

# Meniu Restaurant “La Tauc”

## ANTREURI/STARTERS

### Cascaval pane/Fried cheese(150g)

Cascaval 100g, faina 40g, pesmet 10g, seminte susan 10g, ou crud 5g; **Valoare energetica:** 498,39Kcal/2085,24Kj Grasimi 22,46g, acizi grasi saturati 0,28g, glucide 40,07g, zaharuri 0,45g, proteine 31,66g, sare 0,08g. **Alergeni:** gluten,ou,lapte,susan

### Mamaliga cu branza si smantana/ Polenta with cheese and cream(250g)

Smantana 20% grasime: 50g, Malai 50g, Telemea de vaca 35g, Sare de masa: 4g; **Valoare energetica:** 372.05 KCal /1556.66 Kj, Grasimi: 18.14g, Acizi grasi saturati: 6.65g, Glucide:39.35 g, Zaharuri: 1.45 g, Proteine: 11.04 g, Sare: 4.07 g. **Alergeni:** lapte

### Chiftelute de peste/Fish meatballs(150g)

Novac: 121g, Cartofi: 18g , Ceapa: 18g , Sare de masa: 3g , Faina alba: 3g, Verdeata: 2g; **Valoare energetica:** 169.84 KCal /710.6 Kj , Grasimi: 4.1 g, Acizi grasi saturati: 0.18 g, Glucide: 8.14 g, Zaharuri: 0.75 g, Proteine: 24.77 g, Sare: 3.66 g. **Alergeni:**peste, ou, gluten

### Icre de crap cu paine prajita si ceapa/Carp eggs with toasted bread and onion(100g)

Ulei floarea soarelui: 50g , Icre crap\*: 17,5g, Sare de masa: 4g; **Valoare energetica:** 464.75 KCal /1944.51 Kj , Grasimi: 50.43 g, Acizi grasi saturati: 4.5 g, Glucide: 0 g, Zaharuri: 0 g, Proteine: 4.38 g, Sare: 4 g. **Alergeni:** peste, gluten

### Peste afumat/Smoked fish (100g)

Novac: 300g, Sare de masa: 80 g; **Valoare energetica:** 330 KCal /1380.72 Kj , Grasimi: 9 g, Acizi grasi saturati: 0 g, Glucide: 2.4 g, Zaharuri: 0 g, Proteine: 58.8 g, Sare: 80 g; **Alergeni:**

### Peste marinat/Marinated fish (100g)

Hering marinat: 100g; **Valoare energetica:** 168 KCal /702.91 Kj , Grasimi: 12 g, Acizi grasi saturati: 3.4 g, Glucide: 2.8 g, Zaharuri: 2.3 g, Proteine: 11 g, Sare: 2.8 g; **Alergeni:** peste

### Gujoane de salau/Perch fish fingers(150g)

File de salau de apa dulce: 100g, Fulgi porumb FineLife: 15g , Ulei de palmier: 15g , Faina alba: 10g, Ou crud: 5g **Valoare energetica:** 312.09 KCal /1305.77Kj , Grasimi: 16.42g, Acizi grasi saturati: 7.66g, Glucide: 19.57g, Zaharuri: 0g, Proteine: 21.6 g, Sare: 0.77g; **Alergeni:** peste, ou, gluten

## CIORBE/SOUPS

### Bors pescaresc/Fish soup(500ml) (paine si ardei iute –inclus)

Novac: 200g, Cartofi cruzi: 100g , Salau: 50g, Somn: 50g, Caras proaspat: 50g, Crap: 50g, Ceapa: 50g , Chifla Kaiser alba: 50 g , Rosii: 37,5g, Ardei gras: 30g , Telina: 20g, Morcovi: 20g, Otet 9\* - Raureni: 5g, Ardei iute: 2g; **Valoare energetica:** 782.16 KCal /3272.56 Kj , Grasimi: 20.61 g, Acizi grasi saturati: 1.28 g, Glucide: 57.86 g, Zaharuri: 7.1 g, Proteine: 83.65 g, Sare: 0.74 g; **Alergeni:** peste, telina, gluten

### Ciorba de burta/Tripe soup(300ml)(paine,smantana si ardei iute-inclus)(bread,cream,hot pepeer included)

Burta de vita: 120g , Smantana 20%: 50g, Iaurt grecesc 10%: 33g, Smantana 32%: 33g, Ceapa: 17g , Ulei floarea soarelui: 8g , Telina: 8g, Morcovi: 8g , Faina alba: 2,5g, Bors -Maggi: 2g , Chifla Kaiser alba: 2buc; **Valoare energetica:** 467.07KCal /1954.23Kj , Grasimi: 37.44g, Acizi grasi saturati: 11.45g, Glucide: 12.75g, Zaharuri: 0.81g, Proteine: 19.02g, Sare: 0.2g; **Alergeni:** gluten, ou, lapte, telina

### Ciorba de pui cu taitei/Chicken soup with noodles (300ml)

Aripi de pui cu piele crude: 120g , Rosii: 33g , Ceapa: 17g , Ardei gras: 13g , Telina: 8g, Morcovi: 8g , Faina alba: 3g, Bors -Maggi: 2g , Ou crud: 2g; **Valoare energetica:** 287.22 KCal /1201.75 Kj , Grasimi: 18.7g, Acizi grasi saturati: 0.09g, Glucide: 8.09g, Zaharuri: 1.36g, Proteine: 21.83g, Sare: 0.02g; **Alergeni:** gluten, ou, telina

## PLATOURI/DISHES

### Platou rece cu peste (pt 2persoane)/Cold fishdish (for 2 persons)(600g)

(icre crap,peste marinat,peste afumat,chiftelute peste,legume,paine prajita)

