

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Antricot de Argentina

| | | | | | | |
|-----------------------|--------|----------------------|-------------|--------------|-------------|------------|
| Antricot de Argentina | 100 gr | VE=274 cal/1147 kj , | G=22.1 gr , | AGS=9 gr , | Z=0,0 gr , | Na=56.0 mg |
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z= 4.1 gr , | Na=4.0 mg |
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr , | Z=0.9 gr , | Na=56 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr , | Na=28 mg |

Aripioare de pui Kentucky picante

| | | | | | | |
|-------------------|--------|----------------------|-------------|--------------|-------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Aripi de pui pane | 100 gr | VE=321 cal/1344 kj , | G=22.2 gr , | AGS=6.1 gr , | Z=0 gr , | Na=77 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr , | Z=0 gr , | Na=0.0 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr , | Na=28 mg |
| Zahar | 100 gr | VE=387 cal/1620 kj , | G=0 gr , | AGS=0 gr , | Z=99.9 gr , | Na=0 mg |

Carnaciori de plescoi, Mamaliga

| | | | | | | |
|--------------------------|--------|----------------------|------------|--------------|------------|----------|
| Carnati de plescoi | 100 gr | VE= | | | | |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr , | Z=0 gr , | Na=10 mg |
| Malai | 100 gr | VE=361 cal/1511 kj , | G=3.9 gr , | AGS=0.5 gr , | Z=0.6 gr , | Na=5 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj , | G=100 gr , | AGS=9 gr , | Z=0 gr , | Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj , | G=0.5 gr , | AGS=0.1 gr , | Z=1 gr , | Na=17 mg |

Ceafa de porc la jar

| | | | | | | |
|---------------|--------|-----------------------|-------------|--------------|------------|-----------|
| Ceafa de porc | 100 gr | VE=232 cal/997.6 kj , | G=18.8 gr , | AGS=7.9 gr , | Z=0 gr , | Na= 56 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr , | Na=28 mg |

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Cheeseburger, cartofi prajiti

| | | | | | | | |
|-----------------------|--------|----------------------|------------|-------------|-----------|------------|--|
| Carne de hamburger | 100 gr | VE= | | | | | |
| - Carne de porc | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg | |
| - Carne de vita | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg | |
| Cartofi pai congelati | 100 gr | VE=147 cal/615 kj, | G=4.7 gr, | AGS=1 gr, | Z=0.2 gr, | Na=332 mg | |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg | |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg | |
| Maioneza | | | | | | | |
| Rosii | 100 gr | VE=18 cal/75.4 kj , | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg | |
| Sos barbeque | | | | | | | |
| Varza | 100 gr | VE=25 cal/105 kj, | G=0.1 gr, | AGS=0 gr, | Z=3.2 gr, | Na=18 mg | |
| Veggie cheddar | 100 gr | VE=239 cal/1001 kj, | G=14 gr, | AGS=8.8 gr, | Z=7.7 gr, | Na=1345 mg | |

Chicken fingers cu cartofi pai

| | | | | | | | |
|--------------------------|--------|----------------------|------------|--------------|------------|-------------|--|
| Branza parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg | |
| Cartofi pai congelati | 100 gr | VE=147 cal/615 kj, | G=4.7 gr, | AGS=1 gr, | Z=0.2 gr, | Na=332 mg | |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg | |
| laurt | 100 gr | VE=61 cal/255 kj, | G=3.3 gr, | AGS=2.1 gr, | Z= 4.7 gr, | Na=46 mg | |
| Ketchup | | | | | | | |
| Maioneza | | | | | | | |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg | |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg | |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg | |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg | |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg | |

Cotlet de berbecut la jar

| | | | | | | | |
|-------------------|--------|---------------------|------------|-------------|------------|------------|--|
| Ardei capia/ gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg | |
| Cotlet de miel | 100 gr | VE=132 cal/553 kj, | G=4.9 gr, | AGS=1.9 gr, | Z=0 gr, | Na=64 mg | |
| Otet | 100 gr | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg | |
| Zahar | 100 gr | VE=387 cal/1620 kj, | G=0 gr , | AGS=0 gr , | Z=99.9 gr, | Na=0 mg | |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Enchiladas de pui

| | | | | | | |
|-----------------------|--------|----------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Branza cheddar | 100 gr | VE=403 cal/1687 kj, | G=33.1 gr, | AGS=21.1 gr, | Z=0.5 gr, | Na=621 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Fasole conserva | 100 gr | VE=94 cal/394 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=8 gr , | Na=343 mg |
| Lipie | 100 gr | VE=275 cal/1151 kj, | G=1.2 gr, | AGS=0.2 gr, | Z=0 gr, | Na=536 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Porumb boabe congelat | 100 gr | VE=131 cal/548 kj, | G=1.4 gr, | AGS=0.2 gr, | Z=3.4 gr, | Na=4 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |

Enchiladas de vita

| | | | | | | |
|-----------------------|--------|---------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Branza cheddar | 100 gr | VE=403 cal/1687 kj, | G=33.1 gr, | AGS=21.1 gr, | Z=0.5 gr, | Na=621 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Fasole conserva | 100 gr | VE=94 cal/394 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=8 gr , | Na=343 mg |
| Lipie | 100 gr | VE=275 cal/1151 kj, | G=1.2 gr, | AGS=0.2 gr, | Z=0 gr, | Na=536 mg |
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |
| Porumb boabe congelat | 100 gr | VE=131 cal/548 kj, | G=1.4 gr, | AGS=0.2 gr, | Z=3.4 gr, | Na=4 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |

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Escalop de pui cu ciuperci

| | | | | | | |
|---------------------------|--------|---------------------|------------|--------------|------------|----------|
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Hribi/mix hribi congelate | 100 gr | VE=34 cal/146 kj, | G=0.2 gr, | AGS=0 gr, | Z= 0.8 gr, | Na=8 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Pulpe de pui | 100 gr | VE=187 cal/783 kj, | G=12.1 gr, | AGS= 3.4 gr, | Z=0 gr, | Na=79 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Fajitas

| | | | | | | |
|-----------------------|--------|----------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Avocado | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| Branza cheddar | 100 gr | VE=403 cal/1687 kj, | G=33.1 gr, | AGS=21.1 gr, | Z=0.5 gr, | Na=621 mg |
| Cartofi pai congelati | 100 gr | VE=147 cal/615 kj, | G=4.7 gr, | AGS=1 gr, | Z=0.2 gr, | Na=332 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Fasole conserva | 100 gr | VE=94 cal/394 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=8 gr , | Na=343 mg |
| Jalapenos | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Lipie | 100 gr | VE=275 cal/1151 kj, | G=1.2 gr, | AGS=0.2 gr, | Z=0 gr, | Na=536 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Porumb boabe congelat | 100 gr | VE=131 cal/548 kj, | G=1.4 gr, | AGS=0.2 gr, | Z=3.4 gr, | Na=4 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

Lipie cu fasii de vita si cous cous

| | | | | | | |
|-----------------|--------|---------------------|-----------|-------------|------------|----------|
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Cous Cous | 100 gr | VE=105 cal/ 451 kj, | G=0.2 gr, | AGS=0 gr, | Z=0.6 gr, | Na= 5 mg |
| laurt | 100 gr | VE=61 cal/255 kj, | G=3.3 gr, | AGS=2.1 gr, | Z= 4.7 gr, | Na=46 mg |
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |

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Mititei cu mustar

| | | | | | | |
|---------------|--------|----------------------|------------|-------------|-----------|-----------|
| Carne de porc | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| Carne de vita | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |
| Mustar | | | | | | |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |

Muschi de vita cu sos de hribi

| | | | | | | |
|---------------------------|--------|--------------------|-----------|--------------|------------|----------|
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Hribi/mix hribi congelate | 100 gr | VE=34 cal/146 kj, | G=0.2 gr, | AGS=0 gr, | Z= 0.8 gr, | Na=8 mg |
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

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Muschi de vita cu sos de piper verde

| | | | | | | |
|------------------|--------|--------------------|-----------|--------------|---------|----------|
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Sos brun | | | | | | |

Muschi de vita cu sos gorgonzola

| | | | | | | |
|-------------------|--------|----------------------|------------|--------------|-----------|------------|
| Branza Gorgonzola | 100 gr | VE=353 cal/1478 kj , | G=28.7 gr, | AGS=18.7 gr, | Z=0.5 gr, | Na=1395 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

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Muschiulet de porc la gratar

| | | | | | | |
|---------------------------|--------|--------------------|-----------|--------------|------------|----------|
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Hribi/mix hribi congelate | 100 gr | VE=34 cal/146 kj, | G=0.2 gr, | AGS=0 gr, | Z= 0.8 gr, | Na=8 mg |
| Muschi de porc | 100 gr | VE=145 cal/607 kj, | G=6.3 gr, | AGS=2.2 gr, | Z=0 gr , | Na=50 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Vin bucatarie | 100 ml | VE=83 cal/348 kj, | G=0 gr, | AGS=o gr, | Z=0.8 gr, | Na=5 mg |

Piept de curcan cu masline si orez

| | | | | | | |
|------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| Orez prefierat | 100 gr | VE=380 cal/ 1591 kj, | G= 0.9 gr, | AGS=0.2 gr, | Z=0.1 gr, | Na=10 mg |
| Otet | 100 gr | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |
| Piept de curcan | 100 gr | VE=157 cal/657 kj, | G=7 gr, | AGS=1.9 gr, | Z=0 gr, | Na=59 mg |
| Zahar | 100 gr | VE=387 cal/1620 kj, | G=0 gr , | AGS=0 gr , | Z=99.9 gr, | Na=0 mg |

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Piept de pui cu sos gorgonzola

| | | | | | | |
|-------------------|--------|----------------------|------------|---------------|-----------|------------|
| Branza Gorgonzola | 100 gr | VE=353 cal/1478 kj , | G=28.7 gr, | AGS=18.7 gr, | Z=0.5 gr, | Na=1395 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Miez de nuca | 100 gr | VE=618 cal/2587 kj, | G=59 gr, | AGS= 3.4 gr, | Z=1.1 gr, | Na=2 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

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Piept de rata cu dulceata de fructe

| | | | | | | |
|------------------|--------|---------------------|------------|-------------|------------|----------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Fructe de padure | 100 gr | VE=51 cal/214 kj, | G=0.8 gr, | AGS=0 gr, | Z=0 gr, | Na=0 mg |
| Piept de rata | 100 gr | VE=202 cal/846 kj, | G=10.8 gr, | AGS=2.9 gr, | Z=0 gr, | Na=84 mg |
| Zahar | 100 gr | VE=387 cal/1620 kj, | G=0 gr , | AGS=0 gr , | Z=99.9 gr, | Na=0 mg |

Polpete de curcan, dulceata ardei

| | | | | | | |
|------------------|--------|---------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Otet | 100 gr | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Piept de curcan | 100 gr | VE=157 cal/657 kj, | G=7 gr, | AGS=1.9 gr, | Z=0 gr, | Na=59 mg |
| Slanina | 100 gr | VE=638 cal/2743 kj, | G=68 gr, | AGS= 9 gr, | Z=0 gr, | Na=0 mg |
| Zahar | 100 gr | VE=387 cal/1620 kj, | G=0 gr , | AGS=0 gr , | Z=99.9 gr, | Na=0 mg |

