



VALORI NUTRITIONALE AFERENTE MENIURILOR "POMANA"

MENIU POMANA NO. 1

CIORBITA DE PERISOARE CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 167.5, Grăsimi (g): 9.1,

Glucide (g): 16.0, Proteine (g): 5.2, Sare (g): 1.7

CIORBA DE VACUTA CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 105.3, Grăsimi (g): 2.8,

Glucide (g): 9.1, Proteine (g): 10.9, Sare (g): 1.3

CIORBA DE BURTA CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 135.7, Grăsimi (g): 9.8,

Glucide (g): 5.1, Proteine (g): 5.9, Sare (g): 0.5

CIORBA DE PASARE CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 90.4, Grăsimi (g): 2.3,

Glucide (g): 7.9, Proteine (g): 9.4, Sare (g): 0.2

CIORBA RADAUTEANA CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 165.9, Grăsimi (g): 12.8,

Glucide (g): 1.9, Proteine (g): 10.4, Sare (g): 0.7

CIORBA DE PESTE CU ARDEI IUTE SI SMANTANA , - 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4

MIX GRILL: PULPA DE PUI DEZOSATA SI CEAFA DE PORC LA GRATAR ALATURI DE
CARTOFI ZDROBITI, CU SMANTANA SI PASTRAMA AFUMATA SI SALATA DE CASTRAVETI
MURATI - 400g

Kcal: 117, Grăsimi (g): 61.2,

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

PAINE – 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA NO. 2

CIORBITA DE PERISOARE CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 167.5, Grăsimi (g): 9.1,

Glucide (g): 16.0, Proteine (g): 5.2, Sare (g): 1.7

CIORBA DE VACUTA CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 105.3, Grăsimi (g): 2.8,

Glucide (g): 9.1, Proteine (g): 10.9, Sare (g): 1.3

CIORBA DE BURTA CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 135.7, Grăsimi (g): 9.8,

Glucide (g): 5.1, Proteine (g): 5.9, Sare (g): 0.5

CIORBA DE PASARE CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 90.4, Grăsimi (g): 2.3,

Glucide (g): 7.9, Proteine (g): 9.4, Sare (g): 0.2

CIORBA RADAUTEANA CU ARDEI IUTE SI SMANTANA / - 400g

Kcal: 165.9, Grăsimi (g): 12.8,

Glucide (g): 1.9, Proteine (g): 10.4, Sare (g): 0.7

CIORBA DE PESTE CU ARDEI IUTE SI SMANTANA - 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4

SARMALUTE DE VARZA CU MAMALIGUTA SI ARDEI IUTE / - 400g

Kcal: 286.9, Grăsimi (g): 20.6,

Glucide (g): 14.3, Proteine (g): 11, Sare (g): 0

SARMALUTE DE PASTRAV CU LEGUME SI MAMALIGUTA / - 400g

Kcal: 71, Grăsimi (g): 3.2,

Glucide (g): 1.3, Proteine (g): 1.8, Sare (g): 0.6

SARMALUTE DE PASARE CU LEGUME SI MAMALIGUTA – 400g

Kcal: 87, Grăsimi (g): 3,

Glucide (g): 1, Proteine (g): 11, Sare (g): 1

MIX GRILL: PULPA DE PUI DEZOSATA SI CEAFA DE PORC LA GRATAR ALATURI DE
CARTOFI ZDROBITI, CU SMANTANA SI PASTRAMA AFUMATA SI SALATA DE CASTRAVETI
MURATI – 400g



Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4

PAINE - 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA NO. 3

ICRE DE CRAP PE LAMAIE – 60g

Kcal: 71, Grăsimi (g): 58,

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

RULADA DE PUI CU LEGUME – 70g

Kcal: 160, Grăsimi (g): 1.8,

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

RULADA DE CASCAVAL- 70g

Kcal: 254, Grăsimi (g): 25,

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

BRUSCHETA DE TON – 60g

Kcal: 252, Grăsimi (g): 28,

Glucide (g): 0, Proteine (g): 25, Sare (g): 1.3

PESTE AFUMAT – 70g

Kcal: 199.5, Grăsimi (g): 10,

Glucide (g): 0, Proteine (g): 25, Sare (g): 1.8

PASTRAMA TARANEASCA – 70g

Kcal: 115, Grăsimi (g): 4,

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

BUCHET DE SALAMURI CRUD-USCATE – 60g

Kcal: 532, Grăsimi (g): 46.1,

Glucide (g): 0.3, Proteine (g): 25.1, Sare (g): 0.4

ROSIE, RUCOLA, CASTRAVETE – 60g

Kcal: 60, Grăsimi (g): 0.3,

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

MIX GRILL: CEAFA DE PORC SI PIEPT DE PUI LA GRATAR ALATURI DE CARTOFI ZDROBITI, CU SMANTANA SI PASTRAMA AFUMATA SI SALATA DE CASTRAVETI MURATI – 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4



