

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>						<i>Din care</i>				
	* saturate	g	1.38	4.16	20.80		Grăsimi	g	6.17	18.51	26.44
	Glucide	g	1.60	4.81	1.85		<i>Din care</i>				
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		* saturate	g	0.00	0.00	0.00
	Proteine	g	11.85	35.55	71.10		Glucide	g	24.10	72.30	27.81
Sare	g	0.14	0.43	7.17	*zaharuri	g	0.00	0.00	0.00		
MARIII MITITEI	Valoare energetică	kJ/ kcal	116 / 487,2	779,2 / 3272,64	38.96	GRECOWICH	Proteine	g	8.56	25.69	51.38
	Grăsimi	g	19.00	60.80	86.86		Sare	g	0.34	1.01	16.83
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	19.00	60.80	304.00		* cu chabatta inclusa				
	Glucide	g	2.30	7.36	2.83		Valoare energetică	kJ/ kcal	214.70	644.11	32.21
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	2.30	7.36	8.18		Grăsimi	g	8.44	25.31	36.15
	Proteine	g	14.00	44.80	89.60		<i>Din care</i>				
Sare	g	0.93	2.98	49.67	* saturate	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	Glucide	g	25.22	75.65	29.10
	Grăsimi	g	16.14	40.35	57.64		<i>Din care</i>				
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	10.2	25.5	127.50		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	0	0	0.00		Proteine	g	8.02	24.05	48.10
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0	0	0.00		Sare	g	0.34	1.01	16.83
	Proteine	g	20.1	50.25	100.50		* cu chabatta inclusa				
Sare	g	0.4	1	16.67	Valoare energetică	kJ/ kcal	441.08	1323.23	66.16		
PIEPT CURCAN INVARTIT IN SALSĂ	Valoare energetică	kJ/ kcal	121,75 / 511,36	365,25 / 1534	18.26	SUNCA CIUPERCI INNEBUNITE DUPA SPAGHETE	Grăsimi	g	22.40	67.20	96.00
	Grăsimi	g	9.10	22.76	32.51		<i>Din care</i>				
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	0.36	0.90	4.50		* saturate	g	0.00	0.00	0.00
	Glucide	g	4.42	11.06	4.25		Glucide	g	46.24	138.73	53.36
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.24	0.60	0.67		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	10.56	26.40	52.80		Proteine	g	10.53	31.58	63.16
Sare	g	0.40	1.00	16.67	Sare	g	0.67	2.01	33.50		
CARNATI FUMURI GRATAR CU PE	Valoare energetică	kJ/ kcal	116 / 487,2	792,3 / 3327,66	39.615	CARBONARA	Valoare energetică	kJ/ kcal	209.34	732.70	36.64
	Grăsimi	g	11.47	51.6	73.71		Grăsimi	g	6.21	21.72	31.03
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	11.47	51.6	258.00		* saturate	g	0.00	0.00	0.00
	Glucide	g	11.27	50.7	19.50		Glucide	g	28.58	100.02	38.47
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0	0.00		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	5.67	25.5	51.00		Proteine	g	8.41	29.42	58.84
Sare	g	1.00	4.5	75.00	Sare	g	0.00	0.01	0.17		
ARIPIOARE PICANT VIGUROASE	Valoare energetică	kJ/ kcal	116 / 487,2	293,7 / 2493,7	29.68775	INTALNIRE DE FARFALLE CU BROCCOLI, CIUPERCI, ROSII, ARDEI GRAS SI BUSUIOC	Valoare energetică	kJ/ kcal	359.16	1257.05	62.85