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Pulpa de pui la jar

| | | | | | | |
|--------------|--------|---------------------|------------|--------------|-----------|----------|
| Pulpe de pui | 100 gr | VE=187 cal/783 kj, | G=12.1 gr, | AGS= 3.4 gr, | Z=0 gr, | Na=79 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

Pulpa de rata confiata cu piure

| | | | | | | |
|-----------------------|--------|--------------------|------------|------------|-----------|-----------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Hrean | 100 gr | VE=37 cal/159 kj, | G=0.16 gr, | AGS=0 gr, | Z=0 gr, | Na= 12 mg |
| Pulpe de rata | 100 gr | VE=217 cal/909 kj, | G=11.4 gr, | AGS=3 gr, | Z= 0 gr, | Na=110 mg |
| Sfecla rosie conserva | 100 gr | VE=30 cal/126 kj, | G=0.1 gr, | AGS= 0 gr, | Z=6.5 gr, | Na=143 mg |

Rasol de miel cu cartofi si mamaliga

| | | | | | | |
|--------------------------|--------|---------------------|------------|-------------|-----------|-----------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Rasol de miel | 100 gr | VE=134 cal/561 kj, | G=5.3 gr, | AGS=1.9 gr, | Z=0 gr, | Na= 65 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Saramura de pui

| | | | | | | |
|------------------|--------|---------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Pulpe de pui | 100 gr | VE=187 cal/783 kj, | G=12.1 gr, | AGS= 3.4 gr, | Z=0 gr, | Na=79 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Scarita de porc cu sos barbeque

| | | | | | | |
|--------------------------|--------|---------------------|------------|-------------|----------|----------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Scarita grill | 100 gr | VE=247 cal/1034 kj, | G=14.8 gr, | AGS=5.3 gr, | Z=0 gr, | Na=29 mg |
| Sos barbeque | | | | | | |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Snitel vienez cu salata de cartofi

| | | | | | | |
|-----------------------|--------|--------------------|------------|-------------|-----------|----------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Dressing mustar miere | | | | | | |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Maioneza | | | | | | |
| Muschi de porc | 100 gr | VE=145 cal/607 kj, | G=6.3 gr, | AGS=2.2 gr, | Z=0 gr , | Na=50 mg |

Tochitura in untura cu ou si branza

| | | | | | | |
|---------------|--------|----------------------|------------|--------------|-----------|------------|
| Branza Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Carnati | | | | | | |
| Ceafa de porc | 100 gr | VE=232 cal/997.6 kj, | G=18.8 gr, | AGS=7.9 gr, | Z=0 gr , | Na= 56 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Ciorba de burta

| | | | | | | |
|--------------------|--------|----------------------|-----------|--------------|-----------|-----------|
| Ardei iute | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Burta de vita | 100 gr | VE=85 cal/356 kj, | G=3.7 gr, | AGS=1.3 gr, | Z=0 gr, | Na= 97 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Oase pentru ciorba | 100 gr | VE= 290 cal/1215 kj, | G=`19 gr, | AGS=7.55 gr, | Z=0 gr, | Na=372 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Smantana grasa | 100 gr | VE=205 cal/845 kj, | G=20 gr, | AGS=13 gr, | Z=3.3 gr, | Na= 70 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Ciorba de curcan

| | | | | | | |
|------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ardei iute | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Aripi de curcan | 100 gr | VE=197 cal/825 kj, | G=12.3 gr, | AGS=3.3 gr, | Z=0 gr, | Na= 55 mg |
| Bors | 100 ml | VE=4 cal/17.2 kj | G=0 gr, | AGS=0 gr, | Z=0.6 gr, | Na=0 mg |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Ciorba de fasole cu afumatura

| | | | | | | |
|-----------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ardei iute | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Bors | 100 ml | VE=4 cal/17.2 kj | G=0 gr, | AGS=0 gr, | Z=0.6 gr, | Na=0 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Ciolan/coaste afumate | 100 gr | VE=136 cal/569 kj, | G=5.4 gr, | AGS=1.9 gr, | Z=0 gr, | Na= 55 mg |
| Fasole conserva | 100 gr | VE=94 cal/394 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=8 gr , | Na=343 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Ciorba de peste

| | | | | | | |
|------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ardei iute | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Bors | 100 ml | VE=4 cal/17.2 kj | G=0 gr, | AGS=0 gr, | Z=0.6 gr, | Na=0 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Crap | 100 gr | VE=127 cal/532 kj, | G=5.6 gr, | AGS=1.1 gr, | Z=0 gr, | Na= 49 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Ciorba de pui

| | | | | | | |
|-------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ardei iute | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Bors | 100 ml | VE=4 cal/17.2 kj | G=0 gr, | AGS=0 gr, | Z=0.6 gr, | Na=0 mg |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Pui pentru ciorba | 100 gr | VE=197 cal/825 kj, | G=12.3 gr, | AGS=3.3 gr, | Z=0 gr, | Na= 55 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

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Ciorba de vacuta cu smantana

| | | | | | | |
|----------------------|--------|----------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ardei iute | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Bors | 100 ml | VE=4 cal/17.2 kj | G=0 gr, | AGS=0 gr, | Z=0.6 gr, | Na=0 mg |
| Carne de vita ciorba | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Oase pentru ciorba | 100 gr | VE= 290 cal/1215 kj, | G=`19 gr, | AGS=7.55 gr, | Z=0 gr, | Na=372 mg |
| Smantana grasa | 100 gr | VE=205 cal/845 kj, | G=20 gr, | AGS=13 gr, | Z=3.3 gr, | Na= 70 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Supa crema de legume

| | | | | | | |
|------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Supa crema de telina

| | | | | | | |
|------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Supa cu fructe de mare

| | | | | | | |
|-------------------|--------|--------------------|------------|--------------|-----------|-----------|
| Bostanei | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Calamar tentacule | 100 gr | VE=92 cal/385 kj, | G=1.4 gr, | AGS=0.4 gr, | Z=0 gr, | Na=44 mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 gr |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Midii | 100 gr | VE=86 cal/360 kj, | G=2.2 gr, | AGS=0.4 gr, | Z=0 gr, | Na=286 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

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Supa mediteraniana

| | | | | | | |
|-------------------|--------|--------------------|------------|--------------|-----------|-----------|
| Bostanei | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Calamar tentacule | 100 gr | VE=92 cal/385 kj, | G=1.4 gr, | AGS=0.4 gr, | Z=0 gr, | Na=44 mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 gr |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| File de somon | 100 gr | VE=208 cal/871 kj, | G=13.4 gr, | AGS= 3 gr, | Z=0 gr, | Na= 59 mg |
| Midii | 100 gr | VE=86 cal/360 kj, | G=2.2 gr, | AGS=0.4 gr, | Z=0 gr, | Na=286 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Brownie cake 100 gr

Carrot cake 100 gr

Clatite cu dulceata 200 gr

| | | | | | | |
|------------------------------|--------|---------------------|------------|--------------|-----------|-----------|
| Dulceata de fructe de padure | 100 gr | VE=300 cal/1290 kj, | G=1 gr, | AGS= 0 gr, | Z=60 gr, | Na= 50 mg |
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Frisca spray bucatarie | 100 gr | VE=257 cal/1076 kj, | G=22.2 gr, | AGS=13.8 gr, | Z=8 gr, | Na=130 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Topping bucatarie | | | | | | |

Clatite cu miere si nuca 200 gr

| | | | | | | |
|------------------------|--------|---------------------|------------|--------------|-------------|-----------|
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Frisca spray bucatarie | 100 gr | VE=257 cal/1076 kj, | G=22.2 gr, | AGS=13.8 gr, | Z=8 gr, | Na=130 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Miere de albine buc | 100 gr | VE=304 cal/1273 kj, | G=0 gr, | AGS=0 gr, | Z= 82.1 gr, | Na=4 mg |
| Miez de nuca | 100 gr | VE=618 cal/2587 kj, | G=59 gr, | AGS= 3.4 gr, | Z=1.1 gr, | Na=2 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Topping bucatarie | | | | | | |

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Clatite cu nutella 200 gr

| | | | | | | |
|------------------------|--------|---------------------|------------|--------------|------------|-----------|
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Frisca spray bucatarie | 100 gr | VE=257 cal/1076 kj, | G=22.2 gr, | AGS=13.8 gr, | Z=8 gr, | Na=130 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Nutella | 100 gr | VE=539 cal/2235 kj, | G=30.9 gr, | AGS=10.6 gr, | Z=56.3 gr, | Na=100 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Topping bucatarie | | | | | | |

Clatite cu visine

| | | | | | | |
|------------------------|--------|---------------------|------------|--------------|-----------|-----------|
| Dulceata de visine | 100 gr | VE=287 cal/1201 kj, | G=0 gr, | AGS=0 gr, | Z=52 gr, | Na=10 mg |
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Frisca spray bucatarie | 100 gr | VE=257 cal/1076 kj, | G=22.2 gr, | AGS=13.8 gr, | Z=8 gr, | Na=130 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Topping bucatarie | | | | | | |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Clatite portie

| | | | | | | |
|------------------------|--------|---------------------|------------|--------------|-----------|-----------|
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Frisca spray bucatarie | 100 gr | VE=257 cal/1076 kj, | G=22.2 gr, | AGS=13.8 gr, | Z=8 gr, | Na=130 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj, | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Topping bucatarie | | | | | | |

Clatite Teatris 250 gr

| | | | | | | |
|-----------------|--------|---------------------|-----------|-------------|-----------|----------|
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj, | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Inghetata buc | | | | | | |

Declaratii nutritionale inghetata(varia)

| | | | | | | |
|---------------------|--------|--------------------|-----------|--------------|------------|----------|
| Inghetata vanilie | 100 gr | VE=207 cal/867 kj, | G=11 gr, | AGS= 6.8 gr, | Z=21.2 gr, | Na=80 mg |
| Inghetata ciocolata | 100 gr | VE=216 cal/904 kj, | G=11 gr, | AGS=6.8 gr, | Z=25.4 gr, | Na=76 mg |
| Inghetata capsuni | 100 gr | VE=192 cal/804 kj | G=8.4 gr, | AGS=5.2 gr, | Z=20.5 gr, | Na=65 mg |

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Panna Cotta cu ciocolata 200 gr

| | | | | | | |
|-------------------|-----------------|------------------------|-----------|--------------|---------|----------|
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj, | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Panna Cotta | (compozitie ?) | | | | | |
| Smantana lichida | 100 gr | VE= 44 calorii/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Topping bucatarie | | | | | | |

Panna Cotta cu fructe de padure 200 gr

| | | | | | | |
|------------------------------|--------|------------------------|-----------|--------------|----------|-----------|
| Dulceata de fructe de padure | 100 gr | VE=300 cal/1290 kj, | G=1 gr, | AGS= 0 gr, | Z=60 gr, | Na= 50 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj, | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Panna Cotta | ?? | | | | | |
| Smantana lichida | 100 gr | VE= 44 calorii/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

Placinta cu branza si stafide

| | | | | | | |
|------------------|--------|---------------------|-----------|-------------|------------|----------|
| Branza proaspata | 100 gr | VE=201 cal/841 kj, | G=12.2, | AGS=0 gr, | Z=0 gr, | Na= 0 mg |
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Stafide | 100 gr | VE=299 cal/1252 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=59.2 gr, | Na=11 mg |
| Zahar | 100 gr | VE=387 cal/1620 kj, | G=0 gr, | AGS=0 gr, | Z=99.9 gr, | Na=0 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Platou cu pepene rosu

Pepene 100 gr VE=30 cal/126 kj, G=0.2 gr, AGS=0 gr, Z=6 gr, Na= 2.5 gr

Tiramisu 200 gr

Mascarpone 100 gr VE=355 cal/1485 kj G=35.5 gr, AGS=24.9 gr, Z=3 gr, Na= 100 mg

Piscoturi (compozitie ?)

