



Lyra Restaurant

Bld. Marea Unire 107, Galati, 800329

Open hours: 10 AM - 10 PM

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

- GEORGE BERNARD SHAW



CHEF IRINA'S RECOMMENDATION:

**CHINESE CHICKEN BREAST IN
PINEAPPLE (350 G)**

60 lei

(chicken breast, pineapple, bell pepper, leek,
soy sauce, teriyaki sauce, hot pepper, sesame)



BREAKFAST

AVERAGE COOKING TIME 15-20 MIN; TIME INTERVAL 10 AM - 12 AM

SANDWICH WITH GUACAMOLE, POACHED EGGS AND SMOKED SALMON (300 G)

35 lei

(bread, cherry tomatoes, onion, smoked
salmon fillet, olive oil, eggs, avocado,
lemon)

Nutritional values / portion (300g) Energy value: 2427.38 Kj /
580.16 KCal, Fats: 31.24 g, Saturated fatty acids: 6.22 g,
Carbohydrates: 54.56 g, Sugars: 2.66 g, Proteins: 22.37 g, Salt:
0.53 g

Nutritional values / 100g Energy value: 809.13 Kj /193.39 KCal,
Fats: 10.41 g, Saturated fatty acids: 2.07 g, Carbohydrates: 18.19 g,
Sugars: 0.89 g, Protein: 7.46 g, Salt: 0.18 g

Allergens: Gluten, Fish, Eggs

EGGS BENEDICT WITH GORGONZOLA SAUCE (300 G)

38 lei

(eggs, bacon, gorgonzola cheese, sour
cream, bread, mixed salad, cherry
tomatoes)

Nutritional values / portion (300g): Energy value / 529.09 Kcal,
2213.72 Kj, Fats: 39.77 g, Saturated fatty acids: 17.56 g,
Carbohydrates: 26.7 g, Sugars: 3.9 g, Protein: 14.94 g, Salt: 6.6 g

Nutritional values / 100 g: Energy value 176.36 KCal, 737.91 Kj,
Fats 13.26 g, Saturated fatty acids: 5.85 g, Carbohydrates 8.9 g,
Sugars 1.3 g, Proteins: 4.98 g, Salt: 2.2 g

Allergens: Gluten, Milk, Eggs

SMOKED SALMON AND CREAM CHEESE CREPES (240/50 G)

40 lei

(smoked salmon fillets, crepes, cream
cheese, cucumbers, lemons, vegetable
sprouts)

Nutritional values / portion (290g) Energy value: 1919.82 Kj
/458.84 KCal, Fats: 29.9 g, Saturated fatty acids: 12.26 g,
Carbohydrates: 29.15 g, Sugars: 4.88 g, Protein: 19.76 g, Salt: 2.19 g

Nutritional values / 100g Energy value: 662.01 Kj /158.22 KCal,
Fats: 10.31 g, Saturated fatty acids: 4.23 g, Carbohydrates: 10.05 g,
Sugars: 1.68 g, Protein: 6.81 g, Salt: 0.76 g

Allergens: Milk, Fish, Gluten, Eggs

May contain traces of: Gluten

CREPES WITH CHICKEN BREAST, CHEDDAR CHEESE AND CREAMY MUSHROOM SAUCE (230/100 G)

35 lei

(chicken breast, cheddar cheese,
champignon mushrooms, onion, crepes,
sour cream)

Nutritional values / portion (330g) Energy value: 825.13 KCal
/3452.32 Kj, Fat: 72.62 g, Saturated fatty acids: 14.9 g,
Carbohydrates 10.01 g, Sugars: 1.35 g, Protein: 32.84 g, Salt: 7.8 g

Nutritional values / 100g Energy value: 250.04 KCal /1046.16
Kj, Fat: 22 g, Saturated fatty acids: 4.52 g, Carbohydrates: 3.03 g,
Sugars: 0.41 g, Protein: 9.95 g, Salt: 2.36 g

Allergens: Milk



BREAKFAST

AVERAGE COOKING TIME 15-20 MIN; TIME INTERVAL 10 AM - 12 AM

CHOCOLATE CREAM FILLED CREPES WITH BANANA AND CHOCOLATE SAUCE (230/80 G)

25 lei

(crepes, chocolate cream, banana,
chocolate topping, mint)