	Grăsimi	g	11.95	35.85	51.21		Grăsimi	g	15.10	52.86	75.51
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	10.20	30.6	153.00		* saturate	g	0.00	0.00	0.00
	Glucide	g	0.90	2.7	1.04		Glucide	g	41.75	146.12	56.20
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0	0.00		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.67	23	46.00		Proteine	g	11.59	40.58	81.15
Sare	g	0.67	2	33.33	Sare	g	0.00	0.01	0.17		
	Valoare energetică	kJ/ kcal	209,4 / 879,5	628,2 / 2638,5	31.41		Valoare energetică	kJ/ kcal	176.45	617.59	30.88
	Grăsimi	g	10.10	30.31	43.30		Grăsimi	g	4.65	16.29	23.27
							<i>Din care</i>				
							* saturate	g	0.00	0.00	0.00
							Glucide	g	27.54	96.40	37.08
							<i>Din care</i>				
							*zaharuri	g	0.00	0.00	0.00
							Proteine	g	4.94	17.28	34.56

NUGGETS FRAGEDE DE PUI	<i>Din care</i>						Sare	g	0.00	0.01	0.17
	* saturate	g	4.97	14.92	74.60		Valoare e	kJ/ kcal	295.47	886.40	44.32
	Glucide	g	19.03	57.09	21.96		Grăsimi	g	13.97	41.91	59.87
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	8.00	24.00	26.67		* saturat	g	1.68	5.05	25.25
CIULAMA DE PUI IN CARE A PLONJAT MAMALIGUTA (fara mamaliga)	Proteine	g	9.13	27.39	54.78		Glucide	g	26.09	78.28	30.11
	Sare	g	1.47	4.40	73.33		<i>Din care</i>				
	Valoare energeti	kJ/ kcal	194,74 / 818	584,24 / 2453,8	29.21		*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	10.23	30.68	43.83		Proteine	g	14.28	42.85	85.70
	<i>Din care</i>						Sare	g	0.18	0.54	9.00
MUSCHI PORC FERMECAT CU SOS DE PIPER	* saturate	g	1.39	4.16	20.80		Valoare e	kJ/ kcal	228.46	456.92	22.85
	Glucide	g	13.45	40.34	15.52		Grăsimi	g	6.19	12.39	17.69
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.10	0.29	0.32		* saturat	g	1.82	3.64	18.18
	Proteine	g	10.86	32.57	65.14		Glucide	g	17.91	35.82	13.78
PIEPT CURCAN VOPSIT CU SOS DE ROSII SMANTANA	Sare	g	0.34	1.03	17.17		<i>Din care</i>				
	Valoare energeti	kJ/ kcal	443,2 / 1861,4	1108,8 / 4627	55.02		*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	15.85	39.63	56.61		Proteine	g	23.77	47.53	95.06
	<i>Din care</i>						Sare	g	1.17	2.34	39.00
	* saturate	g	7.89	19.73	98.65		Valoare e	kJ/ kcal	328.82	164.41	8.22
SARMAL INFOLITE-N FOI DE VARZA	Glucide	g	3.74	9.35	3.60		Grăsimi	g	7.76	3.88	5.54
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.40	1.00	1.11		* saturat	g	0.00	0.00	0.00
	Proteine	g	18.63	46.57	93.14		Glucide	g	124.80	62.40	24.00
	Sare	g	0.40	1.00	16.67		<i>Din care</i>				
PIEPT CURCAN VOPSIT CU SOS DE ROSII SMANTANA	Valoare energeti	kJ/ kcal	121,75 / 511,36	365,25 / 1534	18.26		*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	9.10	22.76	32.51		Proteine	g	18.00	9.00	18.00
	<i>Din care</i>						Sare	g	4.00	2.00	33.33