Smantana lichida 100 gr VE= 44 calorii/185 kj, G=10 gr, AGS= 9.3 gr, Z=0 gr, Na=79 mg

Zahar 100 gr VE=387 cal/1620 kj, G=0 gr , AGS=0 gr , Z=99.9 gr, Na=0 mg

Zahar pudra 100 gr VE=399 cal/1671 kj G=0.1 gr, AGS=0.1 gr, Z=97.9 gr, Na= 1 mg

Tort 8 Martie

Topping bucatarie

Tort (compozitie)

Tort de biscuit cu rom

Biscuiti (populari) 100 gr VE=414 cal/1732 kj, G=7 gr, AGS= 1 gr, Z=9 gr, Na=850 mg

Frisca spray bucatarie 100 gr VE=257 cal/1076 kj, G=22.2 gr, AGS=13.8 gr, Z=8 gr, Na=130 mg

Margarina vegetala 100 gr VE=532 cal/2226 kj, G=60 gr, AGS=14 gr, Z=0 gr, Na=320 mg

Merisoare 100 gr VE=46 cal/193 kj, G=0.1 gr, AGS=0 gr, Z=4 gr, Na=2 mg

Miez de nuca 100 gr VE=618 cal/2587 kj, G=59 gr, AGS= 3.4 gr, Z=1.1 gr, Na=2 mg

Zahar 100 gr VE=387 cal/1620 kj, G=0 gr , AGS=0 gr , Z=99.9 gr, Na=0 mg

Zahar pudra 100 gr VE=399 cal/1671 kj G=0.1 gr, AGS=0.1 gr, Z=97.9 gr, Na= 1 mg

Tort Red Velvet

Tortul casei 200 gr

Blat de tort (compozitie?)

Crema de branza

Frisca spray bucatarie 100 gr VE=257 cal/1076 kj, G=22.2 gr, AGS=13.8 gr, Z=8 gr, Na=130 mg

Fructe de padure

Mascarpone 100 gr VE=355 cal/1485 kj G=35.5 gr, AGS=24.9 gr, Z=3 gr, Na= 100 mg

Piure de fructe congelat (compozitie)

Topping bucatarie

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Categorie – extra

| | | | | | | |
|--------------------------|--------|----------------------|------------|--------------|-----------|------------|
| <i>Ardei iute</i> | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| <i>Avocado</i> | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| <i>Bacon</i> | 100 gr | VE=458 cal/1918 kj, | G=45 gr, | AGS=15 gr, | Z=0 gr, | Na=833 mg |
| <i>Branza cheddar</i> | 100 gr | VE=403 cal/1687 kj, | G=33.1 gr, | AGS=21.1 gr, | Z=0.5 gr, | Na=621 mg |
| <i>Chifle</i> | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| <i>Branza Feta</i> | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| <i>Branza Gorgonzola</i> | 100 gr | VE=353 cal/1478 kj , | G=28.7 gr, | AGS=18.7 gr, | Z=0.5 gr, | Na=1395 mg |
| <i>Lamaie</i> | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| <i>Lipie</i> | 100 gr | VE=275 cal/1151 kj, | G=1.2 gr, | AGS=0.2 gr, | Z=0 gr, | Na=536 mg |
| <i>Malai (Mamaliga)</i> | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| <i>Miez de nuca</i> | 100 gr | VE=618 cal/2587 kj, | G=59 gr, | AGS= 3.4 gr, | Z=1.1 gr, | Na=2 mg |
| <i>Masline</i> | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| <i>Mozzarella</i> | 100 gr | VE=300 gr/1256 kj, | G=22.4 gr, | AGS=13.2 gr, | Z=1 gr, | Na=627 mg |

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| | | | | | | |
|------------------------|--------|----------------------|------------|--------------|------------|-------------|
| <i>Nutella</i> | 100 gr | VE=539 cal/2235 kj, | G=30.9 gr, | AGS=10.6 gr, | Z=56.3 gr, | Na=100 mg |
| <i>Oua</i> | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| <i>Paine</i> | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| <i>Paine prajita</i> | 100 gr | VE=313 cal/1310 kj, | G=4.3 gr, | AGS=1 gr, | Z=6.4 gr, | Na=611 mg |
| <i>Branza parmezan</i> | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| <i>Pecorino</i> | 100 gr | VE=392 cal/1640 kj, | G=32 gr, | AGS=18 gr, | Z=0 gr, | Na=520 mg |
| <i>Piept de curcan</i> | 100 gr | VE=157 cal/657 kj, | G=7 gr, | AGS=1.9 gr, | Z=0 gr, | Na=59 mg |
| <i>Piept de pui</i> | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| <i>Prosciutto</i> | 100 gr | VE=228 cal/954 kj, | G=12 gr, | AGS=4.2 gr, | Z=0 gr, | Na=250 mg |
| <i>Scamorza</i> | 100 gr | VE=288 cal/1205 kj, | G=22 gr, | AGS=0 gr, | Z=0 gr, | Na=0 mg |
| <i>Smantana grasa</i> | 100 gr | VE=205 cal/845 kj, | G=20 gr, | AGS=13 gr, | Z=3.3 gr, | Na= 70 mg |

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| | | | | | | |
|-----------------------|--------|---------------------|------------|---------------|-----------|------------|
| <i>Ton (conserva)</i> | 100 gr | VE=128 cal/536 kj, | G=3 gr, | AGS=0.8 gr, | Z=0 gr, | Na= 377 mg |
| <i>Unt</i> | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Categorii: garnituri

Broccoli sote

| | | | | | | |
|-------------------|--------|---------------------|------------|---------------|-----------|------------|
| Broccoli congelat | 100 gr | VE=26 cal/109 kj, | G=0.3 gr, | AGS=0 gr, | Z=1.3 gr, | Na=24 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Cartofi la cuptor cu rozmarin

| | | | | | | |
|--------------|--------|--------------------|------------|-----------|----------|----------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
|--------------|--------|--------------------|------------|-----------|----------|----------|

Cartofi nature

| | | | | | | |
|--------------|--------|---------------------|------------|---------------|-----------|------------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Cartofi pai simpli

| | | | | | | |
|--------------|--------|--------------------|------------|-----------|----------|----------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
|--------------|--------|--------------------|------------|-----------|----------|----------|

Cartofi prajiti cu parmesan si usturoi

| | | | | | | |
|-----------------------|--------|---------------------|------------|---------------|-----------|-------------|
| Branza parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Cartofi pai congelati | 100 gr | VE=147 cal/615 kj, | G=4.7 gr, | AGS=1 gr, | Z=0.2 gr, | Na=332 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

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Ciuperci la gratar

| | | | | | | |
|----------|--------|-------------------|-----------|------------|-----------|---------|
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
|----------|--------|-------------------|-----------|------------|-----------|---------|

Cuscus cu legume

| | | | | | | |
|-----------------|--------|---------------------|------------|---------------|-----------|------------|
| Bostaneii | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Cous Cous | 100 gr | VE=105 cal/ 451 kj, | G=0.2 gr, | AGS=0 gr, | Z=0.6 gr, | Na= 5 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Dovlecei grill

| | | | | | | |
|-----------|--------|------------------|-----------|--------------|-----------|---------|
| Bostaneii | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
|-----------|--------|------------------|-----------|--------------|-----------|---------|

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Fasole verde sote

| | | | | | | |
|------------------------|--------|---------------------|------------|---------------|-----------|------------|
| Fasole verde congelata | 100 gr | VE=39 cal/163 kj, | G=0.2 gr, | AGs=0 gr, | Z=2.2 gr, | Na=3 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Legume grill

| | | | | | | |
|------------------|--------|--------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Bostanei | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |

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Mazare sote

| | | | | | | |
|------------------------|--------|---------------------|------------|---------------|-----------|------------|
| Mazare verde congelata | 100 gr | VE=77 cal/322 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=5 gr, | Na=108 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Orez cu legume

| | | | | | | |
|------------------|--------|----------------------|------------|---------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Bostanei | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Orez prefierat | 100 gr | VE=380 cal/ 1591 kj, | G= 0.9 gr, | AGS=0.2 gr, | Z=0.1 gr, | Na=10 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Orez cu parmezan

| | | | | | | |
|------------------|--------|----------------------|------------|---------------|-----------|-------------|
| Branza parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Orez prefierat | 100 gr | VE=380 cal/ 1591 kj, | G= 0.9 gr, | AGS=0.2 gr, | Z=0.1 gr, | Na=10 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Orez cu spanac

| | | | | | | |
|-----------------|--------|----------------------|------------|-------------|-----------|----------|
| Orez prefierat | 100 gr | VE=380 cal/ 1591 kj, | G= 0.9 gr, | AGS=0.2 gr, | Z=0.1 gr, | Na=10 mg |
| Spanac congelat | 100 gr | VE=29 cal/121 kj, | G=0.6 gr, | AGS=0 gr, | Z=0.7 gr, | Na=74 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Piure de cartofi cu salsa de trufe

Cartofi vrac 100 gr VE=58 cal/243 kj , G=0.1 gr , AGS=0 gr, Z=0 gr , Na=10 mg

Piure simplu

Cartofi vrac 100 gr VE=58 cal/243 kj , G=0.1 gr , AGS=0 gr, Z=0 gr , Na=10 mg

Spanac sote

Spanac congelat 100 gr VE=29 cal/121 kj, G=0.6 gr, AGS=0 gr, Z=0.7 gr, Na=74 mg

Smantana lichida 100 gr VE= 44 cal/185 kj, G=10 gr, AGS= 9.3 gr, Z=0 gr, Na=79 mg

Unt 100 gr VE=717 cal/3002 kj, G=81.1 gr, AGS= 51.4 gr, Z=0.1 gr, Na= 576 mg

Sparanghel sote

Sparanghel 100 gr VE=22 cal/ 82.7 kj, G=0.1 gr, AGS=0 gr, Z=1.9 gr, Na=2 mg

Categorii: Gustari

Branzeturi mixte

Ardei capia/gras 100 gr VE=31 cal/130 kj , G=0.3 gr , AGS=0 gr , Z=4.1 gr , Na= 4.0 mg

Gorgonzola 100 gr VE=353 cal/1478 kj , G=28.7 gr, AGS=18.7 gr, Z=0.5 gr, Na=1395 mg

Mozzarella 100 gr VE=300 gr/1256 kj, G=22.4 gr, AGS=13.2 gr, Z=1 gr, Na=627 mg

Pecorino 100 gr VE=392 cal/1640 kj, G=32 gr, AGS=18 gr, Z=0 gr, Na=520 mg

Scamorza 100 gr VE=288 cal/1205 kj, G=22 gr, AGS=0 gr, Z=0 gr, Na=0 mg

Miere de albine 100 gr VE=304 cal/1273 kj, G=0 gr, AGS=0 gr, Z= 82.1 gr, Na=4 mg

Miez de nuca 100 gr VE=618 cal/2587 kj, G=59 gr, AGS= 3.4 gr, Z=1.1 gr, Na=2 mg

Otet 100 gr VE=19 cal/79.5 kj , G=0 gr , AGS=0 gr, Z=0 gr , Na=0.0 mg

Zahar 100 gr VE=387 cal/1620 kj, G=0 gr , AGS=0 gr , Z=99.9 gr, Na=0 mg

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Bruschete cu Prosciutto

Crema de branza (compozitie ?)

