



# FOOD



**GUVERNUL ROMÂNIEI  
MINISTERUL FINANTELOR PUBLICE**

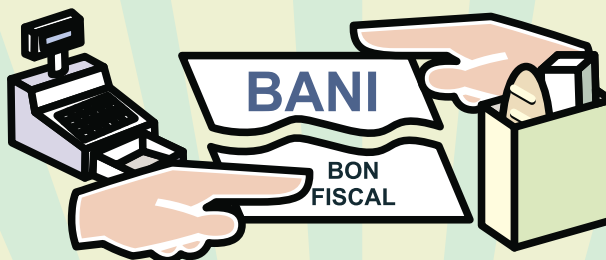
**Dacă nu primiți bonul fiscal, aveți obligația să-l solicitați**

**În cazul unui refuz, aveți dreptul de a beneficia de bunul achiziționat sau de serviciul prestat fără plata contravalorii acestuia**

**Solicitați și păstrați bonurile fiscale pentru a putea participa la extragerile lunare și ocazionale ale loteriei bonurilor fiscale**

**Este interzisă înmânarea către client a altui document, care atestă plata contravalorii bunurilor sau serviciilor prestate, decât bonul fiscal**

**Pentru a semnala nerespectarea obligațiilor legale ale operatorilor economici, puteți apela gratuit, non-stop, serviciul TelVerde al Ministerului Finanțelor Publice 0800.800.085**



**Aceste drepturi și obligații sunt stabilite prin prevederile Ordonanței de urgență a Guvernului nr. 28/1999 privind obligația operatorilor economici de a utiliza aparate de marcat electronice fiscale.**

## MIC DEJUN - Bufet (08:00 - 10:30 a.m)

65 RON

### BREAKFAST - Buffet APERITIVE/STARTER

**SALATA ALGE WAKAME** 150g 25 RON  
(salata wakame 150g)  
*Valoare energetica: 144 KCal /602.5 Kj , Grasimi: 5.1 g, Acizi grasi saturati: 0.9 g, Glucide: 21 g, Zaharuri: 0 g, Proteine: 1.65 g, Sare: 2.85 g*

**SALATA DE VINETE** 300g 39 RON  
(vinete 220 g, rosii cherry 30 g, ceapa 30 g, ulei de masline 10 ml, sare 2 g, piper 1 g)  
**EGGPLANT SALAD**  
(eggplant 220 g, cherry tomatoes 30 g, onion 30 g, olive oil 10 ml, salt 2 g, pepper 1 g)  
*Valoare energetica: 185.68 KCal /776.89 Kj , Grasimi: 10.74 g, Acizi grasi saturati: 0.01 g, Glucide: 24.63 g, Zaharuri: 1.19 g, Proteine: 2.58 g, Sare: 2.03 g*

**SALATA CAPRESE** G, L 250g 31 RON  
(rosii 120g, mozzarella 100g, busuioc 2g, rucola 20g, ulei masline 10ml)  
**CAPRESE SALAD**  
(tomatoes 120g, mozzarella 100g, basil 2g, rocket leaves 20g, olive oil 10ml)  
*Valoare energetica: 267.12 KCal /1117.62 Kj , Grasimi: 14.17 g, Acizi grasi saturati: 8.4 g, Glucide: 12.63 g, Zaharuri: 2.85 g, Proteine: 23.31 g, Sare: 1.22 g*

**TARTAR DE VITA** <sup>M</sup> 230g 82 RON  
(muschi de vita 110g, ou 50g, castravete murat 30g, capere 10g, patrunjel 10g, ulei masline 10ml, chives 10g)  
**STEAK TARTARE**  
(beef 110g, egg 50g, pickles 30g, capers 10g, parsley 10g, olive oil 10ml, chives 10g)  
*Valoare energetica: 273.05 KCal /1142.45 Kj , Grasimi: 6.51 g, Acizi grasi saturati: 3.24 g, Glucide: 1.43 g, Zaharuri: 1.33 g, Proteine: 49.88 g, Sare: 0.36 g*

**TARTAR DE TON (ASK IF AVAILABLE)** <sup>B</sup> 200g 80 RON  
(ton 100g, avocado 30g, mix salata 30g, ulei masline 10ml, ghimbir 10g, masline 10g, chives 10g)  
**TUNA TARTARE**  
(tuna 100g, avocado 30g, mix salad 30g, olive oi 10ml, ginger 10g, olives 10g, chives 10g)  
*Valoare energetica: 298.78 KCal /1250.08 Kj , Grasimi: 16.11 g, Acizi grasi saturati: 1 g, Glucide: 2 g, Zaharuri: 1.56 g, Proteine: 37.11 g, Sare: 0.62 g*

**ICRE DE CRAP** <sup>A, D, I</sup> 150g 39 RON  
(icre de crap - icre crap 80g, ulei 20ml - 100g, lamaie 20g, paine toast 30g)  
**CARP CAVIAR**  
(carp caviar - carp caviar 80g, oil 20ml - 100g, lemon 20g, toast 30g)  
*Valoare energetica: 38.49 KCal /161.04 Kj , Grasimi: 1.79 g, Acizi grasi saturati: 0.15 g, Glucide: 5.44 g, Zaharuri: 2.19 g, Proteine: 2.31 g, Sare: 0.04 g*

**ICRE DE STIUCA** <sup>A, D, I</sup> 150g 58 RON  
*(icre de stiuca - icre de stiuca 80g, ulei 20ml - 100g, lamaie 20g, paine toast 30g)*

**PIKE CAVIAR**  
*(pike caviar - pike caviar 80g, oil 20ml - 100g, lemon 20g, toast 30g)*

*Valoare energetica: 451.4 KCal /1888.66 Kj, Grasimi: 38.22 g, Acizi grasi saturati: 1.9 g, Glucide: 3.92 g, Zaharuri: 0.34 g, Proteine: 28.78 g, Sare: 0.12 g*

**BRUSCHETE MIX** <sup>A</sup> 300g 39 RON  
**MIX BRUSCHETTA**

*Valoare energetica: 516.54 KCal /2161.2 Kj, Grasimi: 17.4 g, Acizi grasi saturati: 6.85 g, Glucide: 61.4 g, Zaharuri: 3.4 g, Proteine: 28.35 g, Sare: 2.56 g*

## SUPE/SOUPS (18.30 - LAST CALL)

**CIORBA DE VACUTA/BEEF SOUR SOUP** <sup>A, F, J</sup> 300g 37 RON

*(ciorba de vacuta - carne vita 80g, mix legume 100g, cartof 50g, condimente 3g, lamaie 30g - 260g, paine 30g, ardei 10g, smantana )*

*(beef sour soup - beef 80g, mixed vegetables 100g, potato 50g, condiments 3g, lemon 30g - 260g ,bread 30g, chilli peppers 10g, sour cream)*

*Valoare energetica: 179.55 KCal /751.24 Kj , Grasimi: 3.87 g, Acizi grasi saturati: 1.51 g, Glucide: 21.29g, Zaharuri: 4.59 g, Proteine: 17.4 g, Sare: 3.58 g*