	* saturate	g	0.36	0.90	4.50		Valoare e	kJ/ kcal	40.93	163.71	8.19
	Glucide	g	4.42	11.06	4.25		Grăsimi	g	1.19	4.77	6.81
SARMAL INFOLITE-N FOI DE VARZA	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.24	0.60	0.67		* saturat	g	0.00	0.00	0.00
	Proteine	g	10.56	26.40	52.80		Glucide	g	6.40	25.58	9.84
	Sare	g	0.40	1.00	16.67		<i>Din care</i>				
	Valoare energeti	kJ/ kcal	143,50 / 602,7	717,52 / 3013	35.88		*zaharuri	g	0.00	0.00	0.00
SARMAL INFOLITE-N FOI DE VARZA	Grăsimi	g	7.00	35.00	50.00		Proteine	g	0.88	3.53	7.07
	<i>Din care</i>						Sare	g	0.00	0.01	0.14
	* saturate	g	1.74	8.70	43.50		Valoare e	kJ/ kcal	90.14	360.55	18.03
	Glucide	g	13.56	67.80	26.08		Grăsimi	g	5.79	23.15	33.07
	<i>Din care</i>						<i>Din care</i>				
SARMAL INFOLITE-N FOI DE VARZA	*zaharuri	g	0.00	0.00	0.00		* saturat	g	1.04	4.16	20.79
	Proteine	g	4.56	22.80	45.60		Glucide	g	4.83	19.33	7.43
	Sare	g	0.40	2.00	33.33		<i>Din care</i>				
	Valoare energeti	kJ/ kcal	117,7 / 494,34	588,5 / 2471,7	29.43		*zaharuri	g	0.00	0.00	0.00
	Grăsimi	g	4.34	21.68	30.97		Proteine	g	4.03	16.11	32.21
SARMAL INFOLITE-N FOI DE VARZA	<i>Din care</i>						Sare	g	0.33	1.33	22.22
	* saturate	g	0.00	0.00	0.00		Valoare e	kJ/ kcal	75.66	302.66	15.13
	Glucide	g	16.29	81.44	31.32		Grăsimi	g	3.52	14.09	20.12
	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00		* saturat	g	0.18	0.73	3.63
CURCAN SALTARET IN SOS ROSSE	Proteine	g	2.58	12.92	25.84		Glucide	g	3.42	13.68	5.26
	Sare	g	0.40	2.00	33.33		<i>Din care</i>				
	* zaharuri	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.05	28.18	56.37		Proteine	g	7.05	28.18	56.37
	Sare	g	0.33	1.33	22.22		Sare	g	0.33	1.33	22.22
CURCAN SALTARET IN SOS ROSSE	Valoare energeti	kJ/ kcal	107.00	321.00	18.26		Valoare e	kJ/ kcal	67.90	271.59	13.58
	Grăsimi	g	6.81	20.42	29.17		Grăsimi	g	3.32	13.27	18.95
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	0.10	0.30	1.50		* saturat	g	0.06	0.23	1.16
	Glucide	g	3.62	10.85	4.17		Glucide	g	2.43	9.71	3.73
CURCAN SALTARET IN SOS ROSSE	<i>Din care</i>						<i>Din care</i>				
	*zaharuri	g	1.33	4.00	4.44		*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.09	21.28	42.56		Proteine	g	6.61	26.45	52.89
	Sare	g	0.67	2.00	33.33		Sare	g	0.35	1.42	23.61
	Valoare energeti	kJ/ kcal	143.04	429.12	18.26		Valoare e	kJ/ kcal	46.15	184.60	9.23
MI-AI MANCAT FICATII SUNCA CIUPERCI	Grăsimi	g	8.39	25.17	35.96		Grăsimi	g	3.02	12.07	17.24
	<i>Din care</i>						<i>Din care</i>				
	* saturate	g	1.64	4.91	24.55		* saturat	g	0.00	0.00	0.00
	Glucide	g	2.24	6.71	2.58		Glucide	g	2.40	9.59	3.69
	<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	2.24	6.71	13.42			*zaharuri	g	0.00	0.00	0.00
	Sare	g	0.67	2.00	33.33			Proteine	g	2.02	8.07	16.13