Masline 100 gr VE=115 cal/481 kj, G=10.7 gr, AGS=1.4 gr, Z=0 gr, Na=872 mg

Paine 100 gr VE=266 cal/1114 kj , G=3.6 gr, AGS=0.8 gr, Z=5.8 gr, Na=521 mg

Salata verde 100 gr VE=15 cal/62.8 kj , G=0.2 gr , AGS=0 gr , Z=0.8 gr, Na=28 mg

Sfecla rosie conserva 100 gr VE=30 cal/126 kj, G=0.1 gr, AGS= 0 gr, Z=6.5 gr, Na=143 mg

Somon fume 100 gr VE=117 cal/490 kj, G=4.3 gr, AGS=0.9 gr, Z=0 gr, Na=784 mg

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Bruschete cu somon fume

| | | | | | | |
|-----------------------|----------------|----------------------|------------|-------------|-----------|-----------|
| Crema de branza | (compozitie ?) | | | | | |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Sfecla rosie conserva | 100 gr | VE=30 cal/126 kj, | G=0.1 gr, | AGS= 0 gr, | Z=6.5 gr, | Na=143 mg |
| Somon fume | 100 gr | VE=117 cal/490 kj, | G=4.3 gr, | AGS=0.9 gr, | Z=0 gr, | Na=784 mg |

Caracatita la tigaie cu cartofi

| | | | | | | |
|-------------------------|--------|--------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |
| Tentacule de caracatita | 100 gr | VE=82 cal/343 kj, | G=1 gr, | AGS=0.2 gr, | Z=0 gr, | Na= 230 mg |

Falafel

| | | | | | | |
|---------|--------|---------------------|------------|-------------|---------|-----------|
| Falafel | 100 gr | VE=333 cal/1394 kj, | G=17.8 gr, | AGS=2.4 gr, | Z=0 gr, | Na=294 mg |
|---------|--------|---------------------|------------|-------------|---------|-----------|

Tartar de ton cu sfecla rosie

| | | | | | | |
|-----------------------|--------|---------------------|------------|-------------|-----------|-----------|
| Avocado | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| File de ton rosu | 100 gr | VE=144 cal/603 kj, | G=4.9 gr, | AGS=1.3 gr, | Z=0 gr, | Na=39 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Maioneza | | | | | | |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Sfecla rosie conserva | 100 gr | VE=30 cal/126 kj, | G=0.1 gr, | AGS= 0 gr, | Z=6.5 gr, | Na=143 mg |

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Tartar de vita

| | | | | | | |
|------------------------|--------|---------------------|------------|-------------|-----------|------------|
| Castraveti murati/otet | 100 gr | VE=11 cal/46.1 kj, | G=0.2 gr, | AGS=0.1 gr, | Z=1.1 gr, | Na=1208 gr |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Categorie: Meniu copii

Aripioare de pui kids

| | | | | | | |
|-------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Aripi de pui pane | 100 gr | VE=321 cal/1344 kj , | G=22.2 gr, | AGS=6.1 gr, | Z=0 gr , | Na=77 mg |
| Otet | 100 gr | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

Branza cu smantana kids

| | | | | | | |
|----------------|--------|---------------------|------------|--------------|-----------|------------|
| Branza Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Smantana grasa | 100 gr | VE=205 cal/845 kj, | G=20 gr, | AGS=13 gr, | Z=3.3 gr, | Na= 70 mg |

Chicken fingers kids

| | | | | | | |
|--------------------------|--------|----------------------|------------|-------------|------------|-----------|
| Cartofi pai congelati | 100 gr | VE=147 cal/615 kj, | G=4.7 gr, | AGS=1 gr, | Z=0.2 gr, | Na=332 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Iaurt | 100 gr | VE=61 cal/255 kj, | G=3.3 gr, | AGS=2.1 gr, | Z= 4.7 gr, | Na=46 mg |
| Ketchup | | | | | | |
| Maioneza | | | | | | |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 m |

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Piept de pui cu cartofi kids

| | | | | | | |
|--------------|--------|----------------------|------------|---------------|-----------|------------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Tagliatele bologneze kids

| | | | | | | |
|---------------------|--------|---------------------|-----------|-------------|------------|-----------|
| Carne tocata(porc) | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Pasta de tomate | 100 gr | VE=82 cal/343 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=12.2 gr, | Na=790 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Pag 50

Categorie:Meniu extra

Calamar pane

| | | | | | | |
|--------------------------|--------|----------------------|------------|--------------|-----------|-----------|
| Calamar tentacule | 100 gr | VE=92 cal/385 kj, | G=1.4 gr, | AGS=0.4 gr, | Z=0 gr, | Na=44 mg |
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Carne de scoici ?? | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 gr |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Pesmet | 100 gr | VE=313 cal/1310 kj, | G=4.3 gr, | AGS=1 gr, | Z=6.4 gr, | Na=611 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

Carnati proaspeti 200 gr

| | | | | | | |
|-----------------|--------|--------------------|------------|-------------|---------|----------|
| - Carne de porc | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| - Carne de vita | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |

File de dorada, midii si creveti

| | | | | | | |
|------------------|--------|---------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Bostanei | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 gr |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| File de dorada | 100 gr | VE=89 cal/372 kj, | G=1 gr, | AGS= 0 gr, | Z=0 gr, | Na= 0 mg |
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |

Foie gras 100 gr

| | | | | | | |
|-----------|--------|---------------------|----------|------------|-----------|-------------|
| Foie gras | 100 gr | VE=511 cal/2138 kj, | G=52 gr, | AGS=21 gr, | Z=0.5 gr, | Na= 1200 mg |
|-----------|--------|---------------------|----------|------------|-----------|-------------|

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Gustare cu foie gras, rata, caracatita

| | | | | | | |
|-------------------------|--------|---------------------|------------|--------------|------------|-------------|
| Avocado | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| Branza Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Cascaval afumat | 100 gr | VE=301 cal/1259 kj | G=21 gr, | AGS= 12 gr, | Z=0 gr, | Na=250 mg |
| Compot de piersici | 100 gr | VE=75 cal/314 kj, | G=0 gr, | AGS= 0 gr, | Z=15 gr, | Na= 10 mg |
| File de somon | 100 gr | VE=208 cal/871 kj, | G=13.4 gr, | AGS= 3 gr, | Z=0 gr, | Na= 59 mg |
| Foie gras | 100 gr | VE=511 cal/2138 kj, | G=52 gr, | AGS=21 gr, | Z=0.5 gr, | Na= 1200 mg |
| Lipie | 100 gr | VE=275 cal/1151 kj, | G=1.2 gr, | AGS=0.2 gr, | Z=0 gr, | Na=536 mg |
| Maioneza | | | | | | |
| Naut | 100 gr | VE=164 cal/687 kj, | G=2.6 gr, | AGS=0.3 gr, | Z= 4.8 gr, | Na=243 mg |
| Piept de rata afumat | 100 gr | VE=169 cal/707 kj, | G=9.1 gr, | AGS=2.6 gr, | Z=0.5 gr, | Na=1470 mg |
| Sfecla rosie conserva | 100 gr | VE=30 cal/126 kj, | G=0.1 gr, | AGS= 0 gr, | Z=6.5 gr, | Na=143 mg |
| Tentacule de caracatita | 100 gr | VE=82 cal/343 kj, | G=1 gr, | AGS=0.2 gr, | Z=0 gr, | Na= 230 mg |
| Zahar | 100 gr | VE=387 cal/1620 kj, | G=0 gr , | AGS=0 gr , | Z=99.9 gr, | Na=0 mg |

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Mic dejun Oua, Bacon

| | | | | | | |
|-------|--------|----------------------|-----------|-------------|-----------|-----------|
| Bacon | 100 gr | VE=458 cal/1918 kj, | G=45 gr, | AGS=15 gr, | Z=0 gr, | Na=833 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |

Midii pane

| | | | | | | |
|--------------------------|--------|----------------------|------------|--------------|-----------|-----------|
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 gr |
| Faina | 100 gr | VE=361 cal/1511 kj, | G=1.7 gr, | AGS=0.2 gr, | Z=0.3 gr, | Na=2 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Pesmet | 100 gr | VE=313 cal/1310 kj, | G=4.3 gr, | AGS=1 gr, | Z=6.4 gr, | Na=611 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Salata cu ton

| | | | | | | |
|------------------------|--------|----------------------|------------|--------------|-----------|------------|
| Branza mozzarella mini | 100 gr | VE=300 gr/1256 kj, | G=22.4 gr, | AGS=13.2 gr, | Z=1 gr, | Na=627 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Ton (conserva) | 100 gr | VE=128 cal/536 kj, | G=3 gr, | AGS=0.8 gr, | Z=0 gr, | Na= 377 mg |

St Jacques 100 gr

| | | | | | | |
|----------------------|--------|--------------------|-----------|-----------|---------|----------|
| Scoici Saint Jacques | 100 gr | VE= 70 cal/301 kj, | G=0.5 gr, | AGS=0 gr, | Z=0 gr, | Na= 0 gr |
|----------------------|--------|--------------------|-----------|-----------|---------|----------|

Tagliata din muschi de vita Argentina

| | | | | | | |
|---------------------------|--------|---------------------|------------|--------------|------------|------------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Hribi/mix hribi congelate | 100 gr | VE=34 cal/146 kj, | G=0.2 gr, | AGS=0 gr, | Z= 0.8 gr, | Na=8 mg |
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |
| Rucola | 100 gr | VE=25 cal/105 kj, | G=0.66 gr, | AGS=0.08 gr, | Z=2 gr | Na= 27 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr | Z=0.1 gr, | Na= 576 mg |

Pag 53

Categorie: Mlc dejun

Mic dejun Oua de Prepelita

Crema de branza

| | | | | | | |
|------------------|--------|----------------------|------------|--------------|-----------|------------|
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Oua de prepelita | 100 gr | VE=158 cal/661 kj, | G=11 gr, | AGS=3.6 gr, | Z=0.4 gr, | Na= 141 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rucola | 100 gr | VE=25 cal/105 kj, | G=0.66 gr, | AGS=0.08 gr, | Z=2 gr | Na= 27 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Mic dejun scrob

| | | | | | | |
|------------------|--------|----------------------|------------|---------------|-----------|------------|
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Crema de branza | | | | | | |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rucola | 100 gr | VE=25 cal/105 kj, | G=0.66 gr, | AGS=0.08 gr, | Z=2 gr | Na= 27 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Somon fume | 100 gr | VE=117 cal/490 kj, | G=4.3 gr, | AGS=0.9 gr, | Z=0 gr, | Na=784 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Mic dejun englezesc

Carnati pentru mic dejun

| | | | | | | |
|-----------------|--------|----------------------|------------|-------------|-----------|-----------|
| - Carne de porc | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| - Carne de vita | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Fasole conserva | 100 gr | VE=94 cal/394 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=8 gr , | Na=343 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Spanac baby | 100 gr | VE=23 cal/96 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=0.4 gr, | Na=79 mg |