(carp eggs, marinated fish, smoked fish, fish meatballs, vegetables, toasted bread)

Novac: 421g, Chifla Kaiser alba: 100 g , Hering marinat cu legume: 100g, Sare de masa: 84g , Ulei floarea soarelui: 50g , Ceapa: 18g , Cartofi albi: 18g , Icre crap\*: 18g, Faina alba: 10g, Marar proaspat: 1g , Patrunjel verde: 1g , Sare de lamaie: 1g; **Valoare energetica:** 1432.54 KCal /5993.76 KJ , Grasimi: 76.35 g, Acizi grasi saturati: 7.37 g, Glucide: 71.55 g, Zaharuri: 6.29 g, Proteine: 112.43 g, Sare: 88.99 g; **Alergeni:** peste, gluten

### **Platou aperitiv "Tauc"(pt2-3 persoane) /"Tauc" appetizer dish (for2-3persons)(900g)**

(icre crap, gujoane salau, peste marinat, peste afumat, chiftelute, legume, paine prajita)

(carp eggs, perch fishfingers, marinated fish, smoked fish, fish meatballs, vegetables, toasted bread)

Novac: 421g, File salau apa dulce: 200g, Chifla Kaiser alba: 100 g , Hering marinat: 100 g, Sare de masa: 84g , Ulei floarea soarelui: 50g, Faina alba: 20g, Ceapa: 18g , Cartofi albi: 18g , Icre crap\*: 18g, Ulei de palmier: 15g , Fulgi porumb: 15g , Ou crud: 5 g; **Valoare energetica:** 1832.43 KCal /7666.88 KJ , Grasimi: 93.57 g, Acizi grasi saturati: 15.21 g, Glucide: 91.12 g, Zaharuri: 6.29 g, Proteine: 154.33 g, Sare: 89.28 g; **Alergeni:**peste, gluten, ou

### **Platou Fritto Misto(pentru 2-3persoane)/Fritto misto dish(800g)**

(scoici pane, creveti, calamar pane, gujoane salau, sos sweet chilly)

(fried clams, shrimps, calamari, perch fishfingers, sweet chily sauce)

File salau: 200 g, Calamar inele pane congelate\*: 150 g, Sos Sweet Chilli: 100g , Creveti decorticati\*: 100 g, Carne scoici\*: 100g, Ulei de palmier: 60g , Faina alba: 40g, Fulgi de porumb: 30g, Pesmet: 20g , Ou crud: 20g, Seminte de susan: 10 g; **Valoare energetica:** 1812.54 KCal /7583.67 KJ , Grasimi: 85.58 g, Acizi grasi saturati: 32.42 g, Glucide: 163.18 g, Zaharuri: 2.25 g, Proteine: 100.15 g, Sare: 4.25 g; **Alergeni:** crustacee, moluste, peste, ou, gluten, susan

### **Platou cu peste la gratar(pentru 2-3persoane)/Grilled fish dish(1200g)**

(salau, somn, crap, mamaliga, mujdei de usturoi)(perch, catfish, carps, polenta, garlic sauce)

Somn: 300g, Salau: 300g, Crap: 300g, Malai: 100g, Ulei floarea soarelui: 80g , Danone cremos: 32g, Sare de masa: 20g, Usturoi: 16g; **Valoare energetica:** 2826.62 KCal /11826.57 KJ , Grasimi: 168.44g, Acizi grasi saturati: 15.6g, Glucide: 83.25g, Zaharuri: 3.22g, Proteine: 198.48g, Sare: 20.45g; **Alergeni:** peste, gluten, lapte

### **Platou cu peste prajit(pentru 2-4persoane)/Fried fish dish(1400g)**

(caras, crap, salau, somn, mamaliga, mujdei de usturoi)(crucian, carp, perch, catfish, polenta, garlic sauce)

Caras proaspat: 500g, Somn: 300g, Salau: 300g, Crap: 300g, Malai: 100 g, Ulei floarea soarelui: 80g, Danone cremos: 32 g, Faina alba: 20g, Sare de masa: 20g, Usturoi: 16g; **Valoare energetica:** 3334.42KCal /13951.21KJ , Grasimi: 177.64g, Acizi grasi saturati: 15.6g, Glucide: 98.51g, Zaharuri: 3.22g, Proteine: 289.04g, Sare: 20.45g; **Alergeni:** peste, gluten, lapte

### **Platou festiv cu peste/(6-8persoane)/Festive fish dish(2200g)**

(icre crap, calamar, pui de balta, gujoane salau, scoici pane, chiftelute, sos)(carp eggs, fried squid, frog legs, perch fishfingers, fried clams, fish meatballs, sauce)

File salau: 400g, Calamar inele pane congelate\*: 300g, Novac: 242g , Ulei de palmier: 120g, Ulei floarea soarelui: 100g, Sos Sweet Chilli: 100g, Faina alba: 80g, Fulgi de porumb: 60g, Pesmet: 40g, Ceapa: 36g, Cartofi: 36g, Icre crap\*: 35g, Sare de masa: 30g, Ou crud: 30g, Seminte de susan: 20g; **Valoare energetica:** 4302.73 KCal /18002.63 KJ , Grasimi: 269 g, Acizi grasi saturati: 70.14 g, Glucide: 293.3 g, Zaharuri: 5.9 g, Proteine: 185.87 g, Sare: 34.37 g; **Alergeni:** peste, moluste, crustacee, gluten, ou, susan

## **PREPARATE DIN PESTE/FISH DISHES**

### **Caras prajit/Fried crucian(500g)**

Caras proaspat: 500 g, Ulei floarea soarelui: 25g, Faina alba: 15g, Sare de masa: 5 g; **Valoare energetica:** 710.6KCal /2973.15KJ, Grasimi: 34.1g, Acizi grasi saturati: 2.25g, Glucide: 11.45g, Zaharuri: 0g, Proteine: 90.05g, Sare: 5g, **Alergeni:**peste, gluten

