

Valori energetice și nutritive					Valori energetice și nutritive						
Denumire produs	Valoare nutritivă	per 100 g	per porție	% din DZR per porție	Denumire produs	Valoare nutritivă	per 100 g	per porție	% din DZR per porție		
PULPE DE PUI DESIRATE DE PE OS, LA GRATAR	Valoare energetică	kJ/ kcal	193,76 / 813,8	581,28/2441,37	29.06	SNITZELWICH	Valoare energetică	kJ/ kcal	193.07	965.35	48.27
	Grăsimi	g	13.45	40.35	57.64		Grăsimi	g	7.84	39.18	55.97
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	8.50	25.50	127.50		* saturate	g	0.00	0.00	0.00
	Glucide	g		0.00	0.00		Glucide	g	21.38	106.90	41.12
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g		0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	16.75	50.25	100.50		Proteine	g	7.94	39.68	79.36
Sare	g	0.33	1.00	16.67	Sare	g	0.11	0.55	9.17		
PIEPT DE PUI PE BAT	Valoare energetică	kJ/ kcal	116 / 487,2	348 /1462	17.40	OMLETOWICH	* cu chabatta inclusă				
	Grăsimi	g	6.46	19.40	27.71		Valoare energetică	kJ/ kcal	191.28	573.84	28.69
	<i>Din care</i>						Grăsimi	g	6.17	18.51	26.44
	* saturate	g	1.38	4.16	20.80		<i>Din care</i>				
	Glucide	g	1.60	4.81	1.85		* saturate	g	0.00	0.00	0.00
	<i>Din care</i>						Glucide	g	24.10	72.30	27.81
	*zaharuri	g	0.00	0.00	0.00		<i>Din care</i>				
	Proteine	g	11.85	35.55	71.10		*zaharuri	g	0.00	0.00	0.00
Sare	g	0.14	0.43	7.17	Proteine	g	8.56	25.69	51.38		
MARIII MITITEI	Valoare energetică	kJ/ kcal	116 / 487,2	779,2 / 3272,64	38.96	GRECOWICH	Sare	g	0.34	1.01	16.83
	Grăsimi	g	19.00	60.80	86.86		* cu chabatta inclusa				
	<i>Din care</i>		0.00				Valoare energetică	kJ/ kcal	214.70	644.11	32.21
	* saturate	g	19.00	60.80	304.00		Grăsimi	g	8.44	25.31	36.15
	Glucide	g	2.30	7.36	2.83		<i>Din care</i>				
	<i>Din care</i>		0.00				* saturate	g	0.00	0.00	0.00
	*zaharuri	g	2.30	7.36	8.18		Glucide	g	25.22	75.65	29.10
	Proteine	g	14.00	44.80	89.60		<i>Din care</i>				
Sare	g	0.93	2.98	49.67	*zaharuri	g	0.00	0.00	0.00		
PUR SI SIMPLU GRATAR DE PUI	Valoare energetică	kJ/ kcal	116 / 487,2	581,28 / 2441,37	29.064	PESTO PASTO	Proteine	g	8.02	24.05	48.10
	Grăsimi	g	16.14	40.35	57.64		Sare	g	0.34	1.01	16.83
	<i>Din care</i>		0				* cu chabatta inclusa				
	* saturate	g	10.2	25.5	127.50		Valoare energetică	kJ/ kcal	441.08	1323.23	66.16
	Glucide	g	0	0	0.00		Grăsimi	g	22.40	67.20	96.00
	<i>Din care</i>		0				<i>Din care</i>				
	*zaharuri	g	0	0	0.00		* saturate	g	0.00	0.00	0.00
	Proteine	g	20.1	50.25	100.50		Glucide	g	46.24	138.73	53.36
Sare	g	0.4	1	16.67	<i>Din care</i>						
CARNATI FUMURI GRATAR CU PE	Valoare energetică	kJ/ kcal	116 / 487,2	792,3 / 3327,66	39.615	SUNCA CIUPERCI INNEBUNITE DUPA SPAGHETE	*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	11.47	51.6	73.71		Proteine	g	10.53	31.58	63.16
	<i>Din care</i>		0.00				Sare	g	0.67	2.01	33.50
	* saturate	g	11.47	51.6	258.00		Valoare energetică	kJ/ kcal	209.34	732.70	36.64
	Glucide	g	11.27	50.7	19.50		Grăsimi	g	6.21	21.72	31.03