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Mic dejun Fitness

| | | | | | | |
|-----------------|--------|----------------------|------------|--------------|-----------|-----------|
| Avocado | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| Crema de branza | | | | | | |
| Miez de nuca | 100 gr | VE=618 cal/2587 kj, | G=59 gr, | AGS= 3.4 gr, | Z=1.1 gr, | Na=2 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Pere | 100 gr | VE=42 cal/176 kj, | G=0.2 gr, | AGS=0 gr, | Z=7 gr, | Na= 0 mg |
| Prosciutto | 100 gr | VE=228 cal/954 kj, | G=12 gr, | AGS=4.2 gr, | Z=0 gr, | Na=250 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Omleta Teatris

| | | | | | | |
|--------------------------|--------|----------------------|------------|--------------|-----------|-----------|
| Bacon | 100 gr | VE=458 cal/1918 kj, | G=45 gr, | AGS=15 gr, | Z=0 gr, | Na=833 mg |
| Mozzarella | 100 gr | VE=300 gr/1256 kj, | G=22.4 gr, | AGS=13.2 gr, | Z=1 gr, | Na=627 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Spanac baby | 100 gr | VE=23 cal/96 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=0.4 gr, | Na=79 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

Oua ochiuri, bacon si feta

| | | | | | | |
|--------------------------|--------|----------------------|------------|--------------|-----------|------------|
| Bacon | 100 gr | VE=458 cal/1918 kj, | G=45 gr, | AGS=15 gr, | Z=0 gr, | Na=833 mg |
| Branza Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |
| Spanac baby | 100 gr | VE=23 cal/96 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=0.4 gr, | Na=79 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

Tigaie cu ou prajit si bacon

| | | | | | | |
|--------------------------|--------|----------------------|------------|-------------|-----------|-----------|
| Bacon | 100 gr | VE=458 cal/1918 kj, | G=45 gr, | AGS=15 gr, | Z=0 gr, | Na=833 mg |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Spanac baby | 100 gr | VE=23 cal/96 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=0.4 gr, | Na=79 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

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Categorie: Paste

Arabiata

| | | | | | | |
|----------------|--------|---------------------|-----------|-------------|-----------|-----------|
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Cognac | | | | | | |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Gnocchi Bolognese

| | | | | | | |
|---------------------|--------|---------------------|-----------|-------------|------------|-----------|
| Carne tocata(porc) | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Gnocchi | 100 gr | VE=359 cal/1502 kj, | G=2 gr, | AGS=0.5 gr, | Z=3.5 gr, | Na=10 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Pasta de tomate | 100 gr | VE=82 cal/343 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=12.2 gr, | Na=790 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Gnocchi Genoveze

| | | | | | | |
|------------------|--------|---------------------|------------|--------------|-----------|-------------|
| Parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Fulgi de migdale | 100 gr | VE=579 cal/2424 kj, | G=50 gr, | AGS=0 gr, | Z=0 gr, | Na= 0 mg |
| Gnocchi | 100 gr | VE=359 cal/1502 kj, | G=2 gr, | AGS=0.5 gr, | Z=3.5 gr, | Na=10 mg |
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |

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Gnocchi quarto formagi

| | | | | | | |
|-------------------|--------|----------------------|------------|--------------|-----------|-------------|
| Branza cheddar | 100 gr | VE=403 cal/1687 kj, | G=33.1 gr, | AGS=21.1 gr, | Z=0.5 gr, | Na=621 mg |
| Branza Gorgonzola | 100 gr | VE=353 cal/1478 kj , | G=28.7 gr, | AGS=18.7 gr, | Z=0.5 gr, | Na=1395 mg |
| Parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Scamorza | 100 gr | VE=288 cal/1205 kj, | G=22 gr, | AGS=0 gr, | Z=0 gr, | Na=0 mg |
| Gnocchi | 100 gr | VE=359 cal/1502 kj, | G=2 gr, | AGS=0.5 gr, | Z=3.5 gr, | Na=10 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

Pacheri cu peste

| | | | | | | |
|------------------|--------|---------------------|------------|--------------|-----------|-----------|
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 gr |
| Cognac | | | | | | |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| File de ton rosu | 100 gr | VE=144 cal/603 kj, | G=4.9 gr, | AGS=1.3 gr, | Z=0 gr, | Na=39 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |

Paste aglio olio cu fasii de vita

| | | | | | | |
|----------------|--------|---------------------|-----------|-------------|---------|----------|
| Cognac | | | | | | |
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Paste Bolognese

| | | | | | | |
|---------------------|--------|---------------------|-----------|-------------|------------|-----------|
| Carne tocata(porc) | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Cognac | | | | | | |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Pasta de tomate | 100 gr | VE=82 cal/343 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=12.2 gr, | Na=790 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

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Paste cu carnati si trufo

Carnati proaspeti

| | | | | | | |
|-----------------|--------|---------------------|------------|-------------|-----------|----------|
| - Carne de porc | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| - Carne de vita | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |

Paste cu creveti

Cognac

| | | | | | | |
|----------------|--------|---------------------|-----------|-------------|----------|-----------|
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |

Paste cu piept de pui si pancetta

| | | | | | | |
|------------------|--------|----------------------|------------|--------------|-----------|-----------|
| Bacon | 100 gr | VE=458 cal/1918 kj, | G=45 gr, | AGS=15 gr, | Z=0 gr, | Na=833 mg |
| Cognac | | | | | | |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Paste quarto formagi

| | | | | | | |
|------------------|--------|----------------------|------------|--------------|-----------|-------------|
| Cheddar | 100 gr | VE=403 cal/1687 kj, | G=33.1 gr, | AGS=21.1 gr, | Z=0.5 gr, | Na=621 mg |
| Gorgonzola | 100 gr | VE=353 cal/1478 kj , | G=28.7 gr, | AGS=18.7 gr, | Z=0.5 gr, | Na=1395 mg |
| Parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Scamorza | 100 gr | VE=288 cal/1205 kj, | G=22 gr, | AGS=0 gr, | Z=0 gr, | Na=0 mg |
| Cognac | | | | | | |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

Penne cu ton si capere

| | | | | | | |
|----------------|--------|---------------------|------------|-------------|---------|------------|
| Ceapa in otet | 100 gr | VE=27 cal/109 kj, | G=0.1 gr, | AGS=0 gr, | Z=2 gr, | Na= 400 mg |
| Cognac | | | | | | |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Ton (conserva) | 100 gr | VE=128 cal/536 kj, | G=3 gr, | AGS=0.8 gr, | Z=0 gr, | Na= 377 mg |

Spaghette carbonara

| | | | | | | |
|------------------|--------|---------------------|-----------|--------------|-----------|-----------|
| Bacon | 100 gr | VE=458 cal/1918 kj, | G=45 gr, | AGS=15 gr, | Z=0 gr, | Na=833 mg |
| Pecorino | 100 gr | VE=392 cal/1640 kj, | G=32 gr, | AGS=18 gr, | Z=0 gr, | Na=52 mg |
| Cognac | | | | | | |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

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Spaghette cu creveti

| | | | | | | |
|----------------|--------|---------------------|-----------|-------------|----------|-----------|
| Cognac | | | | | | |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Spaghette cu fructe de mare

| | | | | | | |
|-------------------|--------|---------------------|------------|--------------|-----------|-----------|
| Calamar tentacule | 100 gr | VE=92 cal/385 kj, | G=1.4 gr, | AGS=0.4 gr, | Z=0 gr, | Na=44 mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 mg |
| Cognac | | | | | | |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Midii | 100 gr | VE=86 cal/360 kj, | G=2.2 gr, | AGS=0.4 gr, | Z=0 gr, | Na=286 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |

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Categorie: Peste

Biban de mare grill

| | | | | | | |
|------------------|--------|---------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Biban portie | 100 gr | VE=97 cal/406 kj, | G=2 gr, | AGS=0.5 gr, | Z=0 gr, | Na=68 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

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Creveti cu sos de unt si lamaie

| | | | | | | |
|---------|--------|----------------------|------------|---------------|-----------|------------|
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Dorada regala la jar cu salsa de ardei

| | | | | | | |
|------------------|--------|---------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Dorada portie | 100 gr | VE=89 cal/372 kj, | G=1 gr, | AGS=0 gr, | Z=0 gr, | Na=0 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

File de dorada, orez cu legume si midi

| | | | | | | |
|------------------|--------|---------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Bostanei | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| File de Dorada | 100 gr | VE=89 cal/372 kj, | G=1 gr, | AGS=0 gr, | Z=0 gr, | Na=0 mg |
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

File de somon grill 270 gr

| | | | | | | |
|------------------|--------|---------------------|------------|------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| File de somon | 100 gr | VE=208 cal/871 kj, | G=13.4 gr, | AGS= 3 gr, | Z=0 gr, | Na= 59 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

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Gustare de peste

| | | | | | | |
|--------------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Icre crap | 100 gr | VE=130 cal/544 kj, | G=3 gr, | AGS= 0 gr, | Z= 0 gr, | Na=0 mg |
| Macrou afumat | 100 gr | VE=229 cal/956 kj, | G=15 gr, | AGS=4 gr, | Z=0 gr, | Na=3090 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Pasta de tomate | 100 gr | VE=82 cal/343 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=12.2 gr, | Na=790 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

Jumeri de somn cu mamaliga si mujdei

| | | | | | | |
|--------------------------|--------|---------------------|------------|-------------|-----------|----------|
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Somn | 100 gr | VE=95 cal/398 kj, | G=2.8 gr, | AGS=0.7 gr, | Z=0 gr, | Na=43 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Midii cu sos rosu si peperoncino

| | | | | | | |
|----------------|--------|-------------------|-----------|-------------|-----------|-----------|
| Apio | 100 gr | VE=21 cal/88 kj, | G=0.6 gr, | AGS=0 gr, | Z=0 gr, | Na=80 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Midii | 100 gr | VE=86 cal/360 kj, | G=2.2 gr, | AGS=0.4 gr, | Z=0 gr, | Na=286 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Vin bucatarie | 100 ml | VE=83 cal/348 kj, | G=0 gr, | AGS=0 gr, | Z=0.8 gr, | Na=5 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Midii cu vin alb

| | | | | | | |
|------------------|--------|---------------------|------------|---------------|-----------|------------|
| Apio | 100 gr | VE=21 cal/88 kj, | G=0.6 gr, | AGS=0 gr, | Z=0 gr, | Na=80 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Midii | 100 gr | VE=86 cal/360 kj, | G=2.2 gr, | AGS=0.4 gr, | Z=0 gr, | Na=286 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |
| Vin bucatarie | 100 ml | VE=83 cal/348 kj, | G=0 gr, | AGS=o gr, | Z=0.8 gr, | Na=5 mg |

Mix de fructe de mare

| | | | | | | |
|-------------------|--------|--------------------|------------|--------------|-----------|-----------|
| Calamar tentacule | 100 gr | VE=92 cal/385 kj, | G=1.4 gr, | AGS=0.4 gr, | Z=0 gr, | Na=44 mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 mg |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Midii | 100 gr | VE=86 cal/360 kj, | G=2.2 gr, | AGS=0.4 gr, | Z=0 gr, | Na=286 mg |