PAINE - 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA NO. 4

CHIFTELUTE DE PURCEL- 60g

Kcal: 198, Grăsimi (g): 11.2,

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

PESTE MARINAT – 70g

Kcal: 151.2, Grăsimi (g): 9.8,

Glucide (g): 2.5, Proteine (g): 12, Sare (g): 0.4

STICK CU BOCCONCINI SI ROSII CHERRY – 70g

Kcal: 190, Grăsimi (g): 10,

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

CUPA CU SALATA FRESH, PIEPT DE PUI SI MARAR – 60g

Kcal: 208, Grăsimi (g): 25.4,

Glucide (g): 9.8, Proteine (g): 38.6, Sare (g): 2.1

GRUJOANE DE PUI – 70g

Kcal: 210, Grăsimi (g): 13.6,

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

RULADA DE CASCAVAL – 70g

Kcal: 288, Grăsimi (g): 25,

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

PASTRAMA AFUMATA – 70g

Kcal: 115, Grăsimi (g): 4,

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

ROSIE, RUCOLA, CASTRAVETE – 60g

Kcal: 60, Grăsimi (g): 0.3,

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

MIX GRILL: PULPA DE PUI DEZOSATA SI CEAFA DE PORC LA GRATAR ALATURI DE
CARTOFI ZDROBITI, CU SMANTANA SI PASTRAMA AFUMATA SI SALATA DE CASTRAVETI
MURATI – 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4