### **Crap gratar/Grilled carp(300g)**

Crap: 300 g, Sare de masa: 5 g; **Valoare energetica:** 444.5KCal /1859.79KJ, Grasimi: 19.6g, Acizi grasi saturati: 0g, Glucide: 0g, Zaharuri: 0g, Proteine: 62.3g, Sare: 5g; **Alergeni:** peste

### **Crap prajit/Fried carp(300g)**

Crap: 350 g, Ulei floarea soarelui: 25g, Faina alba: 15g, Sare de masa: 5g; **Valoare energetica:** 720.1KCal /3012.9KJ , Grasimi: 44.7g, Acizi grasi saturati: 2.25g, Glucide: 11.45g, Zaharuri: 0g, Proteine: 63.85g, Sare: 5g; **Alergeni:** peste, gluten

### **Plachie de crap cu mamaliga/Platelet carp with polenta(350g)**

Crap: 300 g, Ceapa: 150 g, Malai: 50 g, Ardei gras: 50g, Pasta de tomate 24% - Sultan: 25g, Ulei floarea soarelui: 25g, Rosii cherry: 20g, Faina alba: 15g, Sare de masa: 5 g; **Valoare energetica:** 993.1 KCal /4155.14 Kj, Grasimi: 46.13g, Acizi grasi saturati: 2.53g, Glucide: 71.63g, Zaharuri: 5.68g, Proteine: 69.86g, Sare: 5.48g; **Alergeni:** peste

### Saramura de crap “Tauc”cu mamaliga /“Tauc”carp brine with polenta (500g)

Crap: 300g, Usturoi: 100g, Otet 9\*: 20g, Busuioc uscat: 5g, Busuioc verde: 5g, Sare de masa: 5g, Oregano uscat: 3g; **Valoare energetica:** 619.38 KCal /2591.5 Kj, Grasimi: 20.68g, Acizi grasi saturati: 0.09g, Glucide: 38.8g, Zaharuri: 4.03g, Proteine: 69.9g, Sare: 5.02g; **Alergeni:** peste

### Saramura clasica de crap cu mamaliga/Classic carp brine with polenta(500g)

Crap: 350g, Rosii: 200g, Usturoi: 100g, Ardei kapia: 100g , Otet 9\*: 20g, Sare de masa: 5g; **Valoare energetica:** 658.3KCal /2754.33Kj, Grasimi: 20.84g, Acizi grasi saturati: 0.28g, Glucide: 47.4g, Zaharuri: 6.5g, Proteine: 71.52g, Sare: 5.03g; **Alergeni:** peste

### Somn la gratar/Grilled catfish(300g)

Somn: 300 g, Sare de masa: 5 g; **Valoare energetica:** 980 KCal /4100.32 Kj , Grasimi: 63g, Acizi grasi saturati: 6.3g, Glucide: 0.7g, Zaharuri: 0g, Proteine: 61.25g, Sare: 5.28g; **Alergeni:** peste

### Somn la prajit/Fried catfish(300g)

Somn: 300g, Ulei floarea soarelui: 25g, Faina alba: 15g, Sare de masa: 5 g; **Valoare energetica:** 1255.6 KCal /5253.43 Kj , Grasimi: 88.1g, Acizi grasi saturati: 8.55g, Glucide: 12.15g, Zaharuri: 0g, Proteine: 62.8g, Sare: 5.28g; **Alergeni:** peste, gluten

### Saramura de somn“Tauc”cu mamaliga/”Tauc” catfish brine with polenta(500g)

Somn: 350 g, Usturoi: 100 g, Otet 9\*: 20 g, Busuioc uscat: 5g, Busuioc verde: 5g, Sare de masa: 5g, Oregano uscat: 3 g; **Valoare energetica:** 1154.88 KCal /4832.03 Kj, Grasimi: 64.08g, Acizi grasi saturati: 6.39g, Glucide: 39.5g, Zaharuri: 4.03g, Proteine: 68.85g, Sare: 5.3g; **Alergeni:** peste

### Saramura clasica de somn cu mamaliga/Classic catfish brine with polenta(500g)

Somn: 300 g, Rosii: 200g, Usturoi: 100g, Ardei kapia: 100 g , Otet 9\*: 20 g, Sare de masa: 5 g; **Valoare energetica:** 1193.8 KCal /4994.86 Kj, Grasimi: 64.24g, Acizi grasi saturati: 6.58g, Glucide: 48.1g, Zaharuri: 6.5g, Proteine: 70.47g, Sare: 5.31g; **Alergeni:** peste

### Salau la gratar/Grilled perch(300g)

Salau: 300 g, Sare de masa: 5 g; **Valoare energetica:** 301 KCal /1259.38 Kj, Grasimi: 2.8 g, Acizi grasi saturati: 1.05g, Glucide: 0.7g, Zaharuri: 0g, Proteine: 66.5g, Sare: 5.08g; **Alergeni:** peste

### Salau prajit/Fried perch(300g)

Salau: 300g, Ulei floarea soarelui: 25g, Faina alba: 15 g, Sare de masa: 5 g; **Valoare energetica:** 576.6 KCal /2412.49 Kj , Grasimi: 27.9g, Acizi grasi saturati: 3.3g, Glucide: 12.15g, Zaharuri: 0g, Proteine: 68.05g, Sare: 5.08g; **Alergeni:** peste, gluten