Nutritional values / portion (310g) Energy value: 2952.86 Kj /705.75 KCal, Fats: 30.86 g, Saturated fatty acids: 7.11 g, Carbohydrates: 118.32 g, Sugars: 79.36 g, Protein: 10.6 g, Salt: 0.21 g
Nutritional values / 100g Energy value: 952.54 Kj /227.66 KCal, Fat: 9.95 g, Saturated fatty acids: 2.29 g, Carbohydrates: 38.17 g, Sugars: 25.6 g, Protein: 3.42 g, Salt: 0.07 g
May contain traces of: Gluten

PAPANAȘI (TRADITIONAL ROMANIAN DOUGHNUTS) WITH COTTAGE CHEESE AND SMOKED SALMON (200 G)

35 lei

(smoked salmon filet, cucumber, cottage
cheese, eggs, semolina, lemon)

Nutritional values / portion (200g) Energy value: 1654.08 Kj /395.33 KCal, Fats: 27.2 g, Saturated fatty acids: 5.12 g, Carbohydrates: 16.79 g, Sugars: 4.27 g, Protein: 19.1 g, Salt: 1.41 g
Nutritional values / 100g Energy value: 827.04 Kj /197.67 KCal, Fat: 13.6 g, Saturated fatty acids: 2.56 g, Carbohydrates: 8.39 g, Sugars: 2.14 g, Protein: 9.55 g, Salt: 0.7 g
Allergens: Milk, Fish, Eggs, Gluten
May contain traces of: Gluten

YOGURT WITH GRANOLA, FRUITS AND HONEY (320 G)

20 lei

(yogurt, muesli crunch, apples,
blueberries, polyflora honey, mint)

Nutritional values/portion (320g) Energy value: 1941.94 Kj /464.13 KCal, Fats: 14.39 g, Saturated fatty acids: 4.41 g, Carbohydrates: 73.92 g, Sugars: 8.21 g, Protein: 11.54 g, Salt: 0.39 g
Nutritional values/ 100g Energy value: 606.86 Kj /145.04 KCal, Fats: 4.5 g, Saturated fatty acids: 1.38 g, Carbohydrates: 23.1 g, Sugars: 2.57 g, Proteins: 3.61 g, Salt: 0.12 g
Allergens: Milk



APPETIZERS

AVERAGE COOKING TIME 20 MIN

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

TURKEY PATE WITH SWEET CHERRY TOMATOES AND CARAMELIZED ONIONS (100/80/50/50 G)

29 lei

(French baguette, turkey liver, cherry tomatoes, onion, salad mix, carrot)

Nutritional values / portion (280g) Energy value: 1623.49 Kj /388.03 KCal, Fats: 5.58 g, Saturated fatty acids: 3.05 g, Carbohydrates: 78.24 g, Sugars: 4.41 g, Protein: 5.47 g, Salt: 1.31 g
Nutritional values / 100g Energy value: 579.82 Kj /138.58 KCal, Fat: 1.99 g, Saturated fatty acids: 1.09 g, Carbohydrates: 27.94 g, Sugars: 1.58 g, Protein: 1.95 g, Salt: 0.47 g
Allergens: Milk, Gluten

SMOKED SALMON AND CUCUMBER BRUSCHETTI (100 G)

30 lei

(French baguette, smoked salmon, cucumber, avocado, vegetable sprouts, lemon)

Nutritional values / portion (100g) Energy value: 688.45 Kj /164.55 KCal, Fat: 7.79 g, Saturated fatty acids: 0.9 g, Carbohydrates: 18.06g, Sugars: 1.68 g, Protein: 6.8 g, Salt: 0.64 g
Allergens: Fish

PROSCIUTTO AND PARMESAN BRUSCHETTI (100 G)

25 lei

(French baguette, prosciutto crudo slices, parmesan, cream cheese)

Nutritional values / 100g Energy value: 1523.28 Kj /364.07 KCal, Fats: 12.57 g, Saturated fatty acids: 6.63 g, Carbohydrates: 19.68 g, Sugars: 0.33 g, Proteins: 16.1 g, Salt: 0.4 g
Allergens: Milk, Gluten

CAPRESE BRUSCHETTI (100 G)

20 lei

(French baguette, tomatoes, mozzarella, pesto, olive oil)

Nutritional values / portion (100g) Energy value: 1169.71 Kj /279.57 KCal, Fats: 9.41 g, Saturated fatty acids: 3.35 g, Carbohydrates: 17.59 g, Sugars: 1.26 g, Proteins: 8.57 g, Salt: 1.36 g
Allergens: Milk, Gluten
May contain traces of: Sulfur dioxide and sulphites