	<i>Din care</i>		0.00				<i>Din care</i>				
	*zaharuri	g	0.00	0	0.00		* saturate	g	0.00	0.00	0.00
	Proteine	g	5.67	25.5	51.00		Glucide	g	28.58	100.02	38.47
Sare	g	1.00	4.5	75.00	<i>Din care</i>						
NUGGETS FRAGEDE DE PUI	Valoare energetică	kJ/ kcal	209,4 / 879,5	628,2 / 2638,5	31.41	CARBONARA	*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	10.10	30.31	43.30		Proteine	g	8.41	29.42	58.84
	<i>Din care</i>						Sare	g	0.00	0.01	0.17
	* saturate	g	4.97	14.92	74.60		Valoare energetică	kJ/ kcal	359.16	1257.05	62.85
	Glucide	g	19.03	57.09	21.96		Grăsimi	g	15.10	52.86	75.51
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	8.00	24.00	26.67		* saturate	g	0.00	0.00	0.00
	Proteine	g	9.13	27.39	54.78		Glucide	g	41.75	146.12	56.20
Sare	g	1.47	4.40	73.33	<i>Din care</i>						
MUSCHI PORC FERMECAT CU SOS DE PIPER	Valoare energetică	kJ/ kcal	443,2 / 1861,4	1108,8 / 4627	55.02	INTALNIRE DE FARFALLE CU BROCCOLI, CIUPERCI, ROSII, ARDEI GRAS SI BUSUIOC	*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	15.85	39.63	56.61		Proteine	g	11.59	40.58	81.15
	<i>Din care</i>						Sare	g	0.00	0.01	0.17
	* saturate	g	7.89	19.73	98.65		Valoare energetică	kJ/ kcal	176.45	617.59	30.88
	Glucide	g	3.74	9.35	3.60		Grăsimi	g	4.65	16.29	23.27
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.40	1.00	1.11		* saturate	g	0.00	0.00	0.00
	Proteine	g	18.63	46.57	93.14		Glucide	g	27.54	96.40	37.08
Sare	g	0.40	1.00	16.67	<i>Din care</i>						
GRAS SI BUSUIOC	Valoare energetică	kJ/ kcal	143,50 / 602,7	717,52 / 3013	35.88	*zaharuri	g	0.00	0.00	0.00	
	Grăsimi	g	7.00	35.00	50.00	Proteine	g	4.94	17.28	34.56	

SARMALE INFOFOLITE-N FOI DE VARZA	<i>Din care</i>					SNITEL DE PUI ECHIPAT IN PESMET AURIU	Sare	g	0.00	0.01	0.17
	* saturate	g	1.74	8.70	43.50		Valoare e	kJ/ kcal	295.47	886.40	44.32
	Glucide	g	13.56	67.80	26.08		Grăsimi	g	13.97	41.91	59.87
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		* saturat	g	1.68	5.05	25.25
	Proteine	g	4.56	22.80	45.60		Glucide	g	26.09	78.28	30.11
Sare	g	0.40	2.00	33.33	<i>Din care</i>						
SARMALE FARA PACATE	Valoare energeti	kJ/ kcal	117,7 / 494,34	588,5 / 2471,7	29.43	SNITEL DE CURCAN CU OU, IUBITOR DE CASCAVAL SI VERDEATA	*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	4.34	21.68	30.97		Proteine	g	14.28	42.85	85.70
	<i>Din care</i>						Sare	g	0.18	0.54	9.00
	* saturate	g	0.00	0.00	0.00		Valoare e	kJ/ kcal	228.46	456.92	22.85
	Glucide	g	16.29	81.44	31.32		Grăsimi	g	6.19	12.39	17.69
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		* saturat	g	1.82	3.64	18.18
	Proteine	g	2.58	12.92	25.84		Glucide	g	17.91	35.82	13.78
	Sare	g	0.40	2.00	33.33		<i>Din care</i>				
	* cu 150 g mămăliguță și 70 g varză călită						*zaharuri	g	0.00	0.00	0.00
MASA JUPANULUI	Valoare energeti	kJ/ kcal	164,3 / 690	493 / 2070	18.26	CRUTOANE	Proteine	g	23.77	47.53	95.06
	Grăsimi	g	8.59	25.78	36.83		Sare	g	1.17	2.34	39.00
