

# ARIPIOARE CU CARTOFI

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Maioneza Hellmanns s	0.04	grame	0.44	31.6	0.56	0.56
Cartofi prajiti congelati Steakhouse Fries	0.2	grame	0.38	0.7	4	4
Aripioare de pui crispy La Masa	0.25	grame	3.75	4	1.75	1.75

## Total

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.85	4.57	36.3	6.31	6.31

# Meniu Mini Burger Black Angus

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Hamburger Black Angus 200gr	0.1		1.74	2	0.05	0.05
Bacon	0.04		0.62	0.92	0.16	0.16
Maioneza Hellmann s	0.04		0.02	2.92	0.12	0.12
Cartofi prajiti congelati Pommes Julienne Duc De Coeur	0.15		0.36	0.48	3.45	3.45
<b>Cantitate</b>	<b>0.33</b>		<b>2.74</b>	<b>6.32</b>	<b>3.78</b>	<b>3.78</b>
				<b>Valoare energetica</b>		

# omleta taraneasca

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Bacon afumat Espina	0.8	Grame	0.14	0.14	0.01	1.92
Paine cu maia	0.2	Grame	0.01	0	0.08	0.37
Omleta cu legume	0.25	Grame	0.04	0.03	0.03	0.57

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
1.37	0.2	0.18	0.12	2.99

## paste AOP cu creveti

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Tagliatele artizanale cu ou	0.13	Grame	1.63	0.39	8.88	8.88
Grana Padano	0.06	Grame	1.98	1.74	0	0
creveti decorticati	0.2	Grame	2.72	0.2	0	0
Ulei de masline extravirgin	0.05	Grame	0	4.6	0	0

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.44	6.33	6.93	8.88	8.88



## paste AOP

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Ulei de masline extravirgin	0.05	Grame	0	4.6	0	0
Grana Padano	0.06	Grame	1.98	1.74	0	0
Tagliatele artisanale cu ou	0.13	Grame	1.63	0.39	8.88	8.88

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.24	3.61	6.73	8.88	8.88

# paste bolognese

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Grana Padano	0.06	Grame	1.98	1.74	0	0
Sos Bolognese cu Beef	0.14	Grame	0.54	0.57	0.88	0.88
Tagliatele artizanale cu ou	0.13	Grame	1.63	0.39	8.88	8.88
	0.05	Grame	0	4.6	0	0
<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>		
0.33	4.15	2.7	9.76	9.76		

## **paste carbonara cu sos alb**

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Tagliatele artizanale cu ou	0.13	Grame	1.63	0.39	8.88	8.88
Sos carbonara pentru paste	0.2	Grame	0.64	1.24	1.32	1.32
Bacon espina	0.1	Grame	0.02	0.02	0	0.27

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.43	2.29	1.65	10.2	10.47

# paste cu fructe de mare

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Grana Padano	0.04	Grame	0.01	0.01	0	0.13
Tagliatele artizanale cu ou	0.13	Grame	0.02	0	0.09	0.45
Sos rosii busuioc	0.1	Grame	0	0	0.01	0.04
Fructe de mare	0.1	Grame	0.01	0	0	0.04

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.37	0.04	0.01	0.1	0.66

# paste pomodoro

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Grana Padano	0.06	Grame	1.98	1.74	0	0
Tagliatele artizanale cu ou	0.13	Grame	1.63	0.39	8.88	8.88
Sos rosii busuioc	0.1	Grame	0.13	0.12	0.62	0.62

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.29	3.74	2.25	9.5	9.5

# paste quatro formaggi

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Grana Padano	0.06	Grame	1.98	1.74	0	0
Tagliatele artizanale cu ou	0.13	Grame	1.63	0.39	8.88	8.88
Sos branza	0.15	Grame	0.48	4.8	0.67	0.67

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.34	4.09	6.93	9.55	9.55

## **paste saisia i bacon**

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Bacon afumat Espina	0.08	Grame	1.44	1.36	0.08	0.08
Grana Padano	0.06	Grame	1.98	1.74	0	0
Salsiccia	0.1	Grame	2.4	3.6	0.05	0.05
Tagliatele artizanale cu ou	0.13	Grame	1.63	0.39	8.88	8.88
Sos rosii busuioc	0.1	Grame	0.13	0.12	0.62	0.62
<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>		
0.47	7.58	7.21	9.63	9.63		

# paste siciliene

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Piept de pui la gratar	0.1	Grame	2.62	0.21	0.03	0.03
Grana Padano	0.06	Grame	1.98	1.74	0	0
Tagliatele artizanale cu ou	0.13	Grame	1.63	0.39	8.88	8.88
Masline negre fara samburi	0.05	Grame	0.05	0.9	0	0
Sos rosii busuioc	0.1	Grame	0.13	0.12	0.62	0.62
<b>Cantitate</b>				<b>Valoare energetica</b>		
0.44				9.53		



# pizza amatriciana

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Ceapa rosie	0.05	Grame	0.06	0.01	0.42	0.42
Pizza cu Mozzarella di Bufala	0.5	Grame	4.5	3.1	15	15
Bacon afumat Espina	0.2	Grame	3.6	3.4	0.2	0.2
<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>		
0.75	8.16	6.51	15.62	15.62		

# pizza calzone

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza cu sunca	0.58	Grame	5.8	2.55	17.98	17.98

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.58	5.8	2.55	17.98	17.98

# pizza carbonara

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Sunca presata Cris Tim	0.08	Grame	1.29	0.33	0.17	0.17
Smantana 20 grasime	0.1	Grame	0.27	2	0.34	0.34
Pizza cu Mozzarella di Bufala	0.5	Grame	4.5	3.1	15	15