SALADS

AVERAGE COOKING TIME 20 MIN

MANZO SALAD WITH AVOCADO (250 G)

59 lei

(Black Angus beef, parmesan, avocado, tomatoes, olive oil, soy)

Nutritional values / portion (250g) Energy value: 352.53 KCal /1474.98 Kj, Fat: 26.11 g, Saturated fatty acids: 5.51 g, Carbohydrates: 11.63 g, Sugars: 6.7 g, Protein: 22.77 g, Salt: 4.57 g
Nutritional values / 100g Energy value: 141.01 KCal /589.99 Kj, Fats: 10.44 g, Saturated fatty acids: 2.2 g, Carbohydrates: 4.65g, Sugars: 2.68g, Protein: 9.11g, Salt: 1.83g
Allergens: Mustard, Soy, Milk, Gluten, Sesame seeds

MAGRET SALAD (300 G)

55 lei

(smoked duck breast, quail egg, salad mix, French baguette, Camembert cheese, cherry tomatoes, blueberries, oil, vegetable sprouts)

Nutritional values / portion (300g) Energy value: 2333.99 Kj /557.84 KCal, Fats: 37.92 g, Saturated fatty acids: 10.91 g, Carbohydrates: 26.17 g, Sugars: 2.11 g, Protein: 27.09 g, Salt: 1.16 g
Nutritional values / 100g Energy value: 778 Kj /185.95 KCal, Fats: 12.64 g, Saturated fatty acids: 3.64 g, Carbohydrates: 8.72 g, Sugars: 0.7 g, Proteins: 9.03 g, Salt: 0.39 g
Allergens: Celery, Milk, Eggs, Mustard
May contain traces of: Celery, Sulfur dioxide and sulphites

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

WARM SALAD WITH MUSTARD AND FALAFEL (350 G)

29 lei

(broccoli, green beans, carrot, bell pepper, sour cream, iceberg lettuce, cherry tomatoes, falafel, soy sauce, greens)

Nutritional values / portion (350g) Energy value: 1694.68 Kj /405.04 KCal, Fat: 19.44 g, Saturated fatty acids: 12.16 g, Carbohydrates: 18.42 g, Sugars: 10.37 g, Protein: 14.22 g, Salt: 3 g
Nutritional values / 100g Energy value: 484.2 Kj /115.73 KCal, Fat: 5.56 g, Saturated fatty acids: 3.48 g, Carbohydrates: 5.26 g, Sugars: 2.96 g, Protein: 4.06 g, Salt: 0.86 g
Allergens: Sesame seeds, Milk, Mustard, Gluten, Soy
May contain traces of: Celery



SOUPS

AVERAGE PREPARATION TIME 20 MIN

FISH SOUP WITH SEAFOOD AND SAFFRON (350 G)

45 lei

(salmon, shallot, shrimp, mussel meat,
tomato, leek, saffron, squid)

Nutritional values / portion (300g) Energy value: 289.65 KCal /1212.88 Kj, Fat: 14.16 g, Saturated fatty acids: 0.41 g, Carbohydrates: 12.57 g, Sugars: 2.54 g, Protein: 29.65 g, Salt: 2.19 g
Nutritional values / 100g Energy value: 96.55 KCal /404.29 Kj, Fat: 4.72 g, Saturated fatty acids: 0.14 g, Carbohydrates: 4.19 g, Sugars: 0.85 g, Protein: 9.88 g, Salt: 0.73 g
Allergens: Molluscs, Fish, Crustaceans *source from frozen products

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

SPINACH CREAM SOUP WITH SHRIMP (350 G)

32 lei

(shrimp, spinach, cream, garlic, butter,
thyme, chilli sauce)

Nutritional values / portion (350g) Energy value: 588.99 KCal /2464.31 Kj, Fats: 45.16 g, Saturated fatty acids: 6.99 g, Carbohydrates: 21.95 g, Sugars: 12.63 g, Protein: 23.89 g, Salt: 7.75 g
Nutritional values / 100g Energy value: 168.28 KCal /704.09 Kj, Fats: 12.9 g, Saturated fatty acids: 2 g, Carbohydrates: 6.27 g, Sugars: 3.61 g, Proteins: 6.82 g, Salt: 2.22 g
Allergens: Milk, Crustaceans, Soy, Gluten

