restaurant marin

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desde 2012

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E. 28.6179782



www.compassrestaurant.ro



MIC DEJUN

calculator nutritional
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pana la ora 12:00

Mic dejun

OUA ROYAL ***

270 g **46 lei**

oua 2 buc (contine: **oua** 2 buc, otet, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536). **salata mixta 60 gr** (contine: cherry 40 gr, salata mixta 20 gr, lamaie, ulei extravirgin de masline, busuioc, usturoi, piper negru, ulei floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536). **somon afumat 70 gr:** (contine **peste**), **peste somon** afumat, zahar, sare, **sos olandez 50 gr** (unt, **lapte**, **ou**, sare iodata, amidon, sare, grasime vegetala de ulei floarea-soarelui, zahar, drojdie, **vin alb**, contine: **sulfiti**), **chifla toastata 1 buc, boia dulce.**

calorii 607,22 kcal
proteine 26,13
grasimi 42,61
(din care acizi grasi saturati 17,09)
glucide 26,85
zahar 2,81 sare 2,91





OMLETA CU CIUPERCI

***

230 g **41 lei**

omleta (contine: **oua** 3 buc, **ciuperci 60 gr**, ceapa 10 gr, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), piper negru). **salata mixta 60 gr** (contine: cherry 40 gr, salata mixta 20 gr, lamaie, ulei extravirgin de masline, busuioc, usturoi, piper negru, ulei floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 221,81 kcal
proteine 15,65
grasimi 15,57
(din care acizi grasi saturati 3,52)
glucide 5,77
zahar 1,05
sare 1,19

GREEN POWER TOAST

***

290 g **42 lei**

pasta de avocado 80 gr.: (contine: avocado 60 gr, suc de lamaie, ulei de masline, piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536). **oua 2 buc, seminte dovleac 20 gr, rucola 10 gr, rosii cherry 50 gr, piper negru, peperoncino, chifla toastata 1 buc., ulei de masline.**

calorii 553,63 kcal
proteine 23,68
grasimi 35,33
(din care acizi grasi saturati 6,51)
glucide 38,14
zahar 9,89
sare 2



*** timp de servire intre 10 si 40 min in functie de comenzi

Mic dejun

pana la ora 12:00

calculator nutritional
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EMERALD SALMON

***

290 g **46 lei**

somon afumat 70 gr [contine **peste**], **peste somon** afumat, sare. **pasta de avocado 70 gr.** (contine: avocado 75 gr, suc lamaie, ulei de masline, piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **castraveti 50 gr, ridichi 20 gr, rodie 10 gr, lamaie 20 gr, rucola 10 gr, fistic 5 gr, microplante, piper negru, dressing Mery, chifla toastata 1 buc.**

calorii 406,54 kcal
proteine 22,93
grasimi 19,7
(din care acizi grasi saturati 2,5)
glucide 38,57
zahar 9,44
sare 3,3





OMLETA *** CU BABY SPANAC SI FETA

230 g **42 lei**

omleta (contine: **oua** 3 buc, **branza feta 50 gr** [contine **lapte**], (**lapte** de oaie pasteurizat, **lapte** de capra pasteurizat, sare, cheag, **culturi lactice**), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), baby spanac, ceapa alba, usturoi, busuioc, patrungel, ulei extravirgin de masline, piper negru. **salata mixta 60 gr** (contine: cherry 40 gr, salata mixta 20 gr, lamaie, ulei extravirgin de masline, busuioc, usturoi, piper negru, ulei floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 360,96 kcal
proteine 23,71
grasimi 28,27
(din care acizi grasi saturati 11,72)
glucide 3,31 zahar 1,29
sare 1,43

OMLETA *** CU AVOCADO SI FETA

270 g **44 lei**

omleta (contine: **oua** 3 buc, **smantana** 32% 30 ml (**smantana** din **lapte** de vaca, stabilizator caragenan) **pasta de avocado 80 gr.** (contine: avocado 70 gr, suc de lamaie, ulei de masline, piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536). **branza feta 50 gr** [contine **lapte**], (**lapte** de oaie pasteurizat, **lapte** de capra pasteurizat, sare, cheag, **culturi lactice**), **salata mixta 60 gr** (contine: cherry 40 gr, salata mixta 20 gr, lamaie, ulei extravirgin de masline, busuioc, usturoi, piper negru, ulei floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 495,11 kcal
proteine 20,83
grasimi 42,49
(din care acizi grasi saturati 15,58)
glucide 10,91 zahar 6,17 sare 2,32



*** timp de servire intre 10 si 40 min in functie de comenzi



SUPE & CIORBE

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Bors & Ciorba

CIORBA A LA GREC

** ***

430 gr 35 lei



ciorba a la grec 430 gr: contine : **lapte, telina, oua**], apa, **piept de pui** 60 gr, **smantana** 60 gr (**smantana** din **lapte** de vaca, stabilizator: caragenan), ceapa alba 10 gr, orez fiert 20 gr, ardei kapia 20 gr, morcov 20 gr, ardei bianca 20 gr, **telina**, galbenus **ou**, lamaie, marar, ulei vegetal de floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536),

calorii 395,21 kcal
proteine 35,29
grasimi 22,36
(din care acizi grasi
saturati 9,74
glucide 11,11
zahar 0,85
sare 0,3



BORS DE PESTE

** ***

430 gr 38 lei

bors de peste 430 gr: apa, **mix de peste** [contine **peste**] 80 gr cartofi 40 gr, rosii 80 gr (rosii decojite, suc de rosii), ceapa 10 gr, ardei kapia 10 gr, **apio**, ulei vegetal de floarea-soarelui, **peste, gluten, soia, sulfiti, lapte, oua, telina, moluste, crustacee**], (amidon de cartof, sare iodata, ulei vegetal de floarea-soarelui, grasime vegetala-palmier, pudra de **peste cod**, zahar, **faina** de **grau**, drojdie, sare, arome, pudra de ceapa, suc concentrat de morcov, fructoza, boabe**, soia**, **grau**, **vin** alb, **lapte**, **oua**, **telina**, **moluste**, **crustacee**), sare (iodat de potasiu, **iod**, antiaglomerant E536)

calorii 207,21 kcal
proteine 20,61 grasimi 8,25
(din care acizi grasi saturati 0,15)
glucide 11,82 zahar 2,01 sare 1,08

STORCEAG

** ***

430 gr 46 lei



storceag 430 gr: apa, **sturion** [contine **peste**] 100 gr cartofi 50 gr, ceapa 40 gr, morcov 20 gr, ardei kapia 25 gr, **telina**, **oua**, **smantana** 40 ml, patrunjel, otet, ulei vegetal de floarea-soarelui, pastarnac 10 gr, sare (iodat de potasiu, **iod**, antiaglomerant E536), marar.

calorii 522,83 kcal
proteine 39,03
grasimi 29,67
(din care acizi grasi
saturati 11,18)
glucide 22,59
zahar 5,46
sare 1,19

** produse congelate/decongelate

*** timp de servire intre 10 si 60 min in functie de comenzi



ANTREURI

Antreuri



CAVIAR DE STIUCA
** ***

80 gr 79 lei

icre de stiuca (peste) 50 g (**icre de stiuca (peste)**, sare), **unt 30 gr** (**smantana** pasteurizata din **lapte** de vaca).

calorii 268,33 kcal
proteine 12,96
grasimi 23,86
(din care acizi grasi saturati 14,06)
glucide 0,03
zahar 0
sare 4,71



SALATA DE ICRE DE STIUCA
** ***

120 gr 59 lei

salata de icre de stiuca (peste) 100 gr: ulei vegetal floarea-soarelui 55 gr, **icre de stiuca** 25 gr (icre de **stiuca**[contine: **peste**], sare (sare, iodat de potasiu, **iod**, E536 antiaglomerant), apa minerala, suc de lamaie, **ceapa rosie 20 gr**.

calorii 501,7 kcal
proteine 7,24
grasimi 51,6
(din care acizi grasi saturati 5,86)
glucide 2,1
zahar 0,33
sare 2,48



MASLINE KALAMATA
***

200 gr 23 lei

masline kalamata 200 gr: (masline kalamata,apa, sare, otet).

calorii 540 kcal
proteine 3,8
grasimi 56
(din care acizi grasi saturati 7,6)
glucide 4
zahar 2
sare 9,5

** produse congelate/decongelate

*** timp de servire intre 10 si 40 min in functie de comenzi

Antreuri

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SALATA DE VINETE CU FETA
** ***

330 gr 39 lei

salata de vinete: (**vinete** coapte 185 gr, ulei vegetal floarea-soarelui 15 ml, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **rosii cherry 50 gr**, **ceapa rosie 30 gr**, **branza feta 50 gr** (contine **lapte**), (**lapte** de oaie pasteurizat, **lapte** de capra pasteurizat, sare, cheag, **culturi lactice**),

calorii 348,64 kcal
proteine 10,68
grasimi 25,62
(din care acizi grasi saturati 1.5)
glucide 21,18
zahar 1
sare 2,12



ZACUSCA DE LEGUME SI TON ***

200 gr 40 lei

zacusca de legume 150 gr (vinete coapte, ceapa, ardei, morcov, ulei vegetal floarea-soarelui, pasta de tomate, pasta de ardei, zahar, sare, condimente), **ton bucati 50 gr** (contine **peste**), (**peste ton**, ulei vegetal floarea soarelui, sare), ceapa rosie 20 gr, patrunjel.

calorii 216,88 kcal
proteine 16,31
grasimi 11,04
(din care acizi grasi saturati 0,49)
glucide 5,08
zahar 2,77
sare 0,68



HUMMUS CU RODIE SI SUSAN
***

200 gr 38 lei

hummus: naut 160 gr. (boabe de naut, apa, sare, antioxidant, acid ascorbic), pasta **susan** 17 gr, ulei extravirgin masline 13 ml, zeama de lamaie 13 ml, (**telina**, **susan**, **mustar**), **seminte de susan**, **rodie 10 gr.**

calorii 338,21 kcal
proteine 12,52
grasimi 18,38
(din care acizi grasi saturati 2.7)
glucide 25,25
zahar 0,67
sare 4,72

** produse congelate/decongelate

*** timp de servire intre 10 si 40 min in functie de comenzi

Antreuri



PESTE AFUMAT ***

190 gr 39 lei

macrou (peste) afumat 140 gr: [contine **peste**] (**peste macrou** afumat, sare, zahar, condimente, colorant annatto (norbixina), **ceapa rosie 30 gr**, **lamaie 20 gr**.

calorii 420,5 kcal
proteine 29,08
grasimi 31,91
(din care acizi grasi saturati 7.39)
glucide 4,99
zahar 1,07
sare 3,64



PESTE MARINAT DE CASA ** ***

200 gr 39 lei

peste marinat 150 gr: **macrou** [contine **peste, mustar**] (**peste**, otet, ulei vegetal floarea soarelui, sare: sare, iodat de potasiu, **iod**, antiaglomerant E536, **mustar**, piper, foi dafin), **ceapa rosie 30 gr**, **lamaie 20 gr**.

calorii 339,45 kcal
proteine 26,03
grasimi 23,4
(din care acizi grasi saturati 0,48)
glucide 5,18
zahar 1,47
sare 0,45



SOMON AFUMAT CU MASLINE KALAMATA SI ROSII CHERRY ***

170 gr 41 lei

somon (peste) afumat 70 gr: [contine **peste**], **peste somon** afumat, zahar, sare, **masline kalamata 50 gr**: masline kalamata, apa, sare, otet, **cherry 50 gr**.

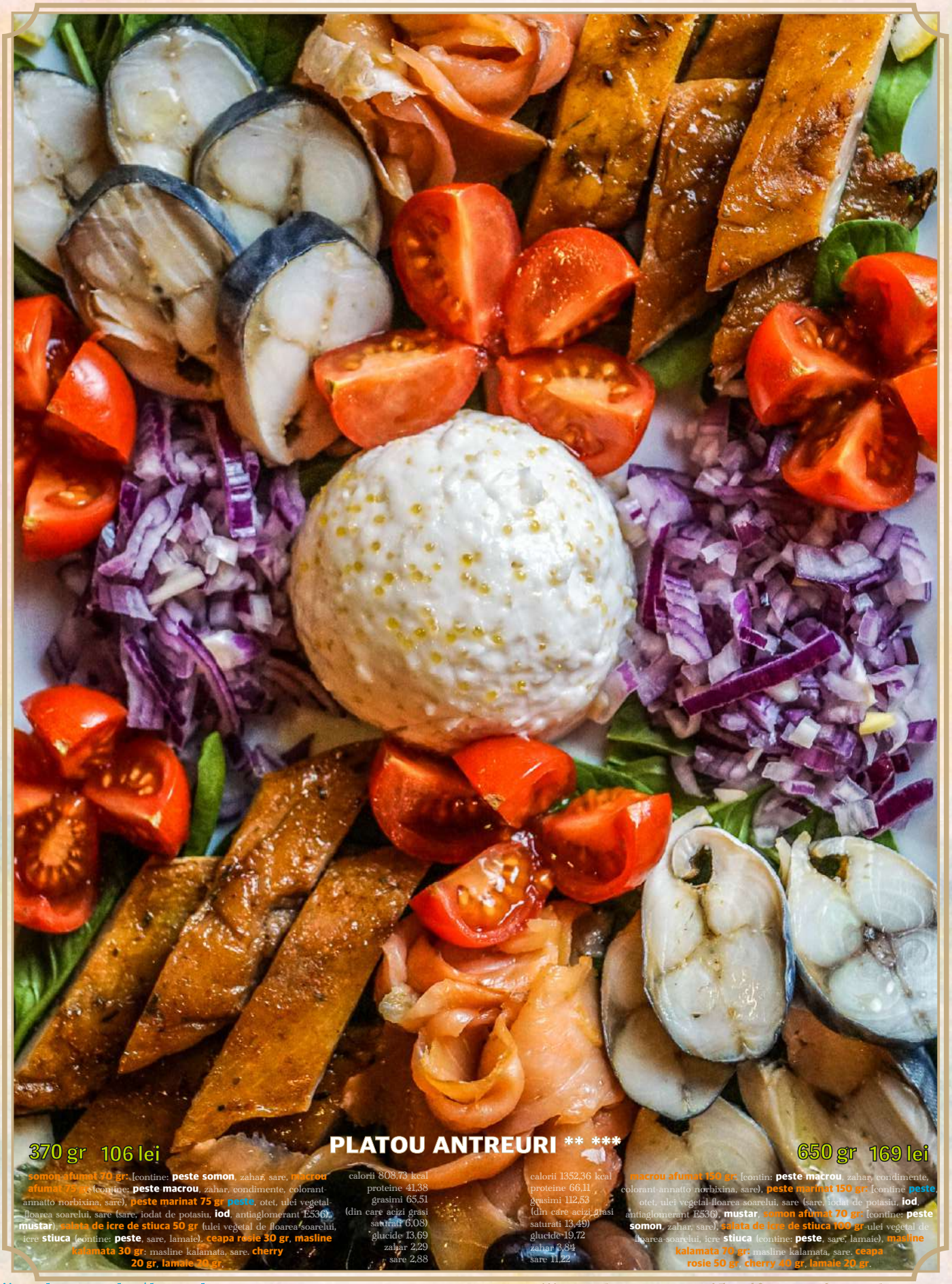
calorii 273,2 kcal
proteine 17,06
grasimi 21,61
(din care acizi grasi saturati 1,55)
glucide 3,01
zahar 0,65
sare 1,78