ARDEI COPT DE DRAGUL PUIULUI	Valoare energetica	kJ/ kcal	113,9 / 478,4	341,71 / 1435,2	18.26			Sare	g	0.35	1.42	23.61
	Grăsimi	g	6.90	20.70	29.57	BRANZA STAFIDE INVELITE-N CLATITA		Valoare energetica	kJ/ kcal	100.15	143.08	7.15
	<i>Din care</i>							Grăsimi	g	2.94	4.20	6.00
	*saturate	g	0.01	0.03	0.15			<i>Din care</i>				
	Glucide	g	4.30	12.90	4.96			*saturate	g	2.37	3.38	16.91
	<i>Din care</i>							Glucide	g	11.22	16.04	6.17
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	7.83	23.49	46.98			*zaharuri	g	1.75	2.50	2.78
Sare	g	0.33	1.00	16.67			Proteine	g	6.53	9.34	18.67	
CASTRAVECIORI MURATI SMANTANITI CU PUI	Valoare energetica	kJ/ kcal	158.33	475.00	18.26			Sare	g	0.00	0.00	0.00
	Grăsimi	g	11.85	35.54	50.77	CIOCOLATA LA CLATITA		Valoare energetica	kJ/ kcal	331.69	473.85	23.69
	<i>Din care</i>							Grăsimi	g	9.56	13.65	19.50
	*saturate	g	0.01	0.03	0.15			<i>Din care</i>				
	Glucide	g	2.21	6.64	2.55			*saturate	g	1.56	2.23	11.14
	<i>Din care</i>							Glucide	g	46.72	66.75	25.67
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	10.29	30.87	61.74			*zaharuri	g	55.65	79.50	88.33
Sare	g	0.33	1.00	16.67			Proteine	g	12.51	17.87	35.73	
MASA JUPANULUI	Valoare energetica	kJ/ kcal	164,3 / 690	493 / 2070	18.26			Sare	g	0.00	0.00	0.00
	Grăsimi	g	8.59	25.78	36.83	DULCEATA DE VISINE LA CLATITA		Valoare energetica	kJ/ kcal	267.15	381.65	19.08
	<i>Din care</i>							Grăsimi	g	3.78	5.40	7.71
	*saturate	g	0.01	0.03	0.15			<i>Din care</i>				
	Glucide	g	2.01	6.02	2.32			*saturate	g	1.56	2.23	11.14
	<i>Din care</i>							Glucide	g	45.25	64.65	24.86
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	18.62	55.85	111.70			*zaharuri	g	50.75	72.50	80.56
Sare	g	1.00	3.00	50.00			Proteine	g	11.33	16.19	32.38	
PUI INVELIT CU VINETE	Valoare energetica	kJ/ kcal	222,91 / 936,22	668,75 / 2808,75	18.26			Sare	g	0.00	0.00	0.00
	Grăsimi	g	17.70	53.09	75.84	DULCEATA DE AFINE LA CLATITA		Valoare energetica	kJ/ kcal	361.58	516.54	25.83
	<i>Din care</i>							Grăsimi	g	3.78	5.40	7.71
	*saturate	g	1.42	4.26	21.30			<i>Din care</i>				
	Glucide	g	2.84	8.51	3.27			*saturate	g	1.56	2.23	11.14
	<i>Din care</i>							Glucide	g	68.28	97.55	37.52
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	11.39	34.18	68.36			*zaharuri	g	57.75	82.50	91.67
Sare	g	0.33	1.00	16.67			Proteine	g	11.33	16.19	32.38	
FIECARE FASOLE PUIUL EI	Valoare energetica	kJ/ kcal	155,10 / 651,42	465,32 / 1954,34	18.26			Sare	g	0.00	0.00	0.00
	Grăsimi	g	10.81	32.44	46.34	PAPANASI INDOPATI CU BRANZA VACI DULCEATA		Valoare energetica	kJ/ kcal	161.78	647.13	32.36
	<i>Din care</i>							Grăsimi	g	3.65	14.60	20.86
	*saturate	g	0.02	0.06	0.30			<i>Din care</i>				
	Glucide	g	4.55	13.66	5.25			*saturate	g	1.09	4.36	21.78
	<i>Din care</i>							Glucide	g	23.63	94.52	36.35