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



POKE BOWLS

AVERAGE PREPARATION TIME 20 MIN

SPICY TUNA BOWL (400 G)

65 lei

(bluefin tuna, Edamame beans, basmati rice, avocado, boiled egg, sesame, mayonnaise, curry)

Nutritional values / portion (400g) Energy value: 1069.36 KCal /4474.22 Kj, Fats: 49.39 g, Saturated fatty acids: 15.51 g, Carbohydrates: 69.86 g, Sugars: 10.04 g, Protein: 39.52 g, Salt: 11.76 g

Nutritional values / 100g Energy value: 267.34 KCal /1118.55 Kj, Fats: 12.35 g, Saturated fatty acids: 3.88 g, Carbohydrates: 17.46 g, Sugars: 2.51 g, Proteins: 9.88 g, Salt: 2.94 g

Allergens: Fish, Soya, Gluten, Milk, Eggs, Mustard, Sesame seeds

CHICKEN TERIYAKI BOWL (450 G)

47 lei

(chicken breast, Edamame beans, basmati rice, corn, broccoli, carrot, leek, hot pepper, pineapple, sesame seeds, Teriyaki sauce, soy sauce)

Nutritional values / portion (450g) Energy value: 743.72 KCal /3111.73 Kj, Fats: 30.06 g, Saturated fatty acids: 3.02 g, Carbohydrates: 82.3 g, Sugars: 5.19 g, Protein: 35.33 g, Salt: 13.2 g

Nutritional values / 100g Energy value: 165.27 KCal /691.5 Kj, Fat: 6.68 g, Saturated fatty acids: 0.67 g, Carbohydrates: 18.29g, Sugars: 1.15 g, Protein: 7.85 g, Salt: 2.93 g **Allergens:** Soy, Gluten, Sesame seeds

May contain traces of: Celery

VEGAN TOFU BOWL (460 G)

45 lei

(tofu cream cheese, rice, cucumber, cherry tomatoes, Edamame beans, carrot, mushrooms, salad mix, sesame seeds, sweet chilli sauce)

Nutritional values / portion (460g) Energy value: 2470.4 Kj /590.44 KCal, Fats: 13.72 g, Saturated fatty acids: 1.51 g, Carbohydrates: 89.32 g, Sugars: 21.51 g, Protein: 23.13 g, Salt: 7.05 g

Nutritional values / 100g Energy value: 537.04 Kj /128.36 KCal, Fats: 2.98 g, Saturated fatty acids: 0.33 g, Carbohydrates: 19.42 g, Sugars: 4.68 g, Proteins: 5.03 g, Salt: 1.53 g

Allergens: Soy, Gluten, Sesame seeds

SPRING ROLL BOWL (350 G)

29 lei

(spring rolls, basmati rice, cucumber, cherry tomatoes, carrot, Edamame beans, leeks, sesame seeds, tomato tartar sauce)

Nutritional values / portion (350g) Energy value: 730.78 KCal /3057.59 Kj, Fats: 39.91 g, Saturated fatty acids: 3.59 g, Carbohydrates: 76.75 g, Sugars: 6.07 g, Protein: 14.36 g, Salt: 4.67 g

Nutritional values / 100g Energy value: 208.79 KCal /873.6 Kj, Fat: 11.4 g, Saturated fatty acids: 1.03 g, Carbohydrates: 21.93 g, Sugars: 1.73 g, Protein: 4.1 g, Salt: 1.34 g **Allergens:** Gluten, Sesame seeds

May contain traces of: Soya, Sesame seeds, Celery



POKE BOWLS

AVERAGE COOKING TIME 20 MIN

HAWAII CLASSIC BOWL (400 G)

60 lei

(salmon fillet, basmati rice, avocado, mango, Edamame beans, pineapple, cucumber, soy sauce, olive oil)

Nutritional values / portion (400g) Energy value: 880.04 KCal /3682.06 Kj, Fats: 60.37 g, Saturated fatty acids: 2.23 g, Carbohydrates: 69.97 g, Sugars: 13.81 g, Protein: 24.6 g, Salt: 8.94 g
Nutritional values / 100g Energy value: 220.01 KCal /920.52 Kj, Fats: 15.09 g, Saturated fatty acids: 0.56 g, Carbohydrates: 17.49 g, Sugars: 3.45 g, Proteins: 6.15 g, Salt: 2.24 g
Allergens: Fish, Soy, Gluten, Sesame seeds

