



VALORI NUTRITIONALE AFERENTE MENIURILOR “ANIVERSARE”

ANIVERSARE SILVER

ANTREU:

ICRE DE CRAP PE LAMAIE – 60g

Grăsimi (g): 58,

Glucide (g): 3, Proteine (g): 1.9, Sare (g): 1.6

BRANZETURI ASORTATE – 70g

Grăsimi (g): 12.2,

Glucide (g): 3.5, Proteine (g): 17.9, Sare (g): 2

MOZAIC DE MASLINE – 70g

Grăsimi (g): 10.7,

Glucide (g): 6.3, Proteine (g): 0.8, Sare (g): 0

EVANTAI DE MUSCHI FILE – 60g

Grăsimi (g): 5.5,

Glucide (g): 2, Proteine (g): 21, Sare (g): 2.3

EVANTAI DE PASTRAMA AFUMATA – 60g

Grăsimi (g): 4,

Glucide (g): 0, Proteine (g): 32, Sare (g): 0.69

ROSIE CU CREMA DE BRANZA – 60g

Grăsimi (g): 23.5,

Glucide (g): 3.2, Proteine (g): 4.8, Sare (g): 0.31

SALATA VERDE – 60g

Grăsimi (g): 0.3,

Glucide (g): 3.3, Proteine (g): 1, Sare (g): 0

FEL PRINCIPAL – 400g

PIEPT DE PUI LA GRATAR ALATURI DE CARTOFI CU ROZMARIN

Grăsimi (g): 7.4,



Glucide (g): 20.1, Proteine (g): 19.9, Sare (g): 0.8



ANIVERSARE GOLD

ANTREU:

RULADA DIN PIEPT DE PUI – 70g

Grăsimi (g): 1.9,

Glucide (g): 5.51, Proteine (g): 12.6, Sare (g): 1.3

RULADA CASCAVAL CU LEGUME – 70g

Grăsimi (g): 25,

Glucide (g): 1, Proteine (g): 24, Sare (g): 2.3

MOZAIC DE MASLINE – 70g

Grăsimi (g): 10.7,

Glucide (g): 6.3, Proteine (g): 0.8, Sare (g): 0

PUI SHANGHAI – 70g

Grăsimi (g): 13.6,

Glucide (g): 4, Proteine (g): 18, Sare (g): 5

BRUSCHETE CU SALATA DE TON – 60g

Grăsimi (g): 3.9,

Glucide (g): 4.9, Proteine (g): 8.8, Sare (g): 0.06

CUPA CU SALATA DE CRUDITATI SI PIEPT DE PUI – 60g

Grăsimi (g): 24.4,

Glucide (g): 9.8, Proteine (g): 35.6, Sare (g): 1.5

FEL PRINCIPAL – 400g

CEAFA DE PORC LA GRATAR, ALATURI DE CARTOFI WEDGES SI SALATA DE VARZA
DULCE

Grăsimi (g): 43.8,

Glucide (g): 19.9, Proteine (g): 17.1, Sare (g): 0.7



ANIVERSARE PLATINUM

ANTREU:

STICK CU BOCCONCINI SI ROSII CHERRY – 70g

Grăsimi (g): 10,

Glucide (g): 1, Proteine (g): 19, Sare (g): 0

RULADA DIN PIPT DE PUI – 70g

Grăsimi (g): 1.8,

Glucide (g): 5.5, Proteine (g): 12.6, Sare (g): 1.3

RULADA DE SPANAC CU CREMA DE BRANZA – 70g

Grăsimi (g): 9.1,

Glucide (g): 3.7, Proteine (g): 9, Sare (g): 1

RAFFAELLO – 60g

Grăsimi (g): 7.8,

Glucide (g): 3.4, Proteine (g): 9.9, Sare (g): 3.6

CHIFTELUTE MOZAIC – 70g

Grăsimi (g): 11.2,

Glucide (g): 2, Proteine (g): 18.2, Sare (g): 1.8

RULADA DE CASCAVAL CU LEGUME – 70g

Grăsimi (g): 25,

Glucide (g): 1, Proteine (g): 24, Sare (g): 2.3

PUI SHANGHAI – 70g

Grăsimi (g): 13.6,

Glucide (g): 4, Proteine (g): 18, Sare (g): 5

PASTRAMA AFUMATA TRADITIONAL – 60g

Grăsimi (g): 4,

Glucide (g): 0, Proteine (g): 32, Sare (g): 0.69

CUPA CU SALATA DE CRUDITATI SI PIEPT DE PUI – 60g

Grăsimi (g): 24.4,



Glucide (g): 9.8, Proteine (g): 35.6, Sare (g): 1.5

FEL PRINCIPAL – 400g

PIEPT DE PUI SI CEAFA DE PORC LA GRATAR, ALATURI DE CARTOFI FRANTUZESTI
SI SALATA DE VARZA ASORTATA

Grăsimi (g): 61.2,

Glucide (g): 7.8, Proteine (g): 41.3, Sare (g): 3.5

ALERGENI: cereale care contin gluten, crustacee si produse derivate, peste si produse derivate, arahide si produse derivate (nuci), soia si produse derivate, lapte si produse derivate (inclusiv lactoza), fructe cu coaja lemnoasa (nuci care cresc in copaci), telina si produse derivate, mustar si produse derivate, seminte de susan si produse derivate, dioxidul de sulf si sulfatii, lupin si produse derivate, moluste si produse derivate.