### Saramura de salau “Tauc”cu mamaliga/”Tauc” perch brine with polenta(500g)

Salau: 300g, Usturoi: 100g, Otet 9\*: 20g, Busuioc uscat: 5g, Busuioc verde: 5g, Sare de masa: 5g, Oregano uscat: 3g; **Valoare energetica:** 475.88 KCal /1991.09 Kj , Grasimi: 3.88g, Acizi grasi saturati: 1.14g, Glucide: 39.5g, Zaharuri: 4.03g, Proteine: 74.1g, Sare: 5.1g; **Alergeni:** peste

### Saramura clasica de salau cu mamaliga/Classic perch brine with polenta(500g)

Salau: 300g, Rosii: 200g, Usturoi: 100g, Ardei kapia: 100g, Otet 9\*: 20g, Sare de masa: 5g; **Valoare energetica:** 514.8 KCal /2153.92 Kj , Grasimi: 4.04g, Acizi grasi saturati: 1.33g, Glucide: 48.1g, Zaharuri: 6.5g, Proteine: 75.72g, Sare: 5.11g; **Alergeni:** peste

### Salau file pane/Perch’s breaded fillet(100g)

File de salau: 70g, Ulei de palmier: 15g, Pesmet: 10g, Faina alba: 10g, Ou crud: 5g, Seminte de susan: 5g; **Valoare energetica:** 294.93 KCal /1233.97 Kj , Grasimi: 18.58 g, Acizi grasi saturati: 7.75 g, Glucide: 16.18 g, Zaharuri: 0.45 g, Proteine: 16.66 g, Sare: 0.61g; **Alergeni:** peste, ou, gluten, seminte susan

### Chefal la gratar/Fried gray mullet(100g)

Chefal: 100g, Sare de masa: 2 g; **Valoare energetica:** 117 KCal /489.53 Kj , Grasimi: 3.8 g, Acizi grasi saturati: 0 g, Glucide: 0 g, Zaharuri: 0 g, Proteine: 19.4 g, Sare: 2 g; **Alergeni:** peste

### Dorada la gratar/Grilled bream (100g)

Dorada: 100g, Sare de masa: 2g; **Valoare energetica:** 89 KCal /372.38 Kj , Grasimi: 0.9 g, Acizi grasi saturati: 0 g, Glucide: 0 g, Zaharuri: 0 g, Proteine: 18.9 g, Sare: 2 g; **Alergeni:** peste

### Pui de balta pane/Fried frog legs (100g)

Pulpe de pui de balta\*: 70g, Ulei de palmier: 15g, Pesmet: 10g, Faina alba: 10 g, Ou crud: 5g, Seminte de susan: 5g; **Valoare energetica:** 322.09 KCal /1347.61 Kj , Grasimi: 18.79 g, Acizi grasi saturati: 7.68 g, Glucide: 18.21 g, Zaharuri: 0.45 g, Proteine: 20.51 g, Sare: 0.08 g; **Alergeni:** peste, ou, gluten, seminte susan

### Calamar pane/Fried squid(150g)

Calamar inele pane congelate\*: 150g, Ulei de palmier: 15g; **Valoare energetica:** 474.6 KCal /1985.73 Kj , Grasimi: 26.85g, Acizi grasi saturati: 7.4g, Glucide: 44.7g, Zaharuri: 0g, Proteine: 13.2g, Sare: 0g; **Alergeni:** moluste, peste, ou, gluten

### Scoici pane/Fried clams(150g)

Carne scoici\*: 100g, Ulei de palmier: 15g, Pesmet: 10g, Faina alba: 10g, Ou crud: 5g, Seminte de susan: 5g; **Valoare energetica:** 321.79 KCal /1346.35 Kj , Grasimi: 21.06g, Acizi grasi saturati: 8.38g, Glucide: 16.28g, Zaharuri: 0.45g, Proteine: 17.77g, Sare: 0.68g; **Alergeni:** moluste, peste, ou,gluten, seminte susan

### Creveti pane/Fried shrimps(150g)

Creveti decorticati\*: 100 g, Ulei de palmier: 15 g, Pesmet: 10g, Faina alba: 10g, Ou crud: 5g, Seminte de susan: 5g; **Valoare energetica:** 338.79 KCal /1417.48 Kj , Grasimi: 19.96 g, Acizi grasi saturati: 8.68 g, Glucide: 16.18 g, Zaharuri: 0.45 g, Proteine: 24.57 g, Sare: 0.08 g; **Alergeni:** crustacee, ou, gluten, seminte susan

### Cocktail de fructe de mare,,Tauc’’’’Tauc’’ seafood cocktail(250g)

(scoici, creveti, surimi, ceapa, patrunjel, unt)(clams, shrimps, surimi, onion, butter, parsley)

Cocktail fructe de mare\*: 250 g, Ceapa: 50g, Unt 82%: 25g, Patrunjel verde: 3g, Sare de masa: 2 g; **Valoare energetica:** 404.08 KCal /1690.67 Kj, Grasimi: 23.38 g, Acizi grasi saturati: 0.5 g, Glucide: 10.74 g, Zaharuri: 0.95 g, Proteine: 38.22 g, Sare: 5.75 g; **Alergeni:** moluste, crustacee, peste, lapte

## PREPARATE DIN CARNE DE PUI/CHICKEN DISHES

### Pulpe pui dezodate la gratar cu cartofi prajiti/Grilled chicken thigh(450g)

Pulpa dezodata cu piele: 250 g , Cartofi (congelati)\*: 200 g , Ulei de palmier: 15 g; **Valoare energetica:** 637.6 KCal /2667.72 Kj , Grasimi: 29.2 g, Acizi grasi saturati: 11.65 g, Glucide: 39.4 g, Zaharuri: 0 g, Proteine: 53.8 g, Sare: 0.5 g; **Alergeni:** -