SHRIMP BOWL (400 G)

59 lei

(basmati rice, shrimp, avocado, marinated ginger, mango, sweet potato, lemon, orange, Teriyaki sauce)

Nutritional values / portion (400g) Energy value: 2351.09 Kj / 561.93 KCal, Fat: 22.14 g, Saturated fatty acids: 2.91 g, Carbohydrates: 76.02 g, Sugars: 7.85 g, Protein: 17.93 g, Salt: 3.22 g
Nutritional values / 100g Energy value: 587.77 Kj /140.48 KCal, Fats: 5.53 g, Saturated fatty acids: 0.73 g, Carbohydrates: 19.01 g, Sugars: 1.96 g, Proteins: 4.48 g, Salt: 0.8 g
Allergens: Crustaceans

SPICY BEEF BOWL (450 G)

65 lei

(Black Angus beef tenderloin, wild rice, Edamame beans, cucumber, cherry tomatoes, pickled ginger, salad mix, hot peppers, soy sauce, sweet chilli sauce, Teriyaki sauce, sesame seeds, oil)

Nutritional values / portion (450g) Energy value: 2588.94 Kj /618.77 KCal, Fat: 31.61 g, Saturated fatty acids: 4.75 g, Carbohydrates: 47.46 g, Sugars: 15.7 g, Protein: 32.81 g, Salt: 8.54 g
Nutritional values / 100g Energy value: 575.32 Kj /137.51 KCal, Fat: 7.02 g, Saturated fatty acids: 1.06 g, Carbohydrates: 10.55g, Sugars: 3.49 g, Protein: 7.29 g, Salt: 1.9 g
Allergens: Gluten, Soy, Celery, Seeds of sesame
May contain traces of: Celery, Gluten, Sulfur dioxide and sulphites, Peanuts, Mustard



VEGETARIAN DISHES

AVERAGE COOKING TIME 20 MIN

HAZELNUT PATE WITH PITA (100/50/50 G)

25 lei

(peanuts, onions, walnut kernels, bell peppers, carrots, tomatoes, cucumbers, lipi)

Nutritional values / portion (200g) Energy value: 1591.08 Kj /380.28 KCal, Fats: 22.18 g, Saturated fatty acids: 1.22 g, Carbohydrates: 35.26 g, Sugars: 3.52 g, Proteins: 11.66 g, Salt: 1.04 g
Nutritional values / 100g Energy value: 795.54 Kj /190.14 KCal, Fats: 11.09 g, Saturated fatty acids: 0.61 g, Carbohydrates: 17.63 g, Sugars: 1.76 g, Proteins: 5.83 g, Salt: 0.52 g
Allergens: Gluten, Nuts
May contain traces of: Gluten

TEMPURA VEGETABLES (200/30 G)

25 lei

(zucchini, carrot, bell pepper, broccoli, Tempura flour)

Nutritional values / portion (230g) Energy value: 1348.89 Kj /322.39 KCal, Fats: 21.46 g, Saturated fatty acids: 2.32 g, Carbohydrates: 27.44 g, Sugars: 3.72 g, Protein: 5.31 g, Salt: 4.16 g
Nutritional values / 100g Energy value: 586.47 Kj /140.17 KCal, Fats: 9.33 g, Saturated fatty acids: 1.01 g, Carbohydrates: 11.93 g, Sugars: 1.62 g, Proteins: 2.31 g, Salt: 1.81 g
Allergens: Gluten, Soy

SALAD MIX WITH CHERRY TOMATOES, LEMON AND SEED MIX (300 G)

25 lei

(salad mix, cherry tomatoes, olive oil, lemon, seed mix)

Nutritional values / portion (200g) Energy value: 1324.6 Kj /316.59 KCal, Fat: 22.14 g, Saturated fatty acids: 1.06 g, Carbohydrates: 7.5 g, Sugars: 3.58 g, Protein: 6.09 g, Salt: 0.14 g
Nutritional values / 100g Energy value: 662.3 Kj /158.29 KCal, Fats: 11.07 g, Saturated fatty acids: 0.53 g, Carbohydrates: 3.75 g, Sugars: 1.79 g, Proteins: 3.04 g, Salt: 0.07 g

SALAD WITH TOFU CHEESE AND VEGETABLES (300 G)

