

**"THERE IS NO TRUER LOVE THAN THE LOVE
FOR FOOD"**

- GEORGE BERNARD SHAW



Lyra Restaurant

FOOD MENU

CHEESE PLATE WITH DRIED FRUITS AND NUTS (280 G)

45 lei

(camembert cheese, emmental cheese, parmesan, gorgonzola, dried apricots, dried cranberries, walnut core, breadsticks, vegetable sprouts, honey and pesto)

Nutritional values / portion (280g) Energy value: 4127.24 Kj /986.43 KCal, Fats: 62.75 g, Saturated fatty acids: 30.66 g, Carbohydrates: 67.46 g, Sugars: 4.81 g, Protein: 52.18 g, Salt: 2.66 g
Nutritional values / 100g Energy value: 1474.02 Kj /352.3 KCal, Fats: 22.41 g, Saturated fatty acids: 10.95 g, Carbohydrates: 24.09 g, Sugars: 1.72 g, Proteins: 18.63 g, Salt: 0.95 g
Allergens: Milk, Nuts, Gluten
May contain traces of: Milk, Mustard, Soy, Sesame seeds

CAESAR SALAD (350 G)

49 lei

(iceberg salad, chicken breast, bacon, egg, parmesan, croutons, anchovy mayonnaise dressing)

Nutritional values / portion (350g) Energy value: 665.93 KCal /2786.27 Kj, Fat: 46.45 g, Saturated fatty acids: 9.03 g, Carbohydrates: 21.94 g, Sugars: 2.16 g, Protein: 39.09 g, Salt: 3.4 g
Nutritional values / 100g Energy value: 190.27 KCal /796.08 Kj, Fat: 13.27 g, Saturated fatty acids: 2.58 g, Carbohydrates: 6.27 g, Sugars: 0.62 g, Protein: 11.17 g, Salt: 0.97 g
Allergens: Milk, Fish, Eggs, Mustard, Gluten

GREEK SALAD (350 G)

35 lei

(tomatoes, cucumbers, bell pepper, Kalamata olives, feta cheese, dressing)

Nutritional values / portion (350g) Energy value: 425.07 KCal /1778.5 Kj, Fat: 36.56 g, Saturated fatty acids: 2.74 g, Carbohydrates: 17.82 g, Sugars: 2.64 g, Protein: 6.47 g, Salt: 0.02 g
Nutritional values / 100g Energy value: 121.45 KCal /508.14 Kj, Fat: 10.45 g, Saturated fatty acids: 0.78 g, Carbohydrates: 5.09 g, Sugars: 0.75 g, Protein: 1.85 g, Salt: 0.01 g
Allergens: Milk

MEXICAN BEEF SOUP (350 G)

40 lei

(beef shank, red beans, corn, flounder)

Nutritional values / portion (350g) Energy value: 493.62 KCal /2065.32 Kj, Fat: 26.01 g, Saturated fatty acids: 1.34 g, Carbohydrates: 40.33 g, Sugars: 6.68 g, Protein: 23.16 g, Salt: 4.06 g
Nutritional values / 100g Energy value: 141.04 KCal /590.09 Kj, Fat: 7.43 g, Saturated fatty acids: 0.38 g, Carbohydrates: 11.52 g, Sugars: 1.91 g, Protein: 6.62 g, Salt: 1.16 g
Allergens: Gluten *from frozen products

BAKED PEPPER CREAM SOUP (350 G)

23 lei

(bell pepper, onion, garlic, cream, thyme, leek)

Nutritional values / portion (350g) Energy value: 336.58 KCal /1408.27 Kj, Fats: 22.58 g, Saturated fatty acids: 8.7 g, Carbohydrates: 30.87 g, Sugars: 5.9 g, Protein: 4.65 g, Salt: 3.55 g
Nutritional values / 100g Energy value: 96.17 KCal /402.36 Kj, Fats: 6.45 g, Saturated fatty acids: 2.49 g, Carbohydrates: 8.82 g, Sugars: 1.68 g, Proteins: 1.33 g, Salt: 1.01 g
Allergens: Milk



**SALMON WITH SAUTEED
VEGETABLES AND PEA PUREE
(180/100/100 G)**

75 lei

(salmon fillet, baby carrots, broccoli, bell pepper, peas, onion, potatoes, vegetable sprouts, lemon, butter, oil)