### Piept de pui la gratar cu cartofi prajiti/Grilled chicken breast(450g)

Piept de pui: 200 g , Cartofi (congelati)\*: 200 g , Ulei de palmier: 15 g; **Valoare energetica:** 642.6 KCal /2688.64 Kj , Grasimi: 22.4 g, Acizi grasi saturati: 9.4 g, Glucide: 39.4 g, Zaharuri: 0 g, Proteine: 65.8 g, Sare: 0.15 g; **Alergeni:** -

### Gujoane de pui/Chicken fingers (200g)

Piept de pui: 100 g , Ulei de palmier: 15 g , Faina alba: 10 g, Ou crud: 5 g; **Valoare energetica:** 368.14 KCal /1540.29 Kj , Grasimi: 18.8 g, Acizi grasi saturati: 8.66 g, Glucide: 8.11 g, Zaharuri: 0 g, Proteine: 42.04 g, Sare: 1 g; **Alergeni:** gluten

### Tigaie picanta/Hot chicken pan (300g)

(piept pui, ceapa, ardei, morcovi, rosii, ardei iute) (chicken breast, onion, pepper, carrots, tomatoes, hot pepper)

Rosii cuburi Amata: 200 g , Piept de pui: 200 g , Ardei gras: 50 g , Ceapa: 50 g , Morcovi: 20 g, Ulei floarea soarelui: 15g ; **Valoare energetica:** 549.2 KCal /2297.85 Kj , Grasimi: 22.56 g, Acizi grasi saturati: 3.41 g, Glucide: 15.67 g, Zaharuri: 2.26 g, Proteine: 65.48 g, Sare: 0.16 g; **Alergeni:** -

## Preparate din carne de porc/Pork dish

### Ceafa la gratar cu cartofi prajiti/Grilled pork neck (450g)

(Cartofi (congelati)\*: 200 g , Ceafa de porc cruda: 200 g , Ulei de palmier: 15 g; **Valoare energetica:** 776.6 KCal /3249.3 Kj , Grasimi: 52.8 g, Acizi grasi saturati: 7.4 g, Glucide: 39.4 g, Zaharuri: 0 g, Proteine: 34.2 g, Sare: 0 g; **Alergeni:** -

### Tigaie picanta/Hot pork pan(300g)

Pulpa porc fara grasime: 200 g , Rosii cuburi Amata: 200 g , Ardei gras: 50 g , Ceapa: 50 g , Morcovi: 20 g , Ulei floarea soarelui: 15 g)  
**Valoare energetica:** 491.2 KCal /2055.18 Kj , Grasimi: 26.18 g, Acizi grasi saturati: 5.15 g, Glucide: 15.67 g, Zaharuri: 2.26 g, Proteine: 44.48 g, Sare: 0.12 g; **Alergeni:** -

### Tochitura porc(pomana porcului)/Pork stew(400g)

Pulpa porc: 400 g , Ou crud: 60 g, Malai: 50 g, Telemea de vaca: 25 g, Ulei floarea soarelui: 15 g; **Valoare energetica:** 1002.08 KCal /4192.7 Kj , Grasimi: 48.42 g, Acizi grasi saturati: 10.85 g, Glucide: 37.93 g, Zaharuri: 1.45 g, Proteine: 97.39 g, Sare: 0.34 g; **Alergeni:** ou,lapte

## PREPARATE DIN CARNE DE OAIIE/SHEEP DISHES

### Pastrama de oaie cu mamaliga/Sheep pastry&polenta(300g)

Pastrama de oaie: 300 g , Malai superior: 50 g , Ulei floarea soarelui: 15 g; **Valoare energetica:** 726.6 KCal /3040.1 Kj , Grasimi: 19.6 g, Acizi grasi saturati: 1.5 g, Glucide: 39.12 g, Zaharuri: 1.45 g, Proteine: 93 g, Sare: 0.03 g; **Alergeni:** -

## PASTE/PASTA

### Penne al forno(300g)

(penne, kaiser, smantana, mozzarella, parmezan)(penne, bacon, cream, mozzarella, parmesan)  
Grated mozzarella: 100 g, Gran Cucina: 100 g , Kaiser afumat: 100g, penne Barilla: 100 g, Pasta de tomate 24% - Sultan: 25 g , Parmezan: 10 g, Ulei floarea soarelui: 5 g , Sare de masa: 4 g; **Valoare energetica:** 1344.3 KCal /5624.56 Kj , Grasimi: 84.13 g, Acizi grasi saturati: 31.59 g, Glucide: 91.86 g, Zaharuri: 1.22 g, Proteine: 57.68 g, Sare: 6.85 g; **Alergeni:** lapte, gluten

### Spaghete carbonara/Carbonara spaghetti(300g)

(spaghete,kaiser,smantana,parmezan) (spaghete,bacon,cream,parmesan)  
Spaghete Barilla: 100g , Gran Cucina: 100 g , Kaiser afumat: 50g, Grated mozzarella: 25g , Parmezan: 10 g, Ulei floarea soarelui: 5 g , Sare de masa: 4 g; **Valoare energetica:** 904.8 KCal /3785.69 Kj , Grasimi: 49.63 g, Acizi grasi saturati: 13.55 g, Glucide: 80.45 g, Zaharuri: 3.33 g, Proteine: 32.52 g, Sare: 5.34 g; **Alergeni:** lapte, gluten

### Spaghete cu fructe de mare/Seafruits spaghetti(350g)

Cocktail fructe de mare\*: 250 g, Spaghete Barilla: 100 g , Ceapa: 50 g , Unt 82%: 25 g, Patrunjel verde: 3 g , Sare de masa: 2 g; **Valoare energetica:** 763.08 KCal /3192.73 Kj , Grasimi: 25.38 g, Acizi grasi saturati: 1 g, Glucide: 81.94 g, Zaharuri: 3.95 g, Proteine: 50.72 g, Sare: 5.76 g; **Alergeni:** gluten, moluste, crustacee, peste, lapte

