

	DECLARATIE NUTRITIONALA/ 100G							GRAMAJ	ALERGENI								
	VALOARE ENERGETICA	GRASIMI	GLUCIDE	PROTEINE -G-	SARE -G-	INAINTE DE PREPARARE	GLUTEN		TELINA	OU	ESTE/ CRUSTACEAPTE/ LACTOZA	MUSTAR	SOIA	DE/ FRUCTE CU I	SULFITI		
PANINI PROSCIUTTO COTTO	230.79	964.72	9.12	5.31	23.25	0.96	13.49	1.34	635 G	X			X				
PANINI SALSICCIA	211.57	884.35	11.86	3.56	23.66	1.51	8.31	1.37	630 G	X		X		X			
SALATA CAESAR	261.63	1093.59	17	3.53	15.64	1.11	11.19	1.96	400 G	X		X	X	X			
SALATA CREVETI	93.12	389.25	7.21	1.23	2.39	1.05	4.42	0.63	350 G			X					
SALATA CU PERE SI BRANZETURI	230.63	964.02	19.43	7.02	4.55	2.46	8.73	0.58	300 G				X			X	
SALATA CU RUCOLA SI PARMEZAN	184.81	772.52	15.38	5.77	2.98	2.32	8.44	0.38	250 G				X				
SALATA CU TON SI ANCHOIS	114.16	477.18	8.11	1.5	2.23	0.7	7.9	0.55	400 G			X	X				
SALATA PRIMAVERA	127.23	531.8	10.67	3.74	4.05	1.23	3.61	0.29	400 G				X				
STINCO DI PROSCIUTTO	181.1	757.01	7.98	2.6	7.75	0.5	19.89	1.65	1000 G								
SUPA-CREMA DE CARTOFI DULCI CU GHIMBIR	469.15	1961.03	39.23	14.21	25.93	3.82	3.57	0.86	350 ML	X	X			X			
SUPA-CREMA DE CIUPERCI	124.16	518.98	6.75	2.47	12.24	0.71	4.03	1.11	350 ML	X	X			X			
SUPA-CREMA DE ROSII CU BUSUIOC	97.66	408.22	3.19	0.57	13.9	2.85	2.92	0.88	350 ML	X	X						
SUPA-CREMA DE TELINA CU MAR	145.55	608.4	7.7	3.35	15.95	3.31	2.93	0.83	350 ML	X	X			X			
PASTE & RISOTTO																	
CANNELLONI RICOTTA E SPINACI AL FORNO	241.75	1010.52	12.77	8.21	18.21	3.42	13.72	0.89	400 G	X		X		X			
LASAGNA BOLOGNESE AL FORNO	355.55	1486.22	22.39	11.64	14.54	3.59	23.14	1.3	390 G	X	X	X		X			
LASAGNA KETO AL FORNO	247.63	1035.08	16.8	7.56	14.61	2.07	19.41	1.24	380 G	X	X	X		X			
PAPPARDELLE CON PORCINI	214	894.53	6.68	4.02	30.69	1.44	6.86	0.09	380 G	X		X		X			
PENNE AL POLLO	235.91	986.12	8.32	4.3	26.16	2.43	13.37	0.74	380 G	X	X	X		X			
PENNE AMATRICIANA	367.63	1536.71	22.33	9.96	29.5	2.23	9.39	1.3	380 G	X		X		X			
PENNE ARRABIATA	182.76	763.95	3.5	0.62	31.21	2.63	5.99	0.02	380 G	X		X		X			
PENNE DI GIOIA AL FORNO	219.15	916.06	9.94	5.27	21.6	1.97	10.28	0.84	480 G	X		X		X			
PENNE QUATTRO FORMAGGI	281.31	1175.89	13.03	8.84	29.17	2.06	10.89	0.92	380 G	X		X		X			
RISOTTO CON GAMBERI E ASPARAGI	363	1517.32	22.78	13.71	24.14	1.38	14.91	0.27	430 G			X		X			
RISOTTO QUATTRO FORMAGGI	463.37	1936.9	27.29	17.2	38.8	1.86	14.35	1.18	380 G					X			
RISOTTO SALSICCIA E PORCINI	240.97	1007.26	8.42	4.47	33.64	0.25	8.77	0.39	430 G					X			
SPAGHETTI AGLIO OLIO PEPERONCINO	212.3	887.41	5.2	0.92	34.46	2.01	6.72	0.01	350 G	X		X		X			
SPAGHETTI BOLOGNESE	209.98	877.73	6.53	2.43	25.42	2.35	11.47	0.49	380 G	X	X	X		X			
SPAGHETTI CARBONARA TRADIZIONALE	385.79	1612.62	23.78	9.65	26.51	1.37	15.4	0.93	350 G	X		X		X			
TAGLIATELLE FRUTTI DI MARE	117.82	492.48	4.17	1.78	10.41	1.24	8.15	0.28	600 G	X		X	X	X			
TAGLIATELLE FRUTTI DI MARE VINO BIANCO	153.16	640.22	6.42	3	11.74	0.79	10.12	0.36	600 G	X		X	X	X			
TAGLIATELLE SALMONE E SPINACI	217.18	907.81	12.58	6.52	17.96	1.55	6.01	0.77	380 G	X		X	X	X			
TORTELLINI CON CARNE AL FORNO	162.14	677.73	8.94	5.59	10.33	1.85	9.71	0.64	450 G	X		X		X			
DESERT																	
GNOCOCO FRITTO CU NUTELLA	388.73	1624.87	15.5	3.74	52.85	18.01	8.31	1.31	350 G	X			X		X	X	
PANNA COTTA	271.51	1134.9	15.95	9.32	21.68	19.57	9.06	0.08	150 G				X				
PIZZA NUTELLA	300.31	1255.31	10.46	3.37	44.99	21.13	6.22	0.83	630 G	X			X		X	X	
TIRAMISU	563.14	2353.93	27.69	14.47	53.63	33.72	16.23	0.31	150 G	X		X		X			