PAINE - 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA NO. 5

CASCAVAL – 60g

Kcal: 254, Grăsimi (g): 25,

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

PUI SHANGHAI – 70g

Kcal: 210, Grăsimi (g): 13.6,

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

ROSIE CU VINETE – 60g

Kcal: 61, Grăsimi (g): 3.5,

Glucide (g): 4.8, Proteine (g): 2.6, Sare (g): 0

CHIFTELUTE DE PURCEL – 70g

Kcal: 198, Grăsimi (g): 11.2,

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

MOZAIC DE MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

RULOU SUNCA PRAGA, UMPLUT CU SALATA A LA ROUSSE – 70g

Kcal: 82, Grăsimi (g): 3.7,

Glucide (g): 2.4, Proteine (g): 1.6, Sare (g): 1.1

CREMA DE BRANZA CONDIMENTATA PE ARDEI GRAS – 60g

Kcal: 235, Grăsimi (g): 23.5,

Glucide (g): 3.2, Proteine (g): 4.8, Sare (g): 0.3

CASTRAVETE, SALATA VERDE, ROSIE – 60g

Kcal: 60, Grăsimi (g): 0.3,

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

CEAFA LA GRATAR/ - 200g

Kcal: 255.5, Grăsimi (g): 15.8,

Glucide (g): 1.8, Proteine (g): 25.3, Sare (g): 2.7



PIEPT DE PUI LA GRATAR – 200g

Kcal: 178.1, Grăsimi (g): 5.5,

Glucide (g): 0.7, Proteine (g): 29.3, Sare (g): 0.6

CARTOFI WEDGESS / - 200g

Kcal: 147, Grăsimi (g): 5,

Glucide (g): 22, Proteine (g): 2.5, Sare (g): 0

OREZ CU LEGUME – 200g

Kcal: 145, Grăsimi (g): 3.3,

Glucide (g): 0.7, Proteine (g): 12.3, Sare (g): 1.1

SALATA DE VARZA ALBA SI ROSIE – 80g

Kcal: 41, Grăsimi (g): 3,

Glucide (g): 6, Proteine (g): 1, Sare (g): 6

PAINE – 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA NO. 6

ROSIE CU CREMA DE BRANZA CONDIMENTATA – 60 g

Kcal: 235, Grăsimi (g): 23.5,

Glucide (g): 3.2, Proteine (g): 4.8, Sare (g): 0.3

SALAM VARA – 70 g

Kcal: 319, Grăsimi (g): 25,

Glucide (g): 0.7, Proteine (g): 13, Sare (g): 1.8

CASCAVAL – 60 g

Kcal: 288, Grăsimi (g): 25,

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

MASLINE – 60 g

Kcal: 115, Grăsimi (g): 10.7,

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

EVANTAI SUNCA CU MASLINE – 70 g

Kcal: 102.5, Grăsimi (g): 0.8,

Glucide (g): 3.2, Proteine (g): 17.4, Sare (g): 1.7

SUNCULITA TARANEASCA – 70 g

Kcal: 246, Grăsimi (g): 19.3,

Glucide (g): 7.6, Proteine (g): 16.5, Sare (g): 3.1

CASTRAVETE + SALATA VERDE – 60 g

Kcal: 60, Grăsimi (g): 0.3,

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

PIEPT DE PUI LA GRATAR – 200 g

Kcal: 178.1, Grăsimi (g): 5.5,

Glucide (g): 0.7, Proteine (g): 29.3, Sare (g): 0.6

CARTOFI WEDGESS / - 200g

Kcal: 147, Grăsimi (g): 5,

Glucide (g): 22, Proteine (g): 2.5, Sare (g): 0

OREZ CU LEGUME – 200g



Kcal: 145, Grăsimi (g): 3.3,

Glucide (g): 0.7, Proteine (g): 12.3, Sare (g): 1.1

SALATA DE VARZA ALBA SI ROSIE – 80g

Kcal: 41, Grăsimi (g): 3,

Glucide (g): 6, Proteine (g): 1, Sare (g): 6

PAINE – 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA NO. 7

ROSIE CU VINETE – 60g

Kcal: 61, Grăsimi (g): 3.5,

Glucide (g): 4.8, Proteine (g): 2.6, Sare (g): 0

CREMA DE BRANZA CONDIMENTATA PE ARDEI GRAS – 60g

Kcal: 235, Grăsimi (g): 23.5,

Glucide (g): 3.2, Proteine (g): 4.8, Sare (g): 0.3

SUNCA PRAGA – 60 g

Kcal: 91, Grăsimi (g): 2.2,

Glucide (g): 1.2, Proteine (g): 17.2, Sare (g): 2.7

MOZAIC DE MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

CASCAVAL – 60 g

Kcal: 288, Grăsimi (g): 25,