**SUPA CREMA A ZILEI/CREAM SOUP OF THE DAY** <sup>A</sup> 300g 28 RON

*( supa crema - legume 230g, smantana 30g - 260g, crutoane 40g )*

*( cream soup - vegetables 230g, sour cream 30g - 260g, croutons 40g )*

*Valoare energetica: 225.5 KCal /943.49 Kj, Grasimi: 16.75 g, Acizi grasi saturati: 10.5 g, Glucide: 11.25g, Zaharuri: 6 g, Proteine: 4.75 g, Sare: 0.26 g*

**SUPA ZILEI / SOUP OF THE DAY** 320g N/A

\* Ask our friendly staff

## SALATE/SALAD

**SALATA DE VITA** <sup>A, G, I</sup> 350g 67 RON  
*(muschi de vita 100g, mix salata 50g, rucola 30g, rosii cherry 50g, gorgonzola 40g, parmezan 40g, crutoane 40g, dressing 40g)*

**BEEF SALAD**

*(beef 100g, mix salad 50g, rocket leaves 30g, cherry tomatoes 50g, gorgonzola 40g, parmesan 40g, croutons 40g, dressing 40g)*

*Valoare energetica: 607.55 KCal /2541.97 Kj, Grasimi: 35.24 g, Acizi grasi saturati: 15.79 g, Glucide: 25.96 g, Zaharuri: 2.51 g, Proteine: 45.16 g, Sare: 2.8 g*

**SALATA CAESAR** <sup>A, I</sup> 320g 53 RON  
*(salata iceberg 100g, piept de pui 100g, bacon 40g, crutoane 40g, parmezan 40g, dressing 40g)*

**CAESAR SALAD**

*(iceberg salad 100g, chicken breast 100g, bacon 40g, croutons 40g, parmesan 40g, dressing 40g)*

*Valoare energetica: 633.78 KCal /2651.72 Kj, Grasimi: 36.09 g, Acizi grasi saturati: 11.34 g, Glucide: 34.92 g, Zaharuri: 2.7 g, Proteine: 40.89 g, Sare: 7.19 g*

**SALATA GRECEASCA** <sup>G</sup> 320g 33 RON  
*(branza feta 75g, rosii 40g, castraveti 40g, ceapa rosie 40g, masline 40g, oregano 5g, ulei masline 40ml, ardei gras 40g)*

**GREEK SALAD**

*(feta cheese 75g, tomatoes 40g, cucumbers 40g, red onion 40g, olives 40g, oregano 5g, olive oil 40ml, bell pepper 40g)*

*Valoare energetica: 648.5 KCal /2713.33 Kj, Grasimi: 61.03 g, Acizi grasi saturati: 10.19 g, Glucide: 13.68 g, Zaharuri: 6.47 g, Proteine: 16.17 g, Sare: 2.92 g*

**SALATA DE VARA** 300g 28 RON  
*(salata verde 60g, castraveti 60g, rosii 60g, ceapa 60g, ardei gras 60g)*

**SUMMER SALAD**

*(lettuce 60g, cucumbers 60g, tomatoes 60g, onion 60g, bell pepper 60g)*

*Valoare energetica: 67.2 KCal /281.18 Kj, Grasimi: 0.55 g, Acizi grasi saturati: 0.08 g, Glucide: 15.32 g, Zaharuri: 3.84 g, Proteine: 2.73 g, Sare: 0.02 g*

**SALATA VERDE** 300g 28 RON  
*(rucola 60g, baby spanac 60g, mix verdeturi 180g)*

**GREEN SALAD**

*(arugula 60g, baby spinach 60g, mixed greens 180g)*

*Valoare energetica: 67.2 KCal /281.18 Kj, Grasimi: 0.55 g, Acizi grasi saturati: 0.08 g, Glucide: 15.32 g, Zaharuri: 3.84 g, Proteine: 2.73 g, Sare: 0.02 g*

## FEL PRINCIPAL/MAIN COURSE

**MUSCHI DE VITA CU SOS DE PIPER VERDE SAU GORGONZOLA, O, F, G, J** **350g** **88 RON**  
**SPARANGHEL**

**BEEF STEAK WITH GREEN PEPPERCORN OR GORGONZOLA SAUCE,  
 ASPARAGUS**

*(muschi de vita 180g, sparanghel 150g, sos de piper verde / gorgonzola 20g )*

*(beef 180g, asparagus 150g, peppercorn / gorgonzola sauce 20g )*

*Valoare energetica: 275.2 KCal /1151.45 Kj , Grasimi: 6.28 g, Acizi grasi saturati: 2.98 g, Glucide: 9.28 g, Zaharuri: 3.26 g,  
 Proteine: 46.32 g, Sare: 0.51 g*

**SURF&TURF B, C, D, G, L** **420g** **98 RON**

*(muschi de vita 150g, creveti 100g, piure din trufe - cartofi 80g, lapte 15ml, condimente 5g - 150g)*

**SURF&TURF**

*(beef steak 150g, prawns 100g, truffle mashed potatoes - potatoes 80g, milk 15ml, condiments 5g - 150g)*

*Valoare energetica: 411 KCal /1719.64 Kj , Grasimi: 10.24 g, Acizi grasi saturati: 3.05 g, Glucide: 25.72g, Zaharuri: 3.65 g,  
 Proteine: 52.47 g, Sare: 2.19 g*

**PULPA DE RATA CONFIIATA, PIURE CU SPANAC SI CEAPA ROSIE G** **300g** **68 RON**

**CARAMELIZATA**

**DUCK CONFIT LEG WITH SPINACH PUREE AND CARAMELIZED RED  
 ONION**

*(pulpa de rata 200g, piure cu spanac 150g, ceapa rosie 50g)*

*(duck leg 200g, spinach puree 150g, red onion 50g)*

*Valoare energetica: 687.5 KCal /2876.5 Kj , Grasimi: 47.45 g, Acizi grasi saturati: 12.65 g, Glucide: 31.9g, Zaharuri: 0.5 g,  
 Proteine: 31.9 g, Sare: 3.76 g*

**TIGAIE ASIATICA DE CURCAN CU TAIETEI C** **330g** **62 RON**

**WOK NOODLE TURKEY**

*(piept de curcan 150g, mix legume 100g, taietei noodles 80g, sos chinezesc 50g)*

*(turkey breast 150g, mixed vegetables 100g, noodles 80g, chinese sauce 50g)*

*Valoare energetica: 472.55 KCal /1977.15 Kj , Grasimi: 5.56 g, Acizi grasi saturati: 1.94 g, Glucide: 72.93 g, Zaharuri: 3.44 g,  
 Proteine: 35.01 g, Sare: 2.8 g*