Platou cu fructe de mare si sos tzatziki

| | | | | | | |
|-------------------------|--------|---------------------|-----------|-------------|------------|------------|
| Calamar tub | 100 gr | VE=92 cal/385 kj, | G=1.4 gr, | AGS=0.4 gr, | Z=0 gr, | Na=44 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| laurt | 100 gr | VE=61 cal/255 kj, | G=3.3 gr, | AGS=2.1 gr, | Z= 4.7 gr, | Na=46 mg |
| Tentacule de caracatita | 100 gr | VE=82 cal/343 kj, | G=1 gr, | AGS=0.2 gr, | Z=0 gr, | Na= 230 mg |

Salata icre de crap

| | | | | | | |
|--------------------------|--------|----------------------|-----------|-------------|-----------|-----------|
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Icre crap | 100 gr | VE=130 cal/544 kj, | G=3 gr, | AGS= 0 gr, | Z= 0 gr, | Na=0 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

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Salata icre de crap*

| | | | | | | |
|--------------------------|--------|----------------------|-----------|-------------|-----------|-----------|
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Icre crap | 100 gr | VE=130 cal/544 kj, | G=3 gr, | AGS= 0 gr, | Z= 0 gr, | Na=0 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Saramura de crap, mamaliga si ardei iute

| | | | | | | |
|------------------|--------|---------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ardei iute | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Crap | 100 gr | VE=127 cal/532 kj, | G=5.6 gr, | AGS=1.1 gr, | Z=0 gr, | Na= 49 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Saramura de scrumbie, mamaliga

| | | | | | | |
|------------------|--------|---------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Scrumbie | 100 gr | VE=262 cal/1096 kj, | G=18 gr, | AGS=0 gr, | Z=0 gr, | Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Saramura de somn, mamaliga

| | | | | | | |
|------------------|--------|---------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Somn | 100 gr | VE=95 cal/398 kj, | G=2.8 gr, | AGS=0.7 gr, | Z=0 gr, | Na=43 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

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Scoici Saganaki

| | | | | | | |
|-----------------|--------|--------------------|------------|--------------|-----------|------------|
| Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 gr |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |

Scrumbie grill

| | | | | | | |
|--------------------------|--------|---------------------|------------|-------------|-----------|----------|
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Scrumbie | 100 gr | VE=262 cal/1096 kj, | G=18 gr, | AGS=0 gr, | Z=0 gr, | Na=0 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Ton grill cu cartofi si broccoli

| | | | | | | |
|-------------------|--------|---------------------|------------|---------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Broccoli congelat | 100 gr | VE=26 cal/109 kj, | G=0.3 gr, | AGS=0 gr, | Z=1.3 gr, | Na=24 mg |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| File de ton rosu | 100 gr | VE=144 cal/603 kj, | G=4.9 gr, | AGS=1.3 gr, | Z=0 gr, | Na=39 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Maioneza | | | | | | |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Categorie: Post-Vegan

Bruschete mixte

| | | | | | | |
|---------------------------|--------|----------------------|------------|-------------|------------|-----------|
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Hribi/mix hribi congelate | 100 gr | VE=34 cal/146 kj, | G=0.2 gr, | AGS=0 gr, | Z= 0.8 gr, | Na=8 mg |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

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Burgeri cu cartofi prajiti

| | | | | | | |
|-----------------------|--------|----------------------|-----------|-------------|-----------|------------|
| Cartofi pai congelati | 100 gr | VE=147 cal/615 kj, | G=4.7 gr, | AGS=1 gr, | Z=0.2 gr, | Na=332 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Maioneza | | | | | | |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |
| Sos barbeque | | | | | | |
| Varza | 100 gr | VE=25 cal/105 kj, | G=0.1 gr, | AGS=0 gr, | Z=3.2 gr, | Na=18 mg |
| Veggie cheddar | 100 gr | VE=239 cal/1001 kj, | G=14 gr, | AGS=8.8 gr, | Z=7.7 gr, | Na=1345 mg |
| Veggie Hamburger | 100 gr | VE=177 cal/741 kj, | G=6.3 gr, | AGS=1.4 gr, | Z=1.1 gr, | Na=561 mg |

Edamame 250 gr

| | | | | | | |
|---------|--------|--------------------|-----------|-----------|-----------|---------|
| Edamame | 100 gr | VE=110 cal/461 kj, | G=4.7 gr, | AGS=0 gr, | Z=2.5 gr, | Na=6 mg |
|---------|--------|--------------------|-----------|-----------|-----------|---------|

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Fasole batuta cu ceapa prajita

| | | | | | | |
|--------------------------|--------|----------------------|-----------|-------------|-----------|-----------|
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Fasole conserva | 100 gr | VE=94 cal/394 kj, | G=0.4 gr, | AGS=0.1 gr, | Z=8 gr , | Na=343 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |

Guacamole

| | | | | | | |
|--------------------|--------|--------------------|------------|-------------|-----------|---------|
| Avocado | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| Biscuiti integrali | ? | | | | | |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |

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Gustare Veggie

| | | | | | | |
|-----------------------|--------|----------------------|------------|-------------|------------|-----------|
| Avocado | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| Cous Cous | 100 gr | VE=105 cal/ 451 kj, | G=0.2 gr, | AGS=0 gr, | Z=0.6 gr, | Na= 5 mg |
| Lipie | 100 gr | VE=275 cal/1151 kj, | G=1.2 gr, | AGS=0.2 gr, | Z=0 gr, | Na=536 mg |
| Naut | 100 gr | VE=164 cal/687 kj, | G=2.6 gr, | AGS=0.3 gr, | Z= 4.8 gr, | Na=243 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Sfecla rosie conserva | 100 gr | VE=30 cal/126 kj, | G=0.1 gr, | AGS= 0 gr, | Z=6.5 gr, | Na=143 mg |

Hummus

| | | | | | | |
|----------------|--------|---------------------|------------|-------------|------------|-----------|
| Lipie | 100 gr | VE=275 cal/1151 kj, | G=1.2 gr, | AGS=0.2 gr, | Z=0 gr, | Na=536 mg |
| Naut | 100 gr | VE=164 cal/687 kj, | G=2.6 gr, | AGS=0.3 gr, | Z= 4.8 gr, | Na=243 mg |
| Pasta de susan | 100 gr | VE=595 cal/2491 kj, | G=53.8 gr, | AGS=7.5 gr, | Z=0.5 gr, | Na=115 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |

Paste cu miez de nuca si rucola

| | | | | | | |
|----------------|--------|---------------------|-----------|--------------|-----------|---------|
| Miez de nuca | 100 gr | VE=618 cal/2587 kj, | G=59 gr, | AGS= 3.4 gr, | Z=1.1 gr, | Na=2 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |

Paste Napoli

| | | | | | | |
|----------------|--------|---------------------|-----------|-------------|---------|-----------|
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Platou cu salata de vinete, Hummus

| | | | | | | |
|--------------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Avocado | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Naut | 100 gr | VE=164 cal/687 kj, | G=2.6 gr, | AGS=0.3 gr, | Z= 4.8 gr, | Na=243 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |
| Vinete (crud) | 100 gr | VE=24 cal/100 kj | G=0.2 gr, | AGS=0 gr, | Z=2.4 gr, | Na=2 mg |
| Vinete (coapte) | 100 gr | VE=35 cal/147 kj, | - / - | - / - | Z=3.2 gr, | Na=1 mg |

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Risotto cu ciuperci si sampanie

| | | | | | | |
|---------------------------|--------|---------------------|-----------|--------------|------------|----------|
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Hribi/mix hribi congelate | 100 gr | VE=34 cal/146 kj, | G=0.2 gr, | AGS=0 gr, | Z= 0.8 gr, | Na=8 mg |
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Spumant Bucatarie | 100 ml | VE=75 cal/330 kj, | G=0 gr, | AGS=0 gr, | Z=0 gr, | Na=4 mg |

Salata de vinete

| | | | | | | |
|--------------------------|--------|----------------------|-----------|-------------|-----------|-----------|
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |
| Vinete (crud) | 100 gr | VE=24 cal/100 kj | G=0.2 gr, | AGS=0 gr, | Z=2.4 gr, | Na=2 mg |
| Vinete (coapte) | 100 gr | VE=35 cal/147 kj, | - / - | - / - | Z=3.2 gr, | Na=1 mg |

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Salata Orientala

| | | | | | | |
|------------------|--------|--------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Tocanita cu naut si curry

| | | | | | | |
|------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Naut | 100 gr | VE=164 cal/687 kj, | G=2.6 gr, | AGS=0.3 gr, | Z= 4.8 gr, | Na=243 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Tofleta cu castraveti murati

| | | | | | | |
|------------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Castraveti murati/otet | 100 gr | VE=11 cal/46.1 kj, | G=0.2 gr, | AGS=0.1 gr, | Z=1.1 gr, | Na=1208 gr |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |
| Tofu | 100 gr | VE=145 cal/607 kj, | G=8.7 gr, | AGS=1.3 gr, | Z=0 gr, | Na=14 mg |

Zacusca de legume 200 gr

| | | | | | | |
|------------------|--------|----------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Pasta de tomate | 100 gr | VE=82 cal/343 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=12.2 gr, | Na=790 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

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Categoria : Retete diverse

Arancini

| | | | | | | |
|--------------|--------|----------------------|-----------|-------------|------------|-----------|
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |

Curcan in aspic

| | | | | | | |
|-----------------|--------|--------------------|------------|-------------|-----------|-----------|
| Aripi de curcan | 100 gr | VE=197 cal/825 kj, | G=12.3 gr, | AGS=3.3 gr, | Z=0 gr, | Na= 55 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Legume Rattatouile

| | | | | | | |
|------------------|--------|--------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Bostanei | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Rulada de iepure cu merisoare

Carne tocata

| | | | | | | |
|-----------------|--------|----------------------|------------|--------------|-----------|-----------|
| - Carne de porc | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| - Carne de vita | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Pulpe de pui | 100 gr | VE=187 cal/783 kj, | G=12.1 gr, | AGS= 3.4 gr, | Z=0 gr, | Na=79 mg |
| Carne de iepure | 100 gr | VE=136 cal/569 kj, | G=5.5 gr, | AGS=1.7 gr, | Z=0 gr, | Na=41 mg |

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Salata greceasca portie

| | | | | | | |
|---|--------|---------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Coji tarte diferite forme (compozitie) | | | | | | |
| Crema de branza | - / - | | | | | |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |

Sos de hrean cu sfecla

| | | | | | | |
|-----------------|--------|--------------------|------------|-------------|---------|-----------|
| Hrean in otet | 100 gr | VE=37 cal/159 kj, | G=0.16 gr, | AGS=0 gr, | Z=0 gr, | Na= 12 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |

Sos de lamiae cu unt

| | | | | | | |
|-----------------|--------|--------------------|-----------|-------------|---------|----------|
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
|-----------------|--------|--------------------|-----------|-------------|---------|----------|

Terina de curcan cu masline

| | | | | | | |
|-------------------------|--------|----------------------|------------|-------------|-----------|-----------|
| Carne tocata (curcan) | 100 gr | VE=157 cal/657 kj, | G=7 gr, | AGS=1.9 gr, | Z=0 gr, | Na=59 mg |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Categorie: Risotto