	<i>Din care</i>						Valoare e	kJ/ kcal	328.82	164.41	8.22
	* saturate	g	0.01	0.03	0.15		Grăsimi	g	7.76	3.88	5.54
	Glucide	g	2.01	6.02	2.32		<i>Din care</i>				
	<i>Din care</i>						* saturat	g	0.00	0.00	0.00
	*zaharuri	g	0.00	0.00	0.00		Glucide	g	124.80	62.40	24.00
	Proteine	g	18.62	55.85	111.70		<i>Din care</i>				
Sare	g	1.00	3.00	50.00	*zaharuri	g	0.00	0.00	0.00		
PUI INVELIT CU VINETE	Valoare energeti	kJ/ kcal	222,91 / 936,22	668,75 / 2808,75	18.26	CREMA DE LEGUME CU CRUTOANE	Proteine	g	18.00	9.00	18.00
	Grăsimi	g	17.70	53.09	75.84		Sare	g	4.00	2.00	33.33
	<i>Din care</i>						Valoare e	kJ/ kcal	40.93	163.71	8.19
	* saturate	g	1.42	4.26	21.30		Grăsimi	g	1.19	4.77	6.81
	Glucide	g	2.84	8.51	3.27		<i>Din care</i>				
	<i>Din care</i>						* saturat	g	0.00		0.00
	*zaharuri	g	0.00	0.00	0.00		Glucide	g	6.40	25.58	9.84
Proteine	g	11.39	34.18	68.36	<i>Din care</i>						
Sare	g	0.33	1.00	16.67	*zaharuri	g	0.00		0.00		
CEAFA RASFATATA CU MAMALIGUTA	Valoare energeti	kJ/ kcal	386.26	772.52	18.26	CIORBA SATIOASA DE FASOLE	Proteine	g	0.88	3.53	7.07
	Grăsimi	g	33.77	67.54	96.49		Sare	g	0.00	0.01	0.14
	<i>Din care</i>						Valoare e	kJ/ kcal	90.14	360.55	18.03
	* saturate	g	6.21	12.41	62.05		Grăsimi	g	5.79	23.15	33.07
	Glucide	g	1.26	2.52	0.97		<i>Din care</i>				
	<i>Din care</i>						* saturat	g	1.04	4.16	20.79
	*zaharuri	g	0.00	0.00	0.00		Glucide	g	4.83	19.33	7.43
	Proteine	g	16.35	32.70	65.40		<i>Din care</i>				
	Sare	g	0.50	1.00	16.67		*zaharuri	g	0.00	0.00	0.00
	mamaliga, 150 g						Proteine	g	4.03	16.11	32.21
	Valoare energetică	kJ/ kcal	45.22	67.83	3.39		Sare	g	0.33	1.33	22.22
	Grăsimi	g	0.06	0.09	0.06		Valoare e	kJ/ kcal	75.66	302.66	15.13
	<i>Din care</i>						Grăsimi	g	3.52	14.09	20.12
* saturate	g	0.00	0.00	0.00	<i>Din care</i>						
Glucide	g	9.61	14.42	37.49	* saturat	g	0.18	0.73	3.63		
<i>Din care</i>					Glucide	g	3.42	13.68	5.26		
*zaharuri	g	0.00	0.00	0.00	<i>Din care</i>						
Proteine	g	1.28	1.92	0.96	*zaharuri	g	0.00	0.00	0.00		
Sare	g	0.67	1.00	0.06	Proteine	g	7.05	28.18	56.37		
VITANOFF	Valoare energeti	kJ/ kcal	134.15	402.45	18.26	CURCAN LEGAT TAITEI CASA INECAT SUPA	Sare	g	0.33	1.33	22.22
	Grăsimi	g	9.30	27.91	39.87		Valoare e	kJ/ kcal	67.90	271.59	13.58
	<i>Din care</i>						Grăsimi	g	3.32	13.27	18.95
	* saturate	g	1.67	5.02	25.10		<i>Din care</i>				
	Glucide	g	4.00	12.00	4.62		* saturat	g	0.06	0.23	1.16
	<i>Din care</i>						Glucide	g	2.43	9.71	3.73
	*zaharuri	g	0.00	0.00	0.00		<i>Din care</i>				
	Proteine	g	7.62	22.85	45.70		*zaharuri	g	0.00	0.00	0.00
Sare	g	0.33	1.00	16.67	Proteine	g	6.61	26.45	52.89		
IMBRATISATE O	Valoare energeti	kJ/ kcal	64,8 / 287,3	162 / 680	18.26	SUPA DE ROSII PARFUMATA CU BUSUIOC	Sare	g	0.35	1.42	23.61
	Grăsimi	g	4.17	10.43	14.90		Valoare e	kJ/ kcal	46.15	184.60	9.23
	<i>Din care</i>						Grăsimi	g	3.02	12.07	17.24
	* saturate	g	0.00	0.00	0.00		<i>Din care</i>				