**PIEPT DE PUI CU SMANTANA SI CIUPERCI SI PIURE G** **350g** **55 RON**

**CHICKEN BREAST WITH SOUR CREAM, MUSHROOMS AND  
 MASHED POTATOES**

*(piept de pui 150g, smantana 20g, ciuperici 30g, piure de cartofi - cartofi 130g, lapte 20ml - 150g )*

*(chicken breast 150g, sour cream 20g, mushrooms 30g, mashed potatoes - potatoes 130g, milk 20ml - 150g )*

*Valoare energetica: 396.3 KCal /1658.12 Kj , Grasimi: 16.09 g, Acizi grasi saturati: 5.1 g, Glucide: 27.59 g, Zaharuri: 2.45 g,  
 Proteine: 36.7 g, Sare: 8.6 g*

**SNITEL DE PUI IN CRUSTA DE SEMINTE SI CARTOFI PRAJITI** <sup>A, C, I, K</sup> **350g** **49 RON**

**CHICKEN SCHNITZEL WITH SEED CRUST AND POTATOES**

*(piept de pui 200g, ou 50g, mix seminte 30g, pesmet 10g, cartofi prajiti 100g)*

*(chicken breast 200g, egg 50g, mixed seeds 30g, panko 10g, fries 100g)*

*Valoare energetica: 671.83 KCal /2810.94 Kj , Grasimi: 31.88 g, Acizi grasi saturati: 4.79 g, Glucide:36.08 g, Zaharuri: 5.08 g, Proteine: 55.96 g, Sare: 9.85 g*

**ARIPIOARE DE PUI CROCANTE CU CARTOFI PRAJITI** <sup>G</sup> **510g** **49 RON**

**CRISPY FRIED CHICKEN WINGS & FRIES**

*(aripioare pui 250g, cartofi prajiti 200g, sos alioli / picant 60g)*

*(chicken wings 250g, fries 200g, alioli / spicy sauce 60g)*

*Valoare energetica: 798.7 KCal /3341.76 Kj , Grasimi: 52.33 g, Acizi grasi saturati: 18.85 g, Glucide:13.52 g, Zaharuri: 6.21 g, Proteine: 64.77 g, Sare: 0.5 g*

**PUI CHINEZESC** **320g** **58 RON**

**CHINESE CHICKEN**

*(piept de pui 100g, orez 100g, sos chinezesc 50g, morcov 20g, ardei gras 50g, dovlecel 20g, condimente 5g)*

*(chicken breast 100g, rice 100g, chinese sauce 50g, carrot 20g, bell pepper 50g, zucchini 20g, condiments 5g)*

*Valoare energetica: 502.74 KCal /2103.48 Kj , Grasimi: 4.6 g, Acizi grasi saturati: 0.43 g, Glucide: 86.9g, Zaharuri: 1.75 g, Proteine: 28.09 g, Sare: 8.03 g*

**COASTE DE PORC IN SOS BBQ SI FASOLE NEAGRA** <sup>A, F, G, I, J</sup> **450g** **69 RON**

**PORK RIBS IN BBQ SAUCE AND BLACK BEANS**

*(coaste de porc 300g, fasole neagra 100g, sos barbeque 50g)*

*(pork ribs 300g, black beans 100g, barbeque sauce 50g)*

*Valoare energetica: 739.5 KCal /3094.08 Kj , Grasimi: 39.75 g, Acizi grasi saturati: 16.25 g, Glucide:30.8 g, Zaharuri: 10.2 g, Proteine: 61 g, Sare: 5.8 g*

**MUSCHIULET DE PORC CU PIURE DE CARTOFI SI FASOLE VERDE** <sup>G, L</sup> **380g** **67 RON**

**PORK TENDERLOIN WITH MASHED POTATOES AND GREEN BEANS**

*(muschiulet de porc 150g, cartofi piure - cartofi 80g, lapte 10ml, unt 10g - 100g, fasole verde 80g)*

*(pork tenderloin 150g, mashed potatoes - potatoes 80g, milk 10ml, butter 10g - 100g, green beans 80g)*

*Valoare energetica: 461.4 KCal /1930.5 Kj, Grasimi: 18.21 g, Acizi grasi saturati: 8.21 g, Glucide: 29.86 g, Zaharuri: 2.3 g, Proteine: 35.93 g, Sare: 4.41 g*

**COCOS PITIC CU LEGUME LA TIGAIE IN UNT** <sup>G</sup> **500g** **88 RON**

**COQUELET WITH BUTTERED VEGETABLES**

*(pui coquelet 300g, mix legume 170g, unt 30g)*

*(coquelet 300g, mixed vegetables 170g, butter 30g)*

*Valoare energetica: 798.7 KCal /3341.76 Kj , Grasimi: 52.33 g, Acizi grasi saturati: 18.85 g, Glucide:13.52 g, Zaharuri: 6.21 g, Proteine: 64.77 g, Sare: 0.5 g*

**HAMBURGER CU CARTOFI PRAJITI** <sup>G, L</sup> **410g** **54 RON**

**OLD - FASHIONED BURGER AND FRIES**

*(chifla 80g, carne vita 150g, castraveti murati 30g, salata verde 10g, sos burger 10g, cartofi prajiti 150g)*

*(bun 80g, beef 150g, pickles 30g, green salad 10g, burger sauce 10g, fries 150g)*

*Valoare energetica: 661.4 KCal /1930.5 Kj, Grasimi: 23.21 g, Acizi grasi saturati: 10.21 g, Glucide: 29.86 g, Zaharuri: 2.3 g, Proteine: 25.93 g, Sare: 4.41 g*

## PASTE/PASTA

**LINGUINE AGLIO OLIO** <sup>A</sup> **250g** **37 RON**  
 (linguine 150g, usturoi 10g, pepperoncini 5g, busuioc 5g, ulei de masline 30ml)  
 (linguine 150g, garlic 10g, pepperoncini 5g, basil 5g, olive oil 30ml)

*Valoare energetica:* 1018.5 KCal /4261.39 Kj , *Grasimi:* 41.49 g, *Acizi grasi saturati:* 0.77 g, *Glucide:*137.32 g, *Zaharuri:* 7.29 g, *Proteine:* 27.99 g, *Sare:* 0.16 g

**PENNE CARBONARA** <sup>A, C, G, J</sup> **280g** **47 RON**  
 (penne 100g, crema de gatit 50g, bacon 100g, ou 80g, vin 40ml, parmezan 30g, cognac 20ml)  
 (penne 100g, cooking cream 50g, bacon 100g, egg 80g, wine 40ml, parmesan 30g, cognac 20ml)

*Valoare energetica:* 644.32 KCal /2695.85 Kj , *Grasimi:* 34.95 g, *Acizi grasi saturati:* 19.01 g, *Glucide:*43.29 g, *Zaharuri:* 2.24 g, *Proteine:* 27.85 g, *Sare:* 1.89 g

**PENNE CU LEGUME/PENNE WITH VEGETABLES** <sup>A</sup> **280g** **37 RON**  
 (penne 150g, mix legume 130g)  
 (penne 150g, mixed vegetables 130g)