Paella Marisco

| | | | | | | |
|------------------------|--------|---------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Calamar tentacule | 100 gr | VE=92 cal/385 kj, | G=1.4 gr, | AGS=0.4 gr, | Z=0 gr, | Na=44 mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Fasole verde congelata | 100 gr | VE=39 cal/163 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.2 gr, | Na=3 mg |
| Midii | 100 gr | VE=86 cal/360 kj, | G=2.2 gr, | AGS=0.4 gr, | Z=0 gr, | Na=286 mg |
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |
| Vin bucatarie | 100 ml | VE=83 cal/348 kj, | G=0 gr, | AGS=0 gr, | Z=0.8 gr, | Na=5 mg |

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Risotto cu creveti si dovlecei

| | | | | | | |
|---------------|--------|---------------------|------------|---------------|------------|------------|
| Bostane | 100 gr | VE=16 cal/67 kj, | G=0.2 gr, | AGS= 0.1 gr, | Z=2.5 gr, | Na= 2mg |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |
| Vin bucatarie | 100 ml | VE=83 cal/348 kj, | G=0 gr, | AGS=0 gr, | Z=0.8 gr, | Na=5 mg |

Risotto cu scoici si lamiae

| | | | | | | |
|-----------------|--------|---------------------|------------|---------------|------------|------------|
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 mg |
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |
| Smantana grasa | 100 gr | VE=205 cal/845 kj, | G=20 gr, | AGS=13 gr, | Z=3.3 gr, | Na= 70 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Risotto cu sparanghel si piept de pui

| | | | | | | |
|---------------|--------|----------------------|------------|---------------|------------|------------|
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Sparanghel | 100 gr | VE=22 cal/ 82.7 kj, | G=0.1 gr, | AGS=0 gr, | Z=1.9 gr, | Na=2 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |
| Vin bucatarie | 100 ml | VE=83 cal/348 kj, | G=0 gr, | AGS=0 gr, | Z=0.8 gr, | Na=5 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Risotto cu ton proaspat si lime

| | | | | | | |
|------------------|--------|---------------------|------------|---------------|------------|------------|
| File de ton rosu | 100 gr | VE=144 cal/603 kj, | G=4.9 gr, | AGS=1.3 gr, | Z=0 gr, | Na=39 mg |
| Orez Arborio | 100 gr | VE=351 cal/1469 kj, | G=1.3 gr, | AGS=0.4 gr, | Z= 0.3 gr, | Na= 2 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |
| Vin bucatarie | 100 ml | VE=83 cal/348 kj, | G=0 gr, | AGS=o gr, | Z=0.8 gr, | Na=5 mg |

Categorie: Salate

Mini Caprese

| | | | | | | |
|-----------------|--------|--------------------|------------|--------------|----------|-----------|
| Mozzarella mini | 100 gr | VE=300 gr/1256 kj, | G=22.4 gr, | AGS=13.2 gr, | Z=1 gr, | Na=627 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |

Salata cu piept de pui

| | | | | | | |
|------------------|--------|----------------------|------------|--------------|------------|-------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| laurt | 100 gr | VE=61 cal/255 kj, | G=3.3 gr, | AGS=2.1 gr, | Z= 4.7 gr, | Na=46 mg |
| Maioneza | | | | | | |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |

Salata cu rata confiata

| | | | | | | |
|-----------------|--------|----------------------|------------|--------------|-----------|------------|
| Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Pulpe de rata | 100 gr | VE=217 cal/909 kj, | G=11.4 gr, | AGS=3 gr, | Z= 0 gr, | Na=110 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Salata cu somon si avocado

| | | | | | | |
|-----------------|--------|----------------------|------------|-------------|-----------|-----------|
| Avocado | 100 gr | VE=160 cal/670 kj, | G=14.7 gr, | AGS=2.1 gr, | Z=0.7 gr, | Na=7 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Somon fume | 100 gr | VE=117 cal/490 kj, | G=4.3 gr, | AGS=0.9 gr, | Z=0 gr, | Na=784 mg |

Salata cu vita

| | | | | | | |
|------------------|--------|----------------------|------------|--------------|------------|-------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Muschi de vita | 100 gr | VE=193 cal/829 kj, | G=6.5 gr, | AGS=2 gr, | Z=0 gr, | Na=56 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Varza | 100 gr | VE=25 cal/105 kj, | G=0.1 gr, | AGS=0 gr, | Z=3.2 gr, | Na=18 mg |

Salata greceasca

| | | | | | | |
|------------------------|--------|----------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Castraveti murati/otet | 100 gr | VE=11 cal/46.1 kj, | G=0.2 gr, | AGS=0.1 gr, | Z=1.1 gr, | Na=1208 gr |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Salate Etiler

| | | | | | | |
|--------------|--------|----------------------|------------|--------------|------------|------------|
| Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Mere | 100 gr | VE=52 cal/218 kj, | G=0.2 gr, | AGS=0 gr, | Z=10.4 gr, | Na= 1mg |
| Miez de nuca | 100 gr | VE=618 cal/2587 kj, | G=59 gr, | AGS= 3.4 gr, | Z=1.1 gr, | Na=2 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Stafide | 100 gr | VE=299 cal/1252 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=59.2 gr, | Na=11 mg |

Categorie : Salate extra

Salata de ardei copti

| | | | | | | |
|------------------|--------|--------------------|------------|------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
|------------------|--------|--------------------|------------|------------|------------|------------|

Salata de castraveti murati*muraturi

| | | | | | | |
|------------------------|--------|--------------------|-----------|-------------|-----------|------------|
| Castraveti murati/otet | 100 gr | VE=11 cal/46.1 kj, | G=0.2 gr, | AGS=0.1 gr, | Z=1.1 gr, | Na=1208 gr |
|------------------------|--------|--------------------|-----------|-------------|-----------|------------|

Salata de rosii

| | | | | | | |
|--------------|--------|---------------------|----------|-----------|----------|-----------|
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |

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Salata de rucola, cherry si parmezan

| | | | | | | |
|--------------|--------|---------------------|------------|--------------|-----------|-------------|
| Parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Rosii cherry | 100 gr | VE=20 cal/84 kj, | G=0 gr, | AGS=0 gr, | Z= 0 gr, | Na= 60 mg |
| Rucola | 100 gr | VE=25 cal/105 kj, | G=0.66 gr, | AGS=0.08 gr, | Z=2 gr | Na= 27 mg |

Salata de sfecla rosie

| | | | | | | |
|-----------------------|--------|---------------------|-----------|------------|-----------|-----------|
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Sfecla rosie conserva | 100 gr | VE=30 cal/126 kj, | G=0.1 gr, | AGS= 0 gr, | Z=6.5 gr, | Na=143 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Salata de vara

| | | | | | | |
|------------------|--------|---------------------|------------|------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj , | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |

Salata de varza

| | | | | | | |
|---------|--------|---------------------|-----------|-----------|-----------|-----------|
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Varza | 100 gr | VE=25 cal/105 kj, | G=0.1 gr, | AGS=0 gr, | Z=3.2 gr, | Na=18 mg |

Salata verde

| | | | | | | |
|--------------|--------|---------------------|------------|------------|-----------|-----------|
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |

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Tabouleh

| | | | | | | |
|-----------|--------|---------------------|------------|-------------|-----------|----------|
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Cous Cous | 100 gr | VE=105 cal/ 451 kj, | G=0.2 gr, | AGS=0 gr, | Z=0.6 gr, | Na= 5 mg |
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |

Categorie: Sosuri extra

Dulceata de ardei 80 gr

| | | | | | | |
|------------------|--------|---------------------|------------|------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Otet | 100 ml | VE=19 cal/79.5 kj , | G=0 gr , | AGS=0 gr, | Z=0 gr , | Na=0.0 mg |
| Zahar | 100 gr | VE=387 cal/1620 kj, | G=0 gr , | AGS=0 gr , | Z=99.9 gr, | Na=0 mg |

Dulceata de fructe de padure

Fructe de padure (compozitie ?)

| | | | | | | |
|-------|--------|---------------------|----------|------------|------------|---------|
| Zahar | 100 gr | VE=387 cal/1620 kj, | G=0 gr , | AGS=0 gr , | Z=99.9 gr, | Na=0 mg |
|-------|--------|---------------------|----------|------------|------------|---------|

Salsa de ardei 80 gr

| | | | | | | |
|------------------|--------|--------------------|------------|-------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Sos (maioneza) usturoi 80 gr

| | | | | | | |
|--------------------------|--------|---------------------|-----------|-------------|--------|------------|
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr | , Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr | , Na=17 mg |

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Sos aioli 80 gr

| | | | | | | |
|----------|--------|--------------------|-----------|-----------|---------|---------|
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Maioneza | | | | | | |

Sos Bolognez

| | | | | | | |
|----------------------|--------|--------------------|-----------|-------------|------------|-----------|
| Carne tocata (porc) | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Pasta de tomate | 100 gr | VE=82 cal/343 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=12.2 gr, | Na=790 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

Sos chimiciuri 80 gr

| | | | | | | |
|--------------------------|--------|---------------------|------------|-------------|-----------|------------|
| Patrunjel | 100 gr | VE=36 cal/151 kj , | G=0.8 gr , | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr | , Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr | , Na=17 mg |

Sos cocktail 80 gr

| | | | | | | |
|------------------|--------|--------------------|------------|--------------|------------|------------|
| Ketchup | | | | | | |
| Maioneza | | | | | | |
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Creveti | 100 gr | VE=106 cal/444 kj, | G=1.7 gr, | AGS=0.3 gr, | Z=0 gr, | Na=148 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

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Sos de unt cu lamiae 80 gr

| | | | | | | |
|--------|--------|---------------------|------------|---------------|-----------|------------|
| Lamaie | 100 gr | VE=20 cal/83.7 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=3 mg |
| Unt | 100 gr | VE=717 cal/3002 kj, | G=81.1 gr, | AGS= 51.4 gr, | Z=0.1 gr, | Na= 576 mg |

Sos gorgonzola 80 gr

| | | | | | | |
|------------------|--------|----------------------|------------|--------------|-----------|------------|
| Gorgonzola | 100 gr | VE=353 cal/1478 kj , | G=28.7 gr, | AGS=18.7 gr, | Z=0.5 gr, | Na=1395 mg |
| Lapte bucatarie | 100 ml | VE=64 cal/268 kj , | G=3.7 gr, | AGS=2.3 gr, | Z=0 gr, | Na=49 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Sos hrean 80 gr

| | | | | | | |
|-----------------------|--------|-------------------|------------|------------|-----------|-----------|
| Hrean | 100 gr | VE=37 cal/159 kj, | G=0.16 gr, | AGS=0 gr, | Z=0 gr, | Na= 12 mg |
| Sfecla rosie conserva | 100 gr | VE=30 cal/126 kj, | G=0.1 gr, | AGS= 0 gr, | Z=6.5 gr, | Na=143 mg |

Sos hribi 80 gr

| | | | | | | |
|---------------------------|--------|--------------------|-----------|--------------|------------|----------|
| Ciuperci | 100 gr | VE=27 cal/113 kj, | G=0.1 gr, | AGS= 0 gr, | Z=1.7 gr, | Na=7 mg |
| Hribi/mix hribi congelate | 100 gr | VE=34 cal/146 kj, | G=0.2 gr, | AGS=0 gr, | Z= 0.8 gr, | Na=8 mg |
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |

Sos iaurt 80 gr

| | | | | | | |
|----------|--------|-------------------|-----------|-------------|------------|----------|
| Iaurt | 100 gr | VE=61 cal/255 kj, | G=3.3 gr, | AGS=2.1 gr, | Z= 4.7 gr, | Na=46 mg |
| Maioneza | | | | | | |