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

PASTRAMA AFUMATA – 70g

Kcal: 115, Grăsimi (g): 4,

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

SALATA VERDE, ROSIE – 60 g

Kcal: 60, Grăsimi (g): 0.3,

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

SARMALUTE DE VARZA CU MAMALIGUTA SI ARDEI IUTE / - 400g

Kcal: 286.9, Grăsimi (g): 20.6,

Glucide (g): 14.3, Proteine (g): 11, Sare (g): 0

SARMALUTE DE PASTRAV CU LEGUME SI MAMALIGUTA / - 400g

Kcal: 71, Grăsimi (g): 3.2,

Glucide (g): 1.3, Proteine (g): 1.8, Sare (g): 0.6

SARMALUTE DE PASARE CU LEGUME SI MAMALIGUTA – 400g



Kcal: 87, Grăsimi (g): 3,

Glucide (g): 1, Proteine (g): 11, Sare (g): 1

CEAFA LA GRATAR/ - 200g

Kcal: 255.5, Grăsimi (g): 15.8,

Glucide (g): 1.8, Proteine (g): 25.3, Sare (g): 2.7

PIEPT DE PUI LA GRATAR – 200g

Kcal: 178.1, Grăsimi (g): 5.5,

Glucide (g): 0.7, Proteine (g): 29.3, Sare (g): 0.6

CARTOFI WEDGESS / - 200g

Kcal: 147, Grăsimi (g): 5,

Glucide (g): 22, Proteine (g): 2.5, Sare (g): 0

OREZ CU LEGUME – 200g

Kcal: 145, Grăsimi (g): 3.3,

Glucide (g): 0.7, Proteine (g): 12.3, Sare (g): 1.1

SALATA DE VARZA ALBA SI ROSIE – 80g

Kcal: 41, Grăsimi (g): 3,

Glucide (g): 6, Proteine (g): 1, Sare (g): 6

PAINE – 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA NO. 8

KAIZER – 70 g

Kcal: 303, Grăsimi (g): 21,

Glucide (g): 14.2, Proteine (g): 26, Sare (g): 2.1

TELEMEA DE VACA – 60 g

Kcal: 261, Grăsimi (g): 22,

Glucide (g): 15.4, Proteine (g): 15, Sare (g): 2.2

PASTRAMA AFUMATA – 70g

Kcal: 115, Grăsimi (g): 4,

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

MOZAIC DE MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

SALAM DE VARA

Kcal: 319, Grăsimi (g): 25,

Glucide (g): 0.9, Proteine (g): 13, Sare (g): 1.8

ROSIE, SALATA VERDE, CASTRAVETE CASTRAVETE – 60g

Kcal: 60, Grăsimi (g): 0.3,

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

CIORBITA DE BURTA CU ARDEI IUTE / - 400g

Kcal: 135.7, Grăsimi (g): 9.8,

Glucide (g): 5.1, Proteine (g): 5.9, Sare (g): 0.5

CIORBITA DE VACUTA CU ARDEI SI SMANTANA - 400g

Kcal: 105.3, Grăsimi (g): 2.8,

Glucide (g): 9.1, Proteine (g): 10.9, Sare (g): 1.3

CEAFA LA GRATAR/ - 200g

Kcal: 255.5, Grăsimi (g): 15.8,

Glucide (g): 1.8, Proteine (g): 25.3, Sare (g): 2.7

PIEPT DE PUI LA GRATAR – 200g



Kcal: 178.1, Grăsimi (g): 5.5,

Glucide (g): 0.7, Proteine (g): 29.3, Sare (g): 0.6

CARTOFI WEDGESS / - 200g

Kcal: 147, Grăsimi (g): 5,

Glucide (g): 22, Proteine (g): 2.5, Sare (g): 0

OREZ CU LEGUME – 200g

Kcal: 145, Grăsimi (g): 3.3,

Glucide (g): 0.7, Proteine (g): 12.3, Sare (g): 1.1

SALATA DE VARZA ALBA SI ROSIE – 80g

Kcal: 41, Grăsimi (g): 3,

Glucide (g): 6, Proteine (g): 1, Sare (g): 6

PAINÉ – 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA NO. 9

MUSCHI FILE – 60 g

Kcal: 138, Grăsimi (g): 5.5,

Glucide (g): 2, Proteine (g): 21, Sare (g): 0.2

CAS DE VACA – 60 g

Kcal: 254, Grăsimi (g): 16,

Glucide (g): 2.8, Proteine (g): 24.3, Sare (g): 0

MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

SALAM DE CASA – 70g

Kcal: 301.8, Grăsimi (g): 26.2,

Glucide (g): 2.1, Proteine (g): 14.3, Sare (g): 0

SUNCA PRAGA – 60 g

Kcal: 91, Grăsimi (g): 2.2,

Glucide (g): 1.2, Proteine (g): 17.2, Sare (g): 2.7

ROSIE, SALATA VERDE, CASTRAVETE – 60 g