*Valoare energetica:* 924.56 KCal /3868.37 Kj , *Grasimi:* 5.85 g, *Acizi grasi saturati:* 1.4 g, *Glucide:* 181.05 g, *Zaharuri:* 9.74 g, *Proteine:* 33.26 g, *Sare:* 0.03 g

**RISOTTO CU FRUCTE DE MARE/SEAFOOD RISOTTO** <sup>A, B, D, N</sup> **280g** **58 RON**  
 (orez 120g, midii 50g, calamar tub 50g, creveti 50g, rosii cherry 20g, sos rosii 10g)  
 (rice 120g, mussels 50g, squid 50g, shrimp 50g, cherry tomatoes 20g, tomato sauce 10g)

*Valoare energetica:* 554.77 KCal /2321.18 Kj , *Grasimi:* 3.33 g, *Acizi grasi saturati:* 0.91 g, *Glucide:*98.82 g, *Zaharuri:* 0.88 g, *Proteine:* 27.4 g, *Sare:* 1.29 g

**LINGUINE CU CREVETI SI ZUCCHINI/LINGUINE WITH SHRIMPS AND ZUCCHINI** **280g** **57 RON**  
 (linguine 90g, creveti 70g, zucchini 60g, sos de rosii 25g, rosii cherry 20g) <sup>A, B, D</sup>  
 (linguine 90g, shrimp 70g, zucchini 60g, tomato sauce 25g, cherry tomatoes 20g)

*Valoare energetica:* 406.11 KCal /1699.16 Kj , *Grasimi:* 2.28 g, *Acizi grasi saturati:* 0.55 g, *Glucide:*72.01 g, *Zaharuri:* 4.45 g, *Proteine:* 23.49 g, *Sare:* 0.99 g

**LINGUINE BOLOGNESE** **280g** **48 RON**  
 (linguine 90g, sos de rosii 50g, carne vita 80g, parmezan 25g, morcov 25g, ceapa 25g, vin 10ml, ulei masline 4ml)  
 (linguine 90g, tomato sauce 50g, beef 80g, parmesan 25g, carrot 25g, onion 25g, wine 10ml, olive oil 4ml)

*Valoare energetica:* 485.24 KCal /2030.2 Kj , *Grasimi:* 10.51 g, *Acizi grasi saturati:* 4.28 g, *Glucide:* 67.6g, *Zaharuri:* 5.89 g, *Proteine:* 27.82 g, *Sare:* 0.94 g

**PASTE CU VITĂ / BEEF PASTA** **290g** **48 RON**  
 (paste 90g, sos de rosii 50g, carne vita 80g, crema de gatit 50g, morcov 25g, ceapa 25g, vin 10ml, ulei masline 4ml)  
 (pasta 90g, tomato sauce 50g, beef 80g, cooking cream 50g, carrot 25g, onion 25g, wine 10ml, olive oil 4ml)

*Valoare energetica:* 485.24 KCal /2030.2 Kj , *Grasimi:* 10.51 g, *Acizi grasi saturati:* 4.28 g, *Glucide:* 67.6g, *Zaharuri:* 5.89 g, *Proteine:* 27.82 g, *Sare:* 0.94 g

## PESTE SI FRUCTE DE MARE/FISH AND SEAFOOD

**SARAMURA ONEIRO DE PESTE CU MAMALIGA <sup>D</sup>** 450g 68 RON  
**SARAMURA (ROMANIAN FISH DISH) WITH POLENTA**

(crap 150g, rosii 40g, ceapa 40g, ardei gras 30g, dovlecei 30g, usturoi 10g, ulei 20ml, patrunjel 10g, sos de rosii 5g, malai 140g)  
 (carp 150g, tomatoes 40g, onion 40g, bell pepper 30g, zucchini 30g, garlic 10g, oil 20ml, parsley 10g, tomato sauce 5g, cornmeal 140g)

*Valoare energetica:* 775.35 KCal /3244.06 Kj , *Grasimi:* 25.64 g, *Acizi grasi saturati:* 1.47 g, *Glucide:*81.38 g, *Zaharuri:* 2.58 g, *Proteine:* 48.63 g, *Sare:* 0.01 g

**FRUCTE DE MARE SI LEGUME IN UNT <sup>B, D, G, N</sup>** 420g 98 RON  
**SEAFOOD AND VEGETABLES IN BUTTER**

(mix legume 125g, scoici 50g, caracatita 50g, calamar 50g, creveti 50g, unt 50g, rapane 50g)  
 (mixed vegetables 125g, shells 50g, octopus 50g, squid 50g, butter 50g, rapane 50g)

*Valoare energetica:* 560.51 KCal /2345.18 Kj , *Grasimi:* 32.73 g, *Acizi grasi saturati:* 18.45 g, *Glucide:*17.31 g, *Zaharuri:* 4.78 g, *Proteine:* 43.75 g, *Sare:* 1.1 g

**DORADA IN SARE CU LEGUME RAINBOW <sup>D</sup>** 600g 71 RON  
**SALT-CRUSTED SEA BREAM WITH RAINBOW VEGETABLES**

(dorada 400g, mix legume 150g, ciuperci 50g)  
 (sea bream 400g, mixed vegetables 150g, mushrooms 50g)

*Valoare energetica:* 794.4 KCal /3323.76 Kj , *Grasimi:* 44.76 g, *Acizi grasi saturati:* 16.8 g, *Glucide:*13.48 g, *Zaharuri:* 5.28 g, *Proteine:* 83.88 g, *Sare:* 0.08 g

**TON ROSU CU AVOCADO (ASK IF AVAILABLE) <sup>D</sup>** 300g 88 RON  
**RED TUNA STEAK WITH AVOCADO**

(ton rosu 150g, avocado 150g)  
 (red tuna 150g, avocado 150g)

*Valoare energetica:* 394.5 KCal /1650.59 Kj , *Grasimi:* 24 g, *Acizi grasi saturati:* 3.63 g, *Glucide:* 13.5 g, *Zaharuri:* 10.5 g, *Proteine:* 36 g, *Sare:* 0.57 g

**SCOICI IN SOS ALB SAU ROSU/MUSSELS IN WHITE OR RED SAUCE <sup>D, G, N</sup>** 850g 58 RON  
 (scoici 800g, sos de rosii 50g, smantana 30g, ardei gras 30g, praz 30g, ulei de masline 20ml, condimente 10g)  
 (mussels 800g, tomato sauce 50g, sour cream 30g, bell pepper 30g, leek 30g, olive oil 20ml, condiments 10g)

*Valoare energetica:* 806.93 KCal /3376.17 Kj , *Grasimi:* 37.92 g, *Acizi grasi saturati:* 6.54 g, *Glucide:*54.69 g, *Zaharuri:* 1.81 g, *Proteine:* 61.67 g, *Sare:* 0.82 g

**RAPANE SOTE/ GRILL <sup>D, G</sup>** 250g 49 RON  
 (rapane 230g, unt 10g, condimente 10g)  
 (rapane 230g, butter 10g, condiments 10g)