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	8.75	26.25	52.50			*zaharuri	g	0.00	0.00	0.00
Sare	g	0.33	1.00	16.67			Proteine	g	7.55	30.20	60.40	
CRAPUL TRAGE LA SARAMURA	Valoare energetica	kJ/ kcal	111,79 / 469,4	391,27 / 1643,3	18.26			Sare	g	0.25	1.00	16.67
	Grăsimi	g	3.97	13.91	19.87	PAPANASUL DIVORTAT		Valoare energetica	kJ/ kcal	161.78	323.57	16.18
	<i>Din care</i>							Grăsimi	g	3.65	7.30	10.43
	*saturate	g	0.36	1.26	6.30			<i>Din care</i>				
	Glucide	g	7.21	25.25	9.71			*saturate	g	1.09	2.18	0.44
	<i>Din care</i>							Glucide	g	23.63	47.26	18.18
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	11.02	38.57	77.14			*zaharuri	g	0.00	10.00	11.11
Sare	g	0.57	2.00	33.33			Proteine	g	7.55	15.10	30.20	
SALAU SEF LA HREAN	Valoare energetica	kJ/ kcal	219.67	439.35	18.26			Sare	g	0.25	0.50	8.33
	Grăsimi	g	11.16	22.32	31.89	FARFALLE DULCI CA-N BUCURESTI		Valoare energetica	kJ/ kcal	284.91	712.28	35.61
	<i>Din care</i>							Grăsimi	g	2.02	5.04	7.20
	*saturate	g	0.00	0.00	0.00			<i>Din care</i>				
	Glucide	g	5.75	11.50	19.04			*saturate	g	0.00	0.00	0.00
	<i>Din care</i>							Glucide	g	56.93	142.32	54.74
	*zaharuri	g	0.00	0.00	0.00			<i>Din care</i>				
	Proteine	g	22.52	45.03	90.06			*zaharuri	g	20.80	52.00	57.78
	Sare	g	1.00	2.00	33.33			Proteine	g	7.99	19.98	39.96
	**fara cartofi fierti							Sare	g	0.00	0.01	0.17
Valoare energetica	kJ/ kcal	148.75	595.00	18.26				Valoare energetica	kJ/ kcal	518.39	1036.79	51.84
Grăsimi	g	5.58	22.32	31.89			Grăsimi	g	20.58	41.15	58.79	
<i>Din care</i>							<i>Din care</i>					
							*saturate	g	0.00	0.00	0.00	

	* saturate	g	0.00	0.00	0.00	MENIU PENTRU FOI PUFOASE	Glucide	g	76.34	152.69	58.73	
	Glucide	g	12.38	49.50	19.04		<i>Din care</i>					
	<i>Din care</i>						*zaharuri	g	15.00	30.00	33.33	
	*zaharuri	g	0.00	0.00	0.00		Proteine	g	3.43	6.85	13.70	
	Proteine	g	11.26	45.03	90.06		Sare	g	0.00	0.00	0.00	
	Sare	g	0.50	2.00	33.33		Valoare energetică	kJ/ kcal	120.80	362.41	18.12	
	*** cu portia de cartofi inclusa						Grăsimi	g	1.53	4.59	6.55	
							<i>Din care</i>					
							* saturate	g	0.47	1.40	7.01	
							Glucide	g	21.90	65.71	25.27	
CEAFA RASFATATA CU MAMALIGUTA	Valoare energeti	kJ/ kcal	386.26	772.52	18.26	GRISULET DE LA BUNICA	<i>Din care</i>					
	Grăsimi	g	33.77	67.54	96.49		* zaharuri	g	8.33	25.00	27.78	
	<i>Din care</i>						Proteine	g	1.64	4.91	9.82	
	* saturate	g	6.21	12.41	62.05		Sare	g	0.08	0.25	4.21	
	Glucide	g	1.26	2.52	0.97		Valoare energetică	kJ/ kcal	1236.50	1112.85	55.64	
	<i>Din care</i>						Grăsimi	g	83.82	75.44	107.77	
	*zaharuri	g	0.00	0.00	0.00		<i>Din care</i>					
	Proteine	g	16.35	32.70	65.40		* saturate	g	27.37	24.63	123.15	
	Sare	g	0.50	1.00	16.67		Glucide	g	918.28	826.45	317.87	