IMBRATISATE CU	Glucide	g	5.06	12.64	4.86	CU BUSUIOC CU CRUTOANE	Din care				
	<i>Din care</i>						*zaharuri	g	0.00	0.00	0.00
	*zaharuri	g	0.00	0.00	0.00		Proteine	g	2.02	8.07	16.13
	Proteine	g	1.29	3.23	6.46		Sare	g	0.35	1.42	23.61
TE CU PUI SI CIUF	Valoare energetica	kJ/ kcal	512,65 / 2150	1281,64 / 5380,2	64.08	CIOCOLATA LA CLATITA	Valoare energetica	kJ/ kcal	331.69	473.85	23.69
	Grăsimi	g	40.46	101.15	144.50		Grăsimi	g	9.56	13.65	19.50
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	3.28	8.20	41.00		* saturate	g	1.56	2.23	11.14
	Glucide	g	10.15	25.38	9.76		Glucide	g	46.72	66.75	25.67
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	55.65	79.50	88.33
	Proteine	g	21.56	53.90	107.80		Proteine	g	12.51	17.87	35.73
Sare	g	0.01	0.03	0.50	Sare	g	0.00	0.00	0.00		
SI SIMPLU MAMA	Valoare nutritiva	per 100 g		per portie	% din DZR p	DULCEATA DE VISINE CLATITA	Valoare energetica	kJ/ kcal	267.15	381.65	19.08
	Valoare energetica	kJ/ kcal	107,8 / 452,76	161,6 / 678	2156.00		Grăsimi	g	3.78	5.40	7.71
	Grăsimi	g	2.59	3.88	5.54		<i>Din care</i>				
	<i>Din care</i>						* saturate	g	1.56	2.23	11.14
	* saturate	g	0.72	1.00			Glucide	g	45.25	64.65	24.86
	Glucide	g	17.85	26.70	10.27		<i>Din care</i>				
	<i>Din care</i>						*zaharuri	g	50.75	72.50	80.56
	*zaharuri	g	0.00				Proteine	g	11.33	16.19	32.38
Proteine	g	2.57	3.85	7.70	Sare	g	0.00	0.00	0.00		
Sare	g	0.33	0.50	8.33							
CASCAVAL TOPIT DE PLACERE	Valoare energetica	kJ/ kcal	527.62	1055.23	52.76	PAPANASI INDOPATI CU DE SI DULCEATA	Valoare energetica	kJ/ kcal	161.78	647.13	32.36
	Grăsimi	g	38.49	76.98	109.97		Grăsimi	g	3.65	14.60	20.86
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	6.34	12.67	63.35		* saturate	g	1.09	4.36	21.78
	Glucide	g	18.34	36.68	14.11		Glucide	g	23.63	94.52	36.35
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	23.05	46.09	92.18		Proteine	g	7.55	30.20	60.40
Sare	g	0.50	1.00	16.67	Sare	g	0.25	1.00	16.67		
DOVLECICA PANE CU SOS DE USTUROI	Valoare energetica	kJ/ kcal	140.96	352.39	17.62	MERE RASE-N FOI PUFOASE	Valoare energetica	kJ/ kcal	518.39	1036.79	51.84
	Grăsimi	g	8.82	22.04	31.49		Grăsimi	g	20.58	41.15	58.79
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	0.17	0.43	2.15		* saturate	g	0.00	0.00	0.00
	Glucide	g	11.54	28.86	11.10		Glucide	g	76.34	152.69	58.73
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	15.00	30.00	33.33
	Proteine	g	2.84	7.10	14.20		Proteine	g	3.43	6.85	13.70
Sare	g	0.22	0.54	9.00	Sare	g	0.00	0.00	0.00		
PLATOU IN DOI	Valoare energetica	kJ/ kcal	87.71	877.06	43.85	SALATA SANATOASA DE CRUDITATI	Valoare energetica	kJ/ kcal	68.22	204.66	10.23
	Grăsimi	g	5.17	51.72	73.89		Grăsimi	g	3.60	10.80	15.43
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	1.36	13.61	68.04		* saturate	g	0.00	0.00	0.00
	Glucide	g	3.82	38.23	14.70		Glucide	g	6.37	19.10	7.35
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	5.84	58.37	116.74		Proteine	g	2.11	6.32	12.64