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Sos Napoli 80 gr

| | | | | | | |
|----------------|--------|-------------------|-----------|-----------|---------|-----------|
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
|----------------|--------|-------------------|-----------|-----------|---------|-----------|

Sos piper verde 80 gr

| | | | | | | |
|------------------------|--------|--------------------|----------|--------------|---------|----------|
| Smantana lichida | 100 gr | VE= 44 cal/185 kj, | G=10 gr, | AGS= 9.3 gr, | Z=0 gr, | Na=79 mg |
| Sos brun (compozitie?) | | | | | | |

Sos Tzatziki 80 gr

| | | | | | | |
|-----------------|--------|--------------------|-----------|-------------|------------|----------|
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj, | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Iaurt | 100 gr | VE=61 cal/255 kj, | G=3.3 gr, | AGS=2.1 gr, | Z= 4.7 gr, | Na=46 mg |

Categorie : Tazz Discount

Cheeseburger, cartofi prajiti 30*

| | | | | | | |
|-----------------------|--------|---------------------|------------|-------------|-----------|------------|
| Carne de hamburger | 100 gr | VE= | | | | |
| - Carne de porc | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| - Carne de vita | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |
| Cartofi pai congelati | 100 gr | VE=147 cal/615 kj, | G=4.7 gr, | AGS=1 gr, | Z=0.2 gr, | Na=332 mg |
| Castraveti vrac | 100 gr | VE=15 cal/62.8 kj, | G=0.1 gr, | AGS=0 gr, | Z=1.7 gr, | Na=2 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj, | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Maioneza | | | | | | |
| Rosii | 100 gr | VE=18 cal/75.4 kj, | G=0.2 gr, | AGS=0 gr, | Z=2.6 gr, | Na=5 mg |
| Sos barbeque | | | | | | |
| Varza | 100 gr | VE=25 cal/105 kj, | G=0.1 gr, | AGS=0 gr, | Z=3.2 gr, | Na=18 mg |
| Veggie cheddar | 100 gr | VE=239 cal/1001 kj, | G=14 gr, | AGS=8.8 gr, | Z=7.7 gr, | Na=1345 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Chicken fingers cu cartofi pai 30*

| | | | | | | |
|--------------------------|--------|----------------------|------------|--------------|------------|-------------|
| Branza parmezan | 100 gr | VE=392 cal/1641 kj, | G=25.8 gr, | AGS=16.4 gr, | Z=0.8 gr, | Na= 1602 mg |
| Cartofi pai congelati | 100 gr | VE=147 cal/615 kj, | G=4.7 gr, | AGS=1 gr, | Z=0.2 gr, | Na=332 mg |
| Chifle | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Iaurt | 100 gr | VE=61 cal/255 kj, | G=3.3 gr, | AGS=2.1 gr, | Z= 4.7 gr, | Na=46 mg |
| Ketchup | | | | | | |
| Maioneza | | | | | | |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |
| Piept de pui | 100 gr | VE=263 cal/ 1101 kj, | G=15.7 gr, | AGS=3.3 gr, | Z=0.4 gr, | Na=451 mg |
| Salata verde | 100 gr | VE=15 cal/62.8 kj , | G=0.2 gr , | AGS=0 gr , | Z=0.8 gr, | Na=28 mg |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Ciorba de vacuta smantana 30*

| | | | | | | |
|----------------------|--------|----------------------|------------|--------------|------------|------------|
| Ardei capia/gras | 100 gr | VE=31 cal/130 kj , | G=0.3 gr , | AGS=0 gr , | Z=4.1 gr , | Na= 4.0 mg |
| Ardei iute | 100 gr | VE=30 cal/126 kj, | G=0.6 gr, | AGS=0.1 gr, | Z=3.5 gr, | Na= 1 mg |
| Bors | 100 ml | VE=4 cal/17.2 kj | G=0 gr, | AGS=0 gr, | Z=0.6 gr, | Na=0 mg |
| Carne de vita ciorba | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |
| Paine | 100 gr | VE=266 cal/1114 kj , | G=3.6 gr, | AGS=0.8 gr, | Z=5.8 gr, | Na=521 mg |
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Morcovi | 100 gr | VE=41 cal/172 kj, | G=0.2 gr, | AGS=0 gr, | Z=4.7 gr, | Na=69 mg |
| Oase pentru ciorba | 100 gr | VE= 290 cal/1215 kj, | G=`19 gr, | AGS=7.55 gr, | Z=0 gr, | Na=372 mg |
| Smantana grasa | 100 gr | VE=205 cal/845 kj, | G=20 gr, | AGS=13 gr, | Z=3.3 gr, | Na= 70 mg |
| Telina radacina | 100 gr | VE=16 cal/67kj, | G=0.2 gr, | AGS=0 gr, | Z=1.8 gr, | Na=80 mg |

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Penne ton si capere 30*

| | | | | | | |
|----------------|--------|---------------------|------------|-------------|---------|------------|
| Ceapa in otet | 100 gr | VE=27 cal/109 kj, | G=0.1 gr, | AGS=0 gr, | Z=2 gr, | Na= 400 mg |
| Cognac | | | | | | |
| Masline | 100 gr | VE=115 cal/481 kj, | G=10.7 gr, | AGS=1.4 gr, | Z=0 gr, | Na=872 mg |
| Paste diferite | 100 gr | VE=348 cal/1457 kj, | G=1.4 gr, | AGS=0.3 gr, | Z= 1gr, | Na=8 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |
| Ton (conserva) | 100 gr | VE=128 cal/536 kj, | G=3 gr, | AGS=0.8 gr, | Z=0 gr, | Na= 377 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Scarita de porc cu sos barbeque 30*

| | | | | | | |
|--------------------------|--------|---------------------|------------|-------------|----------|----------|
| Cartofi vrac | 100 gr | VE=58 cal/243 kj , | G=0.1 gr , | AGS=0 gr, | Z=0 gr , | Na=10 mg |
| Scarita grill | 100 gr | VE=247 cal/1034 kj, | G=14.8 gr, | AGS=5.3 gr, | Z=0 gr, | Na=29 mg |
| Sos barbeque | | | | | | |
| Ulei de floarea soarelui | 100 ml | VE=884 cal/3701 kj, | G=100 gr, | AGS=9 gr, | Z=0 gr , | Na=0 mg |
| Usturoi | 100 gr | VE=149 cal/624 kj, | G=0.5 gr, | AGS=0.1 gr, | Z=1 gr , | Na=17 mg |

Scoici Saganaki 30*

| | | | | | | |
|-----------------|--------|--------------------|------------|--------------|-----------|------------|
| Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Carne de scoici | 100 gr | VE=95 cal/397 kj, | G=2.99 gr, | AGS=0.93 gr, | Z=0.1 gr, | Na=690 gr |
| Ceapa | 100 gr | VE=40 cal/167 kj, | G=0.1 gr, | AGS=0 gr, | Z=4.2 gr, | Na=4 mg |
| Rosii conserva | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=0 gr, | Na=132 mg |

Tochitura in untura cu ou si branza 30*

| | | | | | | |
|-----------------|--------|----------------------|------------|--------------|-----------|------------|
| Branza Feta | 100 gr | VE=264 cal/1105 kj | G=21.3 gr, | AGS=14.9 gr, | Z=4.1 gr, | Na=1116 mg |
| Carnati | | | | | | |
| - Carne de porc | 100 gr | VE=236 cal/988 kj, | G=18 gr, | AGS=6.2 gr, | Z=0 gr, | Na=65 mg |
| - Carne de vita | 100 gr | VE=144 cal/603 kj, | G= 6.2 gr, | AGS=2.1 gr, | Z=0 gr, | Na=58 mg |
| Ceafa de porc | 100 gr | VE=232 cal/997.6 kj, | G=18.8 gr, | AGS=7.9 gr, | Z=0 gr , | Na= 56 mg |
| Malai | 100 gr | VE=361 cal/1511 kj, | G=3.9 gr, | AGS=0.5 gr, | Z=0.6 gr, | Na=5 mg |
| Oua | 1 buc | VE=71.5 cal/299 kj, | G=5 gr, | AGS=1.5 gr, | Z=0.4 gr, | Na=70 mg |

Declaratii nutritionale produse TEATRIS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

DIVERSE(exemple)

Maioneza

| | | | | | | |
|--------------------|--------|---------------------|------------|-------------|------------|-------------|
| - dietetica | 100 gr | VE=231 cal/967 kj, | G=19.2 gr, | AGS=3.3 gr, | Z=4.2 gr, | Na=110 mg |
| - vegetala(soia) | 100 gr | VE=232 cal/971 kj, | G=19.2 gr, | AGS=3.3 gr, | Z=6 gr, | Na=497 mg |
| - „normal” | 100 gr | VE=390 cal/1633 kj, | G=33.4 gr, | AGS=4.9 gr, | Z=6.4 gr, | Na=711 mg |
| Ketchup | 100 gr | VE=88 cal/369 kj, | G=0 gr, | AGS=0 gr, | Z=23.5 gr, | Na=1118 mg |
| Mustar | 100 gr | VE=67 cal/281 kj, | G=4 gr, | AGS=0.2 gr, | Z=0.9 gr, | Na=1135 mg |
| Sos Barbeque | 100 gr | VE=143 cal/599 kj, | G=0 gr, | AGS=0 gr, | Z=22.9 gr, | Na=700 mg |
| Crema de branza | | | | | | |
| Ex: Philadelphia | 100 gr | VE=245 cal/1078 kj, | G=23.5 gr, | AGS=2.3 gr, | Z=0 gr, | Na= 310 mg |
| Milbona | 100 gr | VE=222 cal/929 kj, | G=20.5 gr, | AGS=15 gr, | Z=3 gr, | Na=350 mg |
| Ehrmann 20% | 100 gr | VE=86 cal/360 kj, | G=4 gr, | AGS=0 gr, | Z=0 gr, | Na= 270 mg |
| Mure | 100 gr | VE=43 cal/180 kj, | G=0.5 gr, | AGS=0 gr, | Z=4.9 gr, | Na=1 mg |
| Zmeura | 100 gr | VE=52 cal/218 kj, | G=0.7 gr, | AGS=0 gr, | Z=4.4 gr, | Na=1 mg |
| Afine | 100 gr | VE=46 cal/193 kj, | G=0.1 gr, | AGS=0 gr, | Z=4 gr, | Na=2 mg |
| Fragi | 100 gr | VE=32 cal/134 kj, | G=0.3 gr, | AGS=0 gr, | Z=4.9 gr, | Na=1 mg |
| Patrunjel radacina | 100 gr | VE=29 cal/121 kj, | G=0.1 gr, | AGS= 0 gr, | Z=0 gr, | Na= 0 mg |
| Patrunjel verde | 100 gr | VE=36 cal/151 kj, | G=0.8 gr, | AGS=0.1 gr, | Z=0.9 gr, | Na=56 mg |
| Sos Sriracha | 100 gr | VE=155 cal/649 kj, | G=0.7 gr, | AGS=0.2 gr, | Z=22 gr, | Na= 1480 mg |
| Sos Chili dulce | 100 gr | VE=106 cal/444 kj, | G=0.2 gr, | AGS=0.1 gr, | Z=21.4 gr, | Na=1310 mg |

SUCCES!