

Tabel Alergeni

PRODUS	GLUTEN	OUA	ARAHIDE	SOIA	LAPTE	FRUCTE CU COAJA LEMNOASA	TELINA	MUSTAR	SEMINTE SUSAN	LUPIN	MOLUSTE	CRUSTACEE	PESTE
ARAYES CU BRANZA	X	X			X								
ARAYES DE PUI	X	X			X								
ARAYES DE VITA	X	X			X								
AVOTOAST	X	X			X								
BABA GANOUI									X				
BEYTY KEBAB						X							
BARBUN	X								X				X
BIFTEC TARTAR	X	X			X								
BODRUM SALAD						X							
BRANZA CU CIMBRU					X								
BUTTER STEAK	X				X							X	
CALAMAR GRATAR												X	
CALAMAR PANE	X				X								
CARACATITA BABY CU OREZ METROPOLITAN					X								
CARTOFI GRATINATI					X								
CHANTILLY CREPE					X								
CIORBA DE BURTA	X	X			X								
CIORBA DE LEGUME							X						
CIORBA DE LINTE													
CIORBA DE PUI	X	X					X						
CIORBA RADAUTEANA	X	X			X								
COADA DE HOMAR LA GRATAR												X	
CREME BRULEE					X								
CREPE CU DULCEATA	X	X			X	X							
CREPE PIGALLE	X	X			X	X							
CREVETI JUMBO LA GRATAR												X	
CRISPY STRIPS	X	X											
DORADA LA GRATAR													X
FAJITAS					X								
FALAFEL									X				
FATTOUCHE	X												
FILE DE SALAU													X
FILE DE SOMON GRILL													X
FILE DE TON CU FISTIC						X							X
FILE DE TON CU IERBURI													X
FOCCACIA CU OREGANO	X				X								
FOCCACIA CU USTUROI	X				X								
FOCCACIA PARMEZAN	X				X								
FOCCACIA TELEMEA SI MARAR	X				X								
FOCCACIA	X				X				X				

SUPA CREMA DE LEGUME	X				X								
SUSHI DE VITA					X								
TABOULEH	X												
TABOULEH QUINOA BIO	X												
TENTACULE CARACATITA					X						X		
TENTACULE CU CREVETI					X						X	X	

Tabel Valori
Nutriționale



Valori nutritionale (/100g produs)

Denumire produs	Cantitate produs (g)	Valoare energetica (Kcal)	Valoare energetica (kJ)	Proteine	Lipide	A.G.S.	Glucide	Zaharuri	Fibre	Sare
APERITIVE CALDE										
ARAYES CU BRANZA	350	202.9	848.93	11.8	6.7	3.8	22.6	7.2	2.5	1.9
ARAYES CU SUJUC	370	283.8	1187.41	17.6	13.3	4.8	22.5	7.1	2.6	2.4
ARAYES DE PUI	440	201.4	842.65	16.6	6.2	3.5	18.3	5.7	2.6	1.5
ARAYES DE VITA	490	205	857.72	17	6.5	3.6	18.3	5.7	2.6	1.5
CARTOFI IUTI	400	88	368.19	2	0.2	0	19	4	1.5	0.53
CIUPERCI PORTABELLA	460	84.7	354.38	5.8	5.8	1.17	2.8	1.7	1	0.76
FALAFEL	450	159.5	667.34	8.55	2.4	1.4	26.8	7.7	4.5	1
FICATEI DE PUI LIBANEZI	530	100.7	421.32	13.8	3.9	1.4	1.5	0	0	1
HALOUMI LIME CHILLY	270	259	1083.65	13.7	20.7	16.5	4.4	2.2	0	0.7
HALOUMI GRILL	270	272.6	1140.55	14.4	20.7	9.6	4.4	2.2	0	0.8
HALOUMI LAVANDA	290	272.6	1140.55	14.4	20.7	8.6	4.4	2.2	0	0.8
HOMMOUS CU CARNE VITA	250	325	1359.8	15.5	24	3.4	10.3	2.7	1.5	1.5
HOMMOUS CU CARNE PUI	250	327	1368.16	16	24	3.5	9.8	2.7	1.5	1.5
HOMMOUS CU VITA SI MUGURI DE PIN	250	328.8	1375.69	16	25	3.6	9.8	2.7	1.5	1.5
KEBBEH PRAJIT	120	146.4	612.53	22	4.6	1.2	5.5	0.5	0	0.5
PLATOU FRUCTE DE MARE	1960	104	435.13	16.3	2.7	0.8	3.1	0	0	0.4
RAS AS FUR DE VITA	300	142	594.12	11.8	9.9	3.4	2.4	0	0	0.6