							<i>Din care</i>					
MAMALIGA, 150 g	Valoare energetică	kJ/ kcal	45.22	67.83	3.39	NEGRESSINI	*zaharuri	g	159.72	143.75	159.72	
	Grăsimi	g	0.06	0.09	0.06		Proteine	g	9.02	8.12	16.23	
	<i>Din care</i>						Sare	g	0.00	0.00	0.00	
	* saturate	g	0.00	0.00	0.00		Valoare energetică	kJ/ kcal	199.06	398.12	19.91	
	Glucide	g	9.61	14.42	37.49		Grăsimi	g	5.41	10.82	15.45	
	<i>Din care</i>						<i>Din care</i>					
	*zaharuri	g	0.00	0.00	0.00		* saturate	g	1.56	3.12	15.59	
	Proteine	g	1.28	1.92	0.96		Glucide	g	17.76	35.52	13.66	
	Sare	g	0.67	1.00	0.06		<i>Din care</i>					
							*zaharuri	g	0.00	0.00	0.00	
VITANOFF	Valoare energeti	kJ/ kcal	134.15	402.45	18.26	SNITEL DE PORC FERICIT PRIN IARBA	Proteine	g	18.53	37.05	74.10	
	Grăsimi	g	9.30	27.91	39.87		Sare	g	0.27	0.54	9.00	
	<i>Din care</i>						Valoare energetică	kJ/ kcal	68.22	204.66	10.23	
	* saturate	g	1.67	5.02	25.10		Grăsimi	g	3.60	10.80	15.43	
	Glucide	g	4.00	12.00	4.62		<i>Din care</i>					
	<i>Din care</i>						* saturate	g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00		Glucide	g	6.37	19.10	7.35	
	Proteine	g	7.62	22.85	45.70		<i>Din care</i>					
	Sare	g	0.33	1.00	16.67		*zaharuri	g	0.00	0.00	0.00	
							Proteine	g	2.11	6.32	12.64	
CIUPERCI INFOLITE	Valoare energeti	kJ/ kcal	122,74 / 515,5	368,23 / 1546,5	18.26	SALATA SANATOASA DE CRUDITATI	Sare	g	0.33	1.00	16.67	
	Grăsimi	g	0.93	2.80	4.00		Valoare energetică	kJ/ kcal	378.90	1136.70	56.84	
	<i>Din care</i>						Grăsimi	g	13.52	40.57	57.96	
	* saturate	g	0.00	0.00	0.00		<i>Din care</i>					
	Glucide	g	21.83	65.50	25.19		* saturate	g	1.45	4.34	21.70	
	<i>Din care</i>						Glucide	g	46.41	139.24	53.55	
	*zaharuri	g	0.00	0.00	0.00		<i>Din care</i>					
	Proteine	g	5.99	17.96	35.92		*zaharuri	g	0.00	0.00	0.00	
	Sare	g	0.18	0.54	9.00		Proteine	g	15.33	45.98	91.96	
							Sare	g	0.34	1.01	16.83	
VINETE IMBRATISATE CU ROSII	Valoare energeti	kJ/ kcal	64,8 / 287,3	162 / 680	18.26	FARFALLE HOT	Valoare energetică	kJ/ kcal	242.18	363.27	18.16	
	Grăsimi	g	4.17	10.43	14.90		Grăsimi	g	5.50	8.25	11.78	
	<i>Din care</i>						<i>Din care</i>					
	* saturate	g	0.00	0.00	0.00		* saturate	g	1.72	2.58	12.89	
	Glucide	g	5.06	12.64	4.86		Glucide	g	32.28	48.41	18.62	
	<i>Din care</i>						<i>Din care</i>					
	*zaharuri	g	0.00	0.00	0.00		*zaharuri	g	2.00	3.00	3.33	
	Proteine	g	1.29	3.23	6.46		Proteine	g	14.32	21.48	42.96	
							Sare	g	0.36	0.54	9.00	
							Valoare energetică	kJ/ kcal	316.78	633.56	42.24	
CLATITE SATURATE CU PUI SI CIUPERCI GRATINATE	Valoare energeti	kJ/ kcal	512,65 / 2150	1281,64 / 5380,2	64.08	NUGGETS FRAGEDE DE PUI	Grăsimi	g	26.90	40.35	76.86	
	Grăsimi	g	40.46	101.15	144.50		<i>Din care</i>					
	<i>Din care</i>						* saturate	g	0.00	0.00	0.00	