Kcal: 60, Grăsimi (g): 0.3,

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

CIORBITA DE PERISOARE CU ARDEI IUTE - 400g

Kcal: 167.5, Grăsimi (g): 9.1,

Glucide (g): 16.0, Proteine (g): 5.2, Sare (g): 1.7

CEAFA LA GRATAR/ - 200g

Kcal: 255.5, Grăsimi (g): 15.8,

Glucide (g): 1.8, Proteine (g): 25.3, Sare (g): 2.7

PIEPT DE PUI LA GRATAR – 200g

Kcal: 178.1, Grăsimi (g): 5.5,

Glucide (g): 0.7, Proteine (g): 29.3, Sare (g): 0.6

CARTOFI WEDGESS / - 200g



Kcal: 147, Grăsimi (g): 5,

Glucide (g): 22, Proteine (g): 2.5, Sare (g): 0

OREZ CU LEGUME – 200g

Kcal: 145, Grăsimi (g): 3.3,

Glucide (g): 0.7, Proteine (g): 12.3, Sare (g): 1.1

SALATA DE VARZA ALBA SI ROSIE – 80g

Kcal: 41, Grăsimi (g): 3,

Glucide (g): 6, Proteine (g): 1, Sare (g): 6

PAINE – 200g

Kcal: 266, Grăsimi (g): 3.3,

Glucide (g): 50.6, Proteine (g): 7.6, Sare (g): 1.3



MENIU POMANA PESTE NO. 1

PESTE AFUMAT – 70g

Kcal: 199.5, Grăsimi (g): 10,

Glucide (g): 0, Proteine (g): 25, Sare (g): 1.8

PESTE MARINAT – 70g

Kcal: 151.2, Grăsimi (g): 9.8,

Glucide (g): 2.5, Proteine (g): 12, Sare (g): 0.4

ICRE PE AVELINA DE LAMAIE – 60g

Kcal: 71, Grăsimi (g): 58,

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

MOZAIC DE MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

CROCHETE PESTE – 70 g

Kcal: 191, Grăsimi (g): 8.8,

Glucide (g): 13.2, Proteine (g): 14.3, Sare (g): 0.3

ONION RINGS – 60 g

Kcal: 236, Grăsimi (g): 11.3,

Glucide (g): 1.7, Proteine (g): 4, Sare (g): 0.7

GRUJOANE PESTE – 70 g

Kcal: 191, Grăsimi (g): 8.8,

Glucide (g): 13.2, Proteine (g): 14.3, Sare (g): 0.3

ROSIE + SALATA VERDE, CASTRAVETE – 60 g

Kcal: 60, Grăsimi (g): 0.3,

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

CIORBITA DE PESTE CU ARDEI IUTE - 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4

SARAMURA DE PASTRAV CU LEGUME SI MAMALIGUTA / – 400 g



Kcal: 172, Grăsimi (g): 2

Glucide (g): 6.8, Proteine (g): 6.8, Sare (g): 0.2

CRAP PRAJIT CU MAMALIGUTA SI MUJDEI DE USTUROI – 400 g

Kcal: 260, Grăsimi (g): 8.1

Glucide (g): 0, Proteine (g): 18.8, Sare (g): 2



MENIU POMANA PESTE NO. 2

TARTINA ZACUSCA CU CIUPERCI – 70 g

Kcal: 103, Grăsimi (g): 6.2

Glucide (g): 9.5, Proteine (g): 2.4, Sare (g): 0

TARTINA PATE VEGETAL – 70 g

Kcal: 270, Grăsimi (g): 27.3

Glucide (g): 3.6, Proteine (g): 2.1, Sare (g): 1.3

TARTINA FASOLE BATUTA – 60 g

Kcal: 190, Grăsimi (g): 9.4

Glucide (g): 18.6, Proteine (g): 7.3, Sare (g): 1.1

MOZAIC DE MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

DOVLECEL PANE - 60g

Kcal: 150, Grăsimi (g): 4,

Glucide (g): 9, Proteine (g): 10, Sare (g): 0

ROSIE, SALATA VERDE – 60 g

Kcal: 60, Grăsimi (g): 0.3,

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

CIORBA DE PESTE CU ARDEI IUTE - 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4

SARAMURA DE PASTRAV CU LEGUME SI MAMALIGUTA – 400 g

Kcal: 172, Grăsimi (g): 2

Glucide (g): 6.8, Proteine (g): 6.8, Sare (g): 0.2



MENIU POMANA PESTE NO. 3

CIORBA DE PESTE CU ARDEI IUTE - 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4

SARAMURA DE MACROU CU LEGUME SI MAMALIGUTA – 400 g

Kcal: 236, Grăsimi (g): 18.4

Glucide (g): 4.6, Proteine (g): 17.5, Sare (g): 1.2

MENIU POMANA PESTE NO. 4

CIORBA DE PESTE CU ARDEI IUTE - 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4