Nutritional values / portion (380g) Energy value: 1852.63 KJ /442.79 KCal, Fats: 25.65 g, Saturated fatty acids: 6.48 g, Carbohydrates: 22.95 g, Sugars: 3.15 g, Protein: 31.55 g, Salt: 3.03 g
Nutritional values / 100g Energy value: 487.54 KJ /116.52 KCal, Fats: 6.75 g, Saturated fatty acids: 1.71 g, Carbohydrates: 6.04 g, Sugars: 0.83 g, Protein: 8.3 g, Salt: 0.8 g
Allergens: Fish, Milk
May contain traces of: Celery

**FISH FINGERS WITH FRIED
POTATOES AND TARTAR SAUCE
(200/150/100 G)**

50 lei

(pike filets, potatoes and mayonnaise sauce with pickled cucumbers and capers)

Nutritional values / portion (450g) Energy value: 1284.99 KCal /5376.42 KJ, Fat: 104.74 g, Saturated fatty acids: 9.55 g, Carbohydrates: 59.4 g, Sugars: 1.51 g, Protein: 24.46 g, Salt: 2.38 g
Nutritional values / 100g Energy value: 285.55 KCal /1194.76 KJ, Fats: 23.28 g, Saturated fatty acids: 2.12 g, Carbohydrates: 13.2 g, Sugars: 0.34 g, Proteins: 5.44 g, Salt: 0.53 g
Allergens: Fish, Eggs, Gluten *from frozen products

**CRISPY CHICKEN FINGERS,
FRENCH FRIES, CHILLI SAUCE
AND TARTAR SAUCE
(200/200/100 G)**

49 lei

(chicken breast, potatoes, chilli sauce and mayonnaise sauce with pickled cucumbers and capers)

Nutritional values / portion (500g) Energy value: 1342.86 KCal /5618.51 KJ, Fat: 83.3 g, Saturated fatty acids: 8.88 g, Carbohydrates: 108.25 g, Sugars: 3.73 g, Protein: 37.9 g, Salt: 8.17 g
Nutritional values / (100g) Energy value: 268.57 KCal /1123.7 KJ, Fats: 16.66 g, Saturated fatty acids: 1.78 g, Carbohydrates: 21.65 g, Sugars: 0.75 g, Proteins: 7.58 g, Salt: 1.63 g
Allergens: Gluten, Eggs *from frozen products

**MARINATED PORK NECK, BACON,
POTATOES FLAVORED WITH
THYME AND GARLIC (200/230 G)**

55 lei

(pork neck, potatoes, bacon, onion)

Nutritional values / portion (430g) Energy value: 933.84 KCal /3907.2 KJ, Fat: 59.64 g, Saturated fatty acids: 12 g, Carbohydrates: 54.37 g, Sugars: 5.39 g, Protein: 44.72 g, Salt: 6.68 g
Nutritional values / 100g Energy value: 217.17 KCal /908.65 KJ, Fats: 13.87 g, Saturated fatty acids: 2.79 g, Carbohydrates: 12.65 g, Sugars: 1.25 g, Proteins: 10.4 g, Salt: 1.55 g
Allergens: Gluten, Milk *from frozen products



**PORK LOIN IN SWEET-SOUR
SAUCE WITH RED WINE AND
WILD RICE (250/150/50 G)**

50 lei

(pork loin, wild rice, cherry tomatoes, red wine, soy sauce, sweet chilli sauce, sesame, vegetable sprouts)

Nutritional values / portion (450g) Energy value: 2490.13 KJ /595.15 KCal, Fats: 17.33 g, Saturated fatty acids: 6.12 g, Carbohydrates: 47.18 g, Sugars: 20.31 g, Protein: 48.05 g, Salt: 6.69 g

Nutritional values / 100g Energy value: 553.36 KJ /132.26 KCal, Fat: 3.85 g, Saturated fatty acids: 1.36 g, Carbohydrates: 10.48 g, Sugars: 4.51 g, Protein: 10.68 g, Salt: 1.49 g

Allergens: Soy, Sesame seeds

May contain traces of: Gluten, Sulfur dioxide and sulphites, Peanuts, Mustard, Celery

**CLASSIC BEEF BURGER WITH
FRIES (400 G)**

59 lei

(beef burger, Cheddar cheese, potatoes, Mary Rose sauce)

Nutritional values / portion (400g) Energy value: 933.98 KCal /3907.77 KJ, Fat: 71.72 g, Saturated fatty acids: 5.54 g, Carbohydrates: 46.61 g, Sugars: 3.52 g, Protein: 23.29 g, Salt: 3.65 g