## GARNITURI/SIDE DISH

### Cartofi prajiti/French fries(200g)

Cartofi (congelati)\*: 200 g , Ulei de palmier: 15 g)**Valoare energetica:** 312.6 KCal /1307.92 Kj , Grasimi: 15.2 g, Acizi grasi saturati: 7.4 g, Glucide: 39.4 g, Zaharuri: 0 g, Proteine: 3.8 g, Sare: 0 g; **Alergeni:** -

### Cartofi prajiti naturali(200g)

Cartofi cruzi: 200 g , Ulei de palmier: 15 g)**Valoare energetica:** 297.6 KCal /1245.16 Kj , Grasimi: 15.2 g, Acizi grasi saturati: 7.4 g, Glucide: 36.8 g, Zaharuri: 4.4 g, Proteine: 4 g, Sare: 0.01 g; **Alergeni:** -

### Cartofi wedges/Fried wedges(200g)

Cartofi Wedges\*: 200 g , Ulei de palmier: 15 g)**Valoare energetica:** 378.6 KCal /1584.06 Kj , Grasimi: 21.8 g, Acizi grasi saturati: 8.4 g, Glucide: 40 g, Zaharuri: 5.2 g, Proteine: 4.4 g, Sare: 1.08 g; **Alergeni:** -

### Cartofi natur cu unt/Boiled potatoes with butter(200g)

Cartofi cruzi: 200 g , Unt 82%: 15 g, Sare de masa: 4 g; **Valoare energetica:** 277.2 KCal /1159.8 Kj , Grasimi: 12.58 g, Acizi grasi saturati: 0 g, Glucide: 36.89 g, Zaharuri: 4.4 g, Proteine: 4.11 g, Sare: 4.01 g; **Alergeni:** lapte

### Piure de cartofi cu smantana/Potatoes puree(200g)

Cartofi cruzi: 200 g , Smantana 20%: 50 g , Sare de masa: 4 g ; **Valoare energetica:** 267.5 KCal /1119.22 Kj , Grasimi: 10.2 g , Acizi grasi saturati: 6.5 g , Glucide: 38.65 g , Zaharuri: 4.4 g , Proteine: 5.25 g , Sare: 4.05 g ; **Alergeni:** lapte

### Cartofi taranesti/Peasant potatoes(250g)

(cartofi,kaiser,ceapa,ardei)(potatoes,bacon,onion,pepper)

Cartofi cruzi: 200 g , Ardei gras: 50 g , Ceapa: 50 g , Kaiser afumat: 50 g , Sare de masa: 4 g ; **Valoare energetica:** 390.5 KCal /1633.85 Kj , Grasimi: 18.15 g , Acizi grasi saturati: 7.12 g , Glucide: 45.31 g , Zaharuri: 6.43 g , Proteine: 12.54 g , Sare: 5.11 g ; **Alergeni:** -

### Orez sarbesc/Serbian rice(200g)

Ceapa: 80 g , Ardei gras: 50 g , Orez Deroni: 20 g , Ulei floarea soarelui: 10 g , Sare de masa: 4 g ; **Valoare energetica:** 200.8 KCal /840.15 Kj , Grasimi: 10.36 g , Acizi grasi saturati: 0.99 g , Glucide: 25.58 g , Zaharuri: 2.21 g , Proteine: 2.57 g , Sare: 4.01 g ; **Alergeni:**

### Legume la gratar/Grilled vegetables(250g)

Rosii: 200 g , Ardei capia/kapia: 100 g , Dovlecel: 50 g(tomato,pepper,zucchini)**Valoare energetica:** 72.08 KCal /301.57 Kj , Grasimi: 0.86 g , Acizi grasi saturati: 0.2 g , Glucide: 15.36 g , Zaharuri: 5 g , Proteine: 3.41 g , Sare: 0.01 g ; **Alergeni:** -

## SALATE/SALADS

### Salata cu pui/Chicken salad(350g)

(salata verde,rosii,castraveti,ardei gras,piept de pui,cascaval,maioneza) (letuche,tomatoes,cucumber,pepper,chicken,cheese,mayonaise)

Piept de pui: 100 g , Rosii: 100 g , Salata verde: 100 g , Cascaval: 50 g , Castraveti: 50 g , Maioneza: 25 g , Ardei gras: 25 g , Sare de masa: 4 g ; **Valoare energetica:** 534.75 KCal /2237.4 Kj , Grasimi: 33.66 g , Acizi grasi saturati: 3.63 g , Glucide: 10.7 g , Zaharuri: 3.18 g , Proteine: 46.44 g , Sare: 4.26 g ; **Alergeni:** lapte, ou

### Salata dobrogeana/Dobrogea salad(350g)

(salata verde,rosii,castraveti,ardei gras,telemea,maslina) (letuche,tomatoes,cucumber,pepper,whitecheese,olives)

Rosii: 100 g , Salata verde: 100 g , Telemea de vaca: 50 g , Masline negre: 50 g , Castraveti: 50 g , Ardei gras: 25 g , Sare de masa: 4 g ; **Valoare energetica:** 241.5 KCal /1010.44 Kj , Grasimi: 16.16 g , Acizi grasi saturati: 0.05 g , Glucide: 13.32 g , Zaharuri: 3.18 g , Proteine: 12.76 g , Sare: 4.04 g ; **Alergeni:** lapte

### Salata de rosii/Tomatoes salad(200g)

Rosii: 200 g ; **Valoare energetica:** 36 KCal /150.62 Kj , Grasimi: 0.4 g , Acizi grasi saturati: 0 g , Glucide: 7.8 g , Zaharuri: 2.4 g , Proteine: 1.8 g , Sare: 0.01 g ; **Alergeni:** -

