kj	387.68	1356.87
Grasimi	3.39g	11.85g
din care acizi grasi saturati	1.03g	3.6g
Glucide	6.04g	21.13g
din care zaharuri	2.39g	8.38g
Fibre	1.38g	4.83g
Proteine	9.11g	31.9g
Sare	0.33g	1.16g

Alergeni

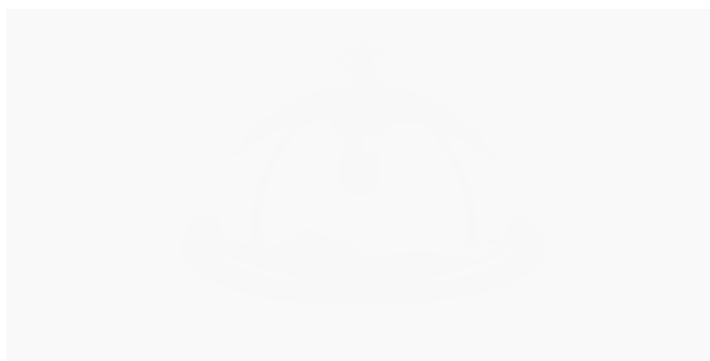
Peste
Soia
Telina
Moluste,

Aditivi

-

CIUPERCI TRASE LA TIGAIE CU USTUROI

12.00 lei



Ingrediente o portie de 150g :

ciuperci champignon 250g, ulei masline extra virgin 5g, usturoi crud 2g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	66.04	99.06
Energie Kj	276.31	414.46
Grasimi	3.63g	5.44g
din care acizi grasi saturati	0.52g	0.78g
Glucide	5.81g	8.71g
din care zaharuri	3.67g	5.51g
Fibre	1.7g	2.55g
Proteine	5.24g	7.86g
Sare	0.02g	0.03g

Alergeni

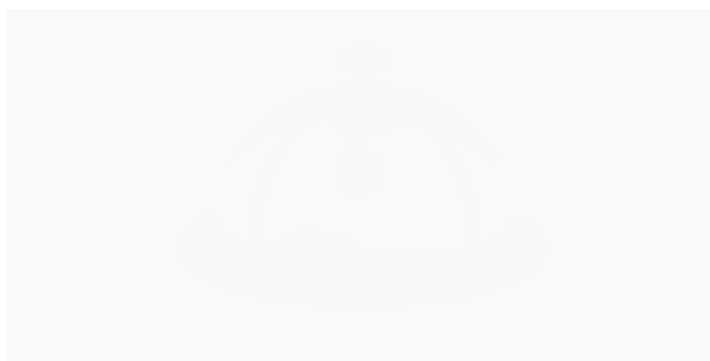
Aditivi

-

CRAP

(gratar/saramura/prajit)

45.00 lei



Ingrediente o portie de 200g :

CRAP CRUD 400g, ulei rafinat din floarea soarelui 50g, FAINA DE GRAU ALBA superioara macinata, 50g, ardei gras rosu 50g, rosii 50g, usturoi crud 10g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	586	1172
Energie Kj	2451.82	4903.64
Grasimi	36.83g	73.66g
din care acizi grasi saturati	4.99g	9.97g
Glucide	22.17g	44.34g
din care zaharuri	3.35g	6.69g
Fibre	1.29g	2.57g
Proteine	39.08g	78.15g
Sare	0.26g	0.51g

Alergeni

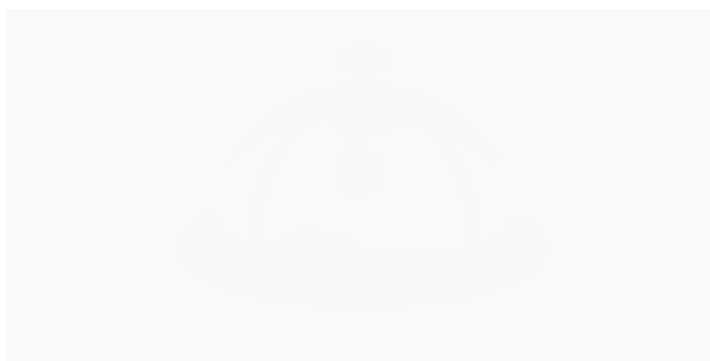
Peste
Gluten,

Aditivi

-

CREVETI CU SOS DE SCORTISOARA

54.00 lei



Ingrediente o portie de 250g :

CREVETI coada 31/40f [creveti fierti decorticati, eviscerati cu coada] 200g, vin alb sec 50g, ulei masline extra virgin 5g, scortisoara macinata 2g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	83.42	208.54
Energie Kj	349.02	872.53
Grasimi	2.18g	5.44g
din care acizi grasi saturati	0.42g	1.06g
Glucide	0.97g	2.42g
din care zaharuri	0.64g	1.59g
Fibre	0.2g	0.49g
Proteine	11.25g	28.12g
Sare	0.72g	1.81g

Alergeni

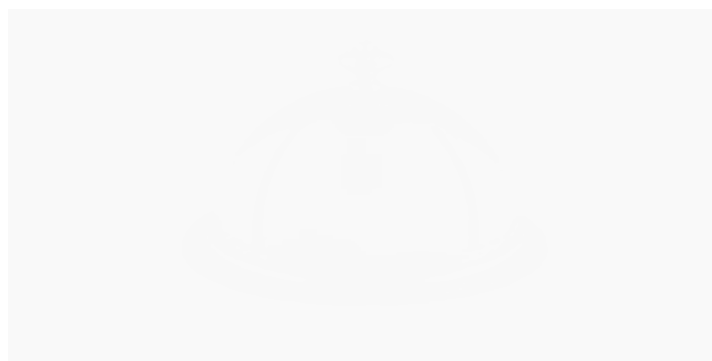
Crustacee,

Aditivi

-

CREVETI CU SOS DE UNT SI USTUROI

58.00 lei



Ingrediente o portie de 250g :

CREVETI cruzi 31/40 [Creveti 100%] 200g, UNT, fara sare 100g, lamaie 5g, usturoi crud 3g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	355.22	888.06
Energie Kj	1486.24	3715.64
Grasimi	33.15g	82.87g
din care acizi grasi saturati	20.44g	51.11g
Glucide	1.3g	3.24g
din care zaharuri	0.88g	2.2g
Fibre	0.09g	0.22g
Proteine	14.68g	36.69g
Sare	0.42g	1.05g

Alergeni

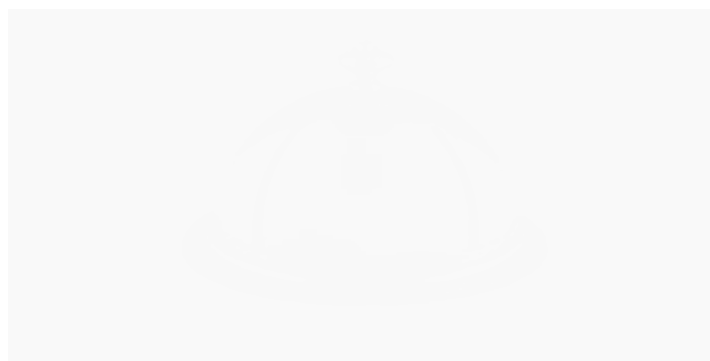
Lapte
Crustacee,

Aditivi

-

CREVETI IN SOS DE COGNAC

54.00 lei



Ingrediente o portie de 250g :

CREVETI coada 3/4 [creveti fierti decorticati, eviscerati cu coada] 200g, coniac 40% 20g, rosii cherry 20g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	85.12	212.8
Energie Kj	356.14	890.35
Grasimi	2.2g	5.51g
din care acizi grasi saturati	0.42g	1.04g
Glucide	0.44g	1.1g
din care zaharuri	0g	0g
Fibre	0.17g	0.42g
Proteine	11.27g	28.17g
Sare	0.72g	1.8g

Alergeni

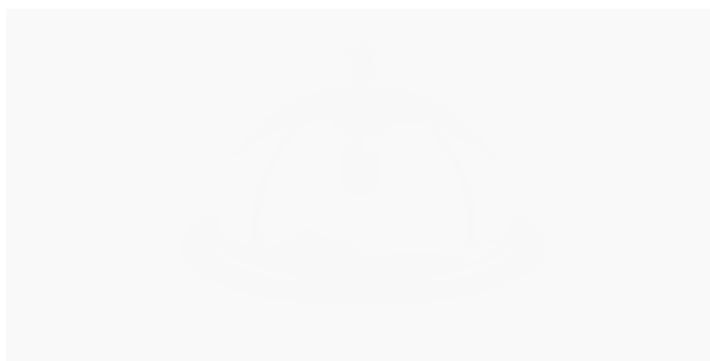
Crustacee,

Aditivi

-

CREVETI LA GRATAR

54.00 lei



Ingrediente o portie de 200g :

CREVETI coada 31/40f [creveti fierti decorticati, eviscerati cu coada] 200g, usturoi proaspat 10g, ulei masline extra virgin 5g, oregano uscat 1g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	89.38	178.75
Energie Kj	373.96	747.89
Grasimi	2.74g	5.47g
din care acizi grasi saturati	0.54g	1.07g
Glucide	2g	4g
din care zaharuri	0.07g	0.14g
Fibre	0.32g	0.64g
Proteine	14.37g	28.73g
Sare	0.9g	1.8g

Alergeni

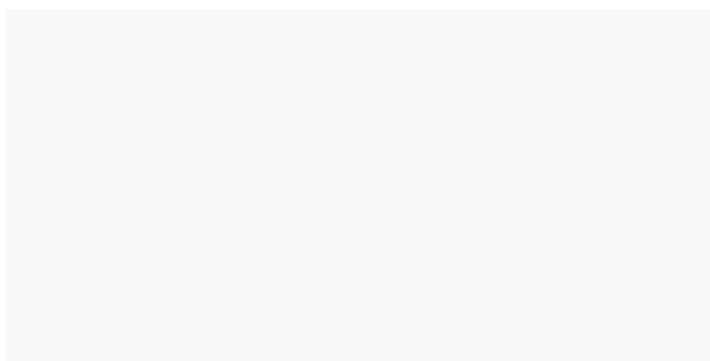
Crustacee,

Aditivi

-

CREVETI LA TAVERNA

55.00 lei



Ingrediente o portie de 300g :

CREVETI cruzi 31/40 [Creveti 100%] 200g, vin alb sec 50g, ardei gras rosu 50g, ciuperci champignon 50g, dovlecei 50g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	93.34	280.02
Energie Kj	390.53	1171.60
Grasimi	2.27g	6.8g
din care acizi grasi saturati	0.45g	1.34g
Glucide	3.12g	9.37g
din care zaharuri	1.99g	5.98g
Fibre	0.68g	2.05g
Proteine	12.76g	38.28g
Sare	0.35g	1.06g

Alergeni

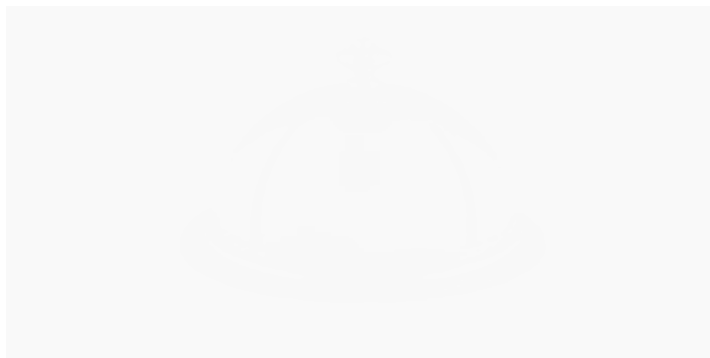
Crustacee,

Aditivi

-

CREVETI PANE

54.00 lei



Ingrediente o portie de 200g :

CREVETI cruzi 31/40 [Creveti 100%] 200g, OUA proaspete, categoria A, clasa M (53-63g) 60g, ulei rafinat din floarea soarelui 50g, pesmet [Faina de grau, drojdie, sare, ulei de palmier, glucoza] 50g, FAINA de grau alba superioaramacinata, 30g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	474.81	949.62
Energie Kj	1986.60	3973.21
Grasimi	27.49g	54.97g
din care acizi grasi saturati	3.76g	7.51g
Glucide	30.43g	60.86g
din care zaharuri	1.38g	2.75g
Fibre	0.2g	0.39g
Proteine	26.33g	52.65g
Sare	0.94g	1.88g

Alergeni

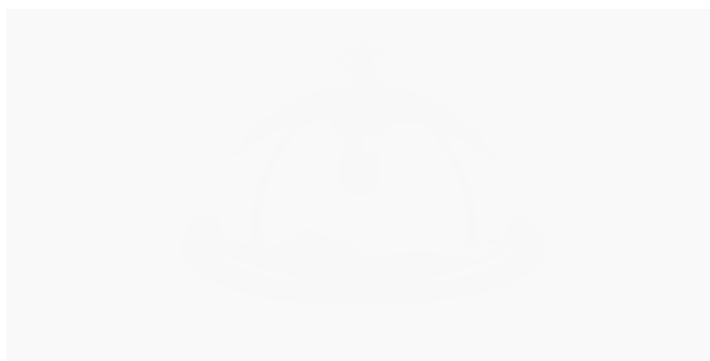
Crustacee
Gluten
Oua,

Aditivi

-

CREVETI SAGANAKI

55.00 lei



Ingrediente o portie de 300g :