	* saturate	g	3.28	8.20	41.00		Glucide	g	38.00	57.00	29.23	
	Glucide	g	10.15	25.38	9.76		<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	4.00	6.00	16.00	
	Proteine	g	21.56	53.90	107.80		Sare	g	0.00	0.00	0.00	
	Sare	g	0.01	0.03	0.50		Valoare energetică	kJ/ kcal	256.42	427.37	35.61	
							Grăsimi	g				
MAMALIGUTA CU UNT SI BRANZA DE VACI ALINTATA CU SMANTANA CREMOASA	Valoare energeti	kJ/ kcal	88,69 / 372,5	443,45 / 1883,45	22.17	CARTOFI SMILEY	<i>Din care</i>					
	Grăsimi	g	4.13	20.63	29.47		* saturate	g	0.00	0.00	0.00	
	<i>Din care</i>						Glucide	g				
	* saturate	g	2.65	13.26	66.30		<i>Din care</i>					
	Glucide	g	5.99	29.95	11.52		*zaharuri	g	0.00	0.00	0.00	
	<i>Din care</i>						Proteine	g	0.00	0.00	0.00	
	*zaharuri	g	0.00	0.00	0.00		Sare	g	0.00	0.00	0.00	
	Proteine	g	5.71	28.57	57.14		Valoare energetică	kJ/ kcal				
							Grăsimi	g				
							<i>Din care</i>					



RASPUADERE	Din care					Sare	g	0.02	0.06	1.00	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	155.78	467.35	23.37	
	Proteine	g	5.10	15.30	30.60	Grăsimi	g	10.46	31.39	44.84	
	Sare	g	1.00	3.00	50.00	Din care					
CARTOFI GRATINATI DESAVARSIT	Valoare energeti	kJ/ kcal	336.46	1009.38	50.47	SALATA ZORBA	* saturat	g	1.34	4.03	20.16
	Grăsimi	g	18.03	54.08	77.26		Glucide	g	6.54	19.63	7.55
	Din care						Din care				
	* saturate	g	0.71	2.14	10.69		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	35.53	106.60	41.00		Proteine	g	7.72	23.16	46.31
	Din care						Sare	g	0.02	0.06	9.33
	*zaharuri	g	0.00	0.00	0.00		Valoare e	kJ/ kcal	62.01	186.02	9.30
	Proteine	g	5.64	16.92	33.84		Grăsimi	g	3.49	10.48	14.97
CARTOFI PRAJITI CA-N AMERICA	Sare	g	0.67	2.00	33.33	SALATA SANATOASA DE VARZA ALBA	Din care				
	Valoare energeti	kJ/ kcal	422.37	844.74	42.24		* saturat	g	0.00	0.00	0.00
	Grăsimi	g	26.90	53.80	76.86		Glucide	g	5.62	16.86	6.48
	Din care						Din care				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	38.00	76.00	29.23		Proteine	g	1.58	4.74	9.48
	Din care						Sare	g	0.33	1.00	16.67
	*zaharuri	g	0.00	0.00	0.00		Valoare e	kJ/ kcal	49.39	148.18	7.41
FASOLE MOLESTATA, CU CEAPA CALITA	Proteine	g	4.00	8.00	16.00	SALATA SANATOASA DE SFECLE ROSIE CU HREAN	Grăsimi	g	3.34	10.03	14.33
	Sare	g	1.00	2.00	33.33		Din care				
	Valoare energeti	kJ/ kcal	296.22	592.44	29.62		* saturat	g	0.00	0.00	0.00
	Grăsimi	g	20.22	40.44	57.77		Glucide	g	3.90	11.70	4.50
	Din care						Din care				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	19.12	38.24	14.71		Proteine	g	0.56	1.69	3.38
	Din care						Sare	g	0.00	0.00	0.00
CARTOFII ROZMARIEI	*zaharuri	g	0.00	0.00	0.00	SALATA SANATOASA ASORTATA DE VARA	Valoare e	kJ/ kcal	51.04	153.11	7.66
	Proteine	g	7.27	14.54	29.08		Grăsimi	g	3.52	10.56	15.09
	Sare	g	0.75	1.50	25.00		Din care				
	Valoare energeti	kJ/ kcal	376.34	752.67	37.63		* saturat	g	0.00	0.00	0.00
	Grăsimi	g	21.95	43.90	62.71		Glucide	g	3.22	9.65	3.71
	Din care						Din care				
	* saturate	g	0.00	0.00	0.00		*zaharuri	g	0.00	0.00	0.00
	Glucide	g	38.00	76.00	29.23		Proteine	g	1.25	3.74	7.48
INTALNIRE INTRE MAZARE SI BLENDER	Din care					Sare	g	0.67	2.00	33.33	
	*zaharuri	g	0.00	0.00	0.00	Valoare e	kJ/ kcal	22.69	68.06	3.40	
	Proteine	g	4.00	8.00	16.00	Grăsimi	g	0.66	1.98	2.83	
	Sare	g	1.50	3.00	50.00	Din care					
	Valoare energeti	kJ/ kcal	139.69	419.08	20.95	* saturat	g	0.00	0.00	0.00	
	Grăsimi	g	6.90	20.70	29.57	Glucide	g	0.00	0.00	0.00	
	Din care					Din care					
	* saturate	g	2.15	6.44	32.18	*zaharuri	g	0.00	0.00	0.00	
LEGUME NAZDRAVANE TRASE IN TIGAIE	Glucide	g	11.40	34.20	13.15	PUI GRADINA IN	Proteine	g	0.36	1.08	2.16
	Din care						Sare	g	0.00	0.00	0.00
	*zaharuri	g	0.00	0.00	0.00		Valoare e	kJ/ kcal	111.01	277.53	13.88
	Proteine	g	7.02	21.06	42.12		Grăsimi	g	6.87	17.18	24.54
	Sare	g	0.67	2.00	33.33		Din care				
	Valoare energeti	kJ/ kcal	97.10	242.76	12.14		* saturat	g	1.08	2.69	13.46
	Grăsimi	g	5.38	13.45	19.21		Glucide	g	3.95	9.87	3.80
	Din care						Din care				
* saturate	g	0.00	0.00	0.00	*zaharuri	g	0.00	0.00	0.00		
OREZ ORIENTAL DANSANT	Glucide	g	9.28	23.20	8.92	VITA E BELLA	Proteine	g	7.54	18.85	37.70
	Din care						Sare	g	0.40	1.00	16.67
	*zaharuri	g	0.00	0.00	0.00		Valoare e	kJ/ kcal	68.29	170.72	8.54
	Proteine	g	2.20	5.50	11.00		Grăsimi	g	4.47	11.18	15.97
	Sare	g	0.60	1.50	25.00		Din care				
	Valoare energeti	kJ/ kcal	164.23	410.58	20.53		* saturat	g	0.09	0.22	1.09
	Grăsimi	g	8.20	20.51	29.30		Glucide	g	2.44	6.11	2.35
	Din care						Din care				
* saturate	g	0.00	0.00	0.00	*zaharuri	g	0.00	0.00	0.00		
SALATA INSAMANTATA	Glucide	g	20.74	51.84	19.94	SALATA INSAMANTATA	Proteine	g	4.07	10.17	20.34
	Din care						Sare	g	0.80	2.00	33.33
	*zaharuri	g	0.00	0.00	0.00		Valoare e	kJ/ kcal	128.80	322.00	16.10
	Proteine	g	0.71	1.78	3.56		Grăsimi	g	9.83	24.57	35.10
	Sare	g	1.00	2.50	41.67	Din care					
	Valoare energeti	kJ/ kcal	119.21	357.62	17.88	* saturat	g	0.79	1.98	9.90	
	Grăsimi	g	6.38	19.14	27.34	Glucide	g	3.61	9.02	3.47	
	Din care					Din care					

SALATA LUI JUAN CARLOS	* saturate	g	0.90	2.69	13.46
	Glucide	g	7.12	21.37	8.22
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	7.48	22.44	44.89
	Sare	g	0.33	1.00	16.67

SALATA DE-TI DAU LACRIMILE	*zaharuri	g	0.00	0.00	0.00
	Proteine	g	5.51	13.78	27.56
	Sare	g	0.80	2.00	33.33
	Valoare e	kJ/ kcal	59.22	59.22	2.96
	Grăsimi	g	2.18	2.18	3.11
	<i>Din care</i>				
	* saturat	g	0.00	0.00	0.00
	Glucide	g	8.00	8.00	3.08
	<i>Din care</i>				
	*zaharuri	g	0.00	0.00	0.00
Proteine	g	1.50	1.50	3.00	
Sare	g	1.00	1.00	16.67	