SUJUC	150	340	1422.56	24	26	4.2	4	1	0.4	2.4
APERIVIVE RECI										
BABA GANOUI	260.00	40.38	168.97	1.38	1.24	0.12	6.57	1.50	0.32	1.15
BRANZA CAPRA	100.00	261.00	1092.02	15.00	22.00	15.40	0.70	0.70	0.00	2.20
BRANZA CU CIMBRU	100.00	273.00	1142.20	19.40	20.40	4.20	1.00	1.00	0.00	5.00
BRUSCHETTI CU CREVETI	150.00	178.00	744.75	15.00	6.00	1.50	16.00	3.00	2.00	1.00
BRUSCHETTI CU MOZZARELLA	150.00	192.00	803.32	13.30	5.60	2.00	20.80	3.00	2.00	1.00
BRUSCHETI CU ROSII SI BUSUIOC	150.00	119.00	497.89	7.00	3.00	1.00	16.00	2.80	2.00	1.00
HOMMOUS	150.00	414.01	1732.17	9.27	34.35	3.40	17.16	4.60	2.50	1.10
HOMMOUS CU CORIANDRU SI GHIMBIR	150.00	414.00	1732.17	9.27	34.35	3.40	17.16	4.60	2.50	1.10
HOMMOUS CU MUGURI DE PIN	150.00	414.00	1732.17	9.27	34.35	3.40	17.16	4.60	2.50	1.10
HOMMOUS CU PASTA IUTE	150.00	414.00	1732.17	9.27	34.35	3.40	17.16	4.60	2.50	1.10
HOMMOUS CU SMOCHINE	150.00	414.00	1732.17	9.27	34.35	3.40	17.16	4.60	2.50	1.10
HOMMOUS CU SUSAN	150.00	414.00	1732.17	9.27	34.35	3.40	17.16	4.60	2.50	1.10
HOMMOUS CU TRUFE	150.00	414.00	1732.17	9.27	34.35	3.40	17.16	4.60	2.50	1.10
KEBBEH NAYE	233.00	218.17	912.83	22.15	8.03	2.70	12.26	0.09	0.60	0.04
LABNEH	200.00	160.00	669.44	7.00	14.00	9.00	2.00	1.00	0.00	0.70
LABNEH CU USTUROI SI MENTA	200.00	160.00	669.44	7.00	14.00	9.00	2.00	1.00	0.00	0.70
LABNEH PICANT	200.00	160.00	669.44	7.00	14.00	9.00	2.00	1.00	0.00	0.70
MASLINE	150.00	300.00	1255.20	0.00	26.70	4.00	13.30	0.60	2.00	2.00
MASLINE CU IERBURI AROMATE	150.00	300.00	1255.20	0.00	26.70	4.00	13.30	0.60	2.00	2.00
MEZZE BEIRUT	720.00	174.58	730.46	3.82	12.20	1.17	13.13	6.13	1.47	0.65
MEZZE PENTRU 4 PERSOANE	1110.00	223.16	933.70	8.32	13.59	2.11	17.41	4.95	1.99	1.64
MEZZE PENTRU 2 PERSOANE	550.00	223.16	933.70	8.32	13.59	2.11	17.41	4.95	1.99	1.64
MUHAMARRA	200.00	142.00	594.13	4.20	8.80	0.00	11.60	2.40	4.40	1.00
MUSHAKEL DE HOMOUS	225.00	371.16	1552.91	8.33	30.73	3.02	15.51	4.14	2.32	1.00
SAHAN SERVICE	380.00	22.63	94.69	1.12	0.27	0.00	4.32	0.29	0.88	0.00
SALATA DE VINETE	350.00	35.00	146.44	0.80	0.20	0.00	8.70	1.80	1.20	0.00
BLACK ANGUS										
MUSCHI BLACK ANGUS	250.00	215.00	899.56	19.00	15.00	5.60	0.00	0.00	0.00	0.10
ANTRICOT BLACK ANGUS	330.00	191.30	800.39	26.00	9.70	3.50	0.00	0.00	0.00	0.05
CIORBE/SUPE CREMA										
CIORBA DE BURTA	330.00	180.69	756.00	7.70	12.67	6.04	7.73	1.39	0.20	1.50
CIORBA DE LEGUME	350.00	67.85	283.89	2.74	2.22	0.00	10.77	1.93	0.91	1.00
CIORBA DE LINTE	210.00	110.60	462.76	7.56	1.22	0.10	18.12	2.30	1.37	1.00
CIORBA DE PUI	350.00	84.71	354.43	7.67	2.05	0.62	8.48	0.40	0.82	1.00
CIORBA DE VACUTA	350.00	91.97	384.81	8.99	2.64	0.76	7.90	0.37	0.76	1.00
CIORBA RADAUTEANA	330.00	189.92	794.64	10.39	12.52	6.05	7.36	1.39	0.20	1.20
MAMALIGUTA	150.00	175.50	734.29	4.80	0.85	0.10	36.05	0.15	0.80	1.00
SMANTANA	100.00	216.00	903.74	3.30	20.00	11.00	3.90	3.00	0.00	0.20
SUPA CREMA DE BOSTAN	300.00	37.20	155.64	0.80	2.00	0.50	4.00	1.35	0.60	1.00
SUPA CREMA DE LEGUME	300.00	65.50	274.05	1.43	4.05	2.50	6.12	1.35	0.93	1.00

CREPES										
CHANTILLY CREPE	650.00	229.38	959.75	4.97	11.58	8.48	24.71	8.38	1.50	0.16
CREPE CU DULCEATA	400.00	239.50	1002.07	4.95	2.28	1.34	49.56	21.88	0.75	0.21
CREPE FENICE	330.00	203.39	851.00	6.17	5.80	3.29	31.82	10.85	0.06	0.28
CREPE FRUTTI	650.00	189.23	791.74	4.39	6.48	2.45	29.15	13.35	3.15	0.14
CREPE NUTELLA	350.00	306.86	1283.89	7.12	11.44	4.56	43.93	24.80	0.29	0.27
CREPE PAGALE CU INGHEATA	660.00	248.41	1039.34	4.80	9.60	5.01	36.38	21.84	0.74	0.27
CREPE PIGALLE	500.00	241.50	1010.44	5.32	8.10	3.22	37.65	20.96	0.98	0.19
DELICATESE										
FOIE GRAS CU FRUCTE PADURE	150.00	133.00	556.47	16.37	4.28	1.60	6.32	0.00	0.00	0.00
PIEPT DE RATA MICADO	350.00	248.06	1037.87	19.94	9.14	3.36	18.69	8.61	1.15	0.00
PUI DE BALTA CU STUROI/LAMAIE	400.00	154.30	645.59	21.60	6.60	3.67	0.13	0.00	0.00	0.10
DESERT										
BACLAVA		397.00	1661.04	6.20	26.90	12.00	34.90	32.00	0.50	0.20
BACLAVA LIBANEZA		397.00	1661.04	6.20	26.90	12.00	34.90	32.00	0.50	0.20
CREME BRULEE		231.00	966.50	4.30	14.70	8.60	20.40	19.30	0.00	0.10
KADAYF	100.00	380.00	1591.00	9.00	1.60	0.20	82.00	0.40	0.00	0.10
KASTHALIE	450.00	76.78	321.24	2.43	2.13	1.20	12.89	7.00	1.16	0.06
KNAFE CU INGHEATA TURCEASCA	210.00	388.86	1626.98	10.76	24.86	14.21	28.88	10.38	0.00	0.10
KNAFE LIBANEZA	210.00	388.86	1626.98	10.76	24.86	14.21	28.88	10.38	0.00	0.10
KNAFE LIBANEZA CU INGHEATA	270.00	362.44	1516.47	9.08	22.51	13.41	29.66	13.54	0.00	0.19
LAVA CAKE	200.00	350.00	1454.00	5.70	18.40	8.10	38.60	32.50	0.00	0.20
LAVA CAKE CU INGHEATA	300.00	350.00	1454.00	5.70	18.40	8.10	38.60	32.50	0.00	0.20
PAPANASI	400.00	235.00	983.00	10.00	17.20	7.50	10.00	8.00	0.00	0.20
DIVERSE										
BRUSCHETA CU SOMON AFUMAT	170.00	178.00	744.75	15.00	6.00	1.50	16.00	3.00	2.00	1.00
CASCAVAL	100.00	283.00	1184.07	25.00	19.00	11.00	1.00	1.00	0.00	4.00
DULCEATA	30.00	282	1179.88	0.77	0.00	0.00	68.00	38.00	2.00	0.00
EDAMAME	150.00	129	539.73	11.00	5.00	0.00	10.00	4.00	2.00	0.00
MUGURI DE PIN	20.00	708	2962.27	14.00	68.00	12.00	12.00	0.00	5.70	0.00
NUTELLA	50.00	539	2255.17	6.30	30.90	10.60	57.50	56.30	1.00	0.10
OU FIERT	100.00	171.00	715.46	14.00	12.00	3.40	0.60	0.00	0.00	0.00
PARMEZAN	100.00	431	1807.48	38.50	28.60	17.30	4.10	0.90	0.00	1.50
PORUMB	150.00	77.2	322.16	2.30	1.20	0.90	14.30	4.40	2	0.2
TELEMEA VACA	100.00	273.00	1142.23	19.40	20.40	4.20	1.00	1.00	0.00	5.00
UNT	100.00	806.00	3372.04	8.00	80.00	50.49	2.50	0.00	0.00	0.00
GARNITURI										
BRANZA FETA	100.00	264.00	1104.57	14.20	21.30	4.50	4.10	4.00	0.00	4.00
CARTOFI GRATINATI CU BRANZA	200.00	178.00	745.00	3.50	12.50	9.50	12.50	0.80	0.70	1.00
CARTOFI GRILL	400.00	137.00	573.20	5.40	5.60	0.00	20.00	4.00	0.70	0.00
CARTOFI PRAJITI	200.00	128.00	536.00	2.10	3.40	0.30	21.00	3.00	2.30	0.70
CARTOFI PIURE	230.00	113.00	473.00	2.00	4.20	0.50	16.90	3.50	0.70	0.70
CASCAVAL PANE	200.00	293.50	1228.00	16.60	15.07	7.26	22.87	7.55	0.00	1.60
CIUPERCI GRILL	150.00	22.00	92.04	3.10	0.30	0.00	2.30	1.00	0.80	0.00
KUMPIR	230.00	113.00	473.00	2.00	4.20	0.50	16.90	3.50	0.70	0.70
KUMPIR CU TRUFE	230.00	113.00	473.00	2.00	4.20	0.50	16.90	3.50	0.70	0.70
LEGUME LA GRATAT	400.00	79.00	331.00	2.40	4.60	0.00	7.00	0.00	2.90	0.30
LEGUME SOTE	300.00	35.70	149.00	3.00	0.40	0.00	5.10	0.00	2.00	0.30
OREZ	100.00	130.00	544.00	2.70	0.30	0.30	28.20	0.70	1.00	0.50
OREZ CU LEGUME	100.00	145.00	607.00	12.30	3.30	0.30	15.60	0.70	2.00	1.10
OREZ CU NUCI PIN STAFIDE	140.00	145.00	607.00	12.30	3.30	0.30	15.60	0.70	2.00	1.10
OREZ LIBANEZ	100.00	130.00	544.00	2.70	0.30	0.30	28.20	0.70	1.00	0.50
OREZ METROPOLITAN	100.00	130.00	544.00	2.70	0.30	0.30	28.20	0.70	1.00	0.50
OREZ SALBATIC	100.00	130.00	544.00	2.70	0.30	0.30	28.20	0.70	1.00	0.50
PUREE DE TELINA	470.00	85.00	359.00	1.50	7.80	4.00	2.40	0.20	1.00	0.20
RONDELE DE CARTOFI CU MENTA SI U	350.00	137.00	573.20	5.40	5.60	0.00	20.00	4.00	0.70	0.00
RONDELE DE CARTOFI CU ROSMARIN	400.00	137.00	573.20	5.40	5.60	0.00	20.00	4.00	0.70	0.00
SOTE DE SPANAC	400.00	38.20	160.00	1.20	1.40	1.00	5.20	0.00	0.50	0.50
SPARANGHEL VERDE	180.00	37.00	155.00	2.20	0.70	0.30	3.90	2.80	1.00	1.00
MENIUL ZILEI										
KEBAB DE PUI	830.00	218.88	915.79	7.56	13.78	4.28	16.29	8.79	1.20	0.64
MENU										
MENIU BEIRUT EXTRA	770.00	185.57	776.43	9.14	12.09	4.05	9.69	1.26	1.17	0.96
MENIU BEIRUT MUSHAKAL	770.00	178.30	746.00	9.42	11.32	3.31	9.24	1.26	1.17	0.92
MENIU HARISA KEBAB VITA	630.00	175.03	732.33	7.51	10.95	3.13	11.18	1.43	1.43	0.84
MENIU JUNEH FRIGARIU PUI	630.00	162.33	679.20	7.99	9.62	1.83	10.39	1.43	1.43	0.77
MENIU TYR FRIGARUI VITA	630.00	175.03	732.33	7.51	10.95	3.13	11.18	1.43	1.43	0.84
MENIU ZAHLE KEBAB DE PUI	630.00	162.33	679.20	7.99	9.62	1.83	10.39	1.43	1.43	0.77

MIC DEJUN										
AVO TOAST	200.00	168.25	703.96	11.00	12.75	3.08	2.70	0.18	1.75	0.02
FETA FORNO	130.00	264.00	1104.47	14.20	21.30	4.50	4.10	4.00	0.00	4.00
MIC DEJUN ALSACIA	400.00	232.80	974.04	20.65	15.35	8.80	2.70	1.70	0.05	1.15
MIC DEJUN CHOLET	330.00	232.64	973.35	9.81	18.71	3.85	5.30	1.15	0.61	1.58
MIC DEJUN FENICE	350.00	152.97	640.03	9.95	10.89	2.48	3.59	0.32	1.33	0.87
OMLETA SIMPLA	230.00	253.83	1062.01	13.22	20.87	9.54	0.85	0.00	0.00	0.00
OMLETA SUJUC	230.00	253.83	1062.01	13.22	20.87	9.54	0.85	0.00	0.00	0.00
PLATOU MIC DEJUN	450.00	174.80	731.36	12.95	12.21	2.91	2.06	0.37	0.26	1.67
PORRIDGE	450.00	370.00	1548.00	11.00	7.70	1.30	59.00	1.00	9.00	0.00
SHAKSHUKA	250.00	110.60	462.75	8.84	7.32	2.04	1.60	0.20	0.24	0.00
SMOKED SALMON EGGS	250.00	174.80	731.36	12.78	12.92	2.64	2.16	0.14	1.40	0.15
WHITE OMLETTE	230.00	253.83	1062.01	13.22	20.87	9.54	0.85	0.00	0.00	0.00
ORIGIN STEAK										
ANTRICOT ARGENTINA	300.00	170.00	711.30	21.00	9.40	4.50	0.00	0.00	0.00	0.00
LOKUM	250.00	170.00	711.30	21.00	9.40	4.50	0.00	0.00	0.00	0.00
MUSCHI DE VITA ARGENTINA	300.00	155.50	650.61	17.78	8.03	3.75	3.12	0.00	0.20	0.00
PORTERHOUSE T-BONE	375.00	180.00	753.12	21.00	10.60	8.00	0.00	0.00	0.00	0.00
PASTA										
PASTE CU CREVETI	350.00	137.40	574.88	4.00	4.60	1.20	20.00	1.80	0.00	1.00
QUATRO FORMAGGI	350.00	159.00	665.00	6.00	4.60	1.70	23.30	1.80	0.00	1.20
RIZOTTO CLASIC	200.00	351.00	1469.00	6.90	1.30	0.40	77.00	0.30	1.90	2.00
RIZOTO CU SPARANGHEL SI CREVETI	350.00	137.40	574.88	4.00	4.60	1.20	20.00	1.80	0.00	1.00
SPAGHETTI BOLOGNESE	350.00	135.00	565.00	4.30	5.00	1.60	17.60	2.50	1.00	0.60
SPAGETTI CU FRUCTE DE MARE	350.00	123.00	514.63	6.70	2.50	1.00	18.20	2.50	1.00	0.50
PATISERIE										
FOCACIA CU OREGANO/USTUROI	300.00	247.00	1033.44	7.50	0.40	0.20	52.00	16.00	0.00	1.20
FOCACIA CU PARMEZA	375.00	283.80	1187.42	13.70	6.04	3.62	42.42	12.98	0.00	1.26
FOCACIA CU TELEMEA SI MARAR	350.00	283.80	1187.42	13.70	6.04	3.62	42.42	12.98	0.00	1.26
FOCACIA SUSAN	300.00	247.00	1033.44	7.50	0.40	0.20	52.00	16.00	0.00	1.20
LIPIE	180.00	247.00	1033.44	7.50	0.40	0.20	52.00	16.00	0.00	1.20
MANAKEESH COCTAIL	290.00	232.41	972.42	10.66	5.52	2.56	34.13	10.06	0.29	0.94
MANAKEESH FENICE	480.00	287.10	1201.24	18.54	13.69	6.77	21.72	6.30	0.18	1.00
MANAKEESH HARRA	310.00	160.19	670.25	4.98	0.32	0.12	33.55	9.37	0.71	0.70
MANAKEESH JEBNEH	380.00	265.95	1112.72	16.71	10.19	5.88	25.16	8.11	0.00	2.67
MANAKEESH LAHM AJIN	430.00	265.95	1112.72	16.71	10.19	5.88	25.16	8.11	0.00	2.67
MANAKEESH MUHAMARA	310.00	160.19	670.25	4.98	0.32	0.12	33.55	9.37	0.71	0.70
MANAKEESH SUJUC/ZATAR	430.00	281.19	1176.48	17.44	12.84	4.90	23.05	7.28	0.00	2.46
MINIPIZZA	200.00	222.75	931.99	15.30	5.60	3.14	26.25	8.25	0.00	1.63
SAMBUSEK BRANZA	150.00	331.67	1387.69	16.20	7.27	3.80	48.33	0.53	1.80	1.33
SAMBUSEK CARNE	200.00	244.75	1024.03	10.15	6.20	1.65	36.13	0.15	1.35	0.10
SAMBUSEK SPANAC	200.00	190.50	797.05	7.65	0.85	0.10	37.00	0.40	1.75	0.00
SFIHA BAALBAKIE	250.00	208.20	871.11	8.50	5.16	1.32	31.34	0.16	1.70	0.08
SFIHA SPANAC	250.00	159.60	667.77	6.30	0.82	0.08	30.84	0.32	1.76	0.00
SFIHA JEBNEH	230.00	277.74	1162.06	14.02	9.28	5.62	33.35	0.17	1.57	0.45
SFIHA SUJUC	250.00	345.32	1444.82	19.24	15.98	4.00	30.96	0.61	1.08	1.31
PESTE GRATAR										
BARBUN	450.00	181.00	757.30	16.37	4.53	0.47	17.33	5.33	0.07	0.47
DORADA GRATAR	400.00	89.00	372.38	18.90	0.90	0.00	0.00	0.00	0.00	0.00
FILE DE CALCAN	350.00	91.00	380.74	16.00	3.00	0.00	0.00	0.00	0.00	0.20
FILE DE SALAU	350.00	86.00	359.82	19.00	0.80	0.10	0.20	0.00	0.00	0.10
FILE SOMON GRILL	270.00	206.00	861.90	20.00	14.00	1.70	0.00	0.00	0.00	0.00
FILE DE TON CU FISTIC	310.00	190.42	796.71	22.35	9.87	1.06	0.87	0.71	1.81	0.03
FILE DE TON CU IERBURI AROMATE	260.00	103.00	430.95	22.00	1.00	0.32	0.00	0.00	0.00	0.00
FISH SHAWARMA	550.00	131.45	550.01	13.90	5.15	0.46	6.27	0.15	0.75	0.25
LUP DE MARE LA CUPTOR	600.00	79.75	333.67	11.63	1.17	0.05	5.00	0.13	0.71	0.12
PASTRAV GRATAR	350.00	148.00	619.23	20.80	6.60	0.60	0.00	0.00	0.00	0.10
SULTAN FENICE	700.00	96.00	401.66	18.00	2.00	0.00	0.00	0.00	0.00	0.20
PIZZA										
PIZZA PUI	500.00	241.00	1007.64	10.76	6.73	3.50	32.77	4.50	1.00	1.00
PIZZA TUNA	500.00	192.00	803.32	7.90	9.70	2.50	16.40	1.00	2.50	1.00
PIZZA MARGHERITA	500.00	228.00	1235.00	12.65	11.82	3.70	23.02	1.68	2.57	1.00
PIZZA ORTO MARE	500.00	182.00	761.48	7.60	9.70	2.50	16.70	0.50	2.50	1.00
PIZZA QUATRO FORMAGGI	500.00	341.00	1425.80	15.42	13.78	5.60	36.52	5.50	0.50	1.00
PIZZA SUJU	500.00	209.56	876.00	6.33	4.07	0.00	35.55	6.00	6.00	0.50
PIZZA VEGETARIANA	500.00	192.00	803.32	7.90	9.70	2.50	16.40	1.00	2.50	1.00
SALATE										
AYRAN	300.00	51.60	215.89	2.90	2.80	1.60	2.00	2.00	0.00	0.20
BODRUM SALAD	330.00	212.12	887.52	5.37	19.97	1.85	6.31	1.14	2.45	0.01

FATTOUCHE	640.00	75.88	317.46	2.63	0.35	0.05	14.89	4.12	0.65	0.28
OTOMAN SALAD	230.00	74.17	310.34	3.65	4.23	2.68	5.11	0.45	0.83	0.38
SALATA LIBANEZA	410.00	22.61	94.60	1.15	0.25	0.00	3.32	0.40	0.86	0.00
SALATA BIO	370.00	24.95	104.37	1.11	0.20	0.00	4.39	0.36	0.88	0.00
SALATA ROSII CHERRY	200.00	20.00	83.68	1.10	0.30	0.00	3.10	0.50	0.60	0.00
SALATA ARDEI COPTI	400.00	29.00	121.34	0.80	0.20	0.00	6.00	0.50	1.30	0.00
SALATA DE IAURT	200.00	97.00	405.85	3.10	7.55	2.10	4.18	2.30	0.13	0.08
SALATA DE MASLINE CU NUCI	280.00	210.57	881.03	2.72	19.00	0.87	8.26	1.51	1.44	0.00
SALATA DE RIDICHE CU SPANAC	150.00	13.33	55.79	2.37	4.83	1.31	3.21	1.67	0.80	0.05
SALATA DE ROSII SI CASTRAVETI	265.00	20.89	87.39	1.13	0.26	0.00	3.34	0.43	0.64	0.00
SALARA DE ROSII SI MASLINE	360.00	144.44	604.36	0.61	12.03	0.00	7.63	1.39	0.56	0.00
SALATA DE VARZA	250.00	33.00	138.07	1.80	0.20	0.00	5.80	2.20	1.60	0.00
SALATA MEDITERANEANA	400.00	17.13	71.65	1.48	0.36	0.00	3.51	0.35	0.69	0.00
SALATA ROCCA	150.00	13.33	55.79	1.90	0.57	0.00	4.40	0.40	0.93	0.00
SALATA SPRING	310.00	44.35	185.58	1.28	2.67	0.34	3.66	0.53	1.95	0.01
SALATA VERDE CU ULEI MASLINE	200.00	104.90	438.90	1.08	9.47	1.35	1.80	0.45	1.35	0.00
TABOULEH	100.00	113.30	474.06	2.00	9.20	1.60	5.85	1.30	2.70	1.20
TABOULEH QUINOA	285.00	54.49	227.99	2.30	0.84	0.00	8.62	0.46	1.50	0.00
SALATE APERITIV										
SALATA CEZAR	475.00	118.07	494.02	10.43	6.76	1.63	2.48	0.38	0.92	0.10
SALATA CU BRANZA DE CAPRA	390.00	93.72	392.12	2.89	7.78	2.67	2.97	0.47	0.72	0.28
SALATA CU HALOUMI SI SPANAC BABY	230.00	99.39	415.85	6.53	6.78	3.65	3.02	1.27	0.80	0.13
SALATA CU PERE SI GORGONZOLA	310.00	163.48	684.02	9.62	10.55	6.92	8.23	0.15	0.99	0.13
SALATA CU VITA	340.00	49.12	205.51	7.30	1.03	0.34	3.14	0.27	0.89	0.03
SALATA DE CREVETI CU AVOCADO	660.00	120.20	502.90	6.89	9.01	1.15	4.95	0.55	3.25	0.08
SALATA DE TON	350.00	83.65	350.01	5.18	4.51	0.68	4.89	1.14	0.97	0.04
SALATA FOIE GRAS	230.00	98.26	411.12	10.27	3.86	1.30	18.77	9.30	0.63	0.02
SALATA GRECEASCA	550.00	73.79	308.74	3.26	5.41	2.53	5.11	0.41	1.00	0.47
SALATA CU PIEPT PUI	600.00	41.98	175.66	6.36	0.93	0.29	3.37	0.29	0.84	0.03
SPECIALITATI LIBANEZE										
BYBLOS DE VITA	800.00	103.19	431.74	7.44	3.96	1.43	12.78	0.86	0.95	0.49
DAWUD PACHA	680.00	160.10	669.87	7.85	9.04	3.31	15.76	1.00	1.09	0.67
FURNATA	610.00	80.49	336.78	6.59	4.97	1.84	1.87	0.12	0.39	0.03
MAGLOUBA	640.00	153.67	645.51	10.80	4.26	2.03	17.17	0.66	0.87	0.04
MAGLOUBA VITA	600.00	161.15	676.97	10.24	4.99	2.18	18.41	0.73	0.95	0.00
MANSAF DE BERBECUT	720.00	189.74	807.74	10.86	12.18	6.02	12.56	1.49	0.35	0.08
MANSAF DE VITA	730.00	188.96	804.30	11.02	12.08	5.96	12.39	1.47	0.34	0.08
MANSAF DE PUI	700.00	188.37	802.43	10.67	11.81	6.06	12.92	1.53	0.36	0.12
MNAZALE POST	820.00	87.11	349.11	2.29	2.89	1.23	12.99	0.87	0.86	0.00
MNAZALE DE PUI	1000.00	77.34	311.00	5.73	1.30	0.20	10.52	0.93	0.80	0.02
MNAZALE VITA	1000.00	100.96	409.82	5.93	3.86	1.12	10.52	0.93	0.80	0.02
SHARHAT DE PUI	250.00	114.00	516.98	21.20	2.60	1.15	0.00	0.00	0.00	0.10
SHARHAT DE VITA	280.00	215.00	935.27	19.00	15.00	5.60	0.00	0.00	0.00	0.10
SHAWARMA FENICE	880.00	113.15	484.77	9.48	4.92	0.67	15.73	4.23	0.85	0.33
SHAWARMA VITA	600.00	169.15	720.19	10.19	7.43	3.01	14.36	4.42	0.25	0.35
SHAORMA SANDWICH	380.00	133.55	585.10	11.63	2.52	0.47	25.79	7.37	0.26	0.51
UZZI	470.00	137.06	594.75	19.92	9.47	3.47	16.40	0.23	1.01	0.01
SPECIALITATE BERBECUT										
BYBLOS DE OAIIE	850.00	134.76	563.86	9.08	6.50	2.67	11.14	0.24	1.01	0.21
COTLET DE BERBECUT CU RODII	360.00	256.44	1072.96	21.46	18.70	8.00	0.34	0.06	0.07	0.62
COTLET DE MIEL LA GRATAR	500.00	208.86	873.87	17.12	14.75	6.30	1.62	0.11	0.33	0.49
MUSCHI BERBECUT	500.00	205.90	861.49	17.19	14.76	6.30	0.87	0.06	0.15	0.49
SPECIALITATI DE PUI										
FAJITAS	400.00	70.10	318.30	17.29	6.40	3.84	1.20	0.04	0.17	0.32
PUI GORGONZOLA	500.00	49.00	225.02	17.47	12.78	8.44	1.72	0.60	0.00	0.08
PUI SILISIAN	740.00	75.85	330.88	11.60	6.83	4.18	1.98	0.65	0.29	0.18
PUI VIENEZ	725.00	122.74	527.36	11.09	9.76	5.41	6.76	1.74	0.40	0.18
SNITEL BAVAREZ	500.00	213.60	913.70	15.56	1.88	0.58	43.20	0.18	1.62	0.04
SPECIALITATI DE VITA										
BIFTEC TARTAR	400.00	362.33	1540.97	14.55	29.60	16.02	5.53	0.12	1.02	0.05
CHATEAU BRIAND	360.00	287.11	1229.05	18.11	22.75	11.16	0.39	0.01	0.00	0.16
ENCHILADAS	600.00	200.08	853.82	14.92	14.58	6.07	1.79	0.05	0.28	0.35
PHILADELPHIA	430.00	170.65	737.26	13.72	11.53	5.56	2.23	0.07	0.40	0.29
SUJUC NUSRET	270.00	295.19	1265.89	22.67	21.50	6.41	2.82	0.96	0.04	2.81
SUSHI DE VITA	250.00	216.60	946.25	11.44	10.40	2.70	20.20	1.00	2.08	0.05
SPECIALITATI FRUCTE DE MARE										
CALAMAR LA GRATAR	550.00	170.30	712.54	17.90	7.50	1.90	7.80	0.00	0.00	0.30
CALAMAR PANE	400.00	192.89	807.04	16.86	6.78	1.69	15.84	0.04	0.20	0.26
CARACATITA BABY CU OREZ METROPO	650.00	192.26	804.42	13.98	3.54	1.87	24.49	0.06	0.77	0.03

COADA DE HOMAR	550.00	118.96	497.74	19.00	4.25	0.49	1.30	0.00	0.00	0.00
CREVETI JUMBO GRATAR	400.00	93.50	391.20	20.90	1.10	0.30	0.00	0.00	0.00	0.20
FRIGARUI DE CREVETI SI CALAMAR	300.00	131.90	551.87	19.40	4.30	1.10	3.90	0.00	0.00	0.25
MIDII IN SOS DE VIN	300.00	109.73	459.12	10.53	6.73	3.37	1.17	0.00	0.00	0.00
PLATOU MEDITERANEAN 4 PERS	1880.00	111.85	468.00	16.77	3.25	0.94	3.49	0.02	0.00	0.25
SAINT JAQUES CU SOS CITRICE	500.00	122.90	514.21	10.97	2.33	0.65	14.01	6.07	0.60	0.49
SCOICI VERZI SOS VIN	260.00	157.00	656.89	14.92	9.14	4.81	2.89	0.10	0.00	0.70
SHRIMPS BUTTER	400.00	116.65	488.06	11.52	6.60	3.94	1.87	0.74	0.21	0.10
TENTACULE CU CREVETI JUMBO	360.00	85.19	356.45	16.57	1.03	0.44	1.59	0.00	0.00	0.06
TENTACULE DE CARACATITA GRATAR	350.00	82.00	343.09	14.90	1.00	0.50	2.20	0.00	0.00	0.00
SPECIALITATI LA GRATAR										
ADANA KEBAB	330.00	172.45	751.85	10.58	13.33	3.76	2.48	0.05	0.46	0.24
BEYTY KEBAB	340.00	234.41	1010.19	17.06	17.32	9.50	2.35	0.32	0.00	1.26
FRIGARUI DE BERBECUT	460.00	170.76	725.29	13.51	11.45	4.89	3.01	0.13	0.63	0.38
FRIGARUI PUI SHISTOUK	540.00	54.98	233.06	11.41	5.80	3.38	2.05	0.13	0.39	0.05
FRIGARUI DE VITA	420.00	118.29	498.79	9.60	7.21	2.67	3.02	0.18	0.63	0.05
IAURT KEBAB	560.00	102.50	446.72	7.29	7.46	3.54	3.80	1.70	0.04	0.82
KEBAB OAIE	400.00	131.25	553.23	8.78	8.68	4.10	4.28	0.43	0.58	0.75
KEBAB PUI	400.00	111.25	469.55	9.53	6.58	2.05	3.03	0.43	0.58	0.65
KEBAB VITA	200.00	233.00	1024.87	16.50	17.20	8.20	3.00	0.50	0.00	1.50
KEBAB ORFALI	500.00	118.60	499.49	7.39	9.12	2.48	3.30	0.44	0.48	0.30
MUSHAKAL	700.00	100.91	424.53	11.08	7.39	2.37	2.22	0.38	0.32	0.36
PIEPT DE PUI	480.00	74.71	315.98	15.02	0.30	0.06	2.31	0.15	0.48	0.06
PULPA DEZOSATA										
SPECIALITATI PANE										
CREVETI IN CRUSTA CARTOFI	240.00	90.00	360.00	9.00	0.50	0.20	14.00	0.00	0.50	0.17
CRISPY PUI	460.00	122.52	512.63	14.25	4.91	1.54	3.75	0.12	0.44	0.04
SNITEL CU FISTIC	410.00	158.39	662.70	16.61	5.55	1.75	9.14	0.06	0.36	0.05
SNITEL CU NUCI	410.00	158.39	662.70	16.61	5.55	1.75	9.14	0.06	0.36	0.05
SNITEL SIMPLU	430.00	156.33	654.07	16.83	5.41	1.72	8.71	0.06	0.34	0.05
STEAK										
BUTTER STICK	200.00	414.00	1732.18	28.25	31.75	18.25	0.63	0.00	0.00	0.00
IRISH STEAK	450.00	133.78	559.73	11.80	8.84	3.24	0.83	0.40	0.39	0.06
STEACK CU PIPER VERDE	450.00	189.89	794.50	11.89	13.94	6.57	3.82	0.71	0.23	0.06
STEAK VITA	350.00	168.29	704.11	13.97	10.93	4.00	3.11	0.07	0.26	0.07
STEAK VITA CU FOIE GRAS	400.00	178.00	744.75	16.18	10.60	3.90	3.92	0.00	0.15	0.06
STEAK VITA CU RODII	360.00	469.39	1963.92	17.08	40.06	22.28	6.10	0.00	0.33	0.07
STEAK VITA ROQUEFORT	410.00	454.83	1903.01	17.56	38.59	22.00	5.54	0.00	0.29	0.08
SURF& TURF										
STEK VITA CU HOMAR	500.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
STEAK VITA CU CREVETI	375.00	174.50	730.11	19.63	10.37	3.83	0.00	0.00	0.00	0.13
STEAK VITA CU SAINT JACQUE	330.00	185.91	777.84	17.86	12.09	4.47	0.65	0.02	0.00	0.25