

LISTA VALORI NUTRITIONALE

Valori Nutritionale pentru 100g de produs	kcal	Grăsimi grame	Glucide grame	Fibre grame	Proteine grame	Sare grame	Gramaj grame	ALERGENI																
								Contine produs congelat CEREALE/gluten	CRUSTACEE și produse derivate	OUĂ și produse derivate	PEȘTE și produse derivate	ARAHIDE și produse derivate	SOIA și produse derivate	LAPTE și produse derivate	FRUCTE CU COAJA	TELINA și produse derivate	MUSTAR	SEMINTE SUSAN	Dioxid de sulf sau sulfiti	LUPIN și produse derivate	MOLUȘTE și produse derivate			
PIZZA																								
PIZZA OSTERIA	203	8.1	21.2	1.2	10.7	1.41	750g		*						*	*			*					
PIZZA MARGHERITA	256	9.3	32.1	1.7	12.9	1.56	450g		*						*	*			*					
PIZZA QUATRO STAGIONI	213	8.3	23.3	1.3	10.9	1.8	650g		*						*	*			*					
PIZZA QUATRO FORMAGI	308	13.4	31	1.6	15.8	1.65	550g		*						*	*			*					
PIZZA QUATRO CARNI	214	9.1	21.2	1	11.6	1.59	550g		*						*	*			*					
PIZZA PROSCIUTO	242	8.6	28.1	1.4	12.7	1.76	550g		*						*	*			*					
PIZZA PROSCIUTO E FUNGHI	223	7.8	26.1	1.4	11.7	1.56	600g		*						*	*			*					
PIZZA SALAMI	276	11.5	28.6	1.4	14	2	500g		*						*	*			*					
PIZZA DIAVOLA	276	11.5	28.6	1.4	14	2	500g		*						*	*			*					
PIZZA CAPRICIOSA	220	9.4	23.3	1.2	11.4	1.72	680g		*						*	*			*					
PIZZA POLLO	192	5.9	21.6	1.1	12.8	1.08	590g		*							*			*					
PIZZA POLLO CON RUCOLA	185	5.9	20.7	1.1	12	1.13	700g		*							*			*					
PIZZA VEGANA-De-Post	119	0.3	24	1.4	4.5	0.82	700g		*							*			*					
PIZZA VEGETARIANA	203	7.3	26.6	0.9	7.4	1.02	790g	*	*							*			*					
PIZZA AMERICANA	241	8.1	25.1	1.2	15.3	1.31	700g	*	*		*					*			*					
PIZZA GOLOSA	263	11.4	30.1	1	10.9	1.25	650g	*	*						*	*			*					
FOCACCIA	366	5.1	69.5	2.9	11.4	1.9	270g		*							*			*					
FOCACCIA CU MOZZARELLA	326	6.7	53.1	2.4	13.9	1.8	320g		*							*			*					
FOCACCIA CU PARMEZAN	356	6	60.8	2.5	15.5	2.2	330g		*							*			*					
PIZZA QUATRO STAGIONI GOURMET	209	8.7	21.4	1.2	10.9	1.55	750g		*						*	*			*					
PIZZA CON PROSCIUTTO E RUCOLA	246	9.6	25.5	1.4	14	1.19	650g		*							*			*					
PIZZA PEPPERONI	264	11.3	26.6	1.4	13.5	1.88	550g		*						*	*			*					
PIZZA QUATRO FORMAGI CON RUCOLA	298	13.5	28.3	1.6	15.7	1.56	600		*						*	*			*					

PIZZA PRIMO AMORE	256	8.9	30.8	1.6	12.4	1.62	500g		*					*									
PIZZA BIANCA	282	11.2	30.8	1.7	14.4	1.5	650g	*					*	*				*					
PIZZA CU NUTELLA SI FRUCTE	282	7.4	46.5	1.2	6.6	0.79	480g	*						*									
PIZZA TONNO	252	9.7	26.4	1.4	15.1	1.52	600g	*		*				*									
SANDWICH & MORE																							
FOCACCIA CU SUNCA SI MOZZARELLA	293	12.1	34	1.5	12.2	1.05	325g	*		*			*	*									
FOCACCIA CU PUI	233	6.3	30.2	1.3	14.1	0.19	390g	*		*				*					*				
FOCACCIA BACON PHILADELFIA	261	7.8	37.7	1.7	10.6	0.46	310g	*					*	*									
FOCACCIA CAPRESE	254	9.1	30.5	1.8	12.5	0.54	410g	*						*									
FOCACCIA CRUDO E MOZZARELLA	276	10.2	31.4	1.8	14.7	0.89	340g	*						*									
CHIFLA CU PUI	228	2.9	20.6	1	14	0.42	370g	*		*				*					*				
CHIFLA PULED PORK	185	3.5	20.7	1	18	0.37	360g	*															
PIZZA FELIE QUATRO STAGIONI	213	8.3	23.3	1.3	10.9	1.8	245g	*					*	*					*				
PIZZA SANWICH	365	27.8	19.5	0.8	9	1.68	234g	*		*			*	*					*				
CHIFLA VITA	269	11.2	29	1	13	0.94	400g	*	*														
NACHOS CHEESE	406	18.3	40.8	2.6	8.5	1.33	370g			*				*				*	*				
NACHOS OSTERIA	318	14.5	31	2.3	7.4	1.04	420g			*				*				*	*				
QUESADILLA	198	7.1	10.6	0.6	11.9	0.75	370g	*						*					*				
PIZZA FELIE QUATRO CARNI	240	9.8	23.5	1.2	14.3	1.09	245g	*					*	*					*				
BURGERS																							
BURGER OSTERIA	214	11.4	14.9	0.6	11.7	0.95	320g	*	*					*					*				
CHEESE BURGER	221	11	15.7	0.6	11.5	0.92	300g	*	*					*					*				
DUBLUCHEESE BURGER	223	13.4	11.7	0.5	13.1	0.8	450g	*	*					*					*				
ROYAL BURGER	243	15.4	14.7	0.6	10.8	0.85	320g	*	*		*			*					*				
VEGGIE BURGER	219	12.1	18.8	2.6	7.7	0.88	260g	*	*					*					*				
CHIKEN BURGER	210	9.4	16.5	0.7	11.8	0.71	360g	*		*				*					*				
POULED PORK	164	4.3	14.2	0.6	16.8	0.65	290g	*						*					*				
POULED CHIKEN	180	7.6	13.9	0.6	13.7	0.61	290g	*		*				*					*				
ITALIAN BURGER	235	14.7	14.5	0.7	10.3	0.93	230g	*	*					*					*				
FRENCH BURGER	232	14.8	13.2	0.5	10.9	0.71	320g	*	*		*			*					*				
SALATE																							
SALATA OSTERIA	113	1.4	14.7	1.1	7.4	0.15	475g	*											*	*			
SALATA CRISPY CHIKEN	134	5	11.7	1.1	8.4	0.14	560g	*		*				*					*				
SALATA CAESAR	186	12	1.4	0.4	14.1	0.42	410g	*		*				*					*				
SALATA GRECEASCA	116	4.9	14.1	1	3.3	0.83	550g	*						*					*				
SALATA VEGANA POST	108	10.5	9.7	2.9	2.7	0.12	410g	*														*	
SALATA CU BRANZA HALLOUMI	94	6.2	2.3	0.8	6.7	0.62	580g	*						*					*			*	

SALATA CU TON	146	7.4	12.9	0.9	6.6	0.6	580g		*		*	*								
GARNITURI																				
CARTOFI CU PARMEZAN SI USTUROI	258	12.1	31.4	0	5.8	0.5	270g	*					*							
CARTOFI PRAJITI	311	15.6	39.2	3.7	3.6	0.3	250g	*												
CARTOFI WEDGES	311	15.6	39.2	3.7	3.6	0.4	250g	*												
CARTOFI JALAPENIUS CHEESE & BACON	235	11.5	26.1	0.1	6.5	0.31	300g	*					*							
CASCAVAL PANE	296	19.8	6.9	0.3	22.8	1.19	200g		*		*		*							
CIUPERCI GRATINATE	101	7.2	1.2	1.3	7.2	0.48	400g													
LEGUME LA PLITA	20	0	2.9	1.1	1.3	0.01	400g													
SALATA COLESLAW	90	6.9	4.9	1.1	1.2	0.22	200g				*		*				*			
SALATA MIXTA	14	0	2	1.1	0.9	0.01	300g													
DESERT																				
TIRAMISU NUTELLA	382	25.4	31	0.2	7	0.1	200g		*		*		*		*					
MINI CHEESECAKE CARAMEL	262	15.3	29.7	0.1	2.7	0.34	200g		*					*						
MINI CHEESECAKE CU FRUCTE DE PADURE	262	15.3	29.7	0.1	2.7	0.34	200g	*	*					*						
MINI CHEESECAKE OREO NUTELLA	354	23.4	31.3	0.1	4.3	0.32	200g		*					*						
PAPANASI DULCEATA	276	8.8	43.8	0.7	6.4	1.2	300g		*		*			*	*					
PAPANASI NUTELLA	372	19.3	40.3	0.7	8.3	1.23	300g		*		*			*						
SNITELE & GRILL																				
PIEPT DE CURCAN MARINAT	138	2.9	0	0	17.44	0.053	200g													
PIEPT DE PUI LA GRATAR	108	1.76	0	0	23.04	0.09	200g													
CRISPY SNITEL	239	8.2	22.8	0.9	16.3	0.08	200g		*		*									
SNITEL IN CRUSTA DE PARMEZAN	206	7.9	5.4	0.2	22.5	0.31	220g		*		*			*						
SNITEL OSTERIA	201	8.8	5.2	0.3	20.3	0.4	300g		*		*			*				*		
SNITEL DE CURCAN	239	8.2	22.8	0.9	16.3	0.08	230g		*		*									
PUI SHANGHAI	195	4.5	12.4	0.5	20.4	0.08	200g		*		*			*						
MENIURI																				
MENIU CRISPY MINI	185	10	15.1	0.5	6.7	0.26	500g	*	*		*			*				*		
MENIU CRIPY PUI	187	9.6	15.3	0.4	7.5	0.23	600g	*	*		*			*				*		
MENIU ARIPIOARE BBQ	181	9.2	21.1	0.4	4.6	0.53	700g	*	*		*			*				*		
MENIU ARIPIOARE PICANTE	189	9.3	23.1	0.4	4.7	0.6	650g	*	*		*			*				*		
MENIU COASTE BBQ	234	11.7	20.5	0	11.7	0.43	600g	*												
MENIU COASTE GRILL	263	14	20.4	0	13.8	0.08	580g	*												
MENIU COASTE SWEET CHILLI	252	12.2	23.8	0	11.9	0.47	600g	*						*						
PLATOU DUO-COMBO CRISPY	209	10.7	20.5	0.6	6.9	0.56	1070g	*	*		*							*		
PLATOU DUO-COMBO BBQ	211	11.7	18.1	0.6	9.1	0.53	950g	*	*		*			*				*		
PLATOU CRISPY 4 PERSOANE	207	10.5	15.3	0.6	11.6	0.57	2320g	*	*		*			*				*		

PLATOU BBQ & WINGS 4 PERSOANE	204	11.3	17.1	0.6	9.4	0.69	2350g	*	*						*		*				
SOSURI-EXTRA TOPING																					
SOS ROSU	24	0.2	1.07	0	0.94	1.5	60g														
SOS PICANT	24	0.2	1.07	0	0.94	1.5	60g														
SOS ALB	386	39.3	6.7	0	1.1	1.01	60g			*				*			*				
SOS KETCHUP	88	0	21	0	1	2.2	60g														
SOS MAIONEZA	514	53	8.5	0	0.2	1.5	60g			*							*				
SOS CHILI	183	0.5	45	0	0.5	2.9	60g														
SOS COCKTAIL	372	35.3	12.7	0	0.5	1.73	60g			*							*				
SOS REMULAT	447	45.6	8.1	0.1	0.4	1.44	60g			*							*				
SOS BBQ	88	0	21	0	1	2.2	60g														
MARGINE DE CASCAVAL	284	21.47	3.47	0.98	18.63	1.3	150g								*						
PIZZA QUATTRO STAGIONI XXL	223	9.4	22.7	1.3	11.3	1.65	1050g	*							*		*				
PIZZA OSTERIA XXL	214	8.7	22.5	1.2	10.8	1.5	1150g	*							*		*				