40 lei

(salad mix, bell pepper, mushrooms, zucchini, broccoli, carrot, tofu cheese, citrus dressing)

Nutritional values / portion (300g) Energy value: 365.13 KCal /1527.71 Kj, Fat: 50.7 g, Saturated fatty acids: 3.26 g, Carbohydrates: 16.5 g, Sugars: 3.83 g, Protein: 8.89 g, Salt: 4.25 g
Nutritional values / 100g Energy value: 121.71 KCal /509.24 Kj, Fats: 16.9 g, Saturated fatty acids: 1.09 g, Carbohydrates: 5.5 g, Sugars: 1.28 g, Proteins: 2.96 g, Salt: 1.42 g
Allergens: Mustard, Soy



VEGETARIAN DISHES

AVERAGE COOKING TIME 20 MIN

LENTIL CREAM SOUP (300 G)

29 lei

(red lentils, tomato juice, vegetables, pomodori secchi tomatoes)

Nutritional values / portion (300g) Energy value: 461.09 KCal /1929.19 Kj, Fat: 7.71 g, Saturated fatty acids: 1 g, Carbohydrates: 78.73 g, Sugars: 13.64 g, Protein: 25.08 g, Salt: 3.78 g
Nutritional values / 100g Energy value: 153.7 KCal /643.06 Kj, Fats: 2.57 g, Saturated fatty acids: 0.33 g, Carbohydrates: 26.24 g, Sugars: 4.55 g, Proteins: 8.36 g, Salt: 1.26 g
Allergens: Celery

PUMPKIN CREAM SOUP WITH SEEDS (350 G)

20 lei

(pumpkin, carrot, onion, nutmeg, oil, pumpkin seeds, curry)

Nutritional values / portion (350g) Energy value: 1191.34 KJ /284.74 KCal, Fats: 19.16 g, Saturated fatty acids: 2.42 g, Carbohydrates: 26.93 g, Sugars: 3.88 g, Proteins: 5.44 g, Salt: 4.12 g
Nutritional values / 100g Energy value: 340.38 KJ /81.35 KCal, Fats: 5.47 g, Saturated fatty acids: 0.69 g, Carbohydrates: 7.69 g, Sugars: 1.11 g, Proteins: 1.56 g, Salt: 1.18 g

HUMMUS AND FALAFEL WITH VEGETABLE SALAD (100/100/100 G) 40 lei

(hummus, falafel, tomatoes, cucumbers, green olives, onions, olive oil, lime)

Nutritional values / portion (300g) Energy value: 2560.37 KJ /611.94 KCal, Fats: 17.69 g, Saturated fatty acids: 1.23 g, Carbohydrates: 50.69 g, Sugars: 5.85 g, Protein: 25.06 g, Salt: 3.15 g
Nutritional values / 100g Energy value: 853.46 KJ /203.98 KCal, Fats: 5.9 g, Saturated fatty acids: 0.41 g, Carbohydrates: 16.9 g, Sugars: 1.95 g, Proteins: 8.35 g, Salt: 1.05 g
Allergens: Nuts, Milk, Soya, Sesame seeds, Gluten
May contain traces of: Mustard, Eggs, Milk, Gluten

VEGETARIAN BURGER WITH POTATOES AND SAUCE (400 G)

49 lei

(burger bun, soy burger, fries, salad, tomato, cucumber, ketchup)

Nutritional values / portion (400g) Energy value: 1569.61 KJ /375.15 KCal, Fats: 9.16 g, Saturated fatty acids: 0.69 g, Carbohydrates: 52.63 g, Sugars: 4.82 g, Protein: 20.11 g, Salt: 1.64 g
Nutritional values / 100g Energy value: 392.4 KJ /93.79 KCal, Fat: 2.29 g, Saturated fatty acids: 0.17 g, Carbohydrates: 13.16 g, Sugars: 1.21 g, Protein: 5.03 g, Salt: 0.41 g
May contain traces of: Sesame seeds



VEGETARIAN DISHES

AVERAGE COOKING TIME 20 MIN

VEGETABLE AND TOFU WRAP, SALAD MIX AND TOMATO TARTAR (200/70/50 G)

40 lei

(tortilla, salad mix, avocado, bell pepper,
mushrooms, zucchini, tomatoes, tofu,
tomato tartare)