Nutritional values / 100g Energy value: 233.5 KCal /976.94 KJ, Fat: 17.93 g, Saturated fatty acids: 1.39 g, Carbohydrates: 11.65 g, Sugars: 0.88 g, Protein: 5.82 g, Salt: 0.91 g

Allergens: Gluten, Sesame seeds, Eggs, Milk, Mustard *from frozen products

SPAGHETTI BOLOGNESE (350 G)

40 lei

(pasta, red sauce with beef and vegetables, parmesan)

Nutritional values / portion (350g) Energy value: 751.64 KCal /3144.86 KJ, Fat: 43.37 g, Saturated fatty acids: 5.32 g, Carbohydrates: 58.57 g, Sugars: 4.32 g, Protein: 28.12 g, Salt: 1.28 g

Nutritional values / 100g Energy value: 214.75 KCal /898.53 KJ, Fats: 12.39 g, Saturated fatty acids: 1.52 g, Carbohydrates: 16.73 g, Sugars: 1.24 g, Proteins: 8.03 g, Salt: 0.37 g

Allergens: Gluten, Celery, Milk *from frozen products

**PAPANAȘI (TRADITIONAL
ROMANIAN DOUGHNUTS) WITH
SOUR CREAM AND JAM
(180/70/50 G)**

30 lei

(cottage cheese, eggs, cream, jam, flour, sugar, oil, essence, mint)

Nutritional values / portion (300g) Energy value: 3866.01 KJ /924 KCal, Fats: 55.49 g, Saturated fatty acids: 13.74 g, Carbohydrates: 100.75 g, Sugars: 57.13 g, Protein: 20.46 g, Salt: 1.01 g

Nutritional values / 100g Energy value: 1288.67 KJ /308 KCal, Fat: 18.5 g, Saturated fatty acids: 4.58 g, Carbohydrates: 33.58 g, Sugars: 19.04 g, Protein: 6.82 g, Salt: 0.34 g

Allergens: Milk, Gluten, Eggs

May contain traces of: Gluten



SPARKLING WINE

Spumant Colocviu Fet. Neagra Rose Brut 750 ml (alc. 11%)	130 lei
Cuvee de Purcari alb brut 750 ml (alc. 12.5%)	210 lei

WHITE WINE (750 ML)

Crama Purcari:

Sapiens Sauvignon Blanc (alc. 13.5%) sec	140 lei
---	----------------

Crama Budureasca:

Noble White (alc. 14%) sec (cupaj/blend: Sauvignon Blanc, Chardonnay, Muscat Ottonel)	210 lei
---	----------------

Crama Sorai:

Chardonnay Premium Barrique (alc. 12%) demisec	100 lei
---	----------------

ROSÉ WINE (750 ML)

Crama Purcari:

Sapiens Rose (alc. 13.5%) sec (cupaj/blend: Cabernet Sauvignon, Saperavi)	150 lei
---	----------------

Crama Sorai:

Sorai Muze (alc. 12.5%)	110 lei
--------------------------------	----------------



RED WINE (750 ML)

Crama Sorai:

Feteasca Neagră Barrique (alc. 12,5%) sec 150 lei

Crama Purcari:

Sapiens Cabernet Sauvignon (alc. 14%) sec 150 lei

Crama Budureasca:

Premium Cabernet Sauvignon (alc. 14%) sec 120 lei



Lyra Restaurant

**VĂ MULȚUMIM!
THANK YOU!**

*107 N°
Bistro*



GUVERNUL ROMÂNIEI MINISTERUL FINANTELOR PUBLICE

Dacă nu primiți bonul fiscal, aveți obligația să-l solicitați

În cazul unui refuz, aveți dreptul de a beneficia de bunul achiziționat sau de serviciul prestat fără plata contravalorii acestuia

Solicitați și păstrați bonurile fiscale pentru a putea participa la extragerile lunare și ocazionale ale loteriei bonurilor fiscale

Este interzisă înmânarea către client a altui document, care atestă plata contravalorii bunurilor sau serviciilor prestate, decât bonul fiscal

Pentru a semnală nerespectarea obligațiilor legale ale operatorilor economici, puteți apela gratuit, non-stop, serviciul TelVerde al Ministerului Finanțelor Publice 0800.800.085



Aceste drepturi și obligații sunt stabilite prin prevederile Ordonanței de urgență a Guvernului nr. 28/1999 privind obligația operatorilor economici de a utiliza aparate de marcat electronice fiscale.