** produse congelate/decongelate

*** timp de servire intre 15 si 40 min in functie de comenzi

Platouri cu antreuri mixte

calculator nutritional
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PLATOU ANTREURI ** ***

370 gr 106 lei

somon afumat 70 gr. [contine: **peste somon**, zahar, sare, **macrou afumat 75 gr.** [contine: **peste macrou**, zahar, condimente, colorant-annatto norbixina, sare), **peste marinat 75 gr peste**, otet, ulei vegetal-floarea soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **mustar**), **salata de icre de stiuca 50 gr** (ulei vegetal de floarea soarelui, icre **stiuca** (contine: **peste**, sare, lamaie), **ceapa rosie 30 gr**, **masline kalamata 30 gr**; masline kalamata, sare. **cherry 20 gr**, **lamaie 20 gr**.

calorii 808,73 kcal
proteine 41,38
grasimi 65,51
(din care acizi grasi saturati 6,08)
glucide 13,69
zahar 2,29
sare 2,88

calorii 1352,36 kcal
proteine 66,11
grasimi 112,53
(din care acizi grasi saturati 13,49)
glucide 19,72
zahar 3,84
sare 11,22

650 gr 169 lei

macrou afumat 150 gr. [contin: **peste macrou**, zahar, condimente, colorant-annatto norbixina, sare), **peste marinat 150 gr.** [contine **peste**, otet, ulei vegetal-floarea soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **mustar**, **somon afumat 70 gr.** [contine: **peste somon**, zahar, sare), **salata de icre de stiuca 100 gr**-ulei vegetal de floarea-soarelui, icre **stiuca** (contine: **peste**, sare, lamaie), **masline kalamata 70 gr**; masline kalamata, sare. **ceapa rosie 50 gr**, **cherry 40 gr**, **lamaie 20 gr**.

** produse congelate/decongelate

*** timp de servire intre 15 si 40 min in functie de comenzi



SALATE

Salate

calculator nutritional
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GREEN BEEF

** ***

360 gr 76 lei

muschi de vita 80 gr **unt 5 gr** (**smantana** pasteurizata din **lapte** de vaca), **salata mixta 90 gr** (salata iceberg, rucola, valeriana), **dovlecei 50 g, sparanghel 40 gr rosii cherry 40 gr, fistic 5 gr, branza italiana 15 gr** (**lapte**, sare, cheag, lizozima din **ou**), **dressing trufe 25 ml**: ulei extravirgin de masline, otet, pasta de trufe, sare (sare, iodat de potasiu, **iod**, E536 antiaglomerant).

calorii 418,35 kcal
proteine 24,85
grasimi 31,79
(din care acizi grasi saturati 10,37)
glucide 8,87
zahar 3,25
sare 0,53





SALATA ELLINIKI

***

435 gr 49 lei

rosii 150 gr castraveti 100 gr, branza feta 100 gr [contine **lapte**], (**lapte** de oaie pasteurizat, **lapte** de capra pasteurizat, sare, cheag, **culturi lactice**), **masline kalamata 40 gr** (masline kalamata, apa, sare, otet), **ardei kapia 30 g, ceapa rosie 30 gr, ulei extravirgin de masline 20 ml, oregano**, sare (sare, iodat de potasiu, **iod**, E536 antiaglomerant).

calorii 555,4 kcal
proteine 18,35
grasimi 47,83
(din care acizi grasi saturati 18,29)
glucide 14,32
zahar 4,4
sare 3,67

RED TUNA SALAD

** ***

330 gr 67 lei

red tuna salad: ton rosu 85 gr gratar (contine: **peste ton**, ulei vegetal floarea-soarelui), **nectarine sau mere 80 gr rodie 30 gr nuci 20 gr** (**fructe cu coaja lemnoasa**), **rucola 30 gr, baby spanac 30 gr, valeriana 10 gr**,(**telina**), **busuioc 10 gr, susan negru 5 gr.** (**seminte de susan**, **arahide**, **fructe cu coaja lemnoasa**). **dressing sos 40 ml: mustar boabe**, zeama de lamaie, miere poliflora, ulei extravirgin de masline, sare (sare, iodat de potasiu, **iod**, E536 antiaglomerant).

calorii 657,2 kcal
proteine 36,66
grasimi 48,36
(din care acizi grasi saturati 5,19)
glucide 23,98
zahar 7,05
sare 0,26



** produse congelate/decongelate

*** timp de servire intre 10 si 60 min in functie de comenzi

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Salate

VITAMINA VERDE

***

250 gr **39 lei**

salata mixta 100 gr (salata iceberg, rucola, valeriana), **castraveti necojiti 60 gr**, **ceapa alba 20 gr, ridichi 50 gr**, ulei extravirgin de masline 30 ml, otet 10 ml, piper negru, sare (sare, iodat de potasiu, **iod**, E536 antiaglomerant).

calorii 275,27 kcal
proteine 2,13
grasimi 25,66
(din care acizi grasi
saturati 3,63)
glucide 7,39
zahar 1,71
sare 0,2





SALMONE CONTEMPORANEO

***

410 gr **76 lei**

salata mixta 30 gr (salata iceberg, rucola, valeriana), **somon afumat 70 gr**, **avocado 70 gr, rosii 100 gr, castraveti 100 gr, icre somon 15 gr, capere 10 gr, dressing dijon 40 ml:** (ulei extravirgin de masline, **mustar** boabe, miere, zeama de lamaie, sare (sare, iodat de potasiu, **iod**, E536 antiaglomerant).

calorii 597,24 kcal
proteine 17,61
grasimi 51,35
(din care acizi grasi
saturati 7,05)
glucide 17,95
zahar 8,88
sare 3,67

SALATA CAESAR PUI ** ***

480 gr **57 lei**

salata caesar cu pui: [contine: **oua, gluten, lapte, oua, sulfiti, fructe cu coaja lemnoasa, susan, soia, mustar**], **salata mixta 200 gr pui 100 gr branza italiana 50 gr** (**lapte**, sare, cheag, lizozima din **ou**), **crutoane 30 gr** (**paine** alba: **faina** alba de **grau**, apa, drojdie, sare iodata, ulei vegetal de floarea-soarelui, zahar, otet din **vin**, conservanti: acid sorbic, propionat de calciu. Poate contine urme de **fructe cu coaja lemnoasa**, seminte de **susan, oua**, produse derivate din **lapte, soia. Sos Caesar 70 gr:** [contine: **mustar,oua**], sos maioneza: (ulei rafinat de rapita, apa, zahar, otet, **mustar** (apa, otet, boabe de **mustar**, zahar, sare), amidonuri modificate, sare, acidifiant acid lactic, praf de **ou** integral, agent de ingrosare: guma de xantan, conservanti: sorbat de potasiu, benzoat de sodiu, colorant-beta caroten, antioxidant-calciu disodic-edta), **branza tare italiana**(contine: **lapte**, sare, cheag, lizozima din **ou**), **peste-ansoa** (contine: **peste**, sare, ulei vegetal de floarea-soarelui),usturoi.**baby spanac 50 gr.**

sare 1,91
zahar 0,71
glucide 36,27
proteine 61,5
grasimi 56,96
(din care acizi grasi
saturati 13,79)
calorii 905,18 kcal



** produse congelate/decongelate

*** timp de servire intre 10 si 60 min in functie de comenzi



PASTE

Paste

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CALAMARATA AL POLLO ROSSO
** ***

350 gr **67 lei**

paste fierte 180 gr: [contine: **gluten**], paste 90 gr (gris de **grau** dur), apa 90 ml, **sos de rosii si ardei 100 gr** (rosii, ulei extravirgin masline, sare, busuioc verde, ardei kapia, usturoi, zahar), **piept de pui 70 gr** **branza tare italiana 20 gr** [contine: **lapte, oua**], (**lapte**, sare, cheag, lizozima din **ou**), ulei extravirgin masline 20 ml, cherry 10 gr, usturoi 5 gr, patrunjel, piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 506,84 kcal
proteine 40,62
grasimi 11,92
(acizi grasi saturati 4,37)
glucide 15,48
zahar 1,41
sare 0,42





FETTUCCINE GAMBERO & PISTACCHIO
** ***

320 gr **75 lei**

paste fierte 200 gr [contine: **gluten**], paste 100 gr, (gris de **grau** dur), apa 100 ml, **creveti decorticati 70 gr (6 buc)** [contine **moluste**, **peste**] (**creveti** 95%, apa,sare, E451, E452), **pesto genovez 40 gr** (busuioc genovez, ulei de floarea-soarelui, **caju,** margarina vegetala (grasimi vegetale nehidrogenate/emulsii E417, corector de aciditate E330, arome/, branza deshidratata (**lapte**, sare, cheag),**lapte** praf (**lapte**, sare, cheag), ulei extravirgin de masline, muguri de pin, aroma natural, conservant E200. Urme de **soia, arahide, alte fructe si coji, fistic**, piper negru, sare, **unt** (**lapte**), **chivas**, zahar.

calorii 651,11 kcal
proteine 26,88 grasimi 27,84
(din care acizi grasi saturati 6,35)
glucide 72,74
zahar 5,29
sare 1,82

CALAMARATA AL TARTUFO E MANZO
** ***

450 gr **76 lei**

paste fierte 180 gr: [contine: **gluten**], paste 90 gr (gris de **grau** dur) [poate contine **soia**, **mustar**], apa 90 ml, **muschi de vita 80 gr, coniac 10 ml, sos de trufe si ciuperci 150 gr:** crema tartufata 20 gr, sos de ciuperci 40 gr, ceapa, vin alb [contine **sulfiti**], usturoi, rozmarin, piper negru, **ciuperci 60 gr, unt 30 gr** (**smantana** pasteurizata din **lapte** de vaca), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **branza tare italiana 20 gr** [contine: **lapte, oua**], (**lapte**, sare, cheag, lizozima din **ou**), **smantana 32% 40 ml** [contine: **lapte**],**smantana** din **lapte** de vaca, stabilizator: caragenan), ulei extravirgin de masline 20 ml.

calorii 755,45 kcal
proteine 35,74 grasimi 36,87
(din care acizi grasi saturati 24,09)
glucide 59,07 zahar 3,86 sare 0,41



** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

calculator nutritional

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Paste

FETTUCCINE TARTUFATE

** ***

420 gr **67 lei**

paste fierte 200 gr: [contine: **gluten**], paste 100 gr (gris de **grau** dur), apa 100 ml, **sos de trufe si ciuperci 150 gr:** crema tartufata 20 gr, sos ciuperci 40 gr, ceapa, vin alb [contine **sulfiti**], usturoi, rozmarin, piper negru, **ciuperci 60 gr, unt 20 gr** (**smantana** pasteurizata din **lapte** de vaca), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **branza tare italiana 20 gr** [contine: **lapte, oua**], (**lapte**, sare, cheag, lizozima din **ou**), **smantana 32% 40 ml** [contine: **lapte**],**smantana** din **lapte** de vaca, stabilizator: caragenan), ulei extra virgin de masline 20 ml.

calorii 676,47 kcal
proteine 22,95
grasimi 31,39
(din care acizi grasi saturati 20,44) glucide 70,96
zahar 4,27 sare 1,19





FETTUCCINE AI FRUTTI DI MARE

** ***

350 gr **76 lei**

paste fierte 200 gr: [contine: **gluten**, **crustacee**, **soia**], paste 100 gr (gris de **grau** dur), apa 100 ml, **creveti 30 gr** [contine **moluste**, **peste**](**creveti** 95%, apa,sare, E451, E452), **calamar baby 30 gr,**, **calamar inele 30 gr** (**calamar** tub, apa, sare, stabilizator E330,E331), ulei extravirgin de masline, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **creveti Vannamei** size 30-40 1 buc,**scoici 3 buc, cherry** 10 gr, **usturoi** 5 gr, **unt** (**smantana** pasteurizata din **lapte** de vaca) 20 gr, **vin alb** (**dioxid de sulf si sulfiti**) 15 ml, **rosii uscate** 15 gr, **busuioc microplante**

calorii 558,87 kcal
proteine 31,51
grasimi 10,48
(din care acizi grasi saturati 2,63) glucide 72,09
zahar 3,17 sare 1,62

CALAMARATA CON POLLO AI FORMAGGI

** ***

390 gr **74 lei**

paste fierte 180 gr: [contine: **gluten**], paste 90 gr (gris de **grau** dur) [poate contine **soia**, **mustar**], apa 90 ml, **smantana 32% 150 ml** [contine: **lapte**], (**smantana** din **lapte** de vaca, stabilizator: caragenan), **piept de pui 70 gr, branza tare italiana 20 gr** [contine: **lapte, oua**], (**lapte**, sare, cheag, lizozima din **ou**), **brie 20 gr** [contine: **lapte**], (**lapte** de vaca pasteurizat, **smantana**, sare, **culturi lactice**, cheag, culturi de mucegai), **fromage blue 20 gr** [contine **lapte**], (**lapte** vaca pasteurizat, sare, cheag microbiotic, culturi din acid lactic, culturi de maturare), piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 797,34 kcal
proteine 35,9 grasimi 46,37
(din care acizi grasi saturati 29,86)
glucide 50,52 zahar 2,18
sare 1,29



** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi



RISOTTO & PAELLA

calculator nutritional

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Risotto

RISOTTO AL TARTUFO

** ***

400 gr **67 lei**

orez fiert 250 gr, sos de trufe si ciuperci 80 gr: ciuperci, ceapa, vin alb [contine **sulfiti]**, usturoi, rozmarin, piper negru, **ciuperci 60 gr, unt 20 gr** (**smantana** pasteurizata din **lapte** de vaca), sare (sare, iodat de potasiu,**iod**, antiaglomerant E536), **branza tare italiana 10 gr** [contine: **lapte, oua**], (**lapte**, sare, cheag, lizozima din **ou**).

calorii 539,41 kcal
proteine 12,68
grasimi 19,43
(din care acizi grasi saturati 12,77)
glucide 74,49
zahar 0,54 sare 0,37





RISOTTO AL TARTUFO CON MANZO

** ***

450 gr **76 lei**

orez fiert 250 gr
muschi de vita 80 gr, coniac 5 ml,
sos de trufe si ciuperci 150 gr: crema tartufata 25 gr, sos ciuperci 40 gr, ceapa, vin alb [contine **sulfiti]**, usturoi, rozmarin, piper negru, **ciuperci 100 gr, unt 20 gr** (**smantana** pasteurizata din **lapte** de vaca), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **branza tare italiana 20 gr** [contine: **lapte, oua**], (**lapte**, sare, cheag, lizozima din **ou**), **smantana 32% 40 ml** [contine: **lapte**],**smantana** din **lapte** de vaca, stabilizator: caragenan), ulei extravirgin de masline 5 ml.

calorii 644 kcal
proteine 30,35 grasimi 29,26
(din care acizi grasi saturati 17,18)
glucide 61,53 zahar 4,45 sare 0,63

RISOTTO AI GAMBERI E PISTACCHIO

** ***

360 gr **75 lei**

orez fiert 250 gr, creveti decorticati size 16-20 6 buc -70 gr (contine: **peste, moliste**), **pesto genovez 40 gr** (busuioc genovez, ulei de floarea-soarelui, **caju,** margarina vegetala (grasimi vegetale nehidrogenate /emulsii E417, corector de aciditate E330, arome/, branza deshidratata (**lapte**, sare, cheag), **lapte** praf (**lapte**, sare, cheag), , ulei extravirgin de masline, muguri de pin, aroma natural, conservant E200. Urme de **soia, arahide, alte fructe si coji. fistic**, piper negru, sare, **unt**, **rucola**, zahar.

calorii 649,78 kcal
proteine 19,03 grasimi 34,24
(din care acizi grasi saturati 8,61) glucide 66,62
zahar 2,65 sare 1,94



** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

Paella

calculator nutritional
www.valori-nutritionale.ro

PAELLA MEDITERRANEA
** ***

575 gr **78 lei**



orez fiert 350 gr, **creveti decorticati 30 gr** [contine: **moluste**],(**creveti** 95%, apa, sare, E451, E452), **calamar baby 30 gr**, **calamar inele 30 gr** (**calamar** tub, apa, sare, stabilizator E330,E331), **creveti Vannamei size 30-40 2 buc** (contine: **moluste**, **sulfiti**), **creveti,** antioxidant E223, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **sos de rosii si condimente 35 gr** (rosii pelati: rosii decojite, suc de rosii, corector de aciditate: acid citric; ulei extravirgin de masline, sare: sare, iodat de potasiu, **iod**, antiaglomerant E536, condimente, busuioc, usturoi), **midii scoici 4 buc**, **cognac 20 ml**, **ardei 20 gr**, ulei extravirgin de masline 10 ml, usturoi, boia dulce, condiment pentru paella(usturoi, sare, ardei, faina de porumb, piper, cuisoare).

calorii 683,65 kcal
proteine 30,4
grasimi 16,45
(din care acizi grasi saturati 2,14)
glucide 90,19
zahar 1,94
sare 0,89

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi



PESTE

Peste

calculator nutritional
www.valori-nutritionale.ro

MERLUCIU PANE
CU SOS DE USTUROI

** ***

250 gr **63 lei**

merluciu bule 180 gr pane: (contine: **peste** 150 gr, **gluten, faina, lapte**, **oua**), sare (iodat de potasiu,**iod**, antiaglomerant E536), ulei vegetal de floarea soarelui, **sos de usturoi 40 gr:** (contine: **lapte, mustar, oua, telina, susan, dioxid de sulf**], **iaurt**, sos de maioneza (ulei rafinat de rapita, apa, zahar, otet, **mustar** (apa, otet, boabe **mustar**, zahar, sare), amidonuri modificate, sare, acidifiant acid lactic, praf de **ou** integral, agent de ingrosare guma de xantan, conservanti sorbat de potasiu, benzoat de sodiu, colorant beta caroten, antioxidant calciu disodic EDTA, marar uscat, usturoi granulat, **telina**, **susan**, **dioxid de sulf** in mod natural), **lamaie 30 gr**.



calorii 370,14 kcal
proteine 30,28
grasimi 19,95
(din care acizi grasi saturati 1,19)
glucide 17,4
zahar 0,11
sare 0,13

DORADA
LA GRATAR sau PRAJITA

** ***

260 gr **74 lei**

dorada (contine: **peste**): **dorada 230 gr - la gratar**, ulei extra virgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), cimbrisor, **lamaie 30 gr**.
dorada (contine: **peste, gluten**): **dorada 230 gr - prajita, faina** (**grau**), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), ulei vegetal de floarea soarelui, cimbrisor, **lamaie 30 gr**.

pentru 300 gr la gratar:
calorii 289.31 kcal
proteine 46,98 grasimi 9,78
(din care acizi grasi saturati 1,08)
glucide 0 zahar 0 sare 0,17



TON ROSU LA GRATAR

** ***

260 gr **83 lei**

ton rosu la gratar 170 gr: (contine: **peste**, **susan**), sare (iodat de potasiu, **iod**, antiaglomerant E536), ulei extravirgin de masline, samante de **susan**, **dressing 50 ml** (contine:lamaie, ulei extravirgin de masline, busuioc, patrunjel, usturoi, piper negru, ulei floarea soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **salata mixta 60 gr** (contine: cherry 40 gr, salata mixta 20 gr, lamaie, ulei extravirgin de masline, busuioc, usturoi, piper negru, ulei floarea soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).. **lamaie 30 gr**.

calorii 501,96 kcal
proteine 51,2 grasimi 31,34
(din care acizi grasi saturati 2,5)
glucide 5,67 zahar 0 sare 0,1



** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

calculator nutritional
www.valori-nutritionale.ro

Peste

PALAMIDA
LA GRATAR sau PRAJITA

** ***

350 gr **93 lei**

palamida (contine: **peste**)**300 gr**
- la gratar **sos de busuioc si**
lamaie 20 ml (contine: lamaie, ulei extravirgin de masline, busuioc, patrunjel, usturoi, piper negru, ulei floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **lamaie 30 gr.**
palamida (contine: **peste**, **gluten**) **320 gr - prajita**, **faina** (**grau**), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), ulei vegetal de floarea-soarelui, **lamaie 30 gr.**



pentru 300 gr la gratar:
calorii 814,58 kcal
proteine 14,19 grasimi 49,65
(din care acizi grasi saturati 12,4)
glucide 0,97 zahar 0,27 sare 3,28

HAMSIA PRAJITA

** ***

210 gr **58 lei**

hamsia 180 gr prajita: (contine: **peste** 250 gr, **gluten**, **faina** (**grau**), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), ulei vegetal de floarea-soarelui, cimbrisor, **lamaie 30 gr.**

calorii 366,56 kcal
proteine 40,07
grasimi 16,67
(din care acizi grasi saturati 0,67)
glucide 11,44
zahar 0
sare 0,15



STURION LA GRATAR

** ***

220 gr **89 lei**

sturion (contine: **peste**):
sturion - 230 gr la gratar, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), cimbrisor, **lamaie 30 gr.**

calorii 320,49 kcal
proteine 40,37
grasimi 16,03
(din care acizi grasi saturati 3,17)
glucide 1,75
zahar 0,54 sare 0,13



BIBAN DE MARE
LA GRATAR sau PRAJIT

** ***

260 gr **74 lei**

biban de mare (contine: **peste**):
biban de mare - 230 gr la gratar, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), cimbrisor, **lamaie 30 gr**
biban de mare (contine: **peste**, **gluten**): **biban de mare - 230 gr prajit**, **faina** (**grau**), sare, (sare, iodat de potasiu, **iod**, antiaglomerant E536), ulei vegetal de floarea-soarelui, cimbrisor, **lamaie 30 gr**



pentru 260 gr la gratar:
calorii 355,21 kcal
proteine 54,67 grasimi 13,05
(din care acizi grasi saturati 2,61)
glucide 1,94 zahar 0,6
sare 0,35

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

Peste

calculator nutritional
www.valori-nutritionale.ro

CALCAN
LA GRATAR sau PRAJIT

** ***

250 gr **143 lei**

calcan (contine: **peste**) **220 gr - portia la gratar**, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), cimbrisor, **lamaie 30 gr**; **calcan** (contine: **peste**, **gluten**) **220 gr - portia la prajit**, **faina** (**grau**), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), ulei vegetal de floarea soarelui, cimbrisor, **lamaie 30 gr**

pentru 250 gr la gratar:
calorii 267,2 kcal
proteine 35,52 grasimi 13,37
(din care acizi grasi saturati 0,96)
glucide 1,98 zahar 0,62
sare 0,57



SOMON LA GRATAR

** ***

260 gr **83 lei**

somon (contine: **peste**) **230 gr - la gratar**, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), cimbrisor, **lamaie 30 gr**.

pentru 260 gr la gratar:
calorii 360,42 kcal
proteine 47,25
grasimi 17,11
(din care acizi grasi saturati 0,99)
glucide 2,52
zahar 0,64
sare 0,15



STAVRIDE
LA GRATAR sau PRAJIT

** ***

220 gr **58 lei**

stavride 190 gr la gratar: (contine: **peste** 250 gr, ulei extravirgin de masline, sare (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), cimbrisor, **lamaie 30 gr**

stavride 190 gr prajit: (contine: **peste** 250 gr, **gluten, faina** (**grau**), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), ulei vegetal de floarea soarelui, cimbrisor, **lamaie 30 gr**

pentru 190 gr stavride la gratar:
calorii 286,64 kcal
proteine 31,71
grasimi 16,63
(din care acizi grasi saturati 0,99) glucide 2,05
zahar 0,64 sare 0,15



** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

Saramuri

calculator nutritional
www.valori-nutritionale.ro

SARAMURA DE BIBAN DE MARE

** ***

650 gr **93 lei**

PICANT



biban de mare la gratar: (contine: **peste** 230 gr, sare de mare (stabilizator: carbonat de sodiu, antiaglomerant E 536, **iod**), **mamaliga 200 gr:** malai, ulei vegetal de floarea soarelui, sare, **ardei iute 1 buc**, **baza de saramura 200 gr:** rosii 90 gr (rosii decojite, suc de rosii), usturoi, ardei kapia 80 gr, peperoncino, sare, apa, patrunjel, faina de **grau**, drojdie, sos de **soia** [contine: **peste**, **gluten**, **soia**, **grau**, extract de **vin** alb, **lapte**, **oua**, **telina**, **moluste**, **crustacee**]

calorii 561,49 kcal
proteine 57,48 grasimi 27,1
(din care acizi grasi saturati 4,26)
glucide 55,69 zahar 3,16
sare 0,67

SARAMURA DE PALAMIDA

** ***

720 gr **112 lei**

PICANT



palamida 300 gr la gratar: (contine: **peste**), sare de mare (stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **mamaliga 200 gr:** malai, ulei vegetal de floarea soarelui, sare (iodat de potasiu, **iod**, antiaglomerant E536), **baza de saramura 200 gr:** rosii 90 gr (rosii decojite, suc de rosii), usturoi, ardei kapia 80 gr, ulei extravirgin de masline, peperoncino, sare, apa, patrunjel, faina de **grau**, drojdie, sos de **soia** boabe, [contine: **peste**, **gluten**, **soia**, **grau**, extract de **vin** alb, **lapte**, **oua**, **telina**, **moluste**, **crustacee**], **ardei iute 1 buc**.

calorii 831,76 kcal
proteine 48,35 grasimi 47,1
(acizi grasi saturati 11,13)
glucide 62,3 zahar 3
sare 9,95

SARAMURA DE DORADA

** ***

650 gr **93 lei**

PICANT



dorada 230 gr (contine:**peste**), sare de mare (stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **mamaliga 200 gr:** malai, ulei vegetal de floarea soarelui, sare, **baza de saramura 200 gr:** rosii 90 gr (rosii decojite, suc de rosii), usturoi, ardei kapia 80 gr, ulei extravirgin de masline, peperoncino, sare, apa, patrunjel, faina de **grau**, drojdie, sos de **soia**, [contine: **peste**, **gluten**, boabe **soia**, **grau**, extract de **vin** alb, **lapte**, **oua**, **telina**, **moluste**, **crustace**], **ardei iute 1 buc**

calorii 495,05 kcal
proteine 48,53 grasimi 24,16
(acizi grasi saturati 2,81)
glucide 55,58 zahar 2,67
sare 0,48

** produse congelate/decongelate

*** timp de servire intre 10 si 90 min in functie de comenzi



GARNITURI

Garnituri



DOVLECEI LA GRATAR CU SOS DE USTUROI

***

190 gr 28 lei

dovlecei 150 gr, ulei extravirgin de masline, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **sos de usturoi 40 gr:** (**iaurt**, sos de maioneza (ulei rafinat de rapita, apa, zahar, otet, **mustar** (apa, otet, boabe **mustar**, zahar, sare), amidonuri modificate, sare, acidifiant acid acetic, praf de **ou** integral, agent de ingrosare guma de xantan, conservanti sorbat de potasiu, benzoat de sodiu , colorant beta caroten, antioxidant calciu-disodic-EDTA), marar uscat, usturoi granulat, (contine: **lapte, ou,mustar, telina**, **susan**, **dioxid de sulf** in mod natural).

calorii 120,38 kcal
proteine 2,25
grasimi 9,94 sare 0,14
(din care acizi grasi saturati 0,68)
glucide 5,66 zahar 1,66



CARTOFI PRAJITI

** ***

150 gr 25 lei

cartofi prajiti 150 gr (cartofi, ulei vegetal de palmier, dextroza), ulei vegetal de floarea soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 228,23 kcal
proteine 3,31
grasimi 10,37
(din care acizi grasi saturati 1,24)
glucide 28,82
zahar 0,72
sare 0,2



CIUPERCI SOTE

***

200 gr 28 lei

ciuperci 200 gr, (contine: **sulfiti**, **vin** alb, usturoi, ulei extravirgin de masline, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 121,77 kcal
proteine 4,1
grasimi 7,28
(din care acizi grasi saturati 1,09)
glucide 10,2
zahar 3,93
sare 0,15

** produse congelate/decongelate

*** timp de servire intre 10 si 90 min in functie de comenzi

Garnituri

calculator nutritional
www.valori-nutritionale.ro



MAMALIGA

***

200 gr 15 lei

mamaliga 200 gr:
apa, malai 80 gr, ulei vegetal de floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536)

calorii 168,23 kcal
proteine 5,59
grasimi 10,77
(din care acizi grasi saturati 0,9)
glucide 62,34
zahar 0,48
sare 0,2



LEGUME LA GRATAR

***

180 gr 28 lei

legume 180 gr: ardei 35 gr, vinete 35 gr, dovlecel 35 gr, ceapa 35 gr, cimbru 35 gr, ardei iute 2 gr, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), patrunjel.

calorii 76,7 kcal
proteine 2,47
grasimi 3,6
(din care acizi grasi saturati 0,56)
glucide 9,62
zahar 2,98
sare 0,15



CARTOFI PRAJITI CU BRANZA ITALIANA

** ***

160 gr 28 lei

cartofi prajiti 150 gr (cartofi, ulei vegetal de palmier, dextroza), ulei vegetal de floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), **ierburi**.
branza tuge italiana 10 gr [contine: **lapte**, **oua**], (**lapte**, sare, cheag, lizozima din **ou**).

calorii 258,85 kcal
proteine 5,49
grasimi 12,32
(din care acizi grasi saturati 2,33)
glucide 29,64
zahar 0,73
sare 1,12

** produse congelate/decongelate

*** timp de servire intre 10 si 90 min in functie de comenzi

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Garnituri

OREZ

***

250 gr 25 lei



orez cu legume 240 gr
orez fiert 220 gr, ardei kapia 15 gr, ceapa 5 gr, usturoi 5 gr, **unt 10 gr** (**smantana** pasteurizata din **lapte** de vaca), piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 367,16 kcal
proteine 6,94
grasimi 8,87
(din care acizi grasi saturati 5,8)
glucide 63,86
zahar 0,51
sare 0,2

SPARANGHEL

** ***

80 gr 28 lei



sparanghel 80 gr, ulei extravirgin de masline, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 46,46 kcal
proteine 1,67
grasimi 3,54
(din care acizi grasi saturati 0,49)
glucide 2,97
zahar 1,6
sare 0,15

CIUPERCI LA GRATAR

***

200 gr 28 lei



ciuperci 200 gr, ulei extravirgin de masline, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 116,47 kcal
proteine 4,23
grasimi 7,96
(din care acizi grasi saturati 1,19)
glucide 7,91
zahar 4,23
sare 0,16

** produse congelate/decongelate

*** timp de servire intre 10 si 90 min in functie de comenzi



FRUCTE DE MARE

Caracatita

calculator nutritional
www.valori-nutritionale.ro

TENTACULE DE CARACATITA MEDITERANEANA

** ***



330 gr 145 lei

legume la gratar 180 gr: ardei 35 gr, dovlecei 35 gr, rosii 35 gr, ceapa 35 gr, ciuperci 35 gr, ulei de masline, sare (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), patrunjel, **caracatita 120 gr - fiarta** (contine **moliste**), **caracatita lamaie 30 gr**.

calorii 234,46 kcal
proteine 20,49
grasimi 10,74
(din care acizi grasi saturati 1,99)
glucide 14,72
zahar 3,76
sare 0,84

TENTACULE DE CARACATITA LA PLITA

** ***



300 gr 143 lei

caracatita 120 gr - la gratar (contine **moliste**) **caracatita**, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **salata mixta 100 gr**, **dressing 50 ml** (contine: lamaie, ulei extravirgin de masline, busuioc, patrunjel, piper negru, ulei floarea soarelui, sare, **lamaie 30 gr**.

calorii 394,35 kcal
proteine 23,68
grasimi 29,25
(din care acizi grasi saturati 3,96)
glucide 11
zahar 1,35
sare 0,81

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

calculator nutritional

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Creveti



CREVETI VANNAMEI LA PLITA

** ***

12 buc 90 lei

creveti Vannamei la plita size [20-30]-[31-40]: (contine: **moluste**, **sulfiti**), **creveti,** antioxidant E223, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **salata mixta 100 gr, lamaie 30 gr.**

calorii 235,68 kcal
proteine 34,32
grasimi 4,65
(din care acizi grasi saturati 0,58)
glucide 6,3
zahar 1,08
sare 1,6



CREVETI ARGENTINA LA PLITA

** ***

6 buc 109 lei

creveti Argentina la plita size [8-12]-[10-20]: (contine **moluste, sulfiti**), (**creveti**, antioxidant E223), ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **salata mixta 100 gr, lamaie 30 gr.**

calorii 273,74 kcal
proteine 50,24
grasimi 6,5
(din care acizi grasi saturati 1,27)
glucide 6,3
zahar 1,08
sare 0,68

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

Creveti

calculator nutritional
www.valori-nutritionale.ro



CREVETI IN SOS DE USTUROI SI VIN ALB
PICANT

** ***

220 gr 69 lei

creveti decorticati (size 16-20) 120 gr - 8 buc: (contine **moluste, peste, sulfati, lapte**), [**creveti** 95%, apa, sare, E451, E452], sare [sare, iodat de potasiu, **iod**, antiaglomerant E536]), **creveti Vanamei size 30-40 1 buc**, **rosii 3 buc**, **usturoi**, **vin** apa, **cherry**, **unt**, rozmarin, ardei iute, peperoncini, piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 183,44
proteine 23,71
grasimi 5,76
(din care acizi grasi saturati 3,34)
glucide 8,11
zahar 1,49
sare 2,61

Rapane



RAPANE CU LEGUME SI MAMALIGA
PICANT

** ***

430 gr 79 lei

mamaliga 200 gr: malai 100 gr, ulei vegetal de floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), apa. **baza de legume 200 gr:** rosii pelati 75 gr* (rosii decojite, suc de rosii, corector de aciditate: acid citric), usturoi 5 gr, ardei kapia 100 gr, ulei extravirgin de masline, peperoncini, sare, iodat de potasiu, antiaglomerant E536). **faina** de **grau**, decojite, boabe **soia**, **grau**, extract de **vin** apa, **lapte**, **soia**, **telina**, **moluste**, **crustacee**. **rapane 100 gr:** rapane, **legume 30 gr:** ardei 25 gr, ceapa

calorii 260,71
proteine 18,
grasimi 12,19
(din care acizi grasi saturati 1,59)
glucide 47,36
zahar 3,01
sare 0,41

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

calculator nutritional

www.valori-nutritionale.ro

Calamari

CALAMARI BABY LA PLITA

** ***

270 gr **79 lei**



calamari baby 180 gr la plita: (contine **moluste**), **calamari**, ulei extravirgin de masline 5 ml, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), cimbrisor, **salata mixta 60 gr**, **lamaie 30 gr**.

calorii 219,03 kcal
proteine 29,83
grasimi 6,38
(din care acizi grasi saturati 0,54)
glucide 10,76
zahar 1,06
sare 0,16

CALAMARI BABY PRAJITI

** ***

270 gr **79 lei**



calamari baby 180 gr - prajiti (contine **moluste**, **gluten**), **calamari**, **faina**, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), ulei vegetal de floarea-soarelui, cimbrisor. **salata mixta 60 gr**, **lamaie 30 gr.**

calorii 271,35 kcal
proteine 29,52
grasimi 10,13
(din care acizi grasi saturati 0,7)
glucide 15,89
zahar 1,02
sare 0,45

CALAMARI INELE PANE CU CARTOFI PRAJITI SI SOS USTUROI** ***

400 gr **84 lei**



calamari inele 180 gr :(contine **moluste, gluten,oua**), **pesmet**, **oua**, sare (sare, iodat de potasiu, antiaglomerant E536, **iod**).**cartofi prajiti 150 gr**: cartofi, ulei de floarea-soarelui, dextroza, ulei vegetal de palmier. **sos de usturoi 40 gr:** (contine: **lapte, mustar, oua, telina, susan**),**iaurt** 20 gr, sos de maioneza 20 gr: ulei rafinat de rapita, zahar, mustar: [**mustar**, zahar, sare], amidonuri modificate, acidifiant [acid lactic], **ou**, agent de ingrosare [guma de xantan], conservanti [sorbat de potasiu,benzoat de sodiu], colorant [caroteni], antioxidant [calciu-disodic-EDTA]),usturoi (contine: **dioxid de sulf**). **lamaie 30 gr**

calorii 713,97 kcal
proteine 17,57
grasimi 33,47
(din care acizi grasi saturati 3,62)
glucide 84,58
zahar 3,24
sare 2,15

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

Midii

calculator nutritional
www.valori-nutritionale.ro

MIDII PANE CU SOS DE USTUROI ** ***

250 gr 58 lei



midii carne 180 gr - pariziene: (contine: **crustacee, oua, gluten), midii, oua**, **pesmet**, sare, piper negru. **lamaie 30 gr, sos de usturoi 40 gr:** (contine: **lapte, mustar, ou, telina, susan**), **iaurt** (contine **lapte**) 20 gr,ulei rafinat de rapita, zahar, otet din alcool, (contine: mustar [apa, otet din alcool, boabe de **mustar**, zahar, sare], amidonuri modificate, sare, acidifiant [acid lactic], praf de **ou** integral, agent de ingrosare [guma de xantan], conservanti [sorbat de potasiu, benzoat de sodiul, colorant [caroteni], antioxidant [calciu disodic EDTA]), marar uscat, usturoi granulat (contine: **dioxid de sulf** in mod natural).

calorii 356,86 kcal
proteine 32,65 grasimi 16,24
(din care acizi grasi saturati 1,65)
glucide 19,89
zahar 0,93 sare 2,08



MIDII IN COCHILIE CU SOS ROSU PICANT ***

630 gr 62 lei

midii in cochilie 500 gr:
midii [contine: **crustace**]
sos de rosii si ardei 100 gr: (contine: **peste, gluten, soia, lapte, oua, telina, moluste, crustacee**), (rosii, ulei extravirgin masline, sare, busuioc verde, ardei kapia, usturoi, zahar), **unt 20 gr** (**smantana** pasteurizata din **lapte** de vaca), usturoi 10 gr, peperoncino, ardei iute, patrunjel, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).
lamaie 30 gr.

calorii 633,5 kcal
proteine 60,81
grasimi 28,48
(din care acizi grasi saturati 10,16)
glucide 29,52
zahar 3,86
sare 1,38

MIDII IN COCHILIE CU SOS DE VIN ALB A LA MARINERA ** ***

600 gr 62 lei

midii in cochilie 500 gr: midii [contine: **crustace**], **sos marinera 100 ml:** [contine **sulfiti**], **vin** alb 50 ml, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **telina**, ceapa, patrunjel, usturoi, piper negru, ulei de masline extravirgin, cimbru uscat, dafin, **unt 10 gr** (**smantana** pasteurizata din **lapte** de vaca), **lamaie 30 gr, pesto genovez 10 gr** (busuioc genovez, ulei de floarea-soarelui, **caju,** margarina vegetala (grasimi vegetale nehidrogenate /emulsii E417, corector de aciditate E330, arome/, branza deshidratata (**lapte**, sare, cheag), **lapte** praf (**lapte**, sare, cheag), ulei extravirgin de masline, muguri de pin, aroma natural, conservant E200. Urme de **soia, arahide, alte fructe si coji.**

calorii 709,21 kcal
proteine 59,93 grasimi 35,8
(din care acizi grasi saturati 6,35)
glucide 26,66 zahar 2,09
sare 0,25



** produse congelate/decongelate

*** timp de servire intre 15 si 90 min in functie de comenzi

calculator nutritional
www.valori-nutritionale.ro

Platou Mediteranean

** ***

min 1050 gr 485 lei

6 buc creveti Black Tiger size 31-40 la plita decorticati (**creveti**, conservant E223), ulei extravirgin de masline, sare de mare (iodat de potasiu,**iod**, antiaglomerant E536), **calamar baby la plita 180 gr** (**calamari**,ulei extravirgin de masline, sare de mare (stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **calamar tub U10 3 buc la plita** 80 gr. (**calamari**,ulei extravirgin de masline, sare de mare (stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **6 buc creveti decorticati size 10-20 la plita** **creveti**, conservant E223), ulei extravirgin de masline, sare de mare (iodat de potasiu, **iod**, antiaglomerant E536), **caracatita 120 gr la plita** (**caracatita**, ulei extravirgin de masline, sare de mare (iodat de potasiu, **iod**, antiaglomerant E536), **midii in cochilie 150 gr** (**midii**, **vin** alb 70 ml, sare de mare (stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**, ulei extravirgin de masline. **sos de usturoi 80 gr** (**iaurt**, sos de maioneza (ulei rafinat de rapita, apa, zahar, otet, **mustar** (apa, otet, boabe **mustar**, zahar, sare), amidonuri modificate, sare, acidifiant acid lactic, praf de **ou** integral, agent de ingrosare guma de xantan, conservanti sorbat de potasiu, benzoat de sodiu, colorant beta caroten, antioxidant calciu-disodic-EDTA), marar uscat, usturoi granulat, **telina**, **susan**, **dioxid de sulf** in mod natural), **lamaie 200 gr** contine: **moluste**,**crustacee** ,**telina**, **mustar**, **oua**, **susan**, **dioxid de sulf**, **lapte**]



calorii 983,58 kcal
proteine 118,05
grasimi 39,03
(din care acizi grasi saturati 4,88)
glucide 33,71
zahar 3,91
sare 2,35

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

calculator nutritional

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Platou Pescaresc ** ***

950 gr 300 lei



calorii 2027,52 kcal
proteine 111,07
grasimi 134,04
(din care acizi grasi saturati 13,19)
glucide 91,82
zahar 3,5
sare 8,1

hamsie 180 gr prajita: **peste, faina**, sare, ulei vegetal de floarea-soarelui. **calamari 180 gr-inele pane: calamari**, **pesmet**, **oua**, sare. **stavride190 gr prajit: peste, faina**, sare, ulei de floarea-soarelui.**salata de icre de stiuca (peste) 100 gr:** icre de **stiuca (peste)** 25 gr, apa minerala, ulei vegetal de floarea-soarelui 55 gr, lamaie, **ceapa rosie 20 gr, lamaie 200 gr, midii pane 220 gr-250 gr:midii** carne, **oua**, **pesmet**, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), lamaie 50 gr. **sos de usturoi 40 gr:** (**iaurt**, sos de maioneza (ulei rafinat de rapita, apa, zahar, otet, **mustar** (apa, otet, boabe **mustar**, zahar, sare), antidonuri modificate, sare, acidifiant acid lactic, praf de **ou** integral, agenti de ingrosare guma de xantan, conservanti sorbat de potasiu, benzoat de sodiu, colorant beta caroten, antioxidant calciu-disodic-EDTA), marar uscat, usturoi granulat, **telina**, **susan**, **dioxid de sulf** in mod natural). **mujdei de usturoi 40 ml:** apa, usturoi, otet, sare.
[contine: **peste, gluten, moluste, telina, crustacee, oua, lapte, mustar, susan, sulfiti**]

** produse congelate/decongelate

*** timp de servire intre 15 si 90 min in functie de comenzi



CARNE

calculator nutritional

www.valori-nutritionale.ro

Platou Grill Mixt

scarita porc 400 gr: coaste porc, sos BBQ (apa, zahar, pudra BBQ, amidon de tapioca modificat, colorant caramel, zahar, sare, aroma de fum, drojdie, pudra de ceapa, pudra de usturoi, condimente chilli, piper negru, ulei vegetal de floarea-soarelui, otet din **vin** alb, piure de rosii, condiment BBQ : condimente, zahar, sare; aroma de fum. **cartofi prajiti 300 gr:** (cartofi, ulei vegetal de palmier, dextroza), ulei vegetal de floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536). **cotlet de berbecut 250 gr:** cotlet de berbecut la gratar,ulei vegetal de floarea-soarelui, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), piper negru, **unt 10 gr** (**smantana** pasteurizata din **lapte** de vaca), ierburi. **muschiulet porc 190 gr:** ceafa la gratar, sare, piper. **piept de pui 190 gr:** piept de pui la gratar, ulei vegetal de floarea-soarelui, condiment (sare, usturoi, boia dulce, zahar, coriandru, potentiator de aroma-monoglutamat de sodiu, **mustar** alb, maghiran, enupar, piper negru, rozmarin, cuisoare, foi dafin, chili. Poate contine **oua**, **lapte**, **telina**, **soia**, cereale cu continut de **gluten**. **antricot vita 190 gr:** antricot vita la gratar, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), **unt 10 gr** (**smantana** pasteurizata din **lapte** de vaca), ierburi. **sos usturoi 40 gr:** **iaurt**, sos de maioneza (ulei rafinat de rapita, apa, zahar, otet, **mustar** (apa, otet, boabe **mustar**, zahar, sare), amidonuri modificate, sare, acidifiant acid lactic, praf de **ou** integral, agent de ingrosare guma de xantan, conservanti sorbat de potasiu, benzoat de sodiu, colorant beta caroten, antioxidant calciu-disodic-EDTA), marar uscat, usturoi granulat, **telina**, **susan**, **dioxid de sulf** in mod natural) **ketchup 40 gr:** rosii, otet, zahar, sare, condimente, arome, **telina**, mirodenii. **cherry coapte 100 gr ardei iuti copti 3 buc**, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**). [contine: **sulfiti, mustar, telina, oua, lapte, soia, gluten, susan, dioxid de sulf**]



calorii 3396,16 kcal
proteine 261
grasimi 220,93
(din care acizi grasi saturati 74,28)
glucide 98,87
zahar 9,19
sare 6,65

** ***

1700 gr **510 lei**

** produse congelate/decongelate

*** timp de servire intre 30 si 90 min in functie de comenzi

calculator nutritional
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Berbecut

COTLET DE BERBECUT CU CARTOFI PRAJITI ** ***

400 gr 159 lei



cotlet de berbecut 200 gr: cotlet de berbecut la gratar, ulei extravirgin de masline, **unt** 10 gr (**smantana** pasteurizata din **lapte** de vaca), ierburi, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), piper negru. **cartofi prajiti 150 gr:** cartofi, dextroza, ulei vegetal floarea-soarelui; ulei vegetal de palmier, sare de mare iodata (sare, iodat de potasiu, **iod**, antiaglomerant E536). **salata mixta 60 gr** (contine: cherry 40 gr, salata mixta 20 gr, ulei extravirgin de masline, busuioc, usturoi, piper negru, ulei floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 793,8 kcal
proteine 51,69
grasimi 50,13
(din care acizi grasi saturati 17,7)
glucide 32,73
zahar 1,24
sare 0,5

Vita

390 gr 159 lei



MUSCHI DE VITA IN SOS DE PIPER VERDE SI OREZ ** ***

muschi de vita 180 gr: muschi vita la gratar, ulei extravirgin de masline, **unt** 20 gr (**smantana** pasteurizata din **lapte** de vaca), ierburi, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), piper negru. **orez cu legume 240 gr:** orez fiert 220 gr, ardei kapia 15 gr, ceapa 5 gr, usturoi 5 gr, **unt 10 gr** (**smantana** pasteurizata din **lapte** de vaca), piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).**sos de piper verde 60 gr:** **smantana** 32% 10 ml (**smantana** din **lapte** de vaca, stabilizator caragenan), coniac 10 ml, ulei extravirgin de masline, piper verde 5 gr, piper negru, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 554,25 kcal
proteine 41,87 grasimi 21,13
(din care acizi grasi saturati 11,89)
glucide 43,24 zahar 1,4
sare 0,71

ANTRICOT DE VITA CU CARTOFI PRAJITE ** ***

390 gr 182 lei



antricot de vita Uruguay la gratar 190 gr: antricot vita, ulei extravirgin de masline, sare de mare iodata (sare de mare, stabilizator: carbonat de sodiu, antiaglomerant E536, **iod**), piper negru, **unt 10 gr** (**smantana** pasteurizata din **lapte** de vaca), ierburi. **cartofi prajiti 150 gr:** cartofi, dextroza, ulei floarea-soarelui; ulei vegetal de palmier, sare de mare iodata (sare, iodat de potasiu, **iod**, antiaglomerant E536). **salata mixta 60 gr** (contine: cherry 40 gr, salata mixta 20 gr, ulei extravirgin de masline, busuioc, usturoi, piper negru, ulei floarea-soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 779,25 kcal
proteine 32,77
grasimi 83,59
(din care acizi grasi saturati 56,11)
glucide 34,53
zahar 1,29
sare 0,41

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

Porc

calculator nutritional
www.valori-nutritionale.ro

SCARITA DE PORC CU SOS BBQ SI CARTOFI PRAJITI ** ***

600 gr 110 lei



scarita porc 400 gr: [contine: **sulfiti**, **susan**, **arahide**, **fructe cu coaja lemnoasa**] coaste porc, sos BBQ (apa, zahar, pudra BBQ, amidon de tapioca modificat, colorant caramel, zahar, sare, aroma de fum, drojdie, pudra de ceapa, pudra de usturoi, condimente chilli, piper negru, ulei vegetal de floarea soarelui, otet din **vin** alb, pure de rosii, condiment BBQ; condimente, zahar, sare; aroma de fum), **susan**, seminte de **susan**, poate contine urme de **arahide**, **fructe cu coaja lemnoasa**. **cartofi prajiti 150 gr:** cartofi, dextroza, ulei floarea soarelui; ulei vegetal de floarea-soarelui, sare (iodat de potasiu, **iod**, antiaglomerant E536). **salata mixta 60 gr** (contine: cherry 40 gr, salata mixta 20 gr, lamaie, ulei extravirgin de masline, busuioc, usturoi, piper negru, ulei floarea soarelui, sare (sare, iodat de potasiu, **iod**, antiaglomerant E536).

calorii 1046,36 kcal
proteine 77,41
grasimi 62,6
(din care acizi grasi saturati 2,7)
glucide 39,32
zahar 1,35
sare 0,31

MUSCHIULET DE PORC CU SOS DE MUSTAR DIJON SI CARTOFI PRAJITI ** ***

470 gr 82 lei



muschiulet de porc 190 gr: muschiulet de porc la gratar, ulei extravirgin de masline, condiment (sare, usturoi, boia dulce, zahar, coriandru, potentiator de aroma-monoglutamat de sodiu, **mustar** alb, maghiran, ienupar, piper negru, rozmarin, cuisoare, foi dafin, chili.[contine: **mustar**] Poate contine **oua**, **lapte**, **telina**, **soia**, cereale cu continut de **gluten**. **cartofi prajiti 150 gr:** cartofi, dextroza, ulei vegetal de palmier; ulei vegetal de floarea-soarelui, sare (iodat de potasiu, **iod**, antiaglomerant E536). **sos de mustar 150 ml:** **mustar boabe** 50 gr, ceapa alba 30 gr, vin alb (**sulfiti**) 20 ml, **unt** 10 gr (**smantana** pasteurizata din **lapte** de vaca), **smantana** 32% 150 ml (**smantana** din **lapte** de vaca, stabilizator caragenan), sare (sare, iodat de potasiu, **iod**, E536 antiaglomerant), piper negru.

calorii 691,31 kcal
proteine 53
grasimi 27,33
(din care acizi grasi saturati 5,69)
glucide 53,85
zahar 18,98
sare 3,87

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi

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Pui

PIEPT DE PUI LA GRATAR CU CARTOFI PRAJITI ** ***

340 gr 77 lei



piept de pui 190 gr la gratar: piept de pui, ulei extravirgin de masline, condiment (sare, usturoi, boia dulce, zahar, coriandru, potentiator de aroma-monoglutamat de sodiu, **mustar** alb, maghiran, ienupar, piper negru, rozmarin, cuisoare, foi dafin, chili. [contine **oua**, **mustar, lapte**, **telina**, **soia**, cereale cu continut de **gluten**]). **cartofi prajiti 150 gr:** (cartofi, ulei vegetal de palmier, dextroza), ulei vegetal de floarea-soarelui.

calorii 563,31 kcal
proteine 59,25
grasimi 20,26
(din care acizi grasi saturati 3,36)
glucide 30,45
zahar 0,75
sare 0,34

SNITEL DE PUI PANE CU CARTOFI PRAJITI ** ***

330 gr 77 lei



snitel de pui pane 200 gr: piept de pui 140 gr, ulei extravirgin de masline [contine: **oua**, **pesmet**] , sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), piper negru. **sos de usturoi 40 gr:** [contine: **lapte,mustar, oua, telina, susan, dioxid de sulf**], iaurt, sos de maioneza (ulei rafinat de floarea-soarelui, apa, zahar, otet, **mustar** (apa, otet, boabe **mustar**, zahar,sare), amidonuri modificate, sare, acidifiant acid lactic, praf de **ou** integral, agent de ingrosare guma de xantan, conservanti sorbat de potasiu, benzoat de sodiu, colorant beta caroten, antioxidanti calciu disodic EDTA), marar uscat, usturoi granulat,**telina**, **susan**, **dioxid de sulf** (in mod natural).**cartofi prajiti 150 gr:** (cartofi, ulei vegetal de palmier, dextroza), ulei vegetal de floarea soarelui.

calorii 573,62 kcal
proteine 44,66 grasimi 23,31
(din care acizi grasi saturati 2,93)
glucide 41,89 zahar 1,4
sare 0,52

PUI FROMAGE CU CARTOFI PRAJITI ** ***

420 gr 80 lei



piept pui 140 gr (piept pui, ulei extravirgin de masline 10 ml, piper negru).
sos 3 fromage 150 gr: [contine: **lapte, oua**], **brie** 20 gr (**lapte** de vaca pasteurizat, **smantana**, sare, **culturi lactice**, cheag, culturi de mucegai); **smantana** 32% 150 ml (**smantana** din **lapte** de vaca, stabilizator caragenan), piper negru, sare, **branza** tare italiana 50 gr (**lapte**, sare, cheag, conservant lizozima din **ou**); **fromage blue** 20 gr (**lapte** vaca pasteurizat, sare, cheag microbiotic, culturi din acid lactic, culturi de maturare). **cartofi prajiti 150 gr:** (cartofi, ulei vegetal de palmier, dextroza), ulei vegetal de floarea-soarelui.

calorii 935,01 kcal
proteine 56,937
grasimi 62,5
(din care acizi grasi saturati 29,91)
glucide 32,31
zahar 0,77
sare 1,05

** produse congelate/decongelate

*** timp de servire intre 20 si 90 min in functie de comenzi



DESERT

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Desert

CREMA DE ZAHAR ARS

***

250 gr 34 lei



crema de zahar ars 250 gr: [contine: **lapte, oua**], **lapte** 200 ml, **oua** 2 buc, zahar 90 gr, piscoturi 30 gr [faina de **grau**, zahar, **oua**, sirop de glicoza, agenti de afanare (carbonat de sodiu, acid, carbonat de amoniu), sare, arome naturale, **soia, lapte**],

calorii 450,89 kcal
proteine 12,9
grasimi 11,36
(din care acizi grasi saturati 2,99)
glucide 74,11
zahar 60,89
sare 0,2

MINI PAPANASIi CU NUTELLA ***

ciocolata Nutella 65 gr: zahar, ulei vegetal de palmier, alune de padure, lapte praf degresat, cacao degresata pudra, emulgator lecitina(**soia**), vanilina. **fulgi cu gust de ciocolata 10 gr:** zahar, masa de cacao, cacao cu continut redus de grasime, sirop de glucoza, emulsifiant (lecitine din floarea soarelui), agent antiaglomerant (talc), apa.

MINI PAPANASI CU DULCEATA DE AFINE SI SMANTANA ***

mini papanasi 120 gr: [contine: **lapte, gluten**] **branza** proaspata 50 gr (**lapte** de vaca pasteurizat, **culturi lactice** selectionate, **lactoza** din **lapte**), **smantana** 65 gr (**lapte** de vaca, stabilizator caragenan), **faina** 40 gr, **oua**, (zahar, amidon de porumb, arome).
dulceata de afine 65 gr: afine, zahar, acidifiant acid citric.

calorii 509,75 kcal
proteine 11,88
grasimi 19,34
(din care acizi grasi saturati 11,3)
glucide 71,07
zahar 26,67
sare 0,07



185 gr 38 lei

TIRAMISU

***

170 gr 38 lei

tiramisu 170 gr: [contine: **lapte, ou**] **mascarpone** 80 gr (smantana din **lapte** pasteurizata, corector de aciditare: acid citric), **oua** dehidratate 10 gr (pulbere de ou uscat, citrat de trietril, acid citric), **lapte condensat** 20 ml (**lapte** de vaca integral, zahar), **piscoturi** 30 gr [faina de **grau**, zahar, **oua**, sirop de glicoza, agenti de afanare (carbonat de sodiu, acid, carbonat de amoniu), sare, arome naturale, **soia, lapte**], **cafea** 20 ml, lichior Amaretto 5 ml, sirop Tiramisu (zahar, apa, aroma naturala, acidifiant: acid citric), cacao (cacao cu continut redus de grasime, corector de aciditate-E525, E501) 5 gr, menta.

calorii 469,81 kcal
proteine 9,66 grasimi 31,34
(din care acizi grasi saturati 20,03) glucide 34,6
zahar 24,76 sare 0,17



*** timp de servire intre 10 si 60 min in functie de comenzi

Desert

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CLATITE CU NUTELLA ***

2 buc 35 lei



clatite 2 buc 28 cm: [contine: **lapte, oua, gluten, soia**] **lapte** 50 ml (**lapte** de vaca pasteurizat), **oua**, **faina** 35 gr, apa minerala 25 ml, **unt** [illegible] **smantana** pasteurizata din **lapte** de vaca), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), zahar vanilat (zahar, amidon de porumb, arome, **ciocolata Nutella 50 gr:** zahar, ulei vegetal de palmier, alune de padure, **lapte** praf degresat, cacao degresata pudra, [illegible] lecitina (**soia**), vanilina, **topping ciocolata:** sirop de glucoza, sirop de glucoza fructoza, apa, cacao cu continut redus de grasime, stabilizator amidon modificat din porumb ceros, aroma, conservant sorbat de potasiu.

calorii 542,[illegible] kcal
proteine 11,4 grasimi 25,83
(din care acizi grasi
saturati 10,11)
glucide 64,43 zahar 31,11 sare 0,13

CLATITE CU DULCEATA DE AFINE ***

2 buc 35 lei



clatite 2 buc 28 cm: [contine: **lapte, oua, gluten, soia**] **lapte** 50 ml (**lapte** de vaca pasteurizat), **oua**, **faina** 35 gr, apa minerala 25 ml, **unt** 5 gr (**smantana** pasteurizata din **lapte** de vaca), sare (sare, iodat de potasiu, **iod**, antiaglomerant E536), zahar vanilat (zahar, amidon de porumb, arome), **dulceata de afine 50 gr:** afine, zahar, acidifiant acid citric.

calorii 406,94 kcal
proteine 8,03
grasimi 8,89
(din care acizi grasi
saturati 4,22)
glucide 72,49
zahar 30,36
sare 0,08

PINEAPPLE CARESS ***

250 gr 38 lei



tarta cu ananas 1 portia: [contine: **lapte, gluten, soia**], crema philadelphia 45 gr (**lapte** integral, **smantana**, permeat de zer din **lapte**, sare, stabilizator guma de seminte de carruba, acidifiant acid citric, **culturi lactice**), ananas 35 gr (ananas, suc de ananas), **smantana** 35 gr (smantana din lapte de vaca, stabilizator caragenan), **lapte** condensat 20 ml (**lapte** de vaca integral, zahar, **lactoza** din **lapte**), biscuiti 14 gr, (**faina** din **grau**, zahar pudra, margarina vegetala, apa, sirop de zahar invertit, cacao praf, sare iodata, agent de afinare: bicarbonat de sodiu, carbonat de amoniu; aroma vanilina), ciocolata neagra belgiana 10 gr (masa de cacao, zahar, unt de cacao, emulsificatori: lecitina de **soia**, aroma naturala de vanilie, **lapte**) **lapte** 10 ml, **unt** 82% 9 gr (**smantana** din **lapte** de vaca, **lactoza**), gelatina.

calorii 746,33 kcal
proteine 11,93 grasimi 47,51
(din care acizi grasi
saturati 20,89)
glucide 43,14 zahar 10,63 sare 0,22

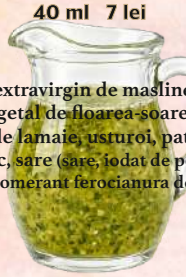
*** timp de servire intre 5 si 30 min in functie de comenzi

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Sosuri & Extra

SOS DE BUSUIOC SI LAMAIE

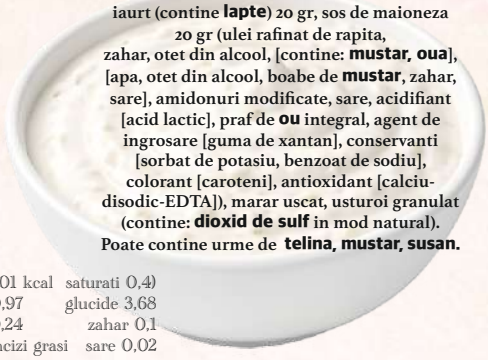
40 ml 7 lei



ulei extravirgin de masline 10 ml , ulei vegetal de floarea-soarelui 10 ml, suc de lamaie, usturoi, patrunjel, busuioc, sare (sare, iodat de potasiu,**iod**, antiaglomerant ferocianura de potasiu)

calorii 211,71 kcal saturati 2,74)
proteine 0,56 glucide 1,55
grasimi 22,75 zahar 0,33
(din care acizi grasi sare 0,1

SOS DE USTUROI 40 gr 8 lei



iaurt (contine **lapte**) 20 gr, sos de maioneza 20 gr (ulei rafinat de rapita, zahar, otet din alcool, [contine: **mustar, oua**], [apa, otet din alcool, boabe de **mustar**, zahar, sare], amidonuri modificate, sare, acidifiant [acid lactic], praf de **ou** integral, agent de ingrosare [guma de xantan], conservanti [sorbat de potasiu, benzoat de sodiu], colorant [caroteni], antioxidant [calciu-disodic-EDTA]), marar uscat, usturoi granulat (contine: **dioxid de sulf** in mod natural). Poate contine urme de **telina, mustar, susan.**

calorii 111,01 kcal saturati 0,4)
proteine 0,97 glucide 3,68
grasimi 10,24 zahar 0,1
(din care acizi grasi sare 0,02

SOS CAESAR 40 gr 10 lei

sos de maioneza 30 gr (ulei rafinat de rapita, zahar, otet din alcool, [contine: **mustar**], [apa, otet din alcool, boabe de **mustar**, zahar, sare], amidonuri modificate, sare, acidifiant [acid lactic], praf de **ou** integral, agent de ingrosare [guma de xantan], conservanti [sorbat de potasiu, benzoat de sodiu], colorant [caroteni], antioxidant [calciu-disodic-EDTA]), **branza tare italiana** (contine: **lapte**, sare, cheag, conservant [lizozima de **ou**]) **ansoa** (contine: **peste**, sare, ulei de floarea-soarelui), usturoi (usturoi granulat (contine: **dioxid de sulf** in mod natural). Poate contine urme de **telina, mustar, susan.**

calorii 172,16kcal saturati 1,8)
proteine 1,57 glucide 4,58
grasimi 16,42 zahar 0,13
(din care acizi grasi sare 0

KETCHUP CLASIC 40 gr 8 lei



rosii, otet, zahar, sare, condimente, plante aromate, [contine: **telina**], mirodenii.

calorii 40,8 kcalsaturati 0,04)
proteine 1,2 glucide 9,28
grasimi 0,04 zahar 0
(din care acizi grasi sare 1,8

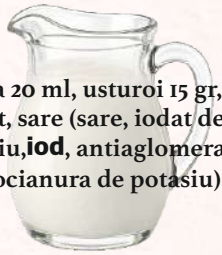
KETCHUP PICANT 40 gr 8 lei



rosii, otet, zahar, sare, condimente, plante aromate, [contine: telina], ardei iute, mirodenii.

calorii 42,8 kcal saturati 0,04)
proteine 1,2 glucide 9,32
grasimi 0,04 zahar 0
(din care acizi grasi sare 3,1

MUJDEI DE USTUROI 40 ml 8 lei



apa 20 ml, usturoi 15 gr, otet, sare (sare, iodat de potasiu,**iod**, antiaglomerant ferocianura de potasiu).

calorii 23,93 kcalsaturati 0,01)
proteine 1,02 glucide 5,3
grasimi 0,08 zahar 0,32
(din care acizi grasi sare 1

SMANTANA 40 gr 10 lei



[contine **lapte**] smantana pasteurizata din **lapte** de vaca, **culturi lactice**.

calorii 119,56 kcalsaturati 7,72)
proteine 0,88 glucide 1,2
grasimi 12,36 zahar 0
(din care acizi grasi sare 0,01

ARDEI IUTE 1 buc 2 lei



calorii 13,92 kcal saturati 0)
proteine 0,57 glucide 2,64
grasimi 0,12 zahar 0,45
(din care acizi grasi sare 0

LAMAIE 80 gr 7 lei



calorii 22,4 kcal saturati 0)
proteine 1,1 glucide 7,2
grasimi 0,24 zahar 2,24
(din care acizi grasi sare 0

SUC DE LAMAIE 30 ml 7 lei



calorii 10,8 kcal saturati 0)
proteine 0,12 glucide 2,58
grasimi 0 zahar 0,12
(din care acizi grasi sare 0

BRANZA ITALIANA RASA

40 gr 10 lei



(contine: **lapte**, **ou**) **lapte**, sare, cheag, lizozima din **ou**.

calorii 159,2 kcal saturati 7,2)
proteine 13,2 glucide 0
grasimi 11,6 zahar 0
(din care acizi grasi sare 0,06

Paine

CHIFLA

1 buc 4 lei



faina grau (contine: **gluten**), **gluten** din **grau**, apa, antioxidant (acid ascorbic), faina de malt, drojdie, sare iodata (sare, iodat de potasiu).Poate contine **seminte de susan.**

calorii 150,6 kcal
proteine 4,7
grasimi 0,66
(din care acizi grasi saturati 0,12)
glucide 30
zahar 2,1
sare 0,6

CHIFLA TOASTATA

1 buc 5 lei



faina grau (contine: **gluten**), **gluten** din **grau**, apa, antioxidant (acid ascorbic), faina de malt, drojdie, sare iodata (sare, iodat de potasiu).Poate contine **seminte de susan.**

calorii 150,6 kcal
proteine 4,7
grasimi 0,66
(din care acizi grasi saturati 0,12)
glucide 30
zahar 2,1
sare 0,6

*** timp de servire intre 5 si 20 min in functie de comenzi



MENIU BAR

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Cafea

Espresso
cofeina ***
30 ml 16 lei
apa, cafea cu cofeina
(espresso cofeina)

calorii 1,88 kcal glucide 0,44
proteine 0,03 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Espresso
deco ***
30 ml 16 lei
apa, cafea fara cofeina
(espresso deco)

calorii 1,88 kcal glucide 0,44
proteine 0,03 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Espresso ristretto
cofeina ***
15 ml 16 lei
apa, cafea cu cofeina
(espresso cofeina)

calorii 1,88 kcal glucide 0,44
proteine 0,03 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Espresso ristretto
deco ***
15 ml 16 lei
apa, cafea fara cofeina
(espresso deco)

calorii 1,88 kcal glucide 0,44
proteine 0,03 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Espresso lung
cofeina ***
60 ml 16 lei
apa, cafea cu cofeina
(espresso cofeina)

calorii 1,88 kcal glucide 0,44
proteine 0,03 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Espresso lung
deco ***
60 ml 16 lei
apa, cafea fara cofeina
(espresso deco)

calorii 1,88 kcal glucide 0,44
proteine 0,03 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Espresso doppio
cofeina & deco
50 ml 23 lei
***
apa, cafea cu cofeina
(espresso cofeina)

calorii 3,76 kcal glucide 0,88
proteine 0,06 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Macchiato Espresso cofeina
60 ml 19 lei
***
apa, [contine: **lapte** 30 ml](crema de **lapte**), cafea cu cofeina
(espresso cofeina)

calorii 20,48 kcal glucide 1,85
proteine 0,93 zahar 0
grasimi 1,05 sare 0,04
(din care acizi grasi saturati 0,69)

Macchiato Espresso deco
60 ml 19 lei
***
apa, [contine: **lapte** 30 ml](crema de **lapte**), cafea fara cofeina
(espresso deco)

calorii 20,48 kcal glucide 1,85
proteine 0,93 zahar 0
grasimi 1,05 sare 0,04
(din care acizi grasi saturati 0,69)

Americano
cofeina
200 ml 16 lei
***
apa, cafea cu cofeina
(espresso cofeina)

calorii 1,88 kcal glucide 0,44
proteine 0,03 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Americano
deco
200 ml 16 lei
***
apa, cafea fara cofeina
(espresso deco)

calorii 1,88 kcal glucide 0,44
proteine 0,03 zahar 0
grasimi 0 sare 0
(din care acizi grasi saturati 0)

Lapte
40 ml 3 lei
***



calorii 24,8 kcal glucide 1,88
proteine 1,2 zahar 0
grasimi 1,4 sare 0,05
(din care acizi grasi saturati 0,92)

Cappuccino
cofeina
200 ml 21 lei
***
apa, [contine: **lapte** 170 ml] (crema de **lapte**), cafea cu cofeina (espresso cofeina)

calorii 107,28 kcal
proteine 5,13
grasimi 5,95 (din care acizi grasi saturati 3,91)
glucide 8,43
zahar 0 sare 0,22

Cappuccino
deco
200 ml 21 lei
***
apa, [contine: **lapte** 170 ml] (crema de **lapte**), cafea fara cofeina (espresso deco)

calorii 107,28 kcal
proteine 5,13
grasimi 5,95 (din care acizi grasi saturati 3,91)
glucide 8,43
zahar 0 sare 0,22

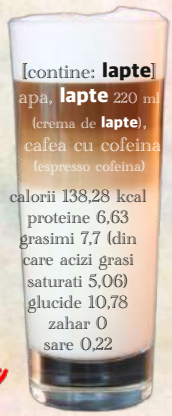
Cappuccino viennese cofeina
***
200 ml 21 lei
[contine: **lapte, soia**]
apa, **lapte** 20 ml(crema de **lapte**), crema vegetala 40 gr (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi vegetale: samburi de palmier; uleiuri vegetale: floarea soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), cafea cu cofeina
(espresso cofeina)

calorii 114,28 kcal
proteine 0,87
grasimi 11,1
(din care acizi grasi saturati 10,46)
glucide 2,86
zahar 0,64
sare 0,09

Cappuccino viennese deco
***
200 ml 21 lei
[contine: **lapte, soia**]
apa, **lapte** 20 ml(crema de **lapte**), crema vegetala 40 gr (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), cafea fara cofeina
(espresso deco)

calorii 114,28 kcal
proteine 0,87
grasimi 11,1
(din care acizi grasi saturati 10,46)
glucide 2,86
zahar 0,64
sare 0,09

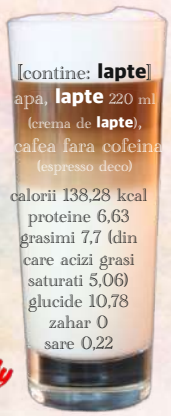
Latte Macchiato
cofeina
250 ml 23 lei
***



[contine: **lapte**]
apa, **lapte** 220 ml (crema de **lapte**), cafea cu cofeina
(espresso cofeina)

calorii 138,28 kcal
proteine 6,63
grasimi 7,7 (din care acizi grasi saturati 5,06)
glucide 10,78
zahar 0
sare 0,22

Latte Macchiato
deco
250 ml 23 lei
***



[contine: **lapte**]
apa, **lapte** 220 ml (crema de **lapte**), cafea fara cofeina
(espresso deco)

calorii 138,28 kcal
proteine 6,63
grasimi 7,7 (din care acizi grasi saturati 5,06)
glucide 10,78
zahar 0
sare 0,22

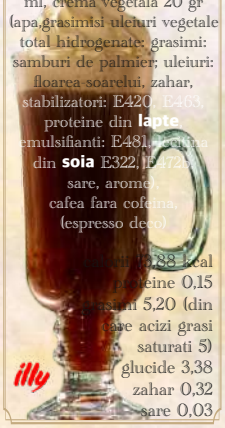
Amaretto coffee
cofeina
200 ml 30 lei
***



apa, liqueur: disaronno 20 ml, crema vegetala 20 gr, (apa,grasimisi uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), cafea cu cofeina
(espresso cofeina)

calorii 188 kcal
proteine 0,15
grasimi 5,20 (din care acizi grasi saturati 5)
glucide 3,38
zahar 0,32
sare 0,03

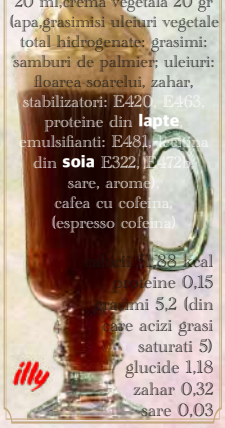
Amaretto coffee
deco
200 ml 30 lei
***



apa, liqueur: disaronno 20 ml, crema vegetala 20 gr (apa,grasimisi uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), cafea fara cofeina,
(espresso deco)

calorii 188 kcal
proteine 0,15
grasimi 5,20 (din care acizi grasi saturati 5)
glucide 3,38
zahar 0,32
sare 0,03

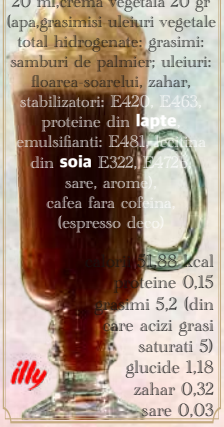
Irish coffee
cofeina
200 ml 30 lei
***



apa, irish whisky:Jameson 20 ml,crema vegetala 20 gr (apa,grasimisi uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), cafea cu cofeina,
(espresso cofeina)

calorii 188 kcal
proteine 0,15
grasimi 5,2 (din care acizi grasi saturati 5)
glucide 1,18
zahar 0,32
sare 0,03

Irish coffee
deco
200 ml 30 lei
***



apa, irish whisky:Jameson 20 ml,crema vegetala 20 gr (apa,grasimisi uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), cafea fara cofeina,
(espresso deco)

calorii 188 kcal
proteine 0,15
grasimi 5,2 (din care acizi grasi saturati 5)
glucide 1,18
zahar 0,32
sare 0,03

*** timp de servire intre 5 si 20 min in functie de comenzi.

Frappe

calculator nutritional
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Clasic Frappe

cofeina deco

lapte 100 ml, gheata, crema vegetala 30 gr (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), zahar pudra 5 gr, cafea solubila cu cofeina 5 gr



***

250 ml 31 lei

calorii 135,27 kcal
proteine 3,47
grasimi 8,72
(din care acizi grasi saturati 7,3)
glucide 10,87
zahar 0,32
sare 0,16

calorii 151,22 kcal proteine 3,47 grasimi 8,72 (din care acizi grasi saturati 7,31) glucide 14,84 zahar 0,33 sare 0,16

Tiramisu Frappe

cofeina *** deco



lapte 100 ml, gheata, crema vegetala 30 gr (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), zahar pudra 5 gr, cafea solubila cu cofeina 5 gr, sirop tiramisu (zahar, apa, aroma naturala, acidifiant: acid citric).

250 ml 32 lei

Toffifee Frappe

cofeina *** deco



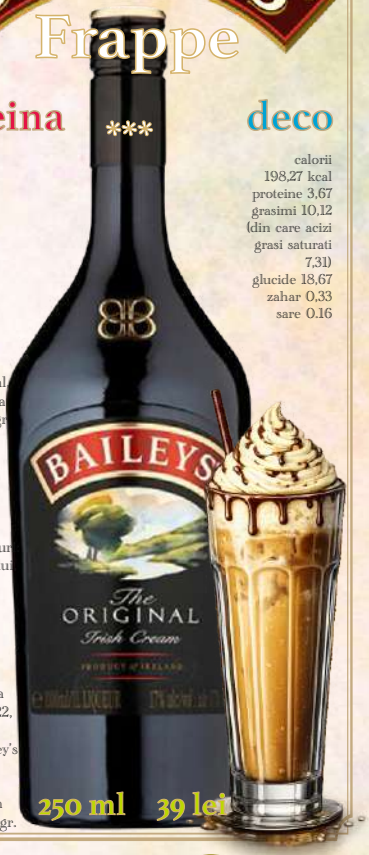
lapte 100 ml, gheata, crema vegetala 30 gr (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), zahar pudra 5 gr, cafea solubila cu cofeina 5 gr (zahar, apa, aroma naturala, sare, coloranti E150a).

250 ml 32 lei

Baileys Frappe

cofeina *** deco

calorii 198,27 kcal
proteine 3,67
grasimi 10,12
(din care acizi grasi saturati 7,31)
glucide 18,67
zahar 0,33
sare 0,16



lapte 100 ml, gheata, crema vegetala 30 gr (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome), Bailey's 2o ml, zahar pudra 5 gr, cafea solubila cu cofeina 5 gr.

250 ml 39 lei

Ciocolata

Ciocolata calda neagra ***

200 ml 23 lei



[contine: **lapte, soia**]
lapte 150 ml, crema decor 25 gr (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea-soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome)pudra de ciocolata 88%-25 gr (zahar, cacao min 32%), amidon de porumb, agent de ingrosare: faina de seminte de roscove, aroma, poate contine urme de **gruten**, **lapte**, **soia**, **oua**, **fructe cu coaja tare**, **telina**, **sulfiti**.

calorii 250,25 kcal proteine [illegible] grasimi 13,43 care acizi grasi saturati 10,7) glucide 24,73 zahar 0,4 sare 0,25

Ceai

English Breakfast

200 ml 19 lei

***



ceai negru de Ceylon

Jasmine Gold

200 ml 19 lei

***



ceai verde, flori de jasmin

Refreshing Mint

200 ml 19 lei

***



frunze de menta, lemongrass

Fruity Camomile

200 ml 19 lei

***



flori de musetel
flori de portocal

Ginger

200 ml 19 lei

***



ghimbir, anason, chimen dulce, lamaita, radacinade de lemn dulce, piper negru, scortisoara, musetel,frunze dulce de mur, petale de trandafiri, lamaie.

Sweet Berries

200 ml 19 lei

***



hibiscus, mere, macese, frunze de mur dulce, arome, zmeura, coaja de portocala, petale de trandafiri,, suc de zmeura si capsuni.

Winter Harmony

200 ml 19 lei

***



hibiscus, bucati de mar, suc de macese, migdale, frunze de mur dulce, arome, bucati de zmeura, scortisoara, coaja de portocala, petale de trandafiri.



*** timp de servire intre 5 si 20 min in functie de comenzi.

calculator nutritional
www.valori-nutritionale.ro

Milkshake

Milkshake banana

330 ml *** 32 lei



[contine: **lapte, soia**]
lapte 100 ml, piure banana 50 ml: suc de mere, (suc de banane si piure concentrat (56,2%), zahar, acidifiant: acid citric, arome, agenti de ingrosare: pectina, antioxidant: acid ascorbic, conservant: sorbat de potasiu), crema vegetala 40 ml (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi: samburi de palmier; uleiuri: floarea soarelui, zahar, stabilizatori: E420, E463, proteine din **lapte** emulsifianti: E481, lecitina din **soia** E322, E472b, sare, arome),

Milkshake Raffaello

330 ml *** 32 lei



[contine: **lapte, soia**]
lapte 100 ml, piure de cocos 50 ml: sirop de glucoza, lapte de cocos, [illegible] de cocos rasa, zahar, acidifiant (acid citric), arome, agenti de [illegible]sare (E460, E466, guma [illegible] maltodextrina, proteine din **lapte**, conservant (sorbat de po[illegible] crema vegetala 40 ml (apa, grasimi si uleiuri vegetale tota[illegible] hidrogenate: grasimi: samburi de palmier; uleiuri: floarea soarelui, zahar, stabilizatori: E420, E463, [illegible] din **lapte**, emulsifianti: E481, lecitina din **soia** E322, E472b, [illegible]ome), toping padure de alune 10 gr (sirop de glucoza, **lapte** [illegible]ucil negresat si condensat, zahar, [illegible]ata neagra (mas[illegible]ao, zahar, unt de cacao, emulgatori lecitina **soia**, aroma [illegible]ral, [illegible] de vanilie, [illegible] alune de padure).

Limonade

Limonada miere



300 ml 30 lei

apa
suc natural de lamaie 50 ml
miere 30 gr

***

calorii 120 kcal
proteine 0,31
grasimi 0
(din care acizi grasi saturati 0)
glucide 28,3
zahar 0,2 sare 0

Limonada menta miere

300 ml 30 lei

apa
suc natural de lamaie 50 ml
miere 30 gr
frunze de menta

***

calorii 120 kcal
proteine 0,31
grasimi 0
(din care acizi grasi saturati 0)
glucide 28,3
zahar 0,2 sare 0



Fresh

Fresh portocale

suc natural de portocale

***



calorii 117,5 kcal
proteine 2,5
grasimi 0
(din care acizi grasi saturati 0)
glucide 25
zahar 0
sare 0

250 ml 28 lei

Ice tea

Ice tea piersici



330 ml 19 lei

***

apa, infuzie de ceai (21,5%), zahar, suc de piersici din suc concentrat de piersici (1%), arome, acidifiant: acid citric, extract de ceai, antioxidant: acid ascorbic, corector de aciditate, citrat de sodiu.

calorii 116 kcal proteine 0
grasimi 0 (din care acizi grasi saturati 0) glucide 28
zahar 28 sare 0

Ice tea lamaie



330 ml 19 lei

***

apa, infuzie de ceai (21,5%), zahar, suc de lamaie din suc concentrat de lamaie (0.2%), arome, acidifiant: acid citric, extract de ceai, antioxidant: acid ascorbic.

calorii 116 kcal proteine 0
grasimi 0 (din care acizi grasi saturati 0) glucide 28
zahar 28 sare 0

*** timp de servire intre 5 si 20 min in functie de comenzi.

Apa

Apa plata

ACQUA PANNA®

THE FINE DINING WATERS

apa minerala naturala necarbogazoasa.

250 ml *** 15 lei 750 ml *** 29 lei

Apa minerala

S. PELLEGRINO®

apa minerala naturala carbogazificata.

250 ml *** 15 lei 750 ml *** 29 lei

Racoritoare

330 ml *** **18 lei**



apa, zahar, dioxid de carbon colorant E150d acidifiant: acid fosforic, arome naturale, aroma cafeina.

calorii 139 kcal
proteine 0
grasimi 0
(din care acizi grasi saturati 0)
glucide 35
zahar 35 sare 0

330 ml *** **18 lei**



apa, dioxid de carbon, colorant E150d, indulcitori: ciclamati acesulfam-K, aspartam acidifiant acid fosforic, arome naturale, aroma cafeina, corector de aciditate: citrati de sodiu, fenilalanina.

calorii 139 kcal
proteine 0
grasimi 0
(din care acizi grasi saturati 0)
glucide 35
zahar 35 sare 0

330 ml *** **18 lei**



apa, zahar, sirop de fructoza-glucoza, suc de portocale din concentrat arome naturale de portocale (min 5%), dioxid de carbon, acidifiant: acid citric arome naturale de portocale si alte arome naturale, antioxidant acid ascorbic, colorant caroteni stabilizator: guma de guar.
calorii 142 kcal
proteine 0 grasimi 0
(din care acizi grasi saturati 0) glucide 35
zahar 35 sare 0

330 ml *** **18 lei**



apa, sirop de fructoza-glucoza dioxid de carbon, acidifiant:acid citric indulcitori: acesulfam-K, aspartam si E959, conservant: benzoat de sodiu, corector de aciditate: citrati de sodiu, arome naturale de lamaie si lamaie verde.

calorii 132 kcal
proteine 0 grasimi 0
(din care acizi grasi saturati 0) glucide 6,6
zahar 6,6 sare 0,03

apa tonica ***



330 ml **19 lei**

apa, zahar, dioxid de carbon, acidifiant acid citric, conservant: sorbat de potasiu, arome, chinina.

calorii 122 kcal
proteine 0
grasimi 0
(din care acizi grasi saturati 0)
glucide 29 zahar 29
sare 0

bitter lemon ***



330 ml **19 lei**

apa, zahar, dioxid de carbon, suc de lamaie, extract de lamaie, acidifiant acid citricarome, chinina, conservant sorbat de potasiu, stabilizator E1450, stabilizator E445.

calorii 172 kcal
proteine 0 grasimi 0
(din care acizi grasi saturati 0) glucide 42
zahar 42 sare 0

Energizant



250 ml *** **25 lei**

apa carbogazificata, zaharoza, glucoza, acidifiant acid citric, taurina (0,4%), corectori de aciditate: carbonati de sodiu, carbonati de magneziu, cofeina, vitamine: niacina, acid pantotenic, vitamina B6, vitamina B12, arome coloranti: caramel simplu, riboflavine.

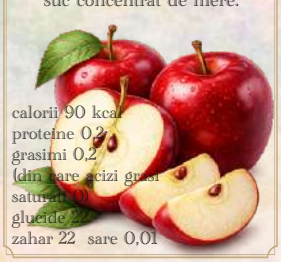
calorii 115 kcal
proteine 0 grasimi 0
(din care acizi grasi saturati 0) glucide 27,5
zahar 27,5 sare 0,25

Sucuri

Santal *** **mere**

250 ml **17 lei**

100% suc de mere, obtinut din suc concentrat de mere.



calorii 90 kcal
proteine 0,2
grasimi 0,2
(din care acizi grasi saturati 0)
glucide 22
zahar 22 sare 0,01

Santal *** **ciresi**

250 ml **17 lei**

apa, suc de ciresi obtinut din suc concentrat de ciresi (15%), zahar, acidifiant: acid citric, coloranti: antociani, antioxidant: acid [illegible]



calorii 94 kcal
proteine 0,4
grasimi 0
(din care acizi grasi saturati 0)
glucide 22,6
zahar 22,6 sare 0,01

Santal *** **ananas**

250 ml **17 lei**

apa, suc de ananas obtinut din suc concentrat de ananas (50%), apa, zahar, acidifiant: acid.



calorii 98 kcal
proteine 0,4
grasimi 0,2
(din care acizi grasi saturati 0)
glucide 22,2
zahar 22,2 sare 0,01

Santal *** **portocale**

250 ml **17 lei**

100% suc de portocale, obtinut din suc concentrat de portocale.



calorii 80 kcal
proteine 1,2
grasimi 0,4
(din care acizi grasi saturati 0,4)
glucide 18
zahar 18 sare 0,01

Santal *** **piersici**

250 ml **17 lei**

apa, suc de piersici obtinut din suc concentrat de piersici (50%), apa, zahar, acidifiant: acid, antioxidant: acid ascorbic.



calorii 110 kcal
proteine 0,8
grasimi 0,2
(din care acizi grasi saturati 0,4)
glucide 24,4
zahar 24,4 sare 0,01

*** timp de servire intre 5 si 20 min in functie de comenzi.

calculator nutritional
www.valori-nutritionale.ro

Cocktail non alchoolic

Green Apple
250 ml 31 lei
***



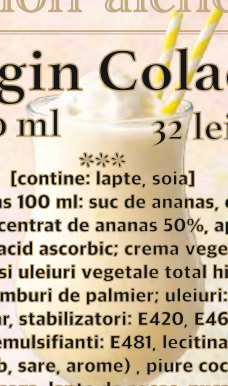
suc mere 200 ml: 100% suc de mere, obtinut din suc concentrat de mere; lime 20 gr, blue curacao 5 ml: zahar, apa, arome naturale, acidifiant acid citric,colorant alimentar E133; zahar brun 2 gr.

Wild Cherry
250 ml 31 lei
***



suc ciresi 200 ml: apa, suc de ciresi, obtinut din suc concentrat de cirese (15%), zahar, acidifiant acid citric, coloranti antociani, antioxidant acid ascorbic, arome; lime 20 gr, zahar brun 2 gr, frunze de menta, grenadine: zahar, apa, suc concentrat de rodie 15 %, acidifiant: acid citric si acid malic, arome naturale, colorant alimentar E129.

Virgin Colada
250 ml 32 lei
***



[contine: lapte, soia]
suc ananas 100 ml: suc de ananas, obtinut din suc concentrat de ananas 50%, apa, zahar, antioxidant acid ascorbic; crema vegetala 50 ml (apa, grasimi si uleiuri vegetale total hidrogenate: grasimi:samburi de palmier; uleiuri: floarea soarelui, zahar, stabilizatori: E420, E463, proteine din lapte, emulsifianti: E481, lecitina din soia E322, E472b, sare, arome) , piure cocos 50 gr: sirop de glucoza, lapte de cocos, nuca de cocos rasa, zahar, acidifiant (acid citric), arome, agenti deingrosare (E460, E466, guma xantan), maltodextrina, proteine din lapte, conservant (sorbat de potasiu); gheata.

Bere

***



5,5 % vol.
330 ml 22 lei

***



4,8 % vol.
330 ml 22 lei

***



5,3 % vol.
500 ml 30 lei

***



5,3 % vol.
400 ml 25 lei

***



4,8 % vol.
400 ml 25 lei

***



4,5 % vol.
330 ml 26 lei

***



0,0 % vol.
330 ml 22 lei

*** timp de servire intre 5 si 20 min in functie de comenzi.

Cocktail Alcoolic

Tequila Sunrise

250 ml 36 lei

***



suc portocale 200 ml: 100 % suc de portocale, obtinut din suc concentrat de portocale; tequila Jose Cuervo Silver 40 ml, portocala 20 gr, grenadine 10 ml.

Mojito

250 ml 36 lei

***



apa minerala 120 ml, rom Captain Morgan white 40 ml, gheata, lime 20 gr, zahar brun 2 gr, frunze menta.

Hugo

300 ml 40 lei

***



vin spumant prosecco 150 ml, sirop de soc 50 ml, apa minerala 50 ml, gheata, lime 20 gr, frunze menta.

Mojito Pomegranate

250 ml 36 lei

***



apa mine[illegible] Captain Morgan 40 [illegible] gheata, sirop grenadine 5 ml: zahar, apa, suc concentrat de rodie 15%, acidifiant (acidcitric, acid malic), arome naturale, colorant alimentar (E129), lime 20 gr, zahar brun 2 gr, frunze menta.

Long Drinks

Aperol Spritz

300 ml 37 lei

***



vin spumant prosecco 100 ml, apa minerala 100 ml, Aperol 60 ml, gheata, portocala 20 gr.

Vodka Green Apple

300 ml 33 lei

***



suc mere 200 ml: 100% suc de mere, obtinut din suc concentrat de mere; vodca Smirnoff 40 gr, gheata, lime 20 gr, sirop Blue Curacao 5 ml: zahar, apa, arome naturale, acidifiant acid citric, colorant alimentar E133.

Tequila Sunrise

300 ml 33 lei

***



suc portocale 200 ml: 100 % suc de portocale, obtinut din suc concentrat de portocale, Campari 40 ml, portocala 20 gr, gheata.

Cuba Libre

300 ml 33 lei

***



coca cola 240 ml, rom Captain Morgan 40 ml, lime 20 gr, gheata.

Gin Tonic

300 ml 33 lei

***



apa tonica 240 ml, gin Tanqueray 40 ml, lamaie 20 gr, gheata.



*** timp de servire intre 10 si 20 min in functie de comenzi.

Vodka

SMIRNOFF Vodka
alc: 40 %
50 ml 23 lei
***

ABSOLUT Country of Sweden VODKA
alc: 40 %
50 ml 24 lei
***

GREY GOOSE VODKA
alc: 40 %
50 ml 37 lei
***

BELUGA NOBLE RUSSIAN VODKA
alc:40 %
50 ml 40 lei
***

Gin

Tanqueray
alc: 43,1 %
50 ml *** 24 lei

Tanqueray Nº TEN
alc: 47,3 %
50 ml *** 32 lei

Tequila

Jose Cuervo SILVER
25 ml *** 17 lei alc: 38 %

Jose Cuervo GOLD
25 ml *** 17 lei alc: 38 %

Aperitive

MARTINI Bianco
alc: 15 %
50 ml 22 lei
***

APEROL
alc: 11 %
50 ml 23 lei
***

CAMPARI
alc: 25 %
50 ml 25 lei
***

*** timp de servire intre 5 si 20 min in functie de comenzi.

Rom

Captain Morgan
white alc: 37,5 %
50 ml 23 lei
***

Captain Morgan
black alc: 40 %
50 ml 23 lei
***

Havana Club
Especial
alc: 40 %
50 ml 24 lei
***

Havana Club
7
alc: 40 %
50 ml 34 lei
***

Digestive

RAMAZZOTTI
AMARO
alc: 30 %
50 ml 22 lei
***

Jägermeister
alc: 35 %
50 ml 24 lei
***

Liqueur

BAILEYS
alc: 17 %
50 ml 24 lei
***

DISARONNO AMARETTO
ORIGINALE
alc: 28 %
50 ml 24 lei
***

Grand Marnier
Maison fondée en 1827
50 ml 31 lei
***

Cognac

Hennessy
COGNAC
VS
50 ml 48 lei
*** alc: 40 %

MARTELL
FONDÉE EN 1715
VS
50 ml 48 lei
*** alc: 40 %

SINCE 1828
COURVOISIER.
VSOP
50 ml 48 lei
*** alc: 40 %

*** timp de servire intre 5 si 20 min in functie de comenzi.

Whisky

J&B Justerini & Brooks ESTD 1749
alc: 40 %
50 ml 22 lei
***

Jameson IRISH WHISKEY
alc: 40 %
50 ml 26 lei
***

Jack Daniel's Old No.7 Brand
alc: 40 %
50 ml 31 lei
***

Johnnie Walker Black Label
alc: 40 %
50 ml 33 lei
***

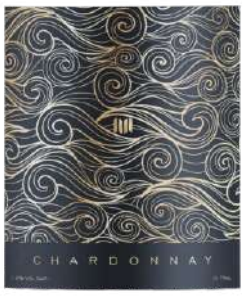
Chivas Regal Aged 12 Years
alc: 40 %
50 ml 37 lei
***

Glenfiddich Single Malt Scotch
12
alc: 40 %
50 ml 49 lei
***

Lagavulin Islay Single Malt Scotch Whisky
16
alc: 43 %
50 ml 59 lei
***

Vin la pahar

MITROI
CHARDONNAY



alb sec ***
DOC-CMD Murfatlar
150 ml 25 lei

MITROI
Cabernet Sauvignon



roze sec ***
DOC-CMD Murfatlar
150 ml 25 lei

MITROI
CUVEE



rosu sec ***
DOC-CMD Murfatlar
150 ml 25 lei

Prosecco GRANDE VENTO

150 ml 25 lei

ALB SEC * alc: 11%**

Italy





*** timp de servire intre 5 si 20 min in functie de comenzi. Contin **sulfiti**!

Vin

MITROI
CHARDONNAY



alb sec ***

DOC-CMD Murfatlar

750 ml 125 lei

MITROI
Cabernet Sauvignon



roze sec ***

DOC-CMD Murfatlar

750 ml 125 lei

MITROI
CUVEE



rosu sec ***

DOC-CMD Murfatlar

750 ml 125 lei

Nocturne Pinot Grigio

PURCARI CHATEAU

alb sec

***

IGP Stefan Voda

750 ml 145 lei

Traminer de

PURCARI CHATEAU

alb sec

***

IGP Stefan Voda

750 ml 145 lei

Nocturne Rose

PURCARI CHATEAU

roze sec

***

IGP Stefan Voda

750 ml 145 lei

Nocturne Rara Neagra

PURCARI CHATEAU

rosu sec

***

IGP Stefan Voda

750 ml 145 lei

San Marzano

alb sec ***

TIMO VERMENTINO

750 ml 145 lei

San Marzano

alb sec ***

EDDA

IGP Salento

750 ml 197 lei

San Marzano

roze sec ***

TRAMARI

IGP Salento

750 ml 153 lei

San Marzano

rosu sec ***

1962 1963 1964 1965 1966 1967
1968 1969 1970 1971 1972 1973
1974 1975 1976 1977 1978 1979
1980 1981 1982 1983 1984 1985
1986 1987 1988 1989 1990 1991
1992 1993 1994 1995 1996 1997

COLLEZIONE CINQUANTA

1998 1999 2000 2001 2002 2003
2004 2005 2006 2007 2008 2009
2010 2011 2012

SAN MARZANO

750 ml 209 lei

Solo Quinta

Feteasca Regala & Muscat Ottonel
Sauvignon Blanc & Chardonnay

DOC-CMD Recas

750 ml 199 lei

alb sec

***

CRAMELE RECAS

Sole Chardonnay

DOC-CMD Recas

750 ml 169 lei

alb sec

***

CRAMELE RECAS

Sole Roze

DOC-CMD Recas

750 ml 169 lei

roze sec

***

CRAMELE RECAS

SINGLE VINEYARD
Cuvee Uberland

Merlot & Cabernet & Negru
Feteasca Neagra

DOC-CMD Recas

750 ml 219 lei

rosu sec

***

CRAMELE RECAS

*** timp de servire intre 5 si 20 min in functie de comenzi. Contin **sulfiti**

Vin frizzante

Prosecco superiore MILLESIMATO

750 ml 149 lei

BRUT *** alc: 11%

Italy



Lambrusco GIACOBAZZI FRAGOLINO

750 ml 159 lei

DULCE *** alc: 11%

Italy



Champagne



750 ml 440 lei



750 ml 480 lei

*** timp de servire intre 5 si 20 min in functie de comenzi. Pot contin **sulfiti**!

Portul Tomis Constanta

Rezervari: 0722 382 377

www.compassrestaurant.ro