Nutritional values / portion (320g) Energy value: 390.66 KCal /1634.5 Kj, Fat: 47.23 g, Saturated fatty acids: 5.2 g, Carbohydrates: 45.39 g, Sugars: 7.44 g, Protein: 12.33 g, Salt: 1.41 g
Nutritional values / 100g Energy value: 122.08 KCal /510.78 Kj, Fats: 14.76 g, Saturated fatty acids: 1.62 g, Carbohydrates: 14.18 g, Sugars: 2.32 g, Proteins: 3.85 g, Salt: 0.44 g

Allergens: Gluten, Soya *derived from frozen products

FETTUCCINE PRIMAVERA (350 G)

35 lei

(pasta, mushrooms, zucchini, cherry
tomatoes, parmesan)

Nutritional values / portion (350g) Energy value: 650.66 KCal /2722.37 Kj, Fat: 27.19 g, Saturated fatty acids: 6.76 g, Carbohydrates: 76.48 g, Sugars: 6.92 g, Protein: 23.95 g, Salt: 1.82 g
Nutritional values / 100g Energy value: 185.9 KCal /777.82 Kj, Fat: 7.77 g, Saturated fatty acids: 1.93 g, Carbohydrates: 21.85 g, Sugars: 1.98 g, Protein: 6.84 g, Salt: 0.52 g

Allergens: Gluten, Milk

VEGETABLE CURRY (300 G)

29 lei

(potatoes, carrots, peas, onions, leeks,
coconut milk, chili peppers, sprouts,
cumin seeds, cardamom)

Nutritional values / portion (300g) Energy value: 382.59 KCal /1600.75 Kj, Fat: 19.54 g, Saturated fatty acids: 2.14 g, Carbohydrates: 46.28 g, Sugars: 7.91 g, Protein: 6.73 g, Salt: 0.09 g
Nutritional values / 100g Energy value: 127.53 KCal /533.58 Kj, Fats: 6.51 g, Saturated fatty acids: 0.71 g, Carbohydrates: 15.43g, Sugars: 2.64 g, Proteins: 2.24 g, Salt: 0.03 g
Allergens: Gluten
May contain traces of: Nuts, Sesame seeds, Gluten



FISH AND SEAFOOD DISHES

AVERAGE COOKING TIME 30 MIN

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

TUNA IN SEED CRUST, VEGETABLE TARTAR AND SALAD MIX (150/150/50 G)

80 lei

(tuna fillets, tomatoes, corn, chickpeas, red beans, salad mix, lemon)

Nutritional values / portion (350g) Energy value: 451.45 KCal /1888.87 KJ, Fats: 26.38 g, Saturated fatty acids: 3.32 g, Carbohydrates: 26.18 g, Sugars: 7.2 g, Protein: 28.91 g, Salt: 3.07 g
Nutritional values / 100g Energy value: 128.99 KCal /539.68 KJ, Fats: 7.54 g, Saturated fatty acids: 0.95 g, Carbohydrates: 7.48 g, Sugars: 2.06 g, Proteins: 8.26 g, Salt: 0.88 g
Allergens: Fish, Sesame seeds *from frozen products

BAKED BREAM WITH LEMON AND THYME, SAUTEED BROCCOLI AND TOMATOE CONCASSÉ (350 G) 65 lei

(bream, broccoli, cherry tomatoes, garlic, thyme, lemon, soy sauce, sweet chilli sauce, vegetable sprouts, butter)

Nutritional values / portion (350g) Energy value: 443.89 KCal /1857.24 KJ, Fats: 27.33 g, Saturated fatty acids: 11.05 g, Carbohydrates: 12.97 g, Sugars: 6.58 g, Protein: 38.31 g, Salt: 3.77 g
Nutritional values / 100g Energy value: 126.83 KCal /530.64 KJ, Fat: 7.81 g, Saturated fatty acids: 3.16 g, Carbohydrates: 3.7 g, Sugars: 1.88 g, Protein: 10.95 g, Salt: 1.08 g
Allergens: Fish, Milk, Soy, Gluten
May contain traces of: Celery

SADDLE FILLET ON A BED OF VEGETABLES (180/150/50 G) 45 lei

(saddle fillet, zucchini, bell pepper, broccoli, potatoes, garlic, leek, breadcrumbs, butter)