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.68	6.06	5.43	15.51	15.51

# **pizza maia**

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza Maia	0.6	Grame	6.9	5.28	15.84	15.84

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.6	6.9	5.28	15.84	15.84

# pizza margherita

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza Margherita	0.5		4.6	3.4	17	17

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.5	4.6	3.4	17	17

# pizza pollo funghi

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Ciuperci Chapignon intregi Freshona	0.05	Grame	0.11	0.03	0.03	0.03
Piept pui la caserola lidl Belgia	0.08	Grame	1.66	0.15	0.21	0.21
Pizza cu Mozzarella	0.5	Grame	4.5	3.1	15	15
<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>		
0.63	6.27	3.28	15.24	15.24		

# pizza prosciutto crudo

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza prosciutto Lidl	0.58	Grame	6.38	2.84	16.24	16.24
Rosii cherry prunisoare Lidl	0.1	Grame	0.13	0	0.4	0.4
Salata rucola	0.06	Grame	0.18	0.02	0.02	0.02
Grana Padano	0.04	Grame	1.32	1.16	0	0
<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>		
0.78	8.01	4.02	16.66	16.66		

# pizza prosciutto funghi

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza prosciutto funghi	0.58		6.26	3.25	15.72	15.72

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.58	6.26	3.25	15.72	15.72



# pizza quattro formaggi

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza quattro formaggi	0.58		6.9	4.99	16.88	16.88

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.58	6.9	4.99	16.88	16.88

# pizza salami

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza Diavola	0.58		5.86	4.64	16.59	16.59

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.58	5.86	4.64	16.59	16.59

# pizza tofu

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza margherita	0.45	Grame	0.04	0.03	0.15	1.06
Rosii cherry prunisoare	0.4	Grame	0.01	0	0.02	0.12
Brocoli congelat	0.6	Grame	0.02	0	0.01	0.12
Tofu simplu in saramura	0.15	Grame	0.02	0.01	0.01	0.22
Porumb congelat	0.4	Grame	0.01	0	0.02	0.12
				<b>Valoare energetica</b>		
<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>			
2	0.1	0.04	0.21	1.64		

# pizza turceasca

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Pizza Feliciana margherita	0.5	Grame	4.6	3.4	17	17
Rosii cherry prunisoare Lidl	0.1	Grame	0.13	0	0.4	0.4
Babic Vreau din Romania	0.1	Grame	2.2	4	0.2	0.2
Ceapa rosie	0.02	Grame	0.02	0	0.17	0.17
<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>		
0.72	6.95	7.4	17.77	17.77		

# SALATA CAESAR

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Saratele cu susan	0.1	grame	1.4	1.2	6.4	6.4
Anchoa in ulei masline	0.04	grame	0.91	0.61	0.14	0.14
Sos Caesar	0.1	grame	0.33	5	0.33	0.33
Salata iceberg	0.25	grame	0.25	0.05	0.55	0.55

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.49	2.89	6.86	7.42	7.42

# SALATA CU TON

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
de masline extravirgin cu oregano	0.03	grame	0	2.74	0	0
Ulei de masline cu portocala	0.08	grame	0	7.36	0	0
Ton bucati in apa 185g	0.185	grame	4.81	0.18	0	0
Salata verde ready to eat	0.25	grame	0.17	0.07	0.47	0.47

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.545	4.98	10.35	0.47	0.47

# Salata de varza proaspata

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Varza alba	0.15	Grame	0.19	0.01	0.87	0.87

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.15	0.19	0.01	0.87	0.87





# sandvis prosciutto crudo

Ingredient	Cantitate	Unitate de masura	Proteine	Lipide	Glucide	Valoare energetica
Crema de branza cu iaurt K Classic	0.08	Grame	0.56	1.12	0.28	0.28
San delicio paine cu maia integrala	0.2	Grame	1.62	0.22	9.48	9.48
Paine cu Maia integrala cu seminte de in San Delicio	0.2	Grame	1.68	0.22	9.48	9.48
Paine cu maia germeni si tarate Michael artisan bakery	0.2	Grame	1.29	0.16	7.92	7.92
Rosii	0.07	Grame	0.06	0.01	0.27	0.27
Paine cu Maia Levain	0.2	Grame	1.29	0.16	7.92	7.92
Paine cu Maia Michael Carefour	0.2	Grame	1.33	1.75	8.17	8.17
Prosciutto crudo	0.1	Grame	2.9	1.4	0	0
<b>Cantitate</b>	<b>1.25</b>		<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
			10.73	5.04	43.52	43.52

# sandwich pulled porc meniu

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Spata de porc gatita	0.2	Grame	5.26	2.7	0	0
Cartofi prajiti congelati						
Pommes Julienne	0.25	Grame	0.6	0.8	5.75	5.75
Castraveti murati 6 9cm in otet	0.05	Grame	0.03	0.03	0.14	0.14
Salata coleslaw Coral						
Biogreens varza morcov	0.08	Grame	0.1	0.01	0.44	0.44
Chifla burger	0.12	Grame	3	1.32	1.08	1.08

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.7	8.99	4.86	7.41	7.41

# sandwich pulled porc

<b>Ingredient</b>	<b>Cantitate</b>	<b>Unitate de masura</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
Castraveti murati 6 9cm in otet	0.05	Grame	0.03	0.03	0.14	0.14
Spata de porc gatita	0.2	Grame	5.26	2.7	0	0
Salata coleslaw Coral						
Biogreens varza morcov	0.08	Grame	0.1	0.01	0.44	0.44
Chifla burger	0.12	Grame	3	1.32	1.08	1.08

<b>Cantitate</b>	<b>Proteine</b>	<b>Lipide</b>	<b>Glucide</b>	<b>Valoare energetica</b>
0.45	8.39	4.06	1.66	1.66