FILE DE SALAU PARISIAN, ALATURI DE CARTOFI NATUR – 400 g

Kcal: 401, Grăsimi (g): 13.6

Glucide (g): 2.3, Proteine (g): 46.9, Sare (g): 0.4

MENIU POMANA PESTE NO. 5

CIORBA DE PESTE CU ARDEI IUTE - 400g

Kcal: 46, Grăsimi (g): 1,

Glucide (g): 2, Proteine (g): 3.4, Sare (g): 0.4

SARAMURA DE MACROU, CU MAMALIGUTA / – 400 g

Kcal: 236, Grăsimi (g): 18.4

Glucide (g): 4.6, Proteine (g): 17.5, Sare (g): 1.2

FILE DE NOVAC PRAJIT ALATURI DE CARTOFI NATUR – 400 g

Kcal: 110, Grăsimi (g): 3

Glucide (g): 0.8, Proteine (g): 19, Sare (g): 0.3



MENIU POMANA POST NO. 1

CUPA CU SALATA A LA ROUSE – 60g

Kcal: 82, Grăsimi (g): 3.7,

Glucide (g): 2.4, Proteine (g): 1.6, Sare (g): 1.1

CUPA CU SALATA ORIENTALA – 60g

Kcal: 112.6, Grăsimi (g): 4.6,

Glucide (g): 13.6, Proteine (g): 4, Sare (g): 0

BARCUTA DE ARDEI KAPIA CU HUMUS SI GERMENI DE PRAZ- 70g

Kcal: 177, Grăsimi (g): 8.6,

Glucide (g): 20.1, Proteine (g): 4, Sare (g): 0

CHIFTELUTE DE CARTOFI – 70g

Kcal: 164, Grăsimi (g): 8,

Glucide (g): 7, Proteine (g): 2, Sare (g): 0

DOVLECEI PARISIENI – 70g

Kcal: 42.8, Grăsimi (g): 1.5,

Glucide (g): 2.5, Proteine (g): 4.3, Sare (g): 1.2

ROSIE CU SALATA DE VINETE – 60g

Kcal: 61, Grăsimi (g): 3.5,

Glucide (g): 4.8, Proteine (g): 2.6, Sare (g): 0

CIUPERCUTE UMPLUTE CU BRANZA TOFU – 70g

Kcal: 91, Grăsimi (g): 5.8,

Glucide (g): 2, Proteine (g): 9, Sare (g): 8

MOZAIC DE MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

SARMALE DE POST CU LEGUME IN FOI DE VARZA CU MAMALIGUTA SI ARDEI IUTE – 400g

Kcal: 71, Grăsimi (g): 3.2,

Glucide (g): 1.3, Proteine (g): 1.8, Sare (g): 0.6

MUSACA DE CARTOFI CU CIUPERCI SI SALATA DE VARZA ALBA SI ROSIE – 400g



Kcal: 230, Grăsimi (g): 12.1,

Glucide (g): 17.1, Proteine (g): 10, Sare (g): 4.6



MENIU POMANA POST NO. 2

DOVLECEI PARISIENI – 70g

Kcal: 42.8, Grăsimi (g): 1.5,

Glucide (g): 2.5, Proteine (g): 4.3, Sare (g): 1.2

CASCAVAL POST – 70g

Kcal: 267, Grăsimi (g): 23,

Glucide (g): 10.2, Proteine (g): 1.5, Sare (g): 0.9

MOZAIC DE MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

ROSIE CU VINETE – 60g

Kcal: 61, Grăsimi (g): 3.5,

Glucide (g): 4.8, Proteine (g): 2.6, Sare (g): 0

PATE VEGETAL PE CASTRAVETE – 60g

Kcal: 270, Grăsimi (g): 27.3

Glucide (g): 3.6, Proteine (g): 2.1, Sare (g): 1.3

TARTINE ICRE FASOLE – 60g

Kcal: 190, Grăsimi (g): 9.4

Glucide (g): 18.6, Proteine (g): 7.3, Sare (g): 1.1

CHIFTELUTE DE CARTOFI – 70g

Kcal: 164, Grăsimi (g): 8,

Glucide (g): 7, Proteine (g): 2, Sare (g): 0

SALATA VERDE, CASTRAVETE, ROSIE – 60g

Kcal: 60, Grăsimi (g): 0.3,

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

SARAMURA DE CIUPerci CU MAMALIGUTA / OREZ CU CIUPerci SI SALATA ASORTATA – 400g

Kcal: 22, Grăsimi (g): 0.5,

Glucide (g): 3.8, Proteine (g): 1.6, Sare (g): 0.9



ARDEI UMPLUTI CU OREZ SI CIUPERCI / SARMALUTE DE POST CU CIUPERCI SI
MAMALIGUTA – 400g

Kcal: 372.5, Grăsimi (g): 0.8,

Glucide (g): 17.9, Proteine (g): 2.6, Sare (g): 0.5



MENIU POMANA NO. 3

TARTINA ZACUSCA – 70 g

Kcal: 52, Grăsimi (g): 2.7

Glucide (g): 0.4, Proteine (g): 0.4, Sare (g): 1.1

TARTINA FASOLE BATUTA – 60 g

Kcal: 190, Grăsimi (g): 9.4

Glucide (g): 18.6, Proteine (g): 7.3, Sare (g): 1.1

TARTINA PATE VEGETAL – 70 g

Kcal: 270, Grăsimi (g): 27.3

Glucide (g): 3.6, Proteine (g): 2.1, Sare (g): 1.3

ONION RINGS – 60 g

Kcal: 236, Grăsimi (g): 11.3,

Glucide (g): 1.7, Proteine (g): 4, Sare (g): 0.7

MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

SALATA VERDE / ROSIE – 60 g

Kcal: 60, Grăsimi (g): 0.3,

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

CIORBA DE LEGUME CU ARDEI IUTE – 400 g

Kcal: 64.3, Grăsimi (g): 2.1,

Glucide (g): 12.9, Proteine (g): 2.3, Sare (g): 1

OREZ CU LEGUME SI CIUPERCI ALATURI DE SALATA ASORTATA DE VARZA – 400 g

Kcal: 91, Grăsimi (g): 0.6,

Glucide (g): 18, Proteine (g): 3.5, Sare (g): 0.1



MENIU POMANA POST NO. 4

TARTINA ZACUSCA – 70 g

Kcal: 52, Grăsimi (g): 2.7

Glucide (g): 0.4, Proteine (g): 0.4, Sare (g): 1.1

TARTINA FASOLE BATUTA – 60 g

Kcal: 190, Grăsimi (g): 9.4

Glucide (g): 18.6, Proteine (g): 7.3, Sare (g): 1.1

TARTINA PATE VEGETAL – 70 g

Kcal: 270, Grăsimi (g): 27.3

Glucide (g): 3.6, Proteine (g): 2.1, Sare (g): 1.3

ONION RINGS – 60 g

Kcal: 236, Grăsimi (g): 11.3,

Glucide (g): 1.7, Proteine (g): 4, Sare (g): 0.7

MASLINE - 60g

Kcal: 115, Grăsimi (g): 10.7,

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

SALATA VERDE / ROSIE – 60 g

Kcal: 60, Grăsimi (g): 0.3,

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

CIORBITA DE LEGUME – 400 g

Kcal: 64.3, Grăsimi (g): 2.1,

Glucide (g): 12.9, Proteine (g): 2.3, Sare (g): 1

VARZA CALITA / - 400 g

Kcal: 180, Grăsimi (g): 12.6,

Glucide (g): 15.8, Proteine (g): 3, Sare (g): 1.7

OREZ CU LEGUME SI SALATA DE VARZA – 400 g

Kcal: 91, Grăsimi (g): 0.6,

Glucide (g): 18, Proteine (g): 3.5, Sare (g): 0.1



MENIU POMANA NO. 5

TARTINA ZACUSCA – 70 g

Kcal: 52, Grăsimi (g): 2.7

Glucide (g): 0.4, Proteine (g): 0.4, Sare (g): 1.1

TARTINA FASOLE BATUTA – 60 g

Kcal: 190, Grăsimi (g): 9.4

Glucide (g): 18.6, Proteine (g): 7.3, Sare (g): 1.1

TARTINA PATE VEGETAL – 70 g

Kcal: 270, Grăsimi (g): 27.3

Glucide (g): 3.6, Proteine (g): 2.1, Sare (g): 1.3

MASLINE – 60 g

Kcal: 115, Grăsimi (g): 10.7,

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

ROSII SI SALATA VERDE – 60 g

Kcal: 60, Grăsimi (g): 0.3,

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

CIORBITA DE LEGUME – 400 g

Kcal: 64.3, Grăsimi (g): 2.1,

Glucide (g): 12.9, Proteine (g): 2.3, Sare (g): 1

PILAF CU SNITEL DE SOIA – 400 g

Kcal: 269.7, Grăsimi (g): 15.9,

Glucide (g): 25.2, Proteine (g): 6.2, Sare (g): 0.3



MENIU POMANA POST NO. 6

CIORBITA DE LEGUME – 400 g

Kcal: 64.3, Grăsimi (g): 2.1,

Glucide (g): 12.9, Proteine (g): 2.3, Sare (g): 1

IAHNIE DE FASOLE CU VARZA MURATA – 400 g

Kcal: 100, Grăsimi (g): 4.2,

Glucide (g): 0.5, Proteine (g): 3.7, Sare (g): 0.6

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 sulfitii, lupin si produse derivate, moluste si produse derivate.