Sare	g	0.40	4.00	66.67	Sare	g	0.33	1.00	16.67		
PILAFOVIC	Valoare energetica	kJ/ kcal	100.62	301.87	15.09	FARFALLE HOT	Valoare energetica	kJ/ kcal	378.90	1136.70	56.84
	Grăsimi	g	0.25	10.73	15.33		Grăsimi	g	13.52	40.57	57.96
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00		* saturate	g	1.45	4.34	21.70
	Glucide	g	14.46	43.38	16.68		Glucide	g	46.41	139.24	53.55
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	1.98	5.93	11.85		Proteine	g	15.33	45.98	91.96
Sare	g	0.33	1.00	16.67	Sare	g	0.34	1.01	16.83		
CARTOFI STRIVITI CU SOS DE SPIRIT	Valoare energetica	kJ/ kcal	226.31	678.92	33.95	CIORBA SATIOASA CAT O ZI DE POST	Valoare energetica	kJ/ kcal	19.25	77.00	3.85
	Grăsimi	g	7.32	21.95	31.36		Grăsimi	g	1.61	6.44	9.19
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	2.33	7.00	34.98		* saturate	g	0.02	0.07	0.33
	Glucide	g	33.50	100.50	38.65		Glucide	g	0.84	3.35	1.29
					<i>Din care</i>						

RASPUADERE	Din care					*zaharur g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Proteine g	0.22	0.88	1.76	
	Proteine	g	5.10	15.30	30.60	Sare g	0.06	0.24	3.98	
	Sare	g	1.00	3.00	50.00	Valoare e kJ/ kcal	155.78	467.35	23.37	
CARTOFI GRATINATI DESAVARSIT	Valoare energeti	kJ/ kcal	336.46	1009.38	50.47	Grăsimi g	10.46	31.39	44.84	
	Grăsimi	g	18.03	54.08	77.26	Din care				
	Din care					* saturat g	1.34	4.03	20.16	
	* saturate	g	0.71	2.14	10.69	Glucide g	6.54	19.63	7.55	
	Glucide	g	35.53	106.60	41.00	Din care				
	Din care					*zaharuri g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Proteine g	7.72	23.16	46.31	
	Proteine	g	5.64	16.92	33.84	Sare g	0.02	0.06	1.00	
Sare	g	0.67	2.00	33.33	Valoare e kJ/ kcal	62.01	186.02	9.30		
CARTOFI PRAJITI AMERICA	Valoare energeti	kJ/ kcal	422.37	844.74	42.24	Grăsimi g	3.49	10.48	14.97	
	Grăsimi	g	26.90	53.80	76.86	Din care				
	Din care					* saturat g	0.00	0.00	0.00	
	* saturate	g	0.00	0.00	0.00	Glucide g	5.62	16.86	6.48	
	Glucide	g	38.00	76.00	29.23	Din care				
	Din care					*zaharuri g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Proteine g	1.58	4.74	9.48	
	Proteine	g	4.00	8.00	16.00	Sare g	0.33	1.00	16.67	
Sare	g	1.00	2.00	33.33	Valoare e kJ/ kcal	51.04	153.11	7.66		
CARTOFII ROZMARIEI	Valoare energeti	kJ/ kcal	376.34	752.67	37.63	Grăsimi g	3.52	10.56	15.09	
	Grăsimi	g	21.95	43.90	62.71	Din care				
	Din care					* saturat g	0.00	0.00	0.00	
	* saturate	g	0.00	0.00	0.00	Glucide g	3.22	9.65	3.71	
	Glucide	g	38.00	76.00	29.23	Din care				
	Din care					*zaharuri g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Proteine g	1.25	3.74	7.48	
	Proteine	g	4.00	8.00	16.00	Sare g	0.67	2.00	33.33	
Sare	g	1.50	3.00	50.00	Valoare e kJ/ kcal	22.69	68.06	3.40		
SALATA ZORBA	Valoare energeti	kJ/ kcal	155.78	467.35	23.37	Grăsimi g	0.66	1.98	2.83	
	Grăsimi	g	10.46	31.39	44.84	Din care				
	Din care					* saturat g	0.00	0.00	0.00	
	* saturate	g	1.34	4.03	20.16	Glucide g	0.00	0.00	0.00	
	Glucide	g	6.54	19.63	7.55	Din care				
	Din care					*zaharuri g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Proteine g	0.36	1.08	2.16	
	Proteine	g	7.72	23.16	46.31	Sare g	0.00	0.00	0.00	
Sare	g	0.02	0.06	9.33	Valoare e kJ/ kcal	11.34	17.02	0.85		
SALATA SANATOASA DE SFECCLA ROSIE CU HREAN	Valoare energeti	kJ/ kcal	49.39	148.18	7.41	Grăsimi g	0.00	0.00	0.00	
	Grăsimi	g	3.34	10.03	14.33	Din care				
	Din care					* saturat g	0.00	0.00	0.00	
	* saturate	g	0.00	0.00	0.00	Glucide g	2.17	3.25	1.25	
	Glucide	g	3.90	11.70	4.50	Din care				
	Din care					*zaharuri g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Proteine g	0.60	0.90	1.80	
	Proteine	g	0.56	1.69	3.38	Sare g	1.00	1.50	25.00	
Sare	g	0.00	0.00	0.00	Valoare e kJ/ kcal	361.58	516.54	25.83		
GRISULET DE LA BUNICA	Valoare energeti	kJ/ kcal	120.80	362.41	18.12	Grăsimi g	3.78	5.40	7.71	
	Grăsimi	g	1.53	4.59	6.55	Din care				
	Din care					* saturat g	1.56	2.23	11.14	
	* saturate	g	0.47	1.40	7.01	Glucide g	68.28	97.55	37.52	
	Glucide	g	21.90	65.71	25.27	Din care				
	Din care					*zaharuri g	57.75	82.50	91.67	
	*zaharuri	g	8.33	25.00	27.78	Proteine g	11.33	16.19	32.38	
	Proteine	g	1.64	4.91	9.82	Sare g	0.00	0.00	0.00	
Sare	g	0.08	0.25	4.21	Valoare e kJ/ kcal	88,69 / 37,443,45 / 188		22.17		
LEGUME NAZDRAVANE TRASE IN TIGAI	Valoare energeti	kJ/ kcal	97.10	242.76	12.14	Grăsimi g	4.13	20.63	29.47	
	Grăsimi	g	5.38	13.45	19.21	Din care				
	Din care					* saturat g	2.65	13.26	66.30	
	* saturate	g	0.00	0.00	0.00	Glucide g	5.99	29.95	11.52	
	Glucide	g	9.28	23.20	8.92	Din care				
	Din care					*zaharuri g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00	Proteine g	5.71	28.57	57.14	
	Proteine	g	2.20	5.50	11.00	Sare g	0.07	0.33	5.50	
Sare	g	0.60	1.50	25.00	Valoare e kJ/ kcal	16.08	56.30	2.81		
SALATA	Valoare energeti	kJ/ kcal	83.05	290.68	14.53	Grăsimi g	1.29	4.50	6.43	
	Grăsimi	g	50.40	176.40	252.00	Din care				
	Din care					* saturat g	0.33	1.16	5.78	
	* saturate	g	0.62	2.18	10.89	Glucide g	9.60	33.60	12.92	
						CAESAR CALARE PE PUI				
						SALATA SANATOASA DE VARZA ALBA				
						SALATA SANATOASA ASORTATA DE VARA				
						SALATA SANATOASA DE ARDEI CAPIATI				
						ACRITURI				
						DULCEATA DE LA CLATITA				
						MAMALIGUTA CU UNT SI BRANZA DE VACI ALINTATA CU SMANTANA CREMOASA				
						PIFTIE ARISTOCRATA				

SARBATOREASC A 2,5 kg	Glucide	g	57.04	199.64	76.78
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	31.20	109.20	218.40
	Sare	g	0.86	3.01	50.17

INVARTITURA DE FASOLE CU CEAPA CALITA	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	26.71	93.50	187.00
	Sare	g	0.29	1.00	16.67

INVARTITURA DE FASOLE CU CEAPA CALITA	Valoare en	kJ/ kcal	296.22	592.44	29.62
	Grăsimi	g	20.22	40.44	57.77
	<i>Din care</i>				
	* saturate	g	0.00	0.00	0.00
	Glucide	g	19.12	38.24	14.71
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.27	14.54	29.08
	Sare	g	0.75	1.50	25.00