CREVETI cruzi 31/40 [Creveti 100%] 200g, rosii 100g, vin alb sec 50g, ardei gras rosu 50g, ceapa alba cruda 50g, **BRANZA** 30g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	135.47	406.42
Energie Kj	566.80	1700.46
Grasimi	5.21g	15.62g
din care acizi grasi saturati	2.1g	6.31g
Glucide	5.14g	15.41g
din care zaharuri	2.39g	7.18g
Fibre	0.95g	2.85g
Proteine	14.52g	43.57g
Sare	0.58g	1.73g

Alergeni

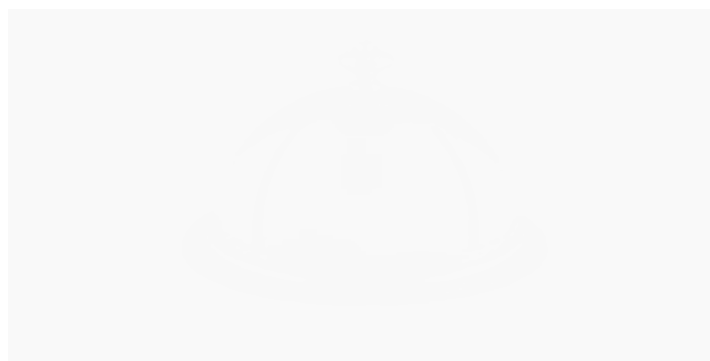
Lapte
Crustacee,

Aditivi

-

CROCHETE CU 4 FELURI BRANZA

24.00 lei



Ingrediente o portie de 120g :

FAINA de grau alba superioara macinata, 50g, **BRANZA** de vaci [LAPTE de vaca pasteurizat, culturi lactice, cheag] 50g, **BRANZA** de capra 50g, **BRANZA** de oaie, simpla 50g, ulei rafinat din floarea soarelui 30g, **OUA** proaspete, categoria A, clasa M (53-63g) 30g, **CASCAVAL** [LAPTE de oaie pasteurizat, sare, cheag] 20g, **BRANZA** de vaci [LAPTE de vaca pasteurizat, culturi lactice, cheag]

Declaratie nutritionala	100g	Portie 120g
Energie Kcal	729.67	875.6
Energie Kj	3052.93	3663.51
Grasimi	51.27g	61.52g
din care acizi grasi saturati	20.68g	24.82g
Glucide	34.03g	40.84g
din care zaharuri	3.68g	4.41g
Fibre	0.54g	0.65g
Proteine	30.4g	36.48g
Sare	1.25g	1.5g

Alergeni

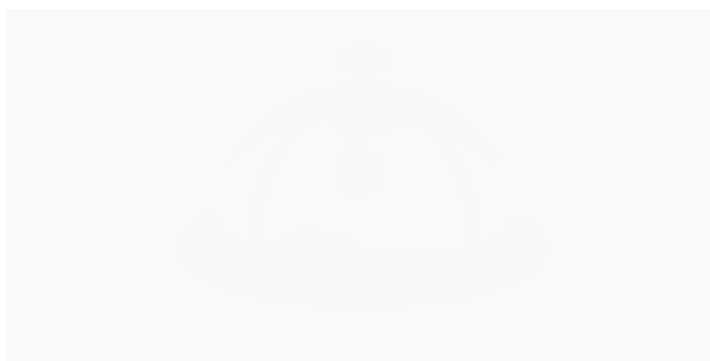
Lapte
Oua
Gluten,

Aditivi

-

CROCHETE CU SPANAC

24.00 lei



Ingrediente o portie de 120g :

spanac 100g, **foi placinta** [făină albă 550 din GRÂU, apă, sare iodată, conservant (sorbit de potasiu), amidon din porumb] 50g, ulei rafinat din floarea soarelui 30g

Declaratie nutritionala	100g	Portie 120g
Energie Kcal	327.58	393.1
Energie Kj	1370.59	1644.73
Grasimi	23.93g	28.71g
din care acizi grasi saturati	2.54g	3.05g
Glucide	26.62g	31.94g
din care zaharuri	0.71g	0.85g
Fibre	2.78g	3.34g
Proteine	6.43g	7.71g
Sare	0.57g	0.69g

Alergeni

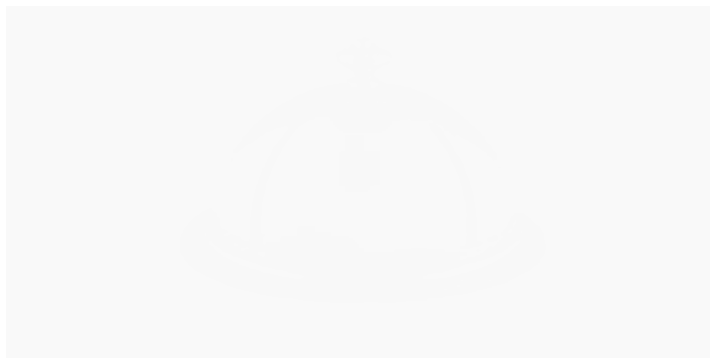
Gluten,

Aditivi

-

DORADA (gratar/saramura /sare/prajlt)

56.00 lei



Ingrediente o portie de 300g :

sare de masa 500g, **DORADA** 300-400g, ulei rafinat din floarea soarelui 50g, **FAINA** de grau alba superioara macinata, 50g, ardei gras rosu 50g, rosii 50g, usturoi crud 10g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	445.33	1336
Energie Kj	1863.26	5589.82
Grasimi	30.42g	91.26g
din care acizi grasi saturati	7.22g	21.65g
Glucide	14.78g	44.34g
din care zaharuri	2.23g	6.69g
Fibre	0.86g	2.57g
Proteine	28.98g	86.95g
Sare	161.67g	485.02g

Alergeni

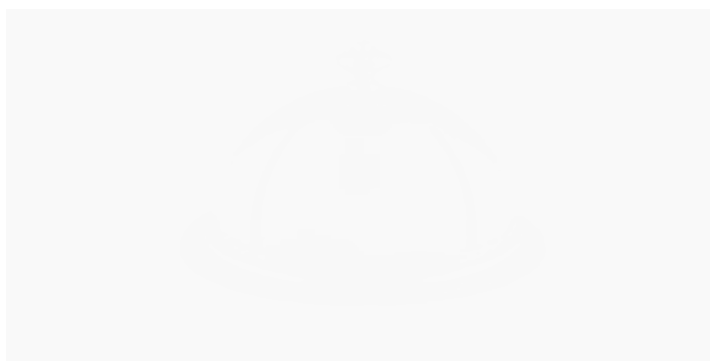
Gluten
Peste,

Aditivi

-

DOVLECEI PANE

26.00 lei



Ingrediente o portie de 150g :

dovlecei 100g, **FAINA** de grau alba superioara macinata, 50g, ulei rafinat din floarea soarelui 30g, **MUSTAR** [apă, oțet, boabe de muștar, zahăr, sare, condimente] 10g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	299.33	449
Energie Kj	1252.39	1878.61
Grasimi	19.22g	28.83g
din care acizi grasi saturati	2.07g	3.11g
Glucide	27.11g	40.66g
din care zaharuri	2.37g	3.55g
Fibre	1.3g	1.95g
Proteine	4.67g	7.01g
Sare	0.15g	0.22g

Alergeni

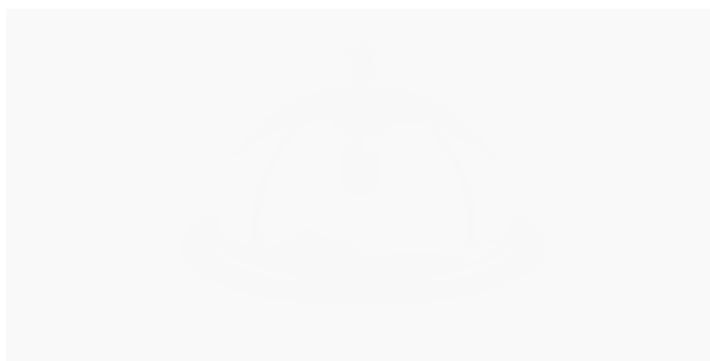
Mustar
Gluten,

Aditivi

-

FAGRI LA GRATAR

68.00 lei



Ingrediente o portie de 300g :

DORADA 300 - 400g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	237.73	713.2
Energie Kj	994.66	2984.02
Grasimi	14.86g	44.58g
din care acizi grasi saturati	5.55g	16.64g
Glucide	0g	0g
din care zaharuri	0g	0g
Fibre	0g	0g
Proteine	26.67g	80g
Sare	0g	0g

Alergeni

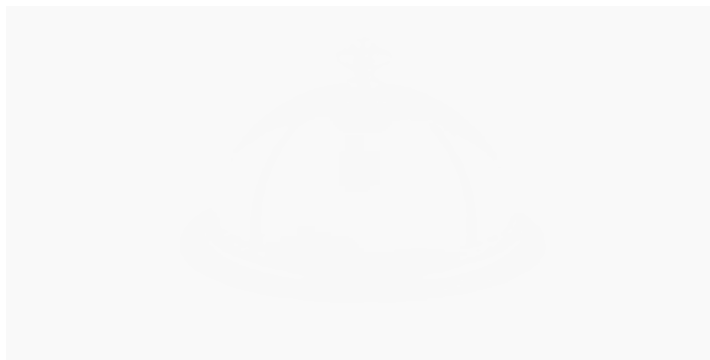
Peste,

Aditivi

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FILE DE SALAU (la plita/pane)

46.00 lei



Ingrediente o portie de 250g :

SALAU 300g, **OUA** proaspete, categoria A, clasa M (53-63g) 60g, ulei rafinat din floarea soarelui 50g, **FAINA** de grau alba superioara macinata, 50g, **MUSTAR** [apă, oțet, boabe de muștar, zahăr, sare, condimente] 10g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	397.04	992.6
Energie Kj	1661.21	4153.03
Grasimi	23.98g	59.95g
din care acizi grasi saturati	3.11g	7.78g
Glucide	15.05g	37.62g
din care zaharuri	0.43g	1.07g
Fibre	0.38g	0.95g
Proteine	28.54g	71.36g
Sare	0.35g	0.88g

Alergeni

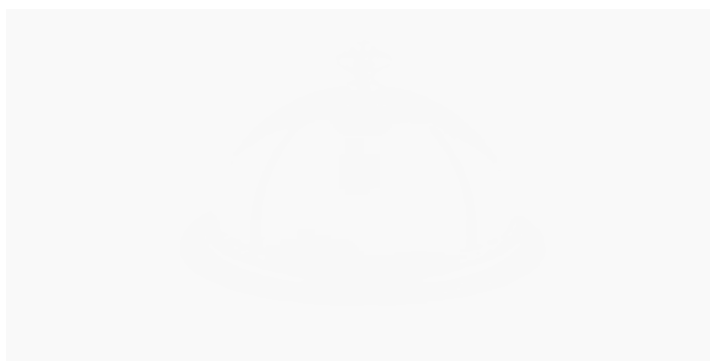
Peste
Mustar
Oua
Gluten,

Aditivi

-

GYROS DE PORC

42.00 lei



Ingrediente o portie de 350g :

pulpa de porc 300g, cartofi prajiti 150g, **pita greceasca** 100g, **tzatziki** [45% specialitate pe baza de lapte [apa, grasimi vegetale hidrogenate(ulei de palmier), **lapte praf** de gresat, proteine din lapte, amidon de porumb, emulsifiant: mono si digliceride ale acizilor grasi, gelatina animala, culturi lactice selectionate, conservant (sorbit de potasiu), 25% castraveti, 15% iaurt grecesc, ulei vegetal (ulei de soia, ulei de floarea soarelui), amidon modificat, 2.15% usturoi, sare, condimente, regulator de aciditate: aci8d lactic, conservanti: benzoat de sodiu, sorbat de potasiu] 50g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	324.71	1136.5
Energie Kj	1358.58	4755.11
Grasimi	11.9g	41.66g
din care acizi grasi saturati	2.95g	10.32g
Glucide	25.16g	88.05g
din care zaharuri	1.19g	4.16g
Fibre	1.6g	5.6g
Proteine	28.63g	100.2g
Sare	0.92g	3.23g

Alergeni

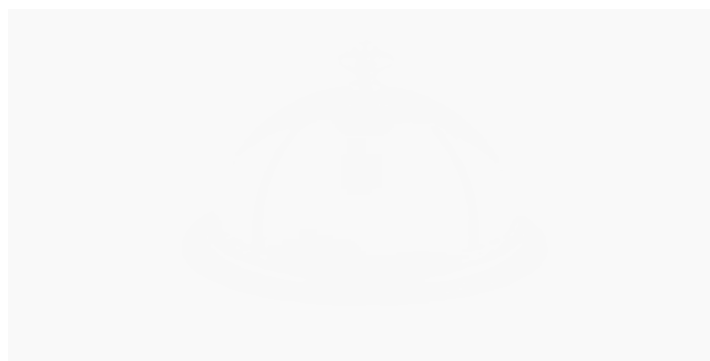
Gluten
Lapte
Oua
Crustacee
Peste
Soia
Alune
Telina
Mustar
Seminte de susan
Dioxid de sulf,

