

Declaratie Nutritionala - Matinee

From 8.30 to 18.00

AMERICAN PANCAKES (1 E / Aditivi) - 400 gr.

Ingrediente: pancake, sirop de artar, mango, capsuni, ananas, afine, zahar pudra

Valori Nutritionale (100 gr.): 845.14 Kj, 200.93 kCal

Alergeni: Lactoza,Gluten,Oua,Cereale

CROISSANT CAVIAR (9 E / Aditivi) - 220 gr.

Ingrediente: **oua**, mix de salata, **crema de branza**, **croissant cu unt ***, **unt 82% burro bavareze**, **branza feta**, **bacon**, ulei verde, chives, sare, **icre caviar**, piper

Valori Nutritionale (100 gr.): 1460.76 Kj, 352.45 kCal

Alergeni: Lactoza,Soia,Nuci,Peste,Gluten,Oua,Cereale,Fructe cu coaja lemnoasa,Alune,susan

CELERY WALNUT AND AVOCADO SALAD (1 E / Aditivi) - 290 gr.

Ingrediente: andive, **telina**, ardei gras, avocado, **oua prepelita**, **nuci**, ulei de floarea soarelui, **grana padano dop**, otet balsamic, ceapa rosie, **mustar dijon**, sare, piper

Valori Nutritionale (100 gr.): 823.42 Kj, 198.39 kCal

Alergeni: Telina sau Produse Derivate,Mustar,Lactoza,Nuci,Oua

SCRAMBLED EGGS FETA (7 E / Aditivi) - 320 gr.

Ingrediente: **oua**, cartofi prajiti, **crema de branza**, **branza feta**, **unt 82% burro bavareze**, **bacon**, chives, sare, piper

Valori Nutritionale (100 gr.): 1001.75 Kj, 241.59 kCal

Alergeni: Lactoza,Oua

FRENCH TOAST (1 E / Aditivi) - 220 gr.

Ingrediente: crema de vanilie, **toast**, sirop de artar, mango, ananas, capsuni, zahar, afine, zahar pudra

Valori Nutritionale (100 gr.): 1153.66 Kj, 273.00 kCal

Alergeni: Lactoza,Gluten,Oua,Cereale

PROTEIN PLATE (0 E / Aditivi) - 800 gr.

Ingrediente: avocado, piept de pui, orez, porumb conserva, fasole rosie, sfecla rosie, morcovi, lamaie, castraveti, ceapa rosie, mix de salata

Valori Nutritionale (100 gr.): 642.89 Kj, 153.37 kCal

SEASONE TOMATOES CARPACCIO WITH BURRATA (0 E / Aditivi) - 320 gr.

Ingrediente: **buratta**, rosii, rosii cherry, otet balsamic, ulei de masline extra virgin, zahar, busuioc, sare, piper

Valori Nutritionale (100 gr.): 1033.96 Kj, 249.36 kCal

Alergeni: Lactoza

GRANOLA BOWL (0 E / Aditivi) - 250 gr.

Ingrediente: **iaurt cu specific grecesc natur**, granola, capsuni, zmeura, mango, miere, sirop de artar, afine, menta

Valori Nutritionale (100 gr.): 1039.41 Kj, 247.53 kCal

Alergeni: Lactoza,Nuci,Gluten,Cereale,Alune

AMERICAN OMELETTE (6 E / Aditivi) - 300 gr.

Ingrediente: **oua**, mix de salata, **bacon**, ciuperci, **cheddar**, **iaurt cu specific grecesc natur**, morcovi, ridichi, **chilli fulgi**

Valori Nutritionale (100 gr.): 848.02 Kj, 204.32 kCal

Alergeni: Lactoza,Dioxid de Sulf sau Sulfiti,Oua

QUINOA AND HALLOUMI SALAD (2 E / Aditivi) - 280 gr.

Ingrediente: baby spanac, quinoa, **halloumi**, **nuci**, conopida, merisoare, sirop rodie, ulei de masline extra virgin, **migdale**, sare

Valori Nutritionale (100 gr.): 1605.38 Kj, 383.93 kCal

Alergeni: Lactoza,Nuci

SHRIMPS POKE BOWL (0 E / Aditivi) - 350 gr.

Ingrediente: orez, alge de mare wakame, avocado, edamame ✳, creveti ✳, mango, sos de soia, ridichi, ghimbir, castraveti, susan

Valori Nutritionale (100 gr.): 970.76 Kj, 230.41 kCal

Alergeni: Crustacee, Soia, Gluten, Cereale, susan

FRENCH OMLETTE WITH CAVIAR (0 E / Aditivi) - 161 gr.

Ingrediente: oua, mix de salata, ulei de masline extra virgin, ridichi, pasta de trufe, icre caviar, morcovi

Valori Nutritionale (100 gr.): 841.53 Kj, 202.83 kCal

Alergeni: Peste, Oua

GREEN OMLETTE WITH FETA CHEESE (1 E / Aditivi) - 352 gr.

Ingrediente: oua, mix de salata, branza feta, rosii cherry, baby spanac, patrunjel, sos vinegreta, busuioc, ulei verde, sare

Valori Nutritionale (100 gr.): 541.59 Kj, 130.41 kCal

Alergeni: Mustar, Lactoza, Dioxid de Sulf sau Sulfiti, Oua

FRENCH OMLETTE WITH TRUFFLE (1 E / Aditivi) - 275 gr.

Ingrediente: oua, mix de salata, unt 82% burro bavareze, ulei verde, ridichi, pasta de trufe, morcovi, trufe, piper negru, sare

Valori Nutritionale (100 gr.): 796.44 Kj, 192.62 kCal

Alergeni: Lactoza, Oua

SCRAMBLED EGGS WITH TRUFFLE, BREAD WITH TURMERIC AND SESAME (2 E / Aditivi) - 310 gr.

Ingrediente: oua, paine toast, crema de branza, unt 82% burro bavareze, pasta de trufe, turmeric, trufe, piper, sare

Valori Nutritionale (100 gr.): 1021.22 Kj, 245.72 kCal

Alergeni: Lactoza, Gluten, Oua, Cereale

CROQUE MADAMME (4 E / Aditivi) - 320 gr.

Ingrediente: crema croque madamme, toast, oua, cheddar, mix de salata, iaurt cu specific grecesc natur, unt 82% burro bavareze, prosciutto cotto, ulei verde, sare

Valori Nutritionale (100 gr.): 1423.44 Kj, 342.56 kCal

Alergeni: Lactoza, Gluten, Oua, Cereale

AVOCADO TOAST WITH SALMON & POUCHED EGGS (6 E / Aditivi) - 340 gr.

Ingrediente: oua, sos olandez, toast, salsa guacamole, mix de salata, somon afumat ✳, iaurt cu specific grecesc natur, sare

Valori Nutritionale (100 gr.): 765.07 Kj, 183.32 kCal

Alergeni: Lactoza, Peste, Gluten, Oua, Cereale

GREENS AND EGGS BREAKFAST PLATE (1 E / Aditivi) - 340 gr.

Ingrediente: oua, sfecla rosie, avocado, baby spanac, lamaie, edamame ✳, rosii cherry, porumb conserva, sos vinegreta, castraveti, ghimbir, ulei de masline extra virgin, seminte susan alb

Valori Nutritionale (100 gr.): 658.62 Kj, 158.26 kCal

Alergeni: Mustar, Dioxid de Sulf sau Sulfiti, Oua, susan

SHAKSHOUKA (0 E / Aditivi) - 420 gr.

Ingrediente: oua, ardei gras, rosii, branza feta, ceapa, pepperoncino, patrunjel, coriandru verde, ulei de masline extra virgin, ulei verde, usturoi, chimion

Valori Nutritionale (100 gr.): 576.31 Kj, 138.63 kCal

Alergeni: Lactoza, Oua

STEAK AND EGGS (0 E / Aditivi) - 260 gr.

Ingrediente: oua, antricot vita argentina, cartofi prajiti, mix de salata, iaurt cu specific grecesc natur, ulei verde, sare, chives, rozmarin

Valori Nutritionale (100 gr.): 701.76 Kj, 168.43 kCal

Alergeni: Lactoza, Oua

ACAI BOWL (2 E / Aditivi) - 270 gr.

Ingrediente: granola, acai, mere, capsuni, unt de arahide, mango, banane, afine, fulgi migdale, fulgi de cocos

Valori Nutritionale (100 gr.): 1080.88 Kj, 258.06 kCal

Alergeni: Fructe cu Coaja sau Seminte, Nuci, Gluten, Cereale, Alune

BAKED AUBERGINE SALAD (0 E / Aditivi) - 290 gr.

Ingrediente: vinete, **branza de capra**, mix de salata, **caju**, rodii, otet balsamic, ulei de masline extra virgin

Valori Nutritionale (100 gr.): 814.14 Kj, 195.67 kCal

Alergeni: Lactoza, Fructe cu Coaja sau Seminte

After 12.00

PACCHERI MARINARA (2 E / Aditivi) - 260 gr.

Ingrediente: **paste paccheri**, **buratta**, rosii, rosii cherry, **grana padano dop**, ulei de masline extra virgin, **unt 82% burro bavareze**, usturoi, rozmarin, sare, busuioc, piper

Valori Nutritionale (100 gr.): 1154.76 Kj, 278.31 kCal

Alergeni: Lactoza, Soia, Gluten, Oua, Cereale

GARLIC SHRIMPS (2 E / Aditivi) - 220 gr.

Ingrediente: **creveti** ✱, suc de lamaie, **vin**, usturoi, **unt 82% burro bavareze**, patrunjel, piper negru, sare

Valori Nutritionale (100 gr.): 588.69 Kj, 140.81 kCal

Alergeni: Crustacee, Lactoza, Dioxid de Sulf sau Sulfiti

RAVIOLI BUTTER SAGE (3 E / Aditivi) - 250 gr.

Ingrediente: **paste ravioli cu ou**, **grana padano dop**, **branza ricotta**, **unt 82% burro bavareze**, ulei verde, salvie, sare

Valori Nutritionale (100 gr.): 1553.87 Kj, 373.46 kCal

Alergeni: Lactoza, Gluten, Oua, Cereale

PACCHERI PORCINI AND SALSICIA (6 E / Aditivi) - 250 gr.

Ingrediente: **paste paccheri**, ciuperci, salsiccia napolii picante, **unt 82% burro bavareze**, **grana padano dop**, patrunjel, sare

Valori Nutritionale (100 gr.): 1090.50 Kj, 262.74 kCal

Alergeni: Lactoza, Soia, Gluten, Oua, Cereale

RIBEYE CHIMICHURRY (0 E / Aditivi) - 250 gr.

Ingrediente: antricot vita argentina, cartofi, ulei de masline extra virgin, ceapa rosie, busuioc, patrunjel, coriandru, ardei iute, piper, sare

Valori Nutritionale (100 gr.): 678.03 Kj, 162.38 kCal

Extras

CARTOFI PRAJITI PAI (0 E / Aditivi) - 120 gr.

Ingrediente: cartofi, ulei, sare

Valori Nutritionale (100 gr.): 832.50 Kj, 200.33 kCal

SALATA DE ROSII CU BRANZA (0 E / Aditivi) - 420 gr.

Ingrediente: rosii, **branza feta**, ulei de masline extra virgin, busuioc, sare

Valori Nutritionale (100 gr.): 427.19 Kj, 102.64 kCal

Alergeni: Lactoza

SALATA DE CASTRAVETI FRESH CU SOS DE SOIA SI SUSAN (0 E / Aditivi) - 130 gr.

Ingrediente: castraveti, **sos de soia**, **susan**, sare

Valori Nutritionale (100 gr.): 297.69 Kj, 71.23 kCal

Alergeni: Soia, Gluten, Cereale, susan

Desserts

DESERTUL CASEI (2 E / Aditivi) - 200 gr.

Ingrediente: sos desert diferite arome

Valori Nutritionale (100 gr.): 1673.00 Kj, 394.00 kCal

CHEESE CAKE (6 E / Aditivi) - 160 gr.

Ingrediente: **crema de branza**, dulceata afine, **smantana dulce**, **biscuiti**, lamaie, zahar, **unt 82% burro bavareze**, esente

Valori Nutritionale (100 gr.): 1156.74 Kj, 276.73 kCal

Alergeni: Lactoza, Gluten, Cereale

TIRAMISU CU FISTIC (1 E / Aditivi) - 420 gr.

Ingrediente: **piscoturi, mascarpone, oua, fistic, pasta de fistic**, zahar

Valori Nutritionale (100 gr.): 1424.46 Kj, 341.13 kCal

Alergeni: Lactoza,Fructe cu Coaja sau Seminte,Oua,Fructe cu coaja lemnoasa

Legenda

- ❄ = Produs Congelat
- Produs Alergen = **Scris Ingrosat**
- Mentii speciale = ***Scris Ingrosat Italic***