*Valoare energetica:* 284.9 KCal /1192.02 Kj , *Grasimi:* 8.06 g, *Acizi grasi saturati:* 4.96 g, *Glucide:* 13.2g, *Zaharuri:* 1.84 g, *Proteine:* 38.68 g, *Sare:* 0.44 g



**HAMSII PRAJITE CU MAMALIGA SI MUJDEI** <sup>D</sup> **280g** **38 RON**

**FRIED ANCHOVYES WITH POLENTA AND GARLIC SAUCE**

*(hamsii 130g, malai 130g, usturoi 20g, ulei 10ml)*

*(anchovytes 130g, cornmeal 130g, garlic 20g, oil 10ml)*

*Valoare energetica: 359.95 KCal /1506.01 Kj , Grasimi: 16 g, Acizi grasi saturati: 1 g, Glucide: 18.78 g, Zaharuri: 1.58 g, Proteine: 32.19 g, Sare: 0.58 g*

**FILE DE SOMON CU OREZ THAI SI SOS ALB** <sup>A, D, G</sup> **300g** **73 RON**

**SALMON FILLET WITH THAI FRIED RICE AND WHITE SAUCE**

*(file de somon 200g, orez thai 70g, mix legume 60g, sos alb 30g)*

*(salmon fillet 200g, thai rice 70g, mixed vegetables 60g, white sauce 30g)*

*Valoare energetica: 546 KCal /2284.47 Kj , Grasimi: 21.8 g, Acizi grasi saturati: 2.33 g, Glucide: 49.13g, Zaharuri: 2.98 g, Proteine: 39.13 g, Sare: 0.48 g*

## PREPARATE LA GRATAR PE JAR / THE GRILL

### TARIF PER 100g / PORTIE

**LUP DE MARE / SEA BASS GRILL / SARE <sup>D</sup>** (1 PIECE 400-600g) **70 RON**

*Valoare energetica:* 753.9 KCal /3154.33 Kj , *Grasimi:* 44.24 g, *Acizi grasi saturati:* 16.59 g, *Glucide:*0.94 g, *Zaharuri:* 0.51 g, *Proteine:* 82.92 g, *Sare:* 2 g

**CALAMARI/SQUID <sup>D, N</sup>** (1 PIECE 300-400g) **57 RON**

*Valoare energetica:* 322 KCal /1347.26 Kj , *Grasimi:* 4.9 g, *Acizi grasi saturati:* 1.4 g, *Glucide:* 10.85 g, *Zaharuri:* 0 g, *Proteine:* 54.6 g, *Sare:* 0.35 g

**CARACATITA/OCTOPUS <sup>D, N</sup>** (1 PIECE 200g) **98 RON**

*Valoare energetica:* 164 KCal /686.18 Kj , *Grasimi:* 2 g, *Acizi grasi saturati:* 1 g, *Glucide:* 4.4 g, *Zaharuri:*0 g, *Proteine:* 29.8 g, *Sare:* 0.92 g

**CREVETI/SHRIMPS <sup>B, D</sup>** **200g** **54 RON**

*Valoare energetica:* 114 KCal /476.98 Kj , *Grasimi:* 0.6 g, *Acizi grasi saturati:* 0.2 g, *Glucide:* 0 g, *Zaharuri:* 0 g, *Proteine:* 27 g, *Sare:* 2.6 g

**CALCAN/TURBOT <sup>D</sup>** **100g** **39 RON**

*Valoare energetica:* 91 KCal /380.74 Kj , *Grasimi:* 3 g, *Acizi grasi saturati:* 0 g, *Glucide:* 0 g, *Zaharuri:* 0g, *Proteine:* 16 g, *Sare:* 0.19 g

**VITRINA DE PESTE - CAPTURA ZILEI <sup>D</sup>** **100g** **N/A**

**CATCH OF THE DAY FROM THE DISPLAY...ASK OUR FRIENDLY STAFF**

**COTLET DE PORC CU OS/PORK CHOP** **350g** **69 RON**

*Valoare energetica:* 661.5 KCal /2767.73 Kj , *Grasimi:* 45.5 g, *Acizi grasi saturati:* 16.1 g, *Glucide:* 0 g, *Zaharuri:* 0 g, *Proteine:* 63 g, *Sare:* 0.53 g

**COTLET DE VITA CU OS CU GARNITURI ONEIRO** **1100g** **327 RON**

**TOMAHAWK FOR TWO WITH ONEIRO SIDEINGS**

*(tomahawk 945g, cartofi prajiti 200g, salata verde 50g)*

*(tomahawk 945g, fries 200g, letuce 50g)*

*Valoare energetica:* 1251.19 KCal /5234.99 Kj , *Grasimi:* 22.06 g, *Acizi grasi saturati:* 10.09 g, *Glucide:*42.02 g, *Zaharuri:* 1.89 g, *Proteine:* 181.74 g, *Sare:* 1.79 g

**COTLET DE BERBECUT CU OS/LAMB CHOP** **300g** **69 RON**

*Valoare energetica:* 705 KCal /2949.72 Kj , *Grasimi:* 41.4 g, *Acizi grasi saturati:* 19.2 g, *Glucide:* 18.6 g, *Zaharuri:* 0 g, *Proteine:* 77.1 g, *Sare:* 19.2 g

**CRAP GRILL / PRAJIT - GRILLED / FRIED CARP <sup>D</sup>** **100g** **20 RON**

*Valoare energetica:* 127 KCal /531.37 Kj , *Grasimi:* 5.6 g, *Acizi grasi saturati:* 0 g, *Glucide:* 0 g, *Zaharuri:*0 g, *Proteine:* 17.8 g, *Sare:* 0 g

**TREI MICI CU CARTOFI PRAJITI** **310g** **44 RON**

*Valoare energetica:* 705 KCal /2949.72 Kj , *Grasimi:* 41.4 g, *Acizi grasi saturati:* 19.2 g, *Glucide:* 18.6 g, *Zaharuri:* 0 g, *Proteine:* 77.1 g, *Sare:* 19.2 g

**PIEPT PUI GRILL / GRILLED CHICKEN BREAST** **200g** **34 RON**

*Valoare energetica:* 262 KCal /1096.2 Kj , *Grasimi:* 7.2 g, *Acizi grasi saturati:* 0 g, *Glucide:* 4.8 g, *Zaharuri:* 0 g, *Proteine:* 44 g, *Sare:* 11.4 g

**MEDALIOANE CARTOFI/POTATO SLICES** **100g** **19 RON**

*Valoare energetica:* 92 KCal /384.93 Kj , *Grasimi:* 0.15 g, *Acizi grasi saturati:* 0 g, *Glucide:* 21.08 g, *Zaharuri:* 2.1 g, *Proteine:* 2.1 g, *Sare:* 0.01 g

**MEDALIOANE ZUCCHINI/ZUCCHINI SLICES** **100g** **19 RON**

*Valoare energetica:* 16 KCal /66.94 Kj , *Grasimi:* 0.2 g, *Acizi grasi saturati:* 0 g, *Glucide:* 3.4 g, *Zaharuri:* 1 g, *Proteine:* 1.2 g, *Sare:* 0 g

## GARNITURI/SIDE ORDER

**OREZ CU LEGUME/VEGETABLES RICE <sup>A</sup>** **200g** **25 RON**

*(orez 120g, mix legume 80g)*  
*(rice 120g, mixed vegetables 80g)*

*Valoare energetica:* 520 KCal /2175.67 Kj , *Grasimi:* 4.24 g, *Acizi grasi saturati:* 0.88 g, *Glucide:* 106.88g, *Zaharuri:* 3.24 g, *Proteine:* 9 g, *Sare:* 0.01 g

**LEGUME LA GRATAR/GRILLED VEGETABLES** **200g** **22 RON**

*(mix legume 200g)*  
*(mixed vegetables 200g)*

*Valoare energetica:* 142 KCal /594.13 Kj , *Grasimi:* 5.8 g, *Acizi grasi saturati:* 1 g, *Glucide:* 15.2 g, *Zaharuri:* 6.6 g, *Proteine:* 3.6 g, *Sare:* 0 g

**OREZ SALBATIC/WILD RICE/THAI RICE** **150g** **25 RON**

*Valoare energetica:* 529.5 KCal /2215.43 Kj , *Grasimi:* 2.4 g, *Acizi grasi saturati:* 0.75 g, *Glucide:* 114 g, *Zaharuri:* 1.8 g, *Proteine:* 12 g, *Sare:* 0 g

**SPARANGHEL/ASPARAGUS** **150g** **27 RON**

*Valoare energetica:* 30 KCal /125.52 Kj , *Grasimi:* 0.15 g, *Acizi grasi saturati:* 0 g, *Glucide:* 5.85 g, *Zaharuri:* 3.15 g, *Proteine:* 3.3 g, *Sare:* 0 g

**SALATA ARDEI COPTI /BAKED PEPPER SALAD 170g 27 RON**

*Valoare energetica: 52.19 KCal /218.36 Kj , Grasimi: 0.51 g, Acizi grasi saturati: 0 g, Glucide: 10.2 g,Zaharuri: 3.4 g, Proteine: 1.7 g, Sare: 0 g*

**PIURE DE CARTOFI/MASHED POTATOES <sup>G</sup> 150g 21 RON**

*(cartofi 120g, unt 10g, lapte 20ml)  
(potatoes 120g, butter 10g, milk 20ml)*

*Valoare energetica: 193.5 KCal /809.61 Kj , Grasimi: 7.65 g, Acizi grasi saturati: 1.05 g, Glucide: 28.05g, Zaharuri: 0.75 g, Proteine: 2.85 g, Sare: 0.98 g*

**FASOLE VERDE IN UNT SI USTUROI/GREEN BEANS IN GARLIC BUTTER <sup>G</sup> 150g 21 RON**

*(fasole verde 120g, unt 20g, usturoi 10g)  
(green beans 120g, butter 20g, garlic 10g)*

*Valoare energetica: 204.9 KCal /857.29 Kj , Grasimi: 16.69 g, Acizi grasi saturati: 10.91 g, Glucide: 8.86g, Zaharuri: 2.76 g, Proteine: 3.42 g, Sare: 0 g*

**CARTOFI PRAJITI/FRIES 150g 19 RON**

*Valoare energetica: 198 KCal /828.44 Kj , Grasimi: 5.1 g, Acizi grasi saturati: 2.55 g, Glucide: 33 g,Zaharuri: 1.05 g, Proteine: 3.75 g, Sare: 0.03 g*

**PIURE CU TRUFE/TRUFFLE MASHED POTATOES <sup>G</sup> 200g 30 RON**

*(piure de cartofi - cartofi 100g, unt 20g, ulei 10ml - 130g, pasta de trufe 20g)  
(mashed potatoes - potatoes 100g, butter 20g, oil 10ml - 130g, truffle paste 20g)*

*Valoare energetica: 258.8 KCal /1082.82 Kj , Grasimi: 11.58 g, Acizi grasi saturati: 1.56 g, Glucide:33.66 g, Zaharuri: 0.9 g, Proteine: 3.96 g, Sare: 1.51 g*

**FOCACCIA <sup>A</sup> 180g 19 RON**

*Valoare energetica: 54.82 KCal /229.32 Kj , Grasimi: 3.42 g, Acizi grasi saturati: 0.72 g, Glucide: 127.8g, Zaharuri: 3.6 g, Proteine: 19.8 g, Sare: 3.06 g*

**FOCACCIA CU PARMEZAN <sup>A, G</sup> 180g 20 RON**

**FOCACCIA WITH PARMESAN**  
*(focaccia 160g, parmezan 20g)  
(focaccia 160g, parmesan 20g)*

*Valoare energetica: 222.01 KCal /928.88 Kj , Grasimi: 16.07 g, Acizi grasi saturati: 9.54 g, Glucide:95.85 g, Zaharuri: 2.7 g, Proteine: 29.25 g, Sare: 3.02 g*

**FOCACCIA CU OREGANO SI USTUROI <sup>A</sup> 180g 20 RON**

**FOCACCIA WITH OREGANO AND GARLIC**  
*(focaccia 160g, usturoi 10g, ulei de masline 10ml, oregano 2g)  
(focaccia 160g, garlic 10g, olive oil 10ml, oregano 2g)*

*Valoare energetica: 153.87 KCal /643.79 Kj , Grasimi: 13.59 g, Acizi grasi saturati: 0.64 g, Glucide:118.47 g, Zaharuri: 3.3 g, Proteine: 18.47 g, Sare: 2.72 g*

## PIZZA PE VATRA

**PIZZA CASEI** A, G, I 530g 44 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 100g, prosciutto coto 50g, gorgonzola 50g, rosii cherry 50g, baby spanac 50g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 100g, prosciutto coto 50g, gorgonzola 50g, cherry tomatoes 50g, baby spinach 50g)

*Valoare energetica:* 560.2 KCal /2343.88 Kj , Grasimi: 37.39 g, Acizi grasi saturati: 21.35 g, Glucide:1159.05 g, Zaharuri: 6.19 g, Proteine: 64.98 g, Sare: 7.24 g

**PIZZA PUI** A, G 560g 39 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 100g, piept pui 80g, masline 60g, ciuperci 60g, porumb 30g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 100g, chicken breast 80g, olives 60g, mushrooms 60g, corn 30g)

*Valoare energetica:* 507.4 KCal /2122.96 Kj , Grasimi: 28.35 g, Acizi grasi saturati: 10.34 g, Glucide:155.24 g, Zaharuri: 8 g, Proteine: 63.72 g, Sare: 10.36 g

**PIZZA MAYA** A, G 550g 37 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 100g, masline 70g, ciuperci 70g, porumb 30g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 100g, olives 70g, mushrooms 70g, corn 30g)

*Valoare energetica:* 131.4 KCal /549.78 Kj , Grasimi: 5.99 g, Acizi grasi saturati: 3.34 g, Glucide: 11.14 g, Zaharuri: 1.24 g, Proteine: 7.69 g, Sare: 1.32 g

**MARGHERITA** A, G 480g 33 RON  
 (blat pizza 200g, sos rosii 50g, mozzarella 230g)  
 (pizza dough 200g, tomato sauce 50g, mozzarella)

*Valoare energetica:* 580.1 KCal /2427.14 Kj , Grasimi: 37.2 g, Acizi grasi saturati: 20.81 g, Glucide:147.3 g, Zaharuri: 6.7 g, Proteine: 70.85 g, Sare: 6.16 g

**PROSCIUTO** A, G 510g 36 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 200g, sunca 80g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 200g, ham 80g)

*Valoare energetica:* 748.2 KCal /3130.47 Kj , Grasimi: 53.63 g, Acizi grasi saturati: 24.6 g, Glucide:147.56 g, Zaharuri: 6.56 g, Proteine: 75.53 g, Sare: 7.96 g

**PROSCIUTTO E FUNGHI** A, G 520g 38 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 200g, sunca 60g, ciuperci 60g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 200g, ham 60g, mushrooms 60g)

*Valoare energetica:* 663.14 KCal /2774.59 Kj , Grasimi: 45.96 g, Acizi grasi saturati: 21.75 g, Glucide:140.97 g, Zaharuri: 6.13 g, Proteine: 70.18 g, Sare: 7.02 g

**CAPRICIOSA** A, G 550g 39 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 100g, sunca 60g, ciuperci 60g, ardei 50g, masline 50g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 100g, ham 60g, mushrooms 60g, bell pepper 50g, olives 50g)

*Valoare energetica:* 557.9 KCal /2334.25 Kj , Grasimi: 39.56 g, Acizi grasi saturati: 15.05 g, Glucide:153.55 g, Zaharuri: 7.43 g, Proteine: 54.08 g, Sare: 7.22 g

**QUATTRO STAGIONI** A, G 540g 44 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 100g, sunca 60g, ciuperci 60g, masline 30g, salam 60g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 100g, ham 60g, mushrooms 60g, olives 30g, salami 60g)

*Valoare energetica:* 728.15 KCal /3046.57 Kj , Grasimi: 53.74 g, Acizi grasi saturati: 20.03 g, Glucide:144.34 g, Zaharuri: 6.73 g, Proteine: 65.09 g, Sare: 9.3 g

**QUATTRO CARNI** A, G 570g 48 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 150g, sunca 60g, bacon 60g, cabanos 60g, salam 60g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 150g, ham 60g, bacon 60g, sausage 60g, salami 60g)

*Valoare energetica:* 1018.55 KCal /4261.62 Kj , *Grasimi:* 78.07 g, *Acizi grasi saturati:* 35.46 g, *Glucide:* 136.06 g, *Zaharuri:* 6.49 g, *Proteine:* 87.05 g, *Sare:* 11.4 g

**DIAVOLA** A, G 520g 43 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 170g, salam 110g, chilli 10g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 170g, salami 110g, chilli 10g)

*Valoare energetica:* 871.9 KCal /3648.03 Kj , *Grasimi:* 59.88 g, *Acizi grasi saturati:* 26.89 g, *Glucide:*151.85 g, *Zaharuri:* 7.21 g, *Proteine:* 86.73 g, *Sare:* 10.09 g

**CALZONE** A, G 570g 44 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 200g, sunca 80g, ciuperici 60g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 200g, ham 80g, mushrooms 60g)

*Valoare energetica:* 761.4 KCal /3185.7 Kj , *Grasimi:* 53.81 g, *Acizi grasi saturati:* 24.6 g, *Glucide:* 149.54 g, *Zaharuri:* 6.56 g, *Proteine:* 77.03 g, *Sare:* 7.96 g

**FRUTTI DI MARE** A, B, D, G, N 550g 50 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 200g, mix fructe de mare 100g, lamaie 50g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 200g, seafood mix 100g, lemon 50g)

*Valoare energetica:* 577.9 KCal /2417.94 Kj , *Grasimi:* 33.95 g, *Acizi grasi saturati:* 18.4 g, *Glucide:* 149g, *Zaharuri:* 7.9 g, *Proteine:* 78.55 g, *Sare:* 6.36 g

**PROSCIUTTO CRUDO** A, G, I 530g 48 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 150g, prosciutto crudo 50g, rucola 50g, ulei de masline 20ml, parmezan 30g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 150g, prosciutto crudo 50g, rocket leaves 50g, olive oil 20ml, parmesan 30g)

*Valoare energetica:* 845.1 KCal /3535.9 Kj , *Grasimi:* 62.44 g, *Acizi grasi saturati:* 23.1 g, *Glucide:*147.61 g, *Zaharuri:* 7.27 g, *Proteine:* 77.55 g, *Sare:* 8.47 g

**SOLE MIO** A, C, G 530g 41 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 150g, sunca 50g, ou 80g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 150g, ham 50g, egg 80g)

*Valoare energetica:* 634.4 KCal /2654.33 Kj , *Grasimi:* 40.85 g, *Acizi grasi saturati:* 20.8 g, *Glucide:*147.88 g, *Zaharuri:* 6.56 g, *Proteine:* 74.23 g, *Sare:* 5.91 g

**HAWAII** A, G 560g 40 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 200g, sunca 80g, ananas 50g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 200g, ham 80g, pineapple 50g)

*Valoare energetica:* 808.7 KCal /3383.61 Kj , *Grasimi:* 53.64 g, *Acizi grasi saturati:* 24.61 g, *Glucide:*155.52 g, *Zaharuri:* 14.64 g, *Proteine:* 75.75 g, *Sare:* 8 g

**TONNO E CIPOLLA** A, D, G 530g 45 RON  
 (blat pizza 200g, sos rosii 30g, mozzarella 150g, ton 100g, ceapa 50g)  
 (pizza dough 200g, tomato sauce 30g, mozzarella 150g, tuna 100g, onion 50g)

*Valoare energetica:* 599.41 KCal /2507.93 Kj , *Grasimi:* 35.03 g, *Acizi grasi saturati:* 15.42 g, *Glucide:*149.45 g, *Zaharuri:* 6.59 g, *Proteine:* 76.52 g, *Sare:* 6.4 g



**VEGETARIANA** A, G 560g 36 RON  
(blat pizza 200g, sos rosii 30g, mozzarella 100g, ciuperci 40g, ardei 40g, rosii 40g, ceapa 40g, masline 40g, porumb 30g)  
(pizza dough 200g, tomato sauce 30g, mozzarella 100g, mushrooms 40g, bell pepper 40g, tomatoes 40g, onion 40g, olives 40g, corn 30g)  
*Valoare energetica:* 952.9 KCal /3986.94 Kj , *Grasimi:* 26.6 g, *Acizi grasi saturati:* 10.31 g, *Glucide:* 136.84 g, *Zaharuri:* 16.12 g,  
*Proteine:* 30.82 g, *Sare:* 4.66 g

**QUATTRO FORMAGGI** A, G 500g 48 RON  
(blat pizza 200g, sos rosii 30g, mozzarella 100g, cascaval afumat 75g, gorgonzola 75g, parmezan 50g)  
(pizza dough 200g, tomato sauce 30g, mozzarella 100g, smoked cheese 75g, gorgonzola 75g, parmesan 50g)  
*Valoare energetica:* 925.65 KCal /3872.92 Kj , *Grasimi:* 67.05 g, *Acizi grasi saturati:* 41.85 g, *Glucide:*143.75 g, *Zaharuri:* 5.75 g,  
*Proteine:* 93.5 g, *Sare:* 9.38 g

## EXTRA TOPPING

**PARMEZAN/PARMESAN** G 35g 7 RON  
*Valoare energetica:* 140.7 KCal /588.69 Kj , *Grasimi:* 10.5 g, *Acizi grasi saturati:* 7 g, *Glucide:* 0 g,*Zaharuri:* 0 g,  
*Proteine:* 11.2 g, *Sare:* 0.56 g

**SOS PICANT SAU DULCE / SPICY OR SWEET SAUCE** 40g 7 RON  
*Valoare energetica:* 189 KCal /790.78 Kj , *Grasimi:* 0.2 g, *Acizi grasi saturati:* 0 g, *Glucide:* 45.8 g,*Zaharuri:* 0 g,  
*Proteine:* 1.1 g, *Sare:* 0 g

**SOS ALIOLI/ALIOLI SAUCE** C 40g 7 RON  
*Valoare energetica:* 147.2 KCal /615.88 Kj , *Grasimi:* 14.32 g, *Acizi grasi saturati:* 1.6 g, *Glucide:* 3.96 g,*Zaharuri:* 2.52 g,  
*Proteine:* 0.28 g, *Sare:* 0.92 g

**TELEMEA / FETA** G 100g 10 RON  
*Valoare energetica:* 239 KCal /999.98 Kj , *Grasimi:* 14.4 g, *Acizi grasi saturati:* 0 g, *Glucide:* 1.2 g,*Zaharuri:* 0 g,  
*Proteine:* 13.5 g, *Sare:* 2.5 g

**MUJDEI USTUROI** 40g 7 RON  
*Valoare energetica:* 70 KCal /292.88 Kj , *Grasimi:* 6.58 g, *Acizi grasi saturati:* 0.73 g, *Glucide:* 1.96 g, *Zaharuri:* 0 g,  
*Proteine:* 0.15 g, *Sare:* 0 g

## DOLCE

<b>CHEESECAKE</b> A, G	<b>200g</b>	<b>37 RON</b>
<i>Valoare energetica: 590.6 KCal /2471.08 Kj , Grasimi: 28 g, Acizi grasi saturati: 22 g, Glucide: 70 g,Zaharuri: 42 g, Proteine: 16.2 g, Sare: 0.76 g</i>		
<b>TORT DE CIOCOLATA/CHOCOLATE CAKE / MOUSE</b> A, G	<b>200g</b>	<b>37 RON</b>
<i>Valoare energetica: 384 KCal /1606.66 Kj , Grasimi: 15.8 g, Acizi grasi saturati: 0 g, Glucide: 54.8 g,Zaharuri: 23 g, Proteine: 13.8 g, Sare: 0 g</i>		
<b>LAVA CAKE</b> A, G	<b>250g</b>	<b>39 RON</b>
<i>Valoare energetica: 875 KCal /3661 Kj , Grasimi: 46 g, Acizi grasi saturati: 20.25 g, Glucide: 0 g,Zaharuri: 81.25 g, Proteine: 14.25 g, Sare: 0.5 g</i>		
<b>LICHIU CU FRUCTE SI BRANZA DULCE</b> A, G	<b>500g</b>	<b>49 RON</b>
<b>LICHIU WITH FRUITS AND SWEET CHEESE</b>		
<i>Valoare energetica: 1093.9 KCal /4576.88 Kj , Grasimi: 12.16 g, Acizi grasi saturati: 7.5 g, Glucide:151.7 g, Zaharuri: 8.2 g, Proteine: 55.46 g, Sare: 3.4 g</i>		
<b>PLATOU CU BRANZETURI / CHEESE PLATE</b> A, G	<b>300g</b>	<b>81 RON</b>
<i>Valoare energetica: 568.5 KCal /2378.61 Kj , Grasimi: 35.9 g, Acizi grasi saturati: 22.65 g, Glucide:15.48 g, Zaharuri: 12.11 g, Proteine: 40.01 g, Sare: 2.25 g</i>		
<b>MELON MOUSSE</b>	<b>200g</b>	<b>37 RON</b>
<i>Valoare energetica: 606.8 KCal /2538.86 Kj , Grasimi: 30 g, Acizi grasi saturati: 26 g, Glucide: 80 g,Zaharuri: 68 g, Proteine: 5 g, Sare: 0.32 g</i>		
<b>CLATITE CHOCOLAT / CHOCOLATE CREPES</b> A, G	<b>180g</b>	<b>29 RON</b>
<i>Valoare energetica: 496.5 KCal /2077.37 Kj , Grasimi: 19.9 g, Acizi grasi saturati: 0 g, Glucide: 72.5 g,Zaharuri: 29.75 g, Proteine: 17.6 g, Sare: 0 g</i>		

## STAFF SPECIAL - FOR THE KITCHEN

<b>DACA V-A PLACUT GATEALA, OFERITI-NE UN RAND DE BERE</b>	<b>25 RON</b>
<b>IF YOU ENJOYED THE COOKIN' LET US KNOW...WITH A ROUND OF BEER</b>	



*Conform cu Regulamentul UE 1169/ 2011, va rugam verificati simbolurile grupelor de alergeni aferente fiecarui produs din lista de meniu.*

**Grupe alergeni:**

- A. Cereale care contin gluten (grau, secara, orz, ovaz, grau spelt, grau mare sau hibridi ai acestora) si produse derivate.
- B. Crustacee si produse derivate.
- C. Oua si produse derivate.
- D. Peste si produse derivate.
- E. Arahide si produse derivate.
- F. Soia si produse derivate.
- G. Lapte si produse derivate (inclusiv lactoza).
- H. Fructe cu coaja (migdale, alune de padure, nuci, nuci Pecan, nuci de Brazilia, fistic, nuci de Macadamia si nuci de Queensland) si produse derivate.
- I. Telina si produse derivate.
- J. Mustar si produse derivate.
- K. Seminte de susan si produse derivate.
- L. Dioxid de sulf si sulfiti in concentratii de peste 10mg/kg sau 10mg/litru.
- M. Lupin si produse derivate.
- N. Moluste si produse derivate.



***#beach***

***#resort***

***#restaurant***

***#home***

***#Oneiro***

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