Aditivi

Conservant: E211, E202
Corector de aciditate: E270
Emulsifiant: E471

GYROS DE PUI

42.00 lei



Ingrediente o portie de 350g :

pulpa de pui 300g, cartofi prajiti 150g, **pita greceasca** 100g, **tzatziki** [45% specialitate pe baza de lapte [apa, grasimi vegetale hidrogenate(ulei de palmier), lapte praf de gresat, proteine din lapte, amidon de porumb, emulsifiant: mono si digliceride ale acizilor grasi, gelatina animala, culturi lactice selectionate, conservant (sorbit de potasiu), 25% castraveti, 15% iaurt grecesc, ulei vegetal (ulei de soia, ulei de floarea soarelui), amidon modificat, 2.15% usturoi, sare, condimente, regulator de aciditate: aci8d lactic, conservanti: benzoat de sodiu, sorbat de potasiu] 50g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	372.71	1304.5
Energie Kj	1559.41	5458.02
Grasimi	22.17g	77.6g
din care acizi grasi saturati	5.58g	19.53g
Glucide	25.37g	88.8g
din care zaharuri	1.19g	4.16g
Fibre	1.6g	5.6g
Proteine	18g	63g
Sare	0.93g	3.24g

Alergeni

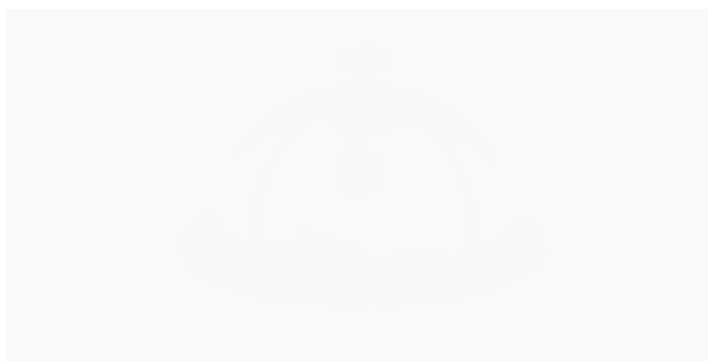
Gluten
Lapte
Oua
Crustacee
Peste
Soia
Alune
Telina
Mustar
Seminte de susan
Dioxid de sulf,

Aditivi

Conservant: E211, E202
Corector de aciditate: E270
Emulsifiant: E471

HALLOUMI

26.00 lei



Ingrediente o portie de 150g :

HALLOUMI DE OAIE SI CAPRA 125g, ulei masline extra virgin 5g, oregano uscat 1g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	267.57	401.35
Energie Kj	1119.51	1679.24
Grasimi	23.91g	35.87g
din care acizi grasi saturati	12.94g	19.41g
Glucide	3.43g	5.15g
din care zaharuri	0.03g	0.04g
Fibre	0.29g	0.43g
Proteine	17.89g	26.84g
Sare	2.31g	3.47g

Alergeni

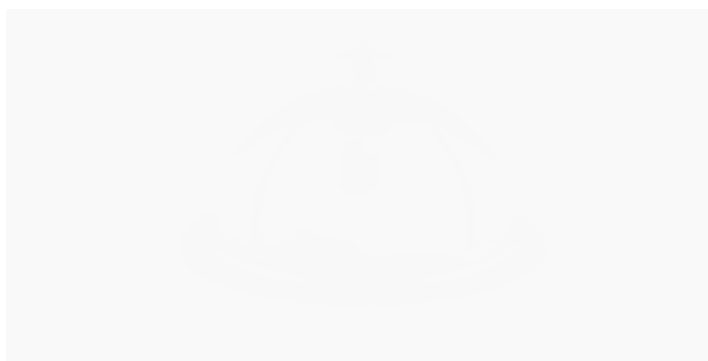
Lapte,

Aditivi

-

HAMSIE PRAJITA

30.00 lei



Ingrediente o portie de 200g :

HAMSII crude 200g, ulei rafinat din floarea soarelui 50g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	337.75	675.5
Energie Kj	1413.14	2826.29
Grasimi	27.81g	55.62g
din care acizi grasi saturati	3.7g	7.39g
Glucide	0g	0g
din care zaharuri	0g	0g
Fibre	0g	0g
Proteine	20.4g	40.8g
Sare	0.26g	0.52g

Alergeni

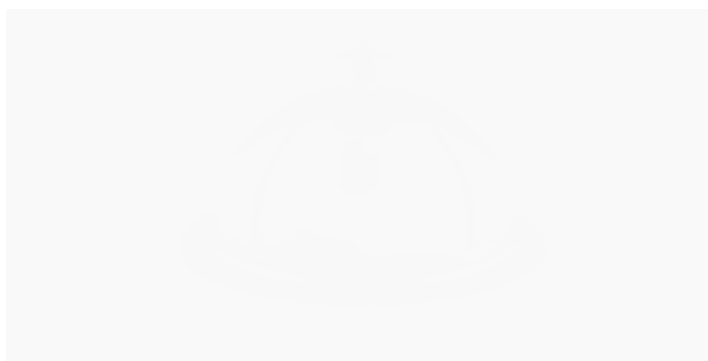
Peste,

Aditivi

-

HUMUS

24.00 lei



Ingrediente o portie de 150g :

naut [Naut,apa,sare] 150g, ulei masline extra virgin 5g, usturoi proaspat 5g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	158.43	237.65
Energie Kj	662.87	994.32
Grasimi	5.07g	7.61g
din care acizi grasi saturati	0.73g	1.09g
Glucide	18.11g	27.16g
din care zaharuri	0.83g	1.25g
Fibre	6.37g	9.56g
Proteine	7.01g	10.52g
Sare	0.7g	1.05g

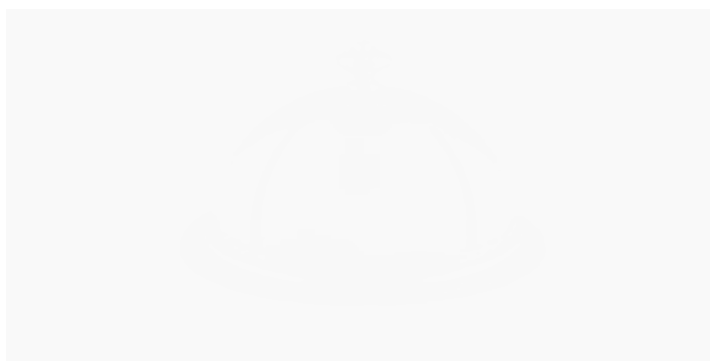
Alergeni

Aditivi

-

KEFALOTIRI

26.00 lei



Ingrediente o portie de 150g :

BRANZA DE OAIE SI CAPRA 150g, **FAINA** de grau alba superioara macinata, 50g, ulei rafinat din floarea soarelui 30g, **OUA** proaspete, categoria A, clasa M (53-63g) 30g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	593.73	890.6
Energie Kj	2484.16	3726.27
Grasimi	45.58g	68.37g
din care acizi grasi saturati	20.44g	30.66g
Glucide	24.39g	36.59g
din care zaharuri	0.31g	0.46g
Fibre	0.43g	0.65g
Proteine	20.32g	30.48g
Sare	3.1g	4.65g

Alergeni

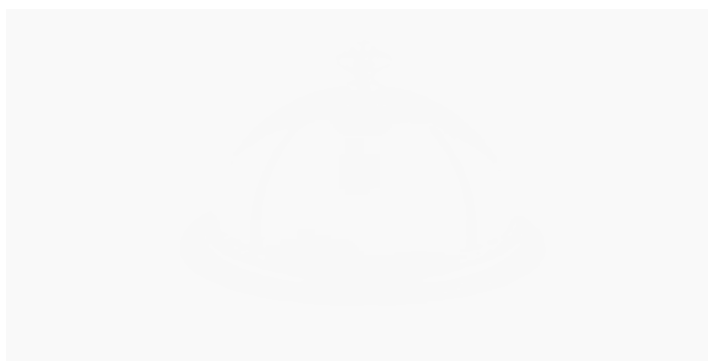
Lapte
Oua
Gluten,

Aditivi

-

LEGUME LA GRATAR

12.00 lei



Ingrediente o portie de 150g :

ciuperci champignon 100g, ardei gras rosu 50g, vinete crude 50g, dovlecei 50g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	64.8	97.2
Energie Kj	271.12	406.68
Grasimi	3.55g	5.32g
din care acizi grasi saturati	0.52g	0.78g
Glucide	7.19g	10.78g
din care zaharuri	4.73g	7.1g
Fibre	2.7g	4.05g
Proteine	3.13g	4.69g
Sare	0.02g	0.03g

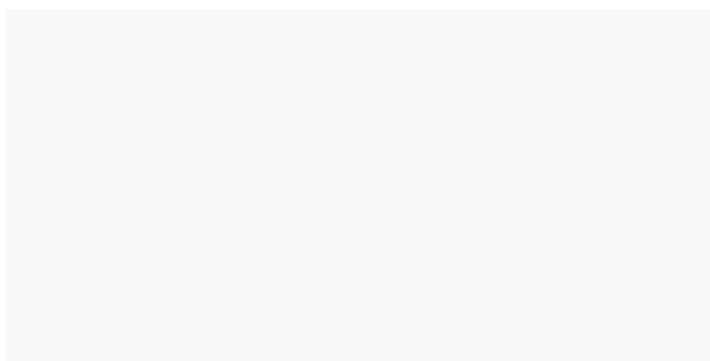
Alergeni

Aditivi

-

LUP DE MARE (gratar/sara mura/sare/prajlt/folie)

56.00 lei



Ingrediente o portie de 300g :

sare de masa 500g, **BIBAN DE MARE** gatit 400g, ulei rafinat din floarea soarelui 50g, **FAINA** de grau alba superioara macinata, 50g, ardei gras rosu 50g, rosii 50g, usturoi crud 10g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	424	1272
Energie Kj	1774.01	5322.04
Grasimi	25.38g	76.14g
din care acizi grasi saturati	3.4g	10.21g
Glucide	14.91g	44.74g
din care zaharuri	2.28g	6.85g
Fibre	0.86g	2.57g
Proteine	32.32g	96.95g
Sare	162.99g	488.98g

Alergeni

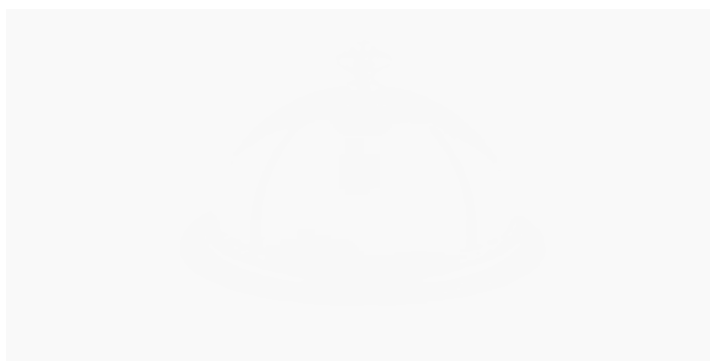
Peste
Gluten,

Aditivi

-

MAMALIGA

5.00 lei



Ingrediente o portie de 100g :

apa 100g, malai extra [produs obținut prin măcinarea porumbului degerminat] 20g

Declaratie nutritionala	100g	Portie 100g
Energie Kcal	70	70
Energie Kj	292.88	292.88
Grasimi	0.24g	0.24g
din care acizi grasi saturati	0.02g	0.02g
Glucide	15.44g	15.44g
din care zaharuri	0.5g	0.5g
Fibre	0g	0g
Proteine	1.52g	1.52g
Sare	0.02g	0.02g

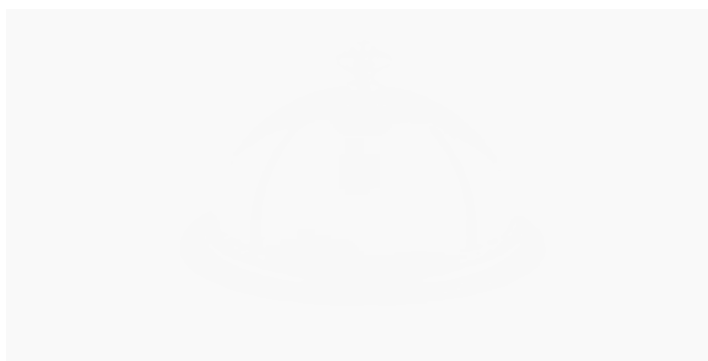
Alergeni

Aditivi

-

MASLINE PANE

26.00 lei



Ingrediente o portie de 150g :

masline 150g, pesmet 50g, ulei rafinat din floarea soarelui 30g, **OUA** proaspete, categoria A, clasa M (53-63g) 30g, **FAINA** de grau alba superioara macinata, 20g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	495.87	743.8
Energie Kj	2074.72	3112.05
Grasimi	30.71g	46.06g
din care acizi grasi saturati	4.1g	6.15g
Glucide	46.24g	69.36g
din care zaharuri	3.15g	4.72g
Fibre	1.17g	1.76g
Proteine	8.61g	12.92g
Sare	4.8g	7.2g

Alergeni

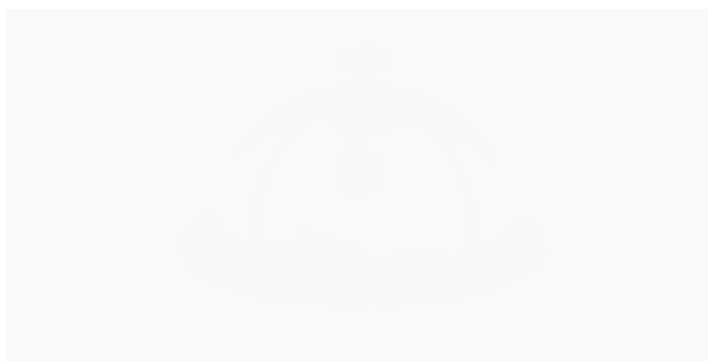
Gluten
Oua,

Aditivi

-

MASLINE PICANTE

24.00 lei



Ingrediente o portie de 150g :

masline verzi [masline,, apa , sare] 100g, masline kalamata cu samburi 100g, lamaie 20g, ardei iute tocat 20g, coriandru 20g, ulei masline extrav [ulei de masline de categorie superioara obtinut direct din masline si exclusiv prin procedee mecanice (presare la rece)] 10g

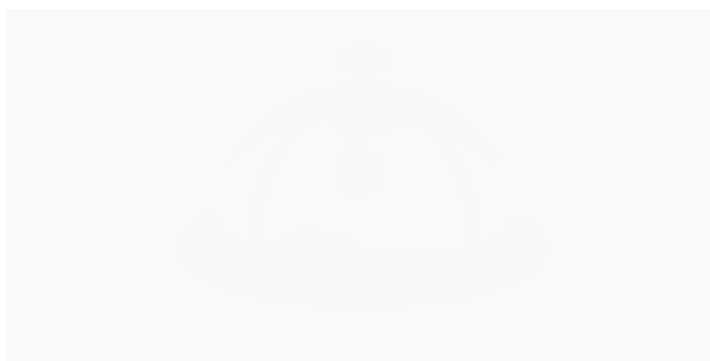
Declaratie nutritionala	100g	Portie 150g
Energie Kcal	376.93	565.4
Energie Kj	1577.07	2365.63
Grasimi	34.55g	51.82g
din care acizi grasi saturati	4.51g	6.77g
Glucide	13.32g	19.98g
din care zaharuri	0.95g	1.42g
Fibre	1.33g	2g
Proteine	1.41g	2.11g
Sare	6.7g	10.05g

Alergeni

Aditivi

MIDII SAGANAKI

45.00 lei



Ingrediente o portie de 300g :

CARNE MIDII [CARNE DE MIDII, APA] 200g, rosii 100g, vin alb sec 50g, ardei gras rosu 50g, ceapa 50g, **BRANZA** 30g, ulei masline extra virgin 10g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	209.6	628.8
Energie Kj	876.96	2630.89
Grasimi	9.13g	27.4g
din care acizi grasi saturati	2.46g	7.37g
Glucide	5.13g	15.38g
din care zaharuri	3.05g	9.14g
Fibre	1.03g	3.1g
Proteine	18.56g	55.69g
Sare	0.57g	1.72g

Alergeni

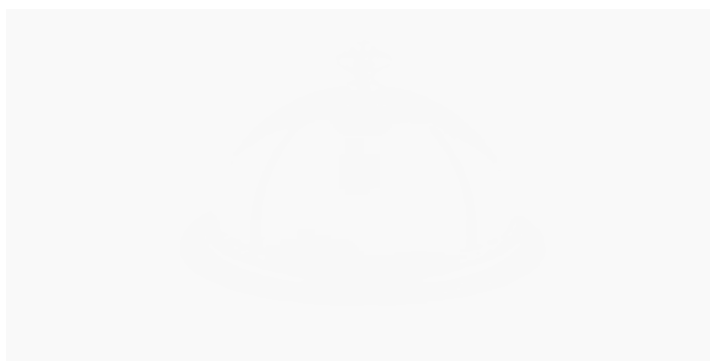
Lapte
Moluste,

Aditivi

-

MIXT LA GRATAR CU FRUCTE DE MARE

95.00 lei



Ingrediente o portie de 400g :

CALAMARI intregi fara piele 120g, **CARACATITA** 100g, **SEPIE** 100g, **SCOICI** in cochilie 90g, **CREVETI** cruzi 31/40 [Creveti 100%] 80g, ulei masline extra virgin 10g, lamaie 2g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	119.3	477.21
Energie Kj	499.15	1996.64
Grasimi	3.41g	13.62g
din care acizi grasi saturati	0.67g	2.67g
Glucide	2.84g	11.37g
din care zaharuri	0.25g	1.01g
Fibre	0.02g	0.06g
Proteine	17.48g	69.92g
Sare	0.54g	2.15g

Alergeni

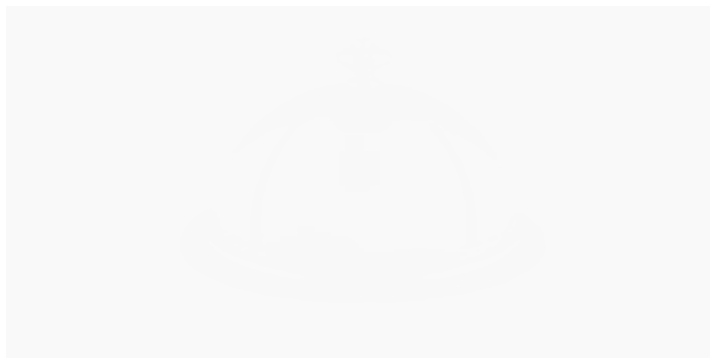
Moluste
Crustacee,

Aditivi

-

MIXT PRAJIT CU FRUCTE DE MARE

95.00 lei



Ingrediente o portie de 400g :

CALAMARI intregi fara piele 120g, **CARACATITA** 100g, sepie 100g, **CARNE MIDII** [CARNE DE MIDII, APA] 80g, **CREVETI** cruzi 31/40 [Creveti 100%] 80g, ulei rafinat din floarea soarelui 50g, **FAINA** de grau alba superioara macinata, 50g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	247.36	989.43
Energie Kj	1034.95	4139.77
Grasimi	13.25g	52.98g
din care acizi grasi saturati	1.64g	6.57g
Glucide	10.08g	40.31g
din care zaharuri	0.45g	1.81g
Fibre	0.16g	0.65g
Proteine	19.04g	76.15g
Sare	0.81g	3.22g

Alergeni

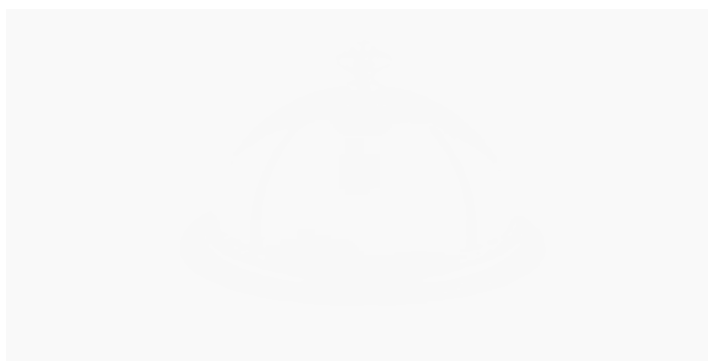
Moluste
Peste
Crustacee
Gluten,

Aditivi

Antioxidant: E331

OREZ SALBATIC

12.00 lei



Ingrediente o portie de 150g :

orez salbatic 60g, **UNT**, fara sare 20g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	238.4	357.6
Energie Kj	997.46	1496.19
Grasimi	11.25g	16.87g
din care acizi grasi saturati	6.79g	10.19g
Glucide	29.97g	44.95g
din care zaharuri	1.01g	1.51g
Fibre	2.48g	3.72g
Proteine	5.99g	8.99g
Sare	0.01g	0.02g

Alergeni

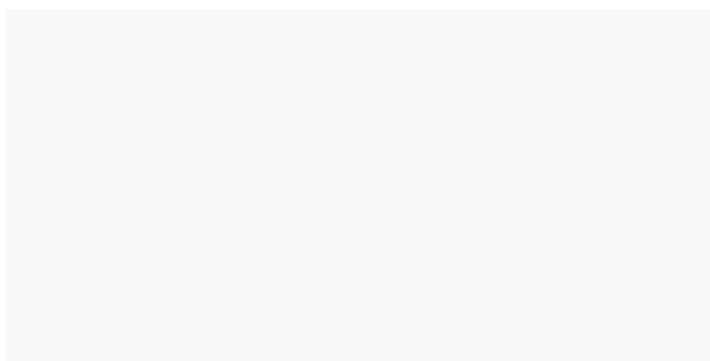
Lapte,

Aditivi

-

PASTRAV (gratar/saramura/sare/prajit/folie)

48.00 lei



Ingrediente o portie de 300g :

sare de masa 500g, **PASTRAV CURCUBEU** crud 400g, ulei rafinat din floarea soarelui 50g, **FAINA** de grau alba superioaramacinata, 50g, ardei gras rosu 50g, rosii 50g, usturoi crud 10g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	380	1140
Energie Kj	1589.92	4769.76
Grasimi	21.7g	65.1g
din care acizi grasi saturati	2.85g	8.54g
Glucide	14.78g	44.34g
din care zaharuri	2.23g	6.69g
Fibre	0.86g	2.57g
Proteine	29.65g	88.95g
Sare	161.78g	485.33g

Alergeni

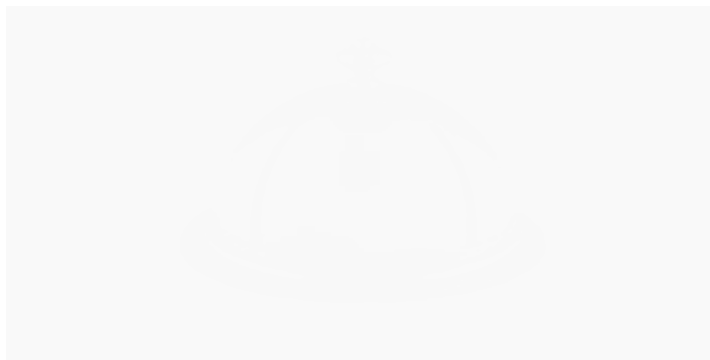
Peste
Gluten,

Aditivi

-

PLACINTA CU PRAZ SI BRANZA

28.00 lei



Ingrediente o portie de 150g :

praz 250g, **OUA** proaspete, categoria A, clasa M (53-63g) 45g, **FOI PLACINTA** [făină albă 550 din GRÂU, apă, sare iodată, conservant (sorbit de potasiu), amidon din porumb] 40g, **BRANZA** de vaci sarata 23g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	230.39	345.58
Energie Kj	963.95	1445.90
Grasimi	3.7g	5.55g
din care acizi grasi saturati	0.99g	1.48g
Glucide	40.34g	60.51g
din care zaharuri	7.24g	10.86g
Fibre	3.93g	5.9g
Proteine	10.31g	15.46g
Sare	0.71g	1.06g

Alergeni

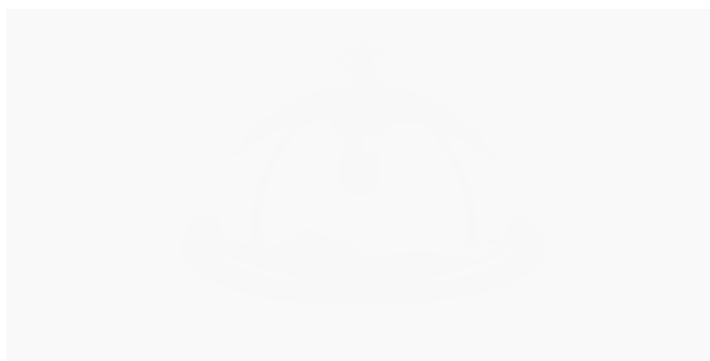
Lapte
Gluten
Oua,

Aditivi

-

PUI DE BALTA CU BERE NEAGRA

55.00 lei



Ingrediente o portie de 250g :

BERE NEAGRA [Apa, malt din ORZ, hamei] 300g, picioare de broasca crude 200g, ciuperci champignon 150g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	155.28	388.2
Energie Kj	649.69	1624.22
Grasimi	2.28g	5.69g
din care acizi grasi saturati	0.35g	0.87g
Glucide	1.96g	4.89g
din care zaharuri	1.19g	2.97g
Fibre	0.6g	1.5g
Proteine	15.7g	39.24g
Sare	0.12g	0.31g

Alergeni

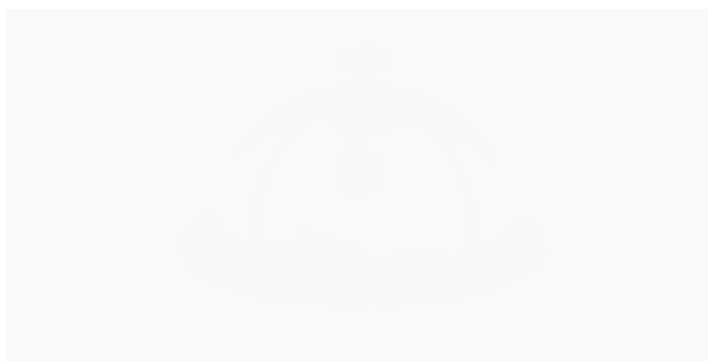
Gluten,

Aditivi

-

PUI DE BALTA PANE

55.00 lei



Ingrediente o portie de 300g :

picioare de broasca crude 250g, **OUA** proaspete, categoria A, clasa M (53-63g) 60g, ulei rafinat din floarea soarelui 50g, **FAINA** de grau alba superioara macinata, 50g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	283.33	850
Energie Kj	1185.45	3556.40
Grasimi	17.62g	52.86g
din care acizi grasi saturati	2.25g	6.74g
Glucide	12.21g	36.62g
din care zaharuri	0.16g	0.47g
Fibre	0.22g	0.65g
Proteine	17.9g	53.71g
Sare	0.19g	0.57g

Alergeni

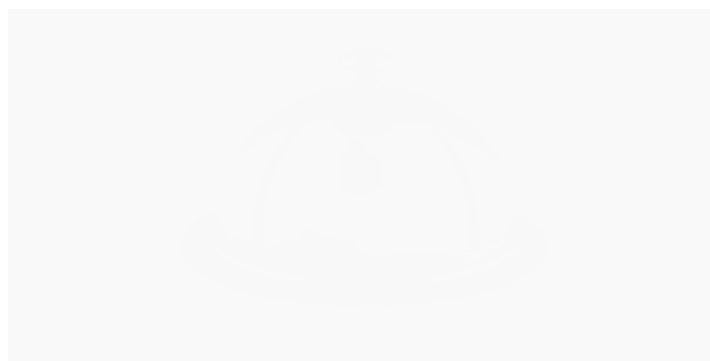
Oua
Gluten,

Aditivi

-

RASOL DE BERBECUT LA CUPTOR

58.00 lei



Ingrediente o portie de 300g :

apa robinet 500g, rasol de berbecut 500g, vin alb sec 100g, usturoi crud 5g, cimbru [cimbru] 2g, coriandru 2g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	524.87	1574.61
Energie Kj	2196.05	6588.16
Grasimi	32.01g	96.03g
din care acizi grasi saturati	12.59g	37.77g
Glucide	1.36g	4.08g
din care zaharuri	0.8g	2.39g
Fibre	0.07g	0.2g
Proteine	48.31g	144.94g
Sare	0.22g	0.65g

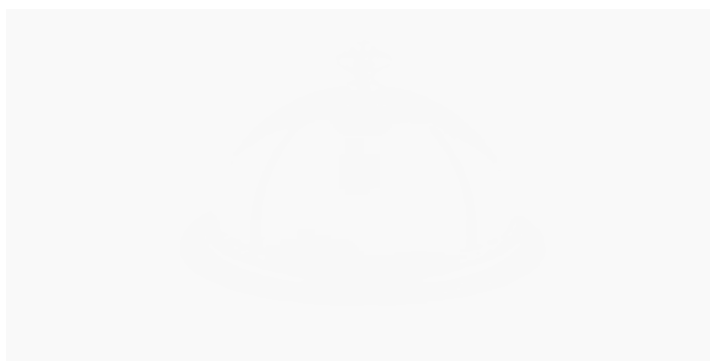
Alergeni

Aditivi

-

SAGANAKI / BOUYOURDI

26.00 lei



Ingrediente o portie de 150g :

BRANZA feta [LAPTE de oaie si capra pasteurizat, sare, cheag, culturi lactice selectionate] 200g, ardei gras rosu 50g, rosii 50g, ulei masline extravirgin 10g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	464.13	696.2
Energie Kj	1941.91	2912.90
Grasimi	37.59g	56.38g
din care acizi grasi saturati	17.96g	26.94g
Glucide	7.31g	10.97g
din care zaharuri	6.28g	9.42g
Fibre	1.1g	1.65g
Proteine	108.63g	162.94g
Sare	37.35g	56.02g

Alergeni

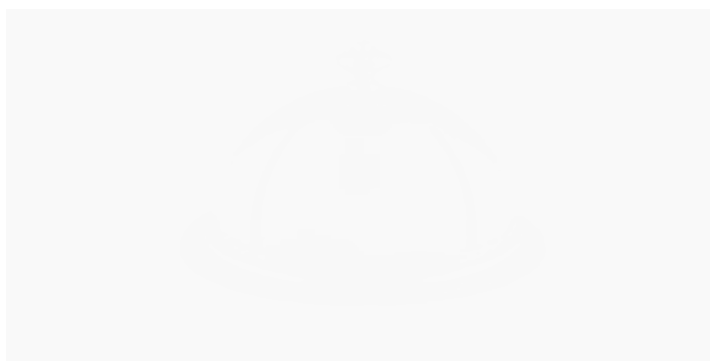
Lapte,

Aditivi

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SALATA COCKTAIL DE FRUCTE DE MARE

52.00 lei



Ingrediente o portie de 300g :

rucola 150g, **CARACATITA** cruda 50g, **CREVETI** coada 31/40f [creveti fierti decorticati, eviscerati cu coada] 50g, **CALAMARI** intregi fara piele 50g, salata mixta [mix de salata] 50g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	49.67	149
Energie Kj	207.81	623.41
Grasimi	0.63g	1.89g
din care acizi grasi saturati	0.21g	0.63g
Glucide	2.43g	7.28g
din care zaharuri	0.05g	0.15g
Fibre	0g	0g
Proteine	9.16g	27.49g
Sare	0.4g	1.19g

Alergeni

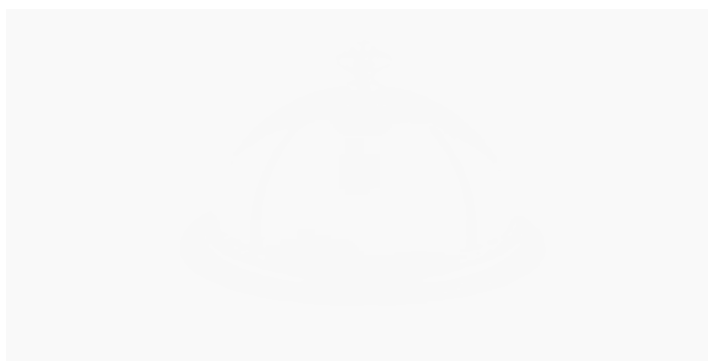
Moluste
Crustacee
Telina,

Aditivi

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SALATA CU CREVETI

40.00 lei



Ingrediente o portie de 200g :

salata mixta [mix de salata] 150g, **CREVETI** cruzi 31/40 [Creveti 100%] 100g, avocado crud 50g, rosii cherry 20g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	100.03	200.06
Energie Kj	418.52	837.05
Grasimi	4.58g	9.15g
din care acizi grasi saturati	0.69g	1.37g
Glucide	5.95g	11.9g
din care zaharuri	0.37g	0.73g
Fibre	1.91g	3.82g
Proteine	10.52g	21.04g
Sare	0.26g	0.52g

Alergeni

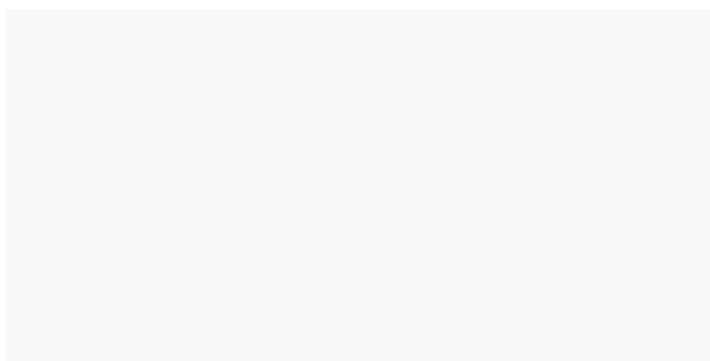
Crustacee,

Aditivi

-

SALATA CU TON

36.00 lei



Ingrediente o portie de 250g :

salata 150g, **TON** [peste] 120g, porumb [porumb, apa, sare] 50g, ceapa 20g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	82	205
Energie Kj	343.08	857.72
Grasimi	0.34g	0.85g
din care acizi grasi saturati	0.06g	0.14g
Glucide	6.47g	16.18g
din care zaharuri	2.63g	6.57g
Fibre	0.92g	2.29g
Proteine	12.52g	31.31g
Sare	0.18g	0.45g

Alergeni

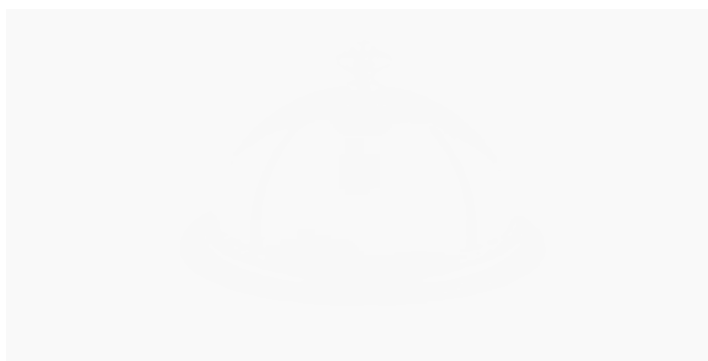
Moluste
Peste
Crustacee,

Aditivi

-

SALATA DE RUCOLA

16.00 lei



Ingrediente o portie de 150g :

RUCOLA 150g, lamaie 20g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	25.87	38.8
Energie Kj	108.24	162.33
Grasimi	0.42g	0.63g
din care acizi grasi saturati	0.19g	0.28g
Glucide	4.09g	6.14g
din care zaharuri	0.43g	0.65g
Fibre	0.37g	0.56g
Proteine	3.21g	4.81g
Sare	0.03g	0.05g

Alergeni

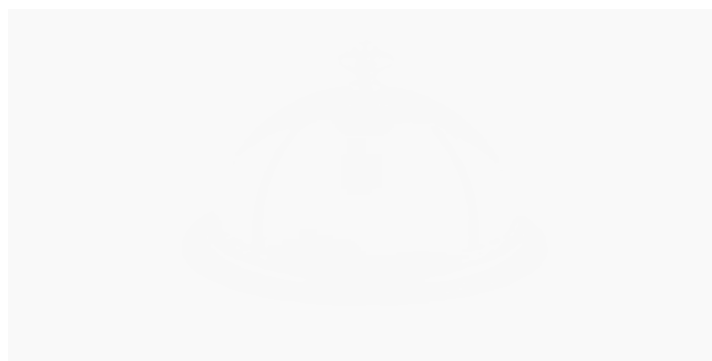
Telina,

Aditivi

-

SALATA DE VINETE GRECEASCA

26.00 lei



Ingrediente o portie de 150g :

vinete coapte congelate intregi [vanata] 150g, ardei gras rosu 100g, **BRANZA DE OAIE SI CAPRA** 50g, rosii 30g, ulei rafinat din floarea soarelui 10g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	206.4	309.6
Energie Kj	863.57	1295.36
Grasimi	14.93g	22.4g
din care acizi grasi saturati	6.7g	10.05g
Glucide	4.8g	7.2g
din care zaharuri	6.53g	9.79g
Fibre	1.64g	2.46g
Proteine	6.43g	9.65g
Sare	1.01g	1.52g

Alergeni

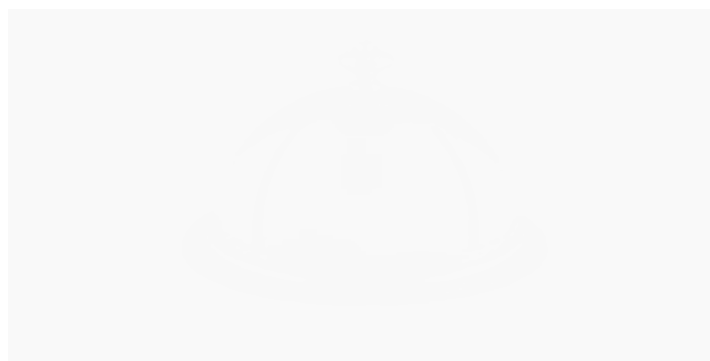
Lapte,

Aditivi

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SALATA GRECEASCA

35.00 lei



Ingrediente o portie de 300g :

masline 100g, rosii 100g, **BRANZA** 50g, ardei gras rosu 50g,

castraveti cruzi 50g, ceapa 10g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	196.83	590.5
Energie Kj	823.53	2470.65
Grasimi	17.27g	51.82g
din care acizi grasi saturati	4.78g	14.33g
Glucide	5.95g	17.86g
din care zaharuri	2.45g	7.34g
Fibre	0.89g	2.67g
Proteine	4.61g	13.82g
Sare	2.18g	6.55g

Alergeni

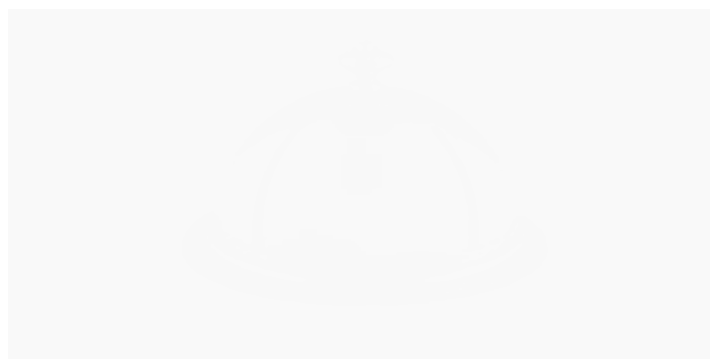
Lapte,

Aditivi

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SALATA ICRE DE CRAP

26.00 lei



Ingrediente o portie de 150g :

ICRE DE CRAP sarate [Icre de crap, sare] 150g, ulei rafinat din floarea soarelui 80g, ceapa 30g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	579.07	868.6
Energie Kj	2422.82	3634.22
Grasimi	52.02g	78.03g
din care acizi grasi saturati	5.55g	8.33g
Glucide	1.87g	2.8g
din care zaharuri	0.85g	1.27g
Fibre	0.34g	0.51g
Proteine	25.22g	37.83g
Sare	5g	7.5g

Alergeni

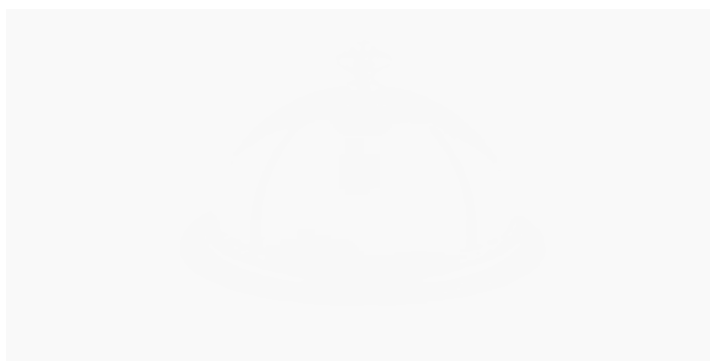
Moluste
Peste
Crustacee,

Aditivi

-

SALATA ICRE STIUCA

32.00 lei



Ingrediente o portie de 50g :

ulei rafinat din floarea soarelui 80g, **ICRE STIUCA** [Icre de stiuca (Esox Lucius) 85g, sare iodata max. 10%, ulei vegetal 15g] 50g

Declaratie nutritionala	100g	Portie 50g
Energie Kcal	1448.2	724.1
Energie Kj	6059.26	3029.63
Grasimi	148.5g	74.25g
din care acizi grasi saturati	15.44g	7.72g
Glucide	0g	0g
din care zaharuri	0g	0g
Fibre	0g	0g
Proteine	27g	13.5g
Sare	0g	0g

Alergeni

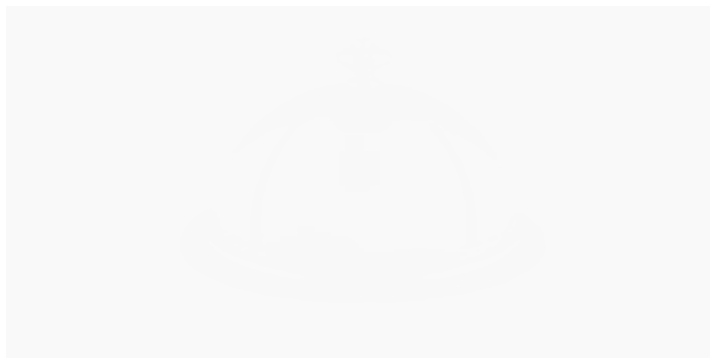
Peste

Aditivi

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SALATA VERDE MIXTA

14.00 lei



Ingrediente o portie de 150g :

rucola 100g, salata verde 100g, radicchio 50g, lamaie 20g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	36.2	54.3
Energie Kj	151.46	227.19
Grasimi	0.48g	0.72g
din care acizi grasi saturati	0.16g	0.24g
Glucide	6.55g	9.82g
din care zaharuri	1.12g	1.68g
Fibre	1.54g	2.31g
Proteine	3.57g	5.36g
Sare	0.09g	0.13g

Alergeni

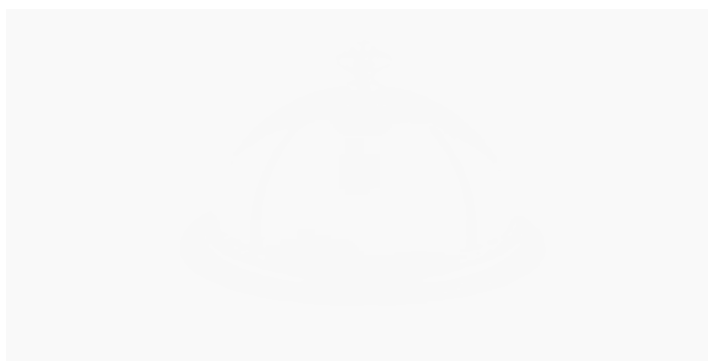
Telina,

Aditivi

-

SALATA VERDE

12.00 lei



Ingrediente o portie de 150g :

salata verde 250g, lamaie 20g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	28.87	43.3
Energie Kj	120.79	181.16
Grasimi	0.29g	0.44g
din care acizi grasi saturati	0.04g	0.06g
Glucide	6.03g	9.04g
din care zaharuri	1.63g	2.45g
Fibre	2.54g	3.81g
Proteine	2.41g	3.62g
Sare	0.12g	0.18g

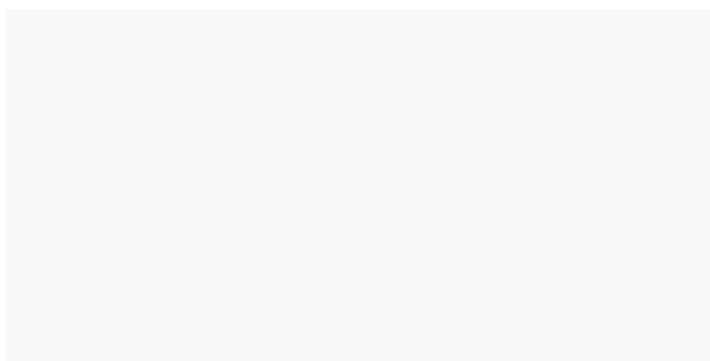
Alergeni

Aditivi

-

SARMALUTE IN FOI DE VITA

24.00 lei



Ingrediente o portie de 150g :

foi de vita pentru sarmale [Foi de vita intregi, apa, sare] 50g, orez alb negatit, cu bob lung 50g, ulei masline extra virgin 10g, menta [menta proaspata] 2g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	181.87	272.8
Energie Kj	760.94	1141.39
Grasimi	6.36g	9.54g
din care acizi grasi saturati	0.95g	1.42g
Glucide	27.39g	41.08g
din care zaharuri	0.17g	0.26g
Fibre	0.47g	0.7g
Proteine	2.75g	4.12g
Sare	0.82g	1.23g

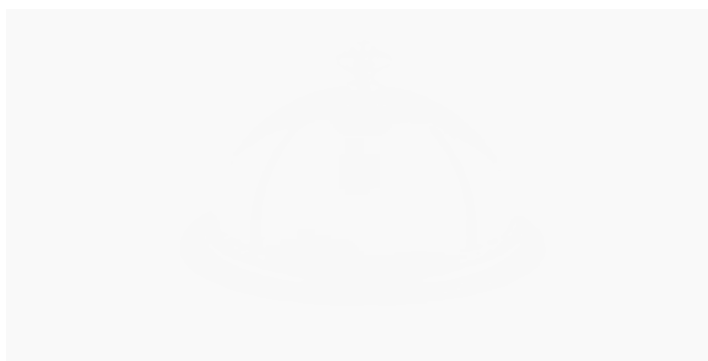
Alergeni

Aditivi

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SCOICI IN SOS DE ROSII

50.00 lei



Ingrediente o portie de 300g :

SCOICI IN COCHILIE [midii 100%] 250g, sos de rosii 100g, vin alb sec 50g, rosii cherry 20g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	109.37	328.1
Energie Kj	457.60	1372.77
Grasimi	3.99g	11.96g
din care acizi grasi saturati	0.8g	2.39g
Glucide	3.07g	9.21g
din care zaharuri	1.25g	3.76g
Fibre	0.67g	2.02g
Proteine	8.95g	26.85g
Sare	0.89g	2.66g

Alergeni

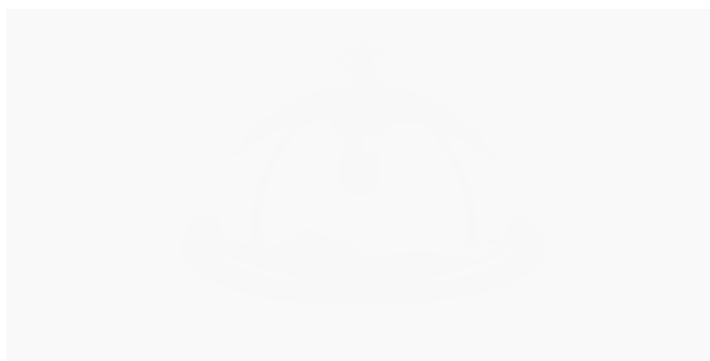
Moluste,

Aditivi

-

SCOICI IN SOS DE VIN SI USTUROI

50.00 lei



Ingrediente o portie de 300g :

SCOICI IN COCHILIE [midii 100%] 250g, vin alb sec 100g, ardei gras rosu 50g, **UNT**, fara sare 50g, ulei masline extra virgin 5g, busuioc [busuioc] 1g

Declaratie nutritionala	100g	Portie 300g
Energie Kcal	234.39	703.16
Energie Kj	980.68	2942.02
Grasimi	17.51g	52.54g
din care acizi grasi saturati	9.22g	27.67g
Glucide	1.97g	5.9g
din care zaharuri	1.03g	3.09g
Fibre	0.35g	1.05g
Proteine	8.68g	26.03g
Sare	0.51g	1.53g

Alergeni

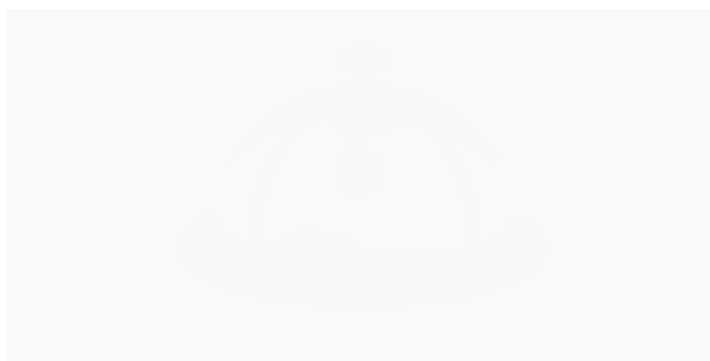
Lapte
Moluste,

Aditivi

-

SCOICI PRAJITE

30.00 lei



Ingrediente o portie de 150g :

CARNE MIDII [CARNE DE MIDII, APA] 150g, ulei rafinat din floarea soarelui 50g, **FAINA** de grau alba superioara macinata, 50g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	563	844.5
Energie Kj	2355.59	3533.38
Grasimi	35.41g	53.11g
din care acizi grasi saturati	3.79g	5.68g
Glucide	24.87g	37.3g
din care zaharuri	0.8g	1.2g
Fibre	0.43g	0.65g
Proteine	27.37g	41.05g
Sare	0.5g	0.75g

Alergeni

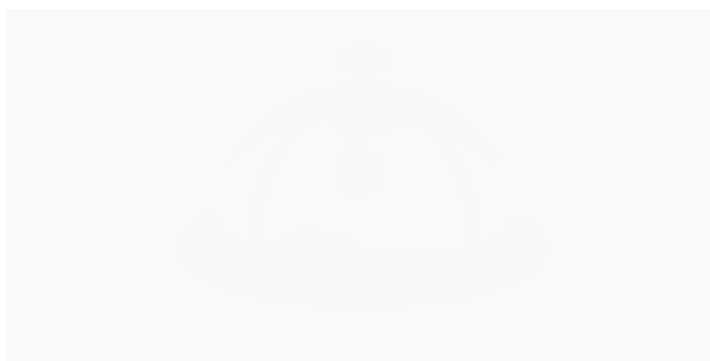
Moluste
Gluten,

Aditivi

-

SEPIE CU SOS DE VIN SI CEAPA

52.00 lei



Ingrediente o portie de 250g :

SEPIE 250g, ceapa alba cruda 150g, vin alb sec 50g, rosii cherry 20g, sos chilli [Apa, pasta de ardei 20% (ardei si gogosari, sare, amidon modificat, agent de ingrosare (guma de xantan, acidifiant (acid citric), dextroza, otet, zahar, amidon modificat, condimente ardei chili (0.9%) agent de ingrosare (guma de xantan), aroma 10g, ulei masline extra virgin 5g, busuioc [busuioc] 1g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	140.3	350.76
Energie Kj	587.01	1467.57
Grasimi	2.73g	6.83g
din care acizi grasi saturati	0.4g	0.99g
Glucide	8.61g	21.52g
din care zaharuri	1.03g	2.58g
Fibre	0.95g	2.38g
Proteine	11.66g	29.15g
Sare	0.22g	0.55g

Alergeni

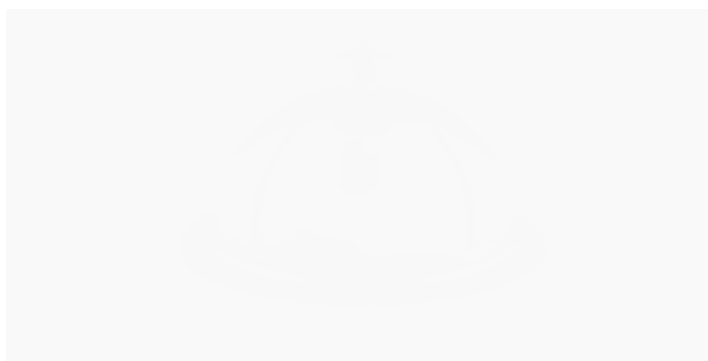
Moluste
Lapte
Gluten,

Aditivi

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SEPIE LA GRATAR

52.00 lei



Ingrediente o portie de 200g :

SEPIE 250g, ulei masline extra virgin 2g, lamaie 2g, oregano uscat 1g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	108.6	217.21
Energie Kj	454.38	908.80
Grasimi	1.86g	3.71g
din care acizi grasi saturati	0.32g	0.63g
Glucide	2.94g	5.88g
din care zaharuri	0.05g	0.09g
Fibre	0.25g	0.49g
Proteine	13.81g	27.61g
Sare	0.14g	0.28g

Alergeni

Moluste,

Aditivi

-

SEPIE PICANTA CU SOS DE VIN SI ARDEI IUTE

52.00 lei

Ingrediente o portie de 250g :

SEPIE 250g, vin alb sec 50g, sos chilli [Apa, pasta de ardei 20%(ardei si gogosari, sare, amidon modificat, agent de ingrosare (guma de xantan, acidifiant (acid citric), dextroza, otet, zahar, amidon modificat, condimente ardei chili (0.9%) agent de ingrosare (guma de xantan), aroma 10g, ulei masline extra virgin 5g, ardei iute tocat 2g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	117.09	292.72
Energie Kj	489.90	1224.74
Grasimi	2.61g	6.53g
din care acizi grasi saturati	0.4g	0.99g
Glucide	3.57g	8.92g
din care zaharuri	1.04g	2.6g
Fibre	0.1g	0.25g
Proteine	11.06g	27.65g
Sare	0.31g	0.77g

Alergeni

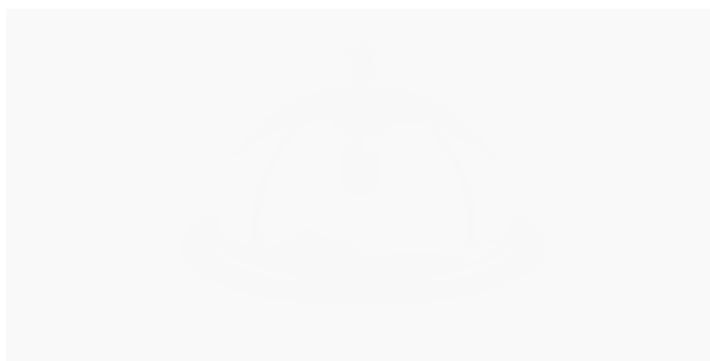
Moluste
Lapte
Gluten,

Aditivi

Conservant: E202
Agent de ingrosare: E415
Corector de aciditate: E330

SOMON LA GRATAR

52.00 lei



Ingrediente o portie de 200g :

SOMON 300g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	334.1	668.2
Energie Kj	1397.87	2795.74
Grasimi	19.99g	39.98g
din care acizi grasi saturati	3.72g	7.45g
Glucide	2.73g	5.46g
din care zaharuri	0g	0g
Fibre	0g	0g
Proteine	32.7g	65.4g
Sare	1.5g	3g

Alergeni

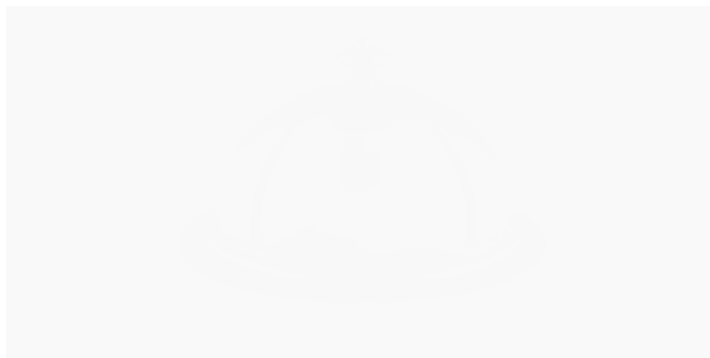
PESTE

Aditivi

-

SOUVLAKI DE PUI

42.00 lei



Ingrediente o portie de 350g :

piept de pui file, fara piele 300g, cartofi prajiti 150g, **pita greceasca** 100g, **tzatziki** [45% specialitate pe baza de lapte [apa, grasimi vegetale hidrogenate(ulei de palmier), **lapte praf de gresat**, proteine din lapte, amidon de porumb, emulsifiant: mono si digliceride ale acizilor grasi, gelatina animala, culturi lactice selectionate, conservant (sorbit de potasiu), 25% castraveti, 15% iaurt grecesc, ulei vegetal (ulei de soia, ulei de floarea soarelui), amidon modificat, 2.15% usturoi, sare, condimente, regulator de aciditate: aci8d lactic, conservanti: benzoat de sodiu, sorbat de potasiu] 50g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	286.14	1001.5
Energie Kj	1197.20	4190.27
Grasimi	10.19g	35.66g
din care acizi grasi saturati	2.19g	7.65g
Glucide	25.16g	88.05g
din care zaharuri	1.19g	4.16g
Fibre	1.6g	5.6g
Proteine	23.14g	81g
Sare	0.85g	2.97g

Alergeni

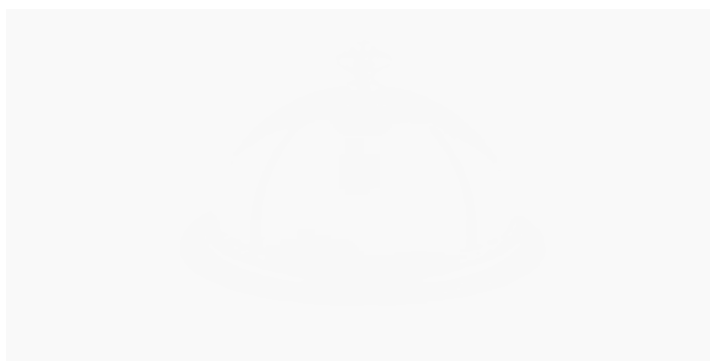
Gluten
Lapte
Oua
Crustacee
Peste
Soia
Alune
Telina
Mustar
Seminte de susan
Dioxid de sulf,

Aditivi

Conservant: E211, E202
Corector de aciditate: E270
Emulsifiant: E471

SPAGHETE CU CREVETI

50.00 lei



Ingrediente o portie de 400g :

CREVETI CRUZI 31/40 [Creveti 100%] 200g, apa robinet 150g, **SPAGHETE** [Făină albă de grâu 480 și apă] 50g, vin alb sec 50g, rosii cherry 50g, ardei gras rosu 20g, ulei masline extra virgin 5g, busuioc [busuioc] 1g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	111.17	444.68
Energie Kj	465.13	1860.54
Grasimi	1.78g	7.11g
din care acizi grasi saturati	0.34g	1.35g
Glucide	11.16g	44.63g
din care zaharuri	0.92g	3.68g
Fibre	0.37g	1.47g
Proteine	10.44g	41.77g
Sare	0.27g	1.06g

Alergeni

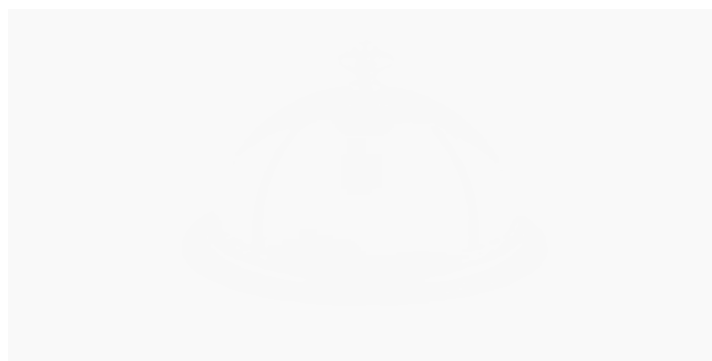
Crustacee
Gluten,

Aditivi

-

SPAGHETE CU FRUCTE DE MARE

52.00 lei



Ingrediente o portie de 400g :

apa 150g, **CARNE MIDII** [CARNE DE MIDII, APA] 50g, vin alb sec 50g, **CARACATITA** cruda 50g, **CREVETI** coada 31/40f [creveti fierti decorticati, eviscerati cu coada] 50g, **SPAGHETE** [Faina grifică, apa] 50g, **CALAMARI** intregi fara piele 50g, sepie 50g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	125.8	503.2
Energie Kj	526.34	2105.38
Grasimi	2.38g	9.51g
din care acizi grasi saturati	0.39g	1.57g
Glucide	10.46g	41.85g
din care zaharuri	0.68g	2.73g
Fibre	0g	0g
Proteine	11.51g	46.04g
Sare	0.37g	1.49g

Alergeni

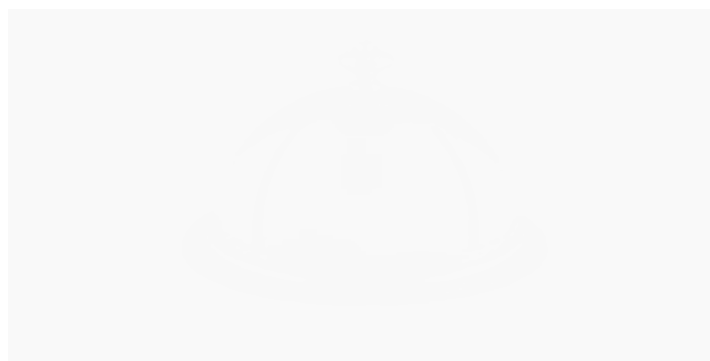
Moluste
Crustacee
Gluten,

Aditivi

-

SPAGHETE CU SCOICI SOS DE VIN/IN SOS DE ROSII

48.00 lei



Ingrediente o portie de 400g :

SCOICI 200g, apa 150g, sos de rosii 100g, vin alb sec 50g, SPAGHETE 50g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	100.25	401
Energie Kj	419.44	1677.78
Grasimi	0.53g	2.13g
din care acizi grasi saturati	0.13g	0.51g
Glucide	13.09g	52.37g
din care zaharuri	1.44g	5.76g
Fibre	0.4g	1.6g
Proteine	8.07g	32.28g
Sare	0.79g	3.15g

Alergeni

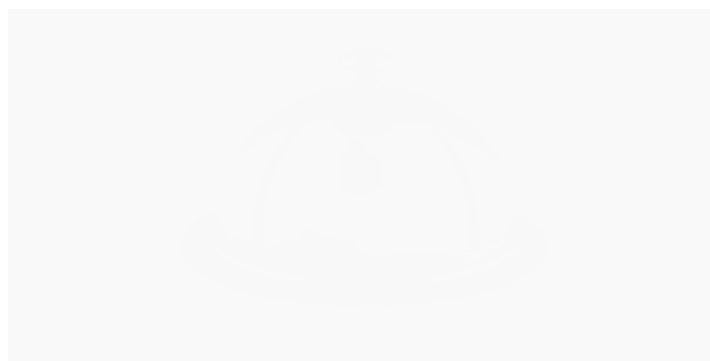
Moluste
Gluten,

Aditivi

-

SPAGHETE CU SOMON

48.00 lei



Ingrediente o portie de 400g :

SOMON 200g, apa 150g, spaghetti 50g, smantana vegetala [apă, ulei de palmier (17%), zară praf, amidon modificat din porumb, maltodextrine, stabilizatori: gumă de guar (E412)] 100g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	292.13	1168.5
Energie Kj	1222.27	4889.00
Grasimi	11.15g	44.6g
din care acizi grasi saturati	5.71g	22.84g
Glucide	30.94g	123.77g
din care zaharuri	2.96g	11.83g
Fibre	0g	0g
Proteine	15.88g	63.5g
Sare	0.57g	2.28g

Alergeni

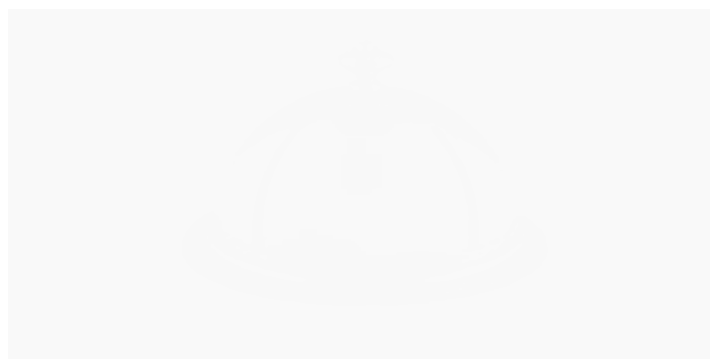
PESTE

Aditivi

Agent de ingrosare: E412

SPARANGHEL LA GRATAR

22.00 lei



Ingrediente o portie de 120g :

sparanghel crud 200g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 120g
Energie Kcal	67.67	81.2
Energie Kj	283.13	339.74
Grasimi	4.02g	4.82g
din care acizi grasi saturati	0.6g	0.72g
Glucide	6.47g	7.76g
din care zaharuri	3.13g	3.76g
Fibre	3.5g	4.2g
Proteine	3.67g	4.4g
Sare	0.01g	0.01g

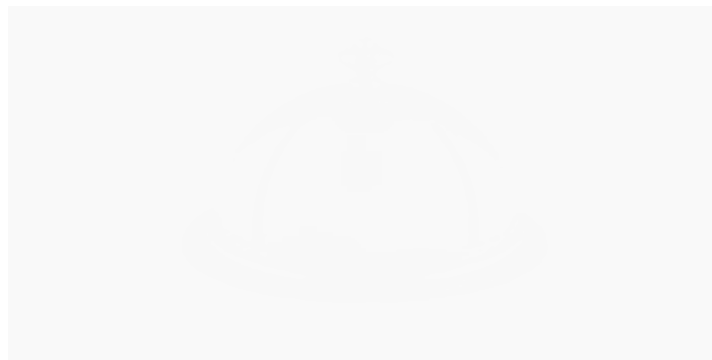
Alergeni

Aditivi

-

SPECIALITATE CU FRUCTE DE MARE

95.00 lei



Ingrediente o portie de 400g :

CALAMARI intregi fara piele 120g, **CARACATITA** 100g, sos de rosii 100g, **SEPIE** 100g, **SCOICI** in cochilie [midii 100%] 80g, **CREVETI** cruzi 31/40 [Creveti 100%] 80g, ulei

masline extra virgin koroneiki [ulei masline Koroneiki] 10g

Declaratie nutritionala	100g	Portie 400g
Energie Kcal	111.78	447.13
Energie Kj	467.68	1870.79
Grasimi	3.62g	14.49g
din care acizi grasi saturati	0.77g	3.08g
Glucide	2.5g	10g
din care zaharuri	1.06g	4.24g
Fibre	0.4g	1.6g
Proteine	15.35g	61.4g
Sare	1.11g	4.45g

Alergeni

Moluste
Peste

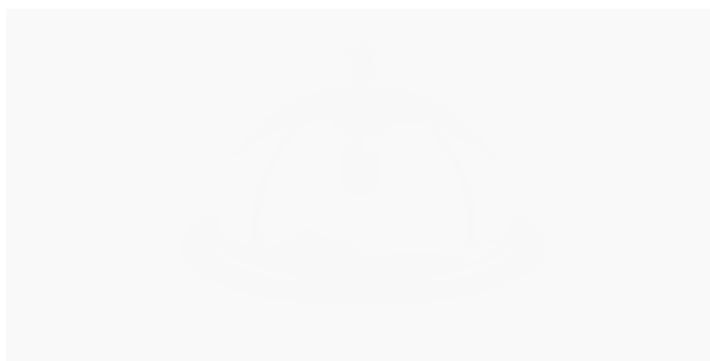
Crustacee,

Aditivi

Antioxidant: E331

STURION LA GRATAR

58.00 lei



Ingrediente o portie de 250g :

STURION crud 300g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 250g
Energie Kcal	142.48	356.2
Energie Kj	596.13	1490.34
Grasimi	6.68g	16.7g
din care acizi grasi saturati	1.36g	3.39g
Glucide	0g	0g
din care zaharuri	0g	0g
Fibre	0g	0g
Proteine	19.32g	48.3g
Sare	0.16g	0.41g

Alergeni

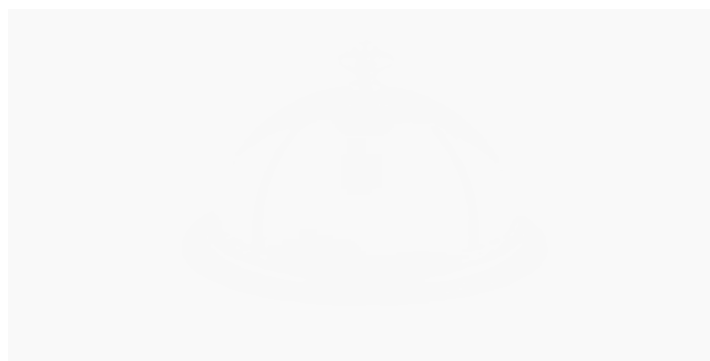
PESTE

Aditivi

-

SUPA CU FRUCTE DE MARE

38.00 lei



Ingrediente o portie de 350g :

CARNE MIDII [CARNE DE MIDII, APA] 50g, morcov crud 50g, ardei gras rosu 50g, **TELINA** radacina 50g, **CREVETI** coada31/40f [creveti fierti decorticati, eviscerati cu coada] 50g, **CALAMARI** intregi fara piele 50g, apio 20g

Declaratie nutritionala	100g	Portie 350g
Energie Kcal	59.89	209.6
Energie Kj	250.57	876.96
Grasimi	0.95g	3.31g
din care acizi grasi saturati	0.17g	0.59g
Glucide	3.83g	13.42g
din care zaharuri	1.65g	5.76g
Fibre	1.03g	3.59g
Proteine	8.17g	28.61g
Sare	0.39g	1.37g

Alergeni

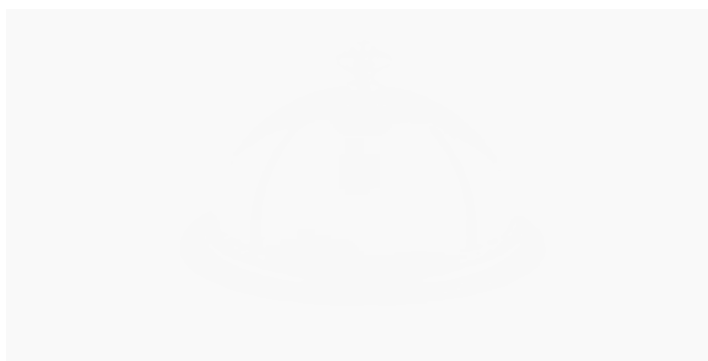
Telina
Moluste
Crustacee,

Aditivi

-

TARTAR DE CREVETI

44.00 lei



Ingrediente o portie de 200g :

CREVETI cruzi 31/40 [Creveti 100%] 150g, castraveti cruzi 50g, **ALBUS DE OU** (OU) 20g, ghimbir proaspat 10g, sos soia [Soia] 10g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	74.94	149.89
Energie Kj	313.54	627.13
Grasimi	0.74g	1.48g
din care acizi grasi saturati	0.25g	0.49g
Glucide	2.58g	5.15g
din care zaharuri	1.01g	2.02g
Fibre	0.23g	0.45g
Proteine	14.69g	29.38g
Sare	0.43g	0.85g

Alergeni

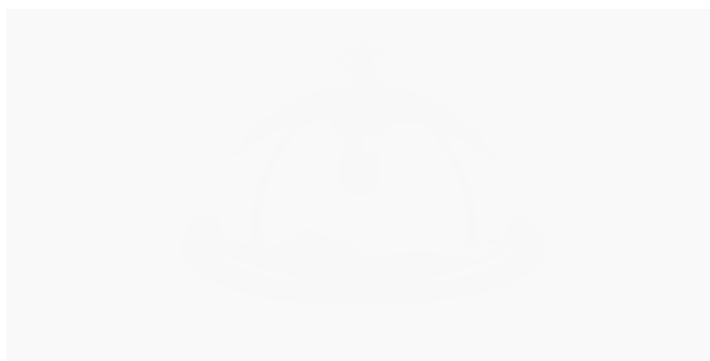
Oua
Crustacee
Soia,

Aditivi

-

TARTAR DE SOMON

44.00 lei



Ingrediente o portie de 200g :

SOMON 150g, **ALBUS DE OU** (OU) 20g, avocado crud 10g, ghimbir proaspat 10g, sos soia [SOIA boabe, GRÂU, sare, apă, zahăr] 10g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	177.5	355
Energie Kj	742.66	1485.32
Grasimi	9.68g	19.35g
din care acizi grasi saturati	1.82g	3.64g
Glucide	3.41g	6.82g
din care zaharuri	0.5g	1g
Fibre	0.44g	0.88g
Proteine	17.77g	35.55g
Sare	1.62g	3.23g

Alergeni

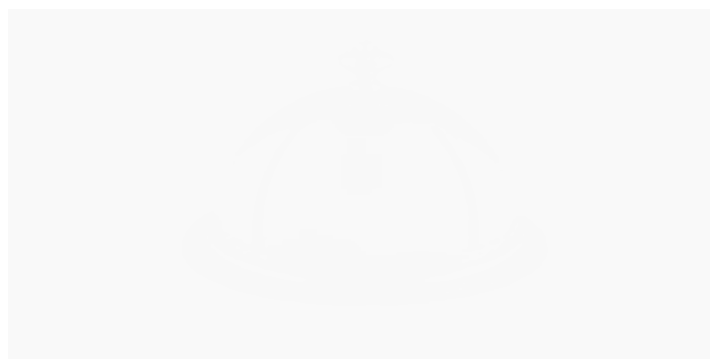
Oua
Soia
PESTE
Telina

Gluten,
Aditivi

-

TON FILE LA GRATAR

60.00 lei



Ingrediente o portie de 200g :

TON [peste] 300g, ulei masline extra virgin 5g

Declaratie nutritionala	100g	Portie 200g
Energie Kcal	170.6	341.2
Energie Kj	713.79	1427.58
Grasimi	2.29g	4.58g
din care acizi grasi saturati	0.32g	0.64g
Glucide	0g	0g
din care zaharuri	0g	0g
Fibre	0g	0g
Proteine	34.5g	69g
Sare	0g	0g

Alergeni

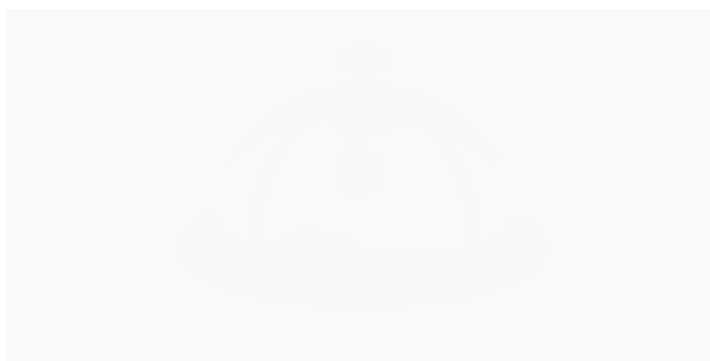
Moluste
Peste
Crustacee,

Aditivi

-

TZATZIKI

26.00 lei



Ingrediente o portie de 150g :

IAURT GRECESC [LAPTE de vaca pasteurizat, grasime din LAPTE, proteine din LAPTE, fermenti selectionati de iaurt] 120g, castraveti cruzi 50g, ulei masline extra virgin 5g, usturoi proaspat 5g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	115.03	172.55
Energie Kj	481.28	721.94
Grasimi	7.11g	10.67g
din care acizi grasi saturati	2.36g	3.54g
Glucide	5.51g	8.26g
din care zaharuri	3.79g	5.69g
Fibre	0.24g	0.36g
Proteine	7.63g	11.45g
Sare	0.07g	0.11g

Alergeni

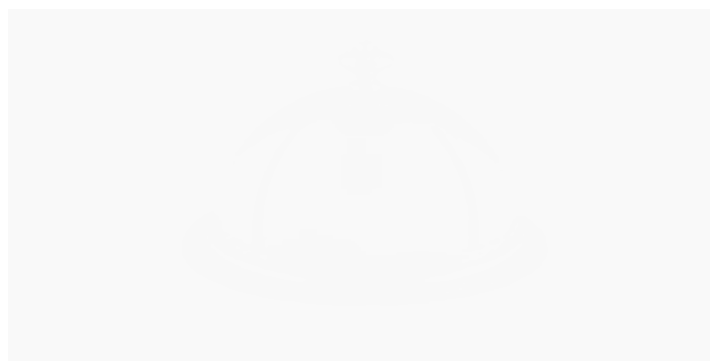
Lapte,

Aditivi

-

VINETE PANE

26.00 lei



Ingrediente o portie de 150g :

vinete crude 100g, **FAINA** de grau alba superioara macinata, 50g, ulei rafinat din floarea soarelui 30g, **MUSTAR** [apă, oțet, boabe de muștar, zahăr, sare, condimente] 10g

Declaratie nutritionala	100g	Portie 150g
Energie Kcal	304.67	457
Energie Kj	1274.73	1912.08
Grasimi	19.13g	28.69g
din care acizi grasi saturati	2.04g	3.06g
Glucide	28.95g	43.43g
din care zaharuri	3.05g	4.58g
Fibre	2.63g	3.95g
Proteine	4.52g	6.78g
Sare	0.14g	0.21g

Alergeni

Mustar
Gluten,

Aditivi

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