Nutritional values / portion (380g) Energy value: 1654.09 KJ /395.33 KCal, Fat: 15.85 g, Saturated fatty acids: 8.62 g, Carbohydrates: 30.83 g, Sugars: 3.2 g, Protein: 31.58 g, Salt: 5.53 g
Nutritional values / (100g) Energy value: 435.29 KJ /104.04 KCal, Fats: 4.17 g, Saturated fatty acids: 2.27 g, Carbohydrates: 8.11 g, Sugars: 0.84 g, Proteins: 8.31 g, Salt: 1.46 g
Allergens: Fish, Milk, Gluten
May contain traces of: Celery

FISH FINGERS WITH FRIED POTATOES AND TARTAR SAUCE (200/150/100 G) 50 lei

(pike fillets, 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



FISH AND SEAFOOD DISHES

AVERAGE COOKING TIME 30 MIN

SEAFOOD SAUTÉ WITH COCONUT MILK (400/50 G)

75 lei

(shrimp, squid, mussel meat, scallops in their shells, broccoli, bell pepper, cherry tomatoes, coconut milk, lemon, French baguette)

Nutritional values / portion (450g) Energy value: 559.29 KCal /2340.52 KJ, Fat: 28.84 g, Saturated fatty acids: 11.89 g, Carbohydrates: 50.12 g, Sugars: 4.83 g, Protein: 26.22 g, Salt: 4.19 g
Nutritional values / 100g Energy value: 124.29 KCal /520.12 KJ, Fats: 6.41 g, Saturated fatty acids: 2.64 g, Carbohydrates: 11.14 g, Sugars: 1.07 g, Proteins: 5.83 g, Salt: 0.93 g
Allergens: Gluten, Nuts, Molluscs, Fish, Crustaceans *derived from frozen products

SCALLOPS IN THEIR SHELLS WITH RED WINE SAUCE (400/50/50 G)

50 lei

(scallops in their shells, garlic, peperoncino peppers, tomato juice, rosemary, olive oil, thyme, red wine, lemon, French baguette)

Nutritional values / portion (500g) Energy value: 2521.24 KJ /602.59 KCal, Fats: 30.68 g, Saturated fatty acids: 2.5 g, Carbohydrates: 38.58 g, Sugars: 3.46 g, Protein: 6.33 g, Salt: 36.89 g
Nutritional values / 100g Energy value: 504.25 KJ /120.52 KCal, Fats: 6.14 g, Saturated fatty acids: 0.5 g, Carbohydrates: 7.72 g, Sugars: 0.69 g, Protein: 1.27 g, Salt: 7.38 g
Allergens: Molluscs
May contain traces of: Mustard, Sesame seeds, Celery, Nuts, Sulfur dioxide and sulfites, Soya

BAKED SHRIMPS IN TOMATO SAUCE AND FETA CHEESE (350 G)

68 lei

(shrimp, tomato juice, Feta cheese)

Nutritional values / portion (350g) Energy value: 286.69 KCal /1199.52 KJ, Fat: 12.25 g, Saturated fatty acids: 0.78 g, Carbohydrates: 16.12 g, Sugars: 2.38 g, Protein: 23.44 g, Salt: 5.78 g
Nutritional values / 100g Energy value: 81.91 KCal /342.72 KJ, Fat: 3.5 g, Saturated fatty acids: 0.22 g, Carbohydrates: 4.61 g, Sugars: 0.68 g, Protein: 6.7 g, Salt: 1.65 g
Allergens: Crustaceans, Fish, Milk *source from frozen products

CRISPY PAN FRIED CALAMARI RINGS, SALAD MIX, LEMON DRESSING WITH GREENS (200/80/50 G)

65 lei

(squid, salad mix, lemon dressing)

Nutritional values / portion (330g) Energy value: 893.43 KCal /3738.1 KJ, Fat: 54.93 g, Saturated fatty acids: 6.88 g, Carbohydrates: 79.67 g, Sugars: 4.92 g, Protein: 22.4 g, Salt: 5.72 g
Nutritional values / 100g Energy value: 270.74 KCal /1132.76 KJ, Fats: 16.64 g, Saturated fatty acids: 2.09 g, Carbohydrates: 24.14 g, Sugars: 1.49 g, Proteins: 6.79 g, Salt: 1.73 g
Allergens: Fish, Molluscs, Gluten, Mustard, Eggs *from frozen products

SEAFOOD RISOTTO (350 G)

60 lei

(rice, shrimp, squid, mussel meat, cream sauce, parmesