

produs_ro	produs_en	descriere_ro	descriere_en	nutritional_values
🍄 TRUFFLE MUSHROOM BEIGNET 🍄	🍄 TRUFFLE MUSHROOM BEIGNET 🍄	Chives, parmesan, ulei de trufe & garlic mayo (40g)	Chives, parmesan, truffle oil & garlic mayo (40g)	Calori: 161.90 kcal Grasimi: 14.03 g Acizi grasi saturati: 6.07 g Carbohidrati: 6.89 g Zaharuri: 1.59 g Sare: 0.57 g Proteine: 3.35 g
🍴 HOUSE-MADE HUMMUS	🍴 HOUSE-MADE HUMMUS	🍴	🍴	Calori: 622 kcal Grasimi: 53.22 g Acizi grasi saturati: 6.14 g Carbohidrati: 29.66 g Zaharuri: 6.85 g Sare: 3.89 g Proteine: 13.85 g
🍷 SEXY LABNEH	🍷 SEXY LABNEH	Crema de iaurt cu tapenade de masline & rosi uscate si morcov, parmesan, ulei de masline & sos bulgaresc	Hung and whipped yogurt, olive oil, parmesan, sun-dried tomatoes, carrot, bulgarian dressing	Calori: 464 kcal Grasimi: 44.4 g Acizi grasi saturati: 11.3 g Carbohidrati: 12.3 g Zaharuri: 1.9 g Sare: 1.2 g Proteine: 9.2 g
🍗 LBFC (Le Bab Fried Chicken)	🍗 LBFC (Le Bab Fried Chicken)	Pulpa de pui cu chili & date relish (180g)	Free-range chicken thigh with chili & date relish (180g)	Calori: 377 kcal Grasimi: 12.07 g Acizi grasi saturati: 3.27 g Carbohidrati: 33.56 g Zaharuri: 15.32 g Sare: 2.8 g Proteine: 34.71 g
🍗 BUTTER CHICKEN	🍗 BUTTER CHICKEN	Piept de pui marinat la gratar cu orez turmeric & sos bulgaresc	Grilled marinated chicken breast with turmeric & bulgarian dressing	Calori: 1093 kcal Grasimi: 70.69 g Acizi grasi saturati: 19.20 g Carbohidrati: 69.92 g Zaharuri: 17.51 g Sare: 3.57 g Proteine: 40.08 g
🍷 SCHMITZEL DIN VANATA	🍷 ALBERGINE SCHMITZEL	Schmitzel din vanata servit cu sos de rosi & busuioc, mi	Aubergine in panko crust with tomato sauce & basil (200g)	Calori: 558 kcal Grasimi: 38.62 g Acizi grasi saturati: 8.23 g Carbohidrati: 30.43 g Zaharuri: 10.35 g Sare: 24.16 g Proteine: 23.54 g
🍴 SPICY VEG SALAD	🍴 SPICY VEG SALAD	Salata crocanta in stil thailandez, ardei rosu, salata, morcov, menta, coriandru & chili rosu (200g)	Crunchy Thai-style Salad with cucumber, red pepper, carrots, mint, coriander, red chili (200g)	Calori: 407 kcal Grasimi: 30.57 g Acizi grasi saturati: 4.21 g Carbohidrati: 23.15 g Zaharuri: 14.07 g Sare: 4.21 g Proteine: 12.9 g
🍴 GREEN SALAD	🍴 GREEN SALAD	🍴	🍴	Calori: 152 kcal Grasimi: 14.1 g Acizi grasi saturati: 1.9 g Carbohidrati: 5.5 g Zaharuri: 4.2 g Sare: 0.1 g Proteine: 1.1 g
🍴 CRISPY CRUSHED POTATOES	🍴 CRISPY CRUSHED POTATOES	Cartofi zdrobiti si prajiti, serviti cu maioneza de ceapa ar	Roasted, crushed then fried & served with onion mayonnaise (110g)	Calori: 286 kcal Grasimi: 17.2 g Acizi grasi saturati: 2.1 g Carbohidrati: 27.6 g Zaharuri: 1.8 g Sare: 0.73 g Proteine: 3.2 g
🍴 CHEESY CRISPY CRUSHED POTATOES	🍴 CHEESY CRISPY CRUSHED POTATOES	Cartofi zdrobiti si prajiti, serviti cu telemea & maioneza d	Roasted, crushed then fried with cheese & onion mayonnaise (110g)	Calori: 501 kcal Grasimi: 28.24 g Acizi grasi saturati: 13.8 g Carbohidrati: 35.68 g Zaharuri: 5.52 g Sare: 0.88 g Proteine: 24.2 g
🍴 TURKISH EGGS	🍴 TURKISH EGGS	Poached eggs with house labneh, organic sauteed greens, miso chili butter, Le Bab salad seed mix & toasted house-made focaccia (250g)	Poached eggs with house labneh, organic sauteed greens, miso chili butter, Le Bab salad seed mix & toasted house-made focaccia (250g)	Calori: 470 kcal Grasimi: 38 g Acizi grasi saturati: 16 g Carbohidrati: 20 g Zaharuri: 5 g Sare: 1 g Proteine: 18 g
🍴 TRUFFLE EGGS BENEDICT	🍴 TRUFFLE EGG BENEDICT	Two free range eggs on organic sourdough toast, with truffle hollandaise sauce (250g) ADD SMOKED SALMON +11.00 lei	Two free range eggs on organic sourdough toast, with truffle hollandaise sauce (250g) ADD SMOKED SALMON +11.00 lei	Calori: 575 kcal Grasimi: 42.6 g Acizi grasi saturati: 16.3 g Carbohidrati: 20.5 g Zaharuri: 2.8 g Sare: 2.5 g Proteine: 27.7 g
🍴 AVO ON TOAST	🍴 AVO ON TOAST	Smashed Avocado on organic Sourdough toast with olive sun-dried tomato tapenade (250g) ADD TWO POACHED EGGS +9.00 lei	Smashed Avocado on organic Sourdough toast with olive sun-dried tomato tapenade (250g) ADD TWO POACHED EGGS +9.00 lei	Calori: 380 kcal Grasimi: 36 g Acizi grasi saturati: 5 g Carbohidrati: 14 g Zaharuri: 1 g Sare: 1 g Proteine: 9 g
🍴 VEGAN SHAKSHUKA	🍴 VEGAN SHAKSHUKA	Fresh Tomato and Pepper shakshuka, chickpeas, organic greens, avocado & toasted almond flakes Comes with house made focaccia (350g) ADD TWO POACHED EGGS +9.00 (not so vegan)	Fresh Tomato and Pepper shakshuka, chickpeas, organic greens, avocado & toasted almond flakes Comes with house made focaccia (350g) ADD TWO POACHED EGGS +9.00 (not so vegan)	Calori: 427 kcal Grasimi: 21.3 g Acizi grasi saturati: 2.9 g Carbohidrati: 47.6 g Zaharuri: 8.7 g Sare: 1.38 g Proteine: 13.5 g
🍴 CRACK MONSIEUR	🍴 CRACK MONSIEUR	Cheese & ham toastie, with spicy pancetta and nduja. (300g) ADD FRIED EGG +5.00 lei (turn the Monsieur into a Madame)	Cheese & ham toastie, with spicy pancetta and coffee jam (300g) ADD FRIED EGG +5.00 lei (turn the Monsieur into a Madame)	Calori: 1257 kcal Grasimi: 76.5 g Acizi grasi saturati: 34.8 g Carbohidrati: 68.9 g Zaharuri: 10.5 g Sare: 6.2 g Proteine: 68.9 g
🍴 YOGHURT BOWL	🍴 YOGHURT BOWL	Iaurt Griecesc, granola fac de noi, fructe proaspete si ge	Greek yoghurt, house-made granola, fresh fruit & honey (200g)	Calori: 334 kcal Grasimi: 8.3 g Acizi grasi saturati: 1.6 g Carbohidrati: 49.6 g Zaharuri: 22.5 g Sare: 0.2 g Proteine: 14.7 g
🍴 LE BAB FRIED CHICKEN BURGER	🍴 LE BAB FRIED CHICKEN BURGER	Pulpa de pui crocant, home-made chili & date relish, maioneza, salata toberg (270g) Add cheese (+3.00 lei) / Add Jalapeno (+3.00 lei)	Free range crispy fried chicken thigh, house-made chili & date relish & mayo, toberg lettuce (270g) Add cheese (+3.00 lei) / Add Jalapeno (+3.00 lei)	Calori: 1069 kcal Grasimi: 55.87 g Acizi grasi saturati: 6.48 g Carbohidrati: 147.25 g Zaharuri: 30.29 g Sare: 4.21 g Proteine: 47.74 g
🍴 USDA PRIME DOUBLE CHEESE	🍴 USDA PRIME DOUBLE CHEESE	Burger de vita USDA Black Angus cu capavai, muriburi	Two USDA certified prime Black Angus burger with cheddar & onion (200g)	Calori: 1055 kcal Grasimi: 62.6 g Acizi grasi saturati: 28.4 g Carbohidrati: 58.9 g Zaharuri: 12.6 g Sare: 4.2 g Proteine: 59.85 g
🍴 EGGS ROYALE	🍴 EGGS ROYALE	Two free range eggs on organic sourdough toast, hollandaise sauce & smoked salmon (250g)	Two free range eggs on organic sourdough toast, hollandaise sauce & smoked salmon (250g)	Calori: 649 kcal Grasimi: 51.6 g Acizi grasi saturati: 16.3 g Carbohidrati: 17.6 g Zaharuri: 2.2 g Sare: 4.6 g Proteine: 30.7 g
🍴 EGGS ON TOAST	🍴 EGGS ON TOAST	Keeping it simple. Have two free range eggs on toast. F	Keeping it simple. Have two free range eggs on toast. F	Calori: 265 kcal Grasimi: 1.1 g Acizi grasi saturati: 0.3 g Carbohidrati: 49.3 g Zaharuri: 2.2 g Sare: 0.1 g Proteine: 9.0 g 100g Oua ferte: - Calori: 155 kcal - Grasimi: 10.6 g - Acizi grasi saturati: 3.2 g - Carbohidrati: 0.7 g - Zaharuri: 0.7 g - Sare: 0.4 g - Proteine: 12.6 g Total: - Calori: 420 kcal - Grasimi: 11.7 g - Acizi grasi saturati: 3.5 g - Carbohidrati: 70.0 g - Zaharuri: 2.9 g - Sare: 0.5 g - Proteine: 21.6 g