### Salata asortata/Mixed salad(200g)

Rosii: 100 g , Castraveti: 50 g , Ardei gras: 25 g ; **Valoare energetica:** 30.5 KCal /127.61 Kj , Grasimi: 0.31 g , Acizi grasi saturati: 0.05 g , Glucide: 6.87 g , Zaharuri: 1.88 g , Proteine: 1.46 g , Sare: 0.01 g ; **Alergeni:** -

### Salata de varza/Cabbage salad(100g)

Varza: 100 g , Ulei floarea soarelui: 10 g , Otet 9\* - Raureni: 5 g , Sare de masa: 4 g ; **Valoare energetica:** 114.1 KCal /477.4 Kj , Grasimi: 10.09 g , Acizi grasi saturati: 0.9 g , Glucide: 5.95 g , Zaharuri: 2.5 g , Proteine: 1.29 g , Sare: 4.02 g ; **Alergeni:** -

### Salata de castraveti murati/Pickels salad(200g)

Castraveti murati: 200 g ; **Valoare energetica:** 24 KCal /100.42 Kj , Grasimi: 0.4 g , Acizi grasi saturati: 0.2 g , Glucide: 6 g , Zaharuri: 2.4 g , Proteine: 2 g , Sare: 2.42 g ; **Alergeni:** -

## DESERT/DESERT

### Clatite cu gem(afine,zmeura,capsuni,visine)/Pancakes with jam(2buc)

Dulceata de fructe asortate: 50 g , Faina alba: 20 g , Ulei floarea soarelui: 10 g , Ou crud: 8 g , Zahar Coronita: 7 g ; **Valoare energetica:** 326.3 KCal /1365.23 Kj , Grasimi: 10.94 g , Acizi grasi saturati: 1.15 g , Glucide: 52.32 g , Zaharuri: 0 g , Proteine: 3.56 g , Sare: 0.01 g ; **Alergeni:** gluten, fructe de padure,ou

### Clatite cu finetti/Pancakes with finetti(2buc)

Fineti: 50 g , Faina alba: 20 g , Ulei floarea soarelui: 10 g , Ou crud: 8 g , Zahar Coronita: 7 g ; **Valoare energetica:** 482.3 KCal /2013.55 Kj , Grasimi: 28.94 g , Acizi grasi saturati: 9.15 g , Glucide: 48.82 g , Zaharuri: 26 g , Proteine: 5.56 g , Sare: 0.01 g ; **Alergeni:** gluten, ou, alune, lapte

### Clatite cu finetti si banane/Pancakes with finetti&bananas (2buc)

Banane: 100 g , Fineti: 50 g , Faina alba: 20 g , Ulei floarea soarelui: 10g, Ou crud: 8g, Zahar Coronita: 7g; **Valoare energetica:** 571.3 KCal /2385.93 Kj , Grasimi: 29.24 g , Acizi grasi saturati: 9.25 g , Glucide: 71.82 g , Zaharuri: 28.6 g , Proteine: 6.66 g , Sare: 0.01 g ; **Alergeni:** gluten, ou, alune, lapte

### Papanasi cu smantana si dulceata (afine,zmeura,capsuni,visine)/Cheese donuts with cream and jam(2buc) (gluten,ou,lapte,fructe)

Dulceata de fructe asortate: 50g , Smantana 20%: 50g, Branza proaspata de vaci: 50g, Faina alba: 20g, Ulei de palmier: 15g , Ou crud: 12g, Zahar: 10g; **Valoare energetica:** 549.55 KCal /2299.3 Kj , Grasimi: 28.44 g , Acizi grasi saturati: 15.67 g , Glucide: 58.9 g , Zaharuri: 0 g , Proteine: 13.82 g , Sare: 0.06 g ; **Alergeni:** lapte, ou, gluten, fructe padure

### Cheesecake cu fructe de padure/Forest fruit cheesecake(200g)

Fructe congelate: 42g, Branza mascarpone: 42g, Zahar Coronita: 21g, Ou crud: 20 g , Smantana Pulos 20% grasime: 100 g ; **Valoare energetica:** 328.58KCal /1374.76Kj, Grasimi: 20.15g, Acizi grasi saturati: 1.71g, Glucide:31.87g, Zaharuri: 1.17 g, Proteine: 4.3 g, Sare: 0.05 g ; **Alergeni:** lapte, ou, fructe de padure

### Tort egiptean cu nuci/Egyptean nuts cake(250g)

Lapte 3.5%: 43 g , Frisca vegetala Hulala: 35 g , Ou crud: 34g, Zahar Coronita: 33g , Miez de nuca: 410 g , Unt 82%: 29g, Faina alba: 8g; **Valoare energetica:** 652.69 KCal /2730.84 Kj , Grasimi: 47.99 g , Acizi grasi saturati: 11.07 g , Glucide: 47.31 g , Zaharuri: 2.33 g , Proteine: 11.31 g , Sare: 0.11 g ; **Alergeni:** lapte, ou, alune, gluten

### Tort cu profiterol si mouse de ciocolata/Chocolate mouse and profiterole cake(250g)

Frisca vegetala Hulala: 35g , Ciocolata cu lapte: 35g, Ou crud: 34g, Mascarpone Delaco: 18g, Faina alba: 16g, Zahar Coronita: 11g, Unt 82%: 6g, Gelatină Dr. Oetker: 0.5g; **Valoare energetica:** 541.91 KCal /2267.36 Kj , Grasimi: 31.64 g , Acizi grasi saturati: 21.43 g , Glucide: 45.92 g , Zaharuri: 21.29 g , Proteine: 9.4 g , Sare: 0.26 g ; **Alergeni:** lapte, ou, gluten, alune

### Inghetata cu frisca/Ice cream with cream (3cupe)

Înghețată Metro Chef: 150g , Frisca vegetala la tub Hulala: 50 g **Valoare energetica:** 405.5 KCal /1696.61 Kj , Grasimi: 24.25 g , Acizi grasi saturati: 22.5 g , Glucide: 43.36 g , Zaharuri: 0 g , Proteine: 3.23 g , Sare: 0.27 g **Alergeni:** lapte, arahide, fructe cu coaja lemnoasa

## SOSURI/SAUCES

### Mujdei de usturoi/Garlic sauce(50g)

Ulei floarea soarelui: 40g , Danone iaurt natur cremos: 16g , Usturoi\*: 10g , Sare de masa: 2g ; **Valoare energetica:** 288.16 KCal /1205.66 Kj , Grasimi: 30.54 g , Acizi grasi saturati: 3.07 g , Glucide: 3.42 g , Zaharuri: 0.16 g , Proteine: 1.22 g , Sare: 0.22 g ; **Alergeni:** lapte

### Maioneza/Mayonnaise(50g)

Maioneza: 50 g ; **Valoare energetica:** 361.5 KCal /1512.52 Kj , Grasimi: 39.9 g , Acizi grasi saturati: 5.15 g , Glucide: 0.05 g , Zaharuri: 0 g , Proteine: 0.55 g , Sare: 0.3 g ; **Alergeni:** ou

### Ketchup (50g)

Ketchup: 50 g ; **Valoare energetica:** 54.5 KCal /228.03 Kj , Grasimi: 0.15 g , Acizi grasi saturati: 0 g , Glucide: 12 g , Zaharuri: 0 g , Proteine: 1 g , Sare: 0 g ; **Alergeni:** -

### Tzatziki(50g)

Castravete: 75 g , Danone iaurt natur cremos: 60 g , Usturoi: 10 g , Sare de masa: 2 g ; **Valoare energetica:** 64.7 KCal /270.71 Kj , Grasimi: 2.15 g , Acizi grasi saturati: 1.39 g , Glucide: 7.89 g , Zaharuri: 0.2 g , Proteine: 3.73 g , Sare: 2.07 g ; **Alergeni:** lapte

### Smantana/Cream (50g)

Smantana 20%: 50 g ; **Valoare energetica:** 102.5 KCal /428.86 Kj , Grasimi: 10 g , Acizi grasi saturati: 6.5 g , Glucide: 1.85 g , Zaharuri: 0 g , Proteine: 1.25 g , Sare: 0.04 g ; **Alergeni:** lapte

### Sweet chilli (50g)

Sweet Chilli sauce: 50 g; **Valoare energetica:** 92.5 KCal /387.02 Kj , Grasimi: 0 g, Acizi grasi saturati: 0 g, Glucide: 22.5 g, Zaharuri: 0.4 g, Proteine: 0 g, Sare: 1.74 g; **Alergeni:** -

## DIVERSE/OTHERS

### Paine/Bread

Chifla Kaiser alba\*: 100 g; **Valoare energetica:** 277 KCal /1158.97 Kj , Grasimi: 2.12 g, Acizi grasi saturati: 0.37 g, Glucide: 52.43 g, Zaharuri: 4.22 g, Proteine: 9.85 g, Sare: 1.29 g; **Alergeni:** gluten

### Paine prajita/Toasted bread

Paine prajita: 100 g; **Valoare energetica:** 395 KCal /1652.68 Kj , Grasimi: 5.2 g, Acizi grasi saturati: 0.7 g, Glucide: 74 g, Zaharuri: 0 g, Proteine: 11 g, Sare: 0.07 g; **Alergeni:** gluten

### Mamaliga/Polenta(100g)

Malai superior: 50 g , Sare de masa: 4 g; **Valoare energetica:** 174 KCal /728.02 Kj , Grasimi: 1 g, Acizi grasi saturati: 0.15 g, Glucide: 37.5 g, Zaharuri: 1.45 g, Proteine: 3 g, Sare: 4.03 g; **Alergeni:** gluten

### Ardei iute/Hot pepper(2buc)

Ardei iute: 50 g; **Valoare energetica:** 23.2 KCal /97.07 Kj , Grasimi: 0.2 g, Acizi grasi saturati: 0 g, Glucide: 4.4 g, Zaharuri: 0.75 g, Proteine: 0.95 g, Sare: 0 g; **Alergeni:** -

### Parmezan/Parmesan(15g)

Parmezan: 15 g; **Valoare energetica:** 64.65 KCal /270.5 Kj , Grasimi: 4.29 g, Acizi grasi saturati: 2.6 g, Glucide: 0.61 g, Zaharuri: 0 g, Proteine: 5.78 g, Sare: 0.23 g; **Alergeni:** lapte

### Cascaval/Cheese(50g)

Cascaval: 100 g; **Valoare energetica:** 283 KCal /1184.07 Kj , Grasimi: 19 g, Acizi grasi saturati: 0 g, Glucide: 1 g, Zaharuri: 0 g, Proteine: 25 g, Sare: 0 g; **Alergeni:** lapte

### Telemea/White cheese(50g)

Telemea de vaca: 50 g; **Valoare energetica:** 136.5 KCal /571.12 Kj , Grasimi: 10.2 g, Acizi grasi saturati: 0 g, Glucide: 0 g, Zaharuri: 0 g, Proteine: 9.7 g, Sare: 0 g; **Alergeni:** lapte

### Masline/Olives (50g)

Masline negre: 50 g; **Valoare energetica:** 57.5 KCal /240.58 Kj , Grasimi: 5.35 g, Acizi grasi saturati: 0 g, Glucide: 3.15 g, Zaharuri: 0 g, Proteine: 0.4 g, Sare: 0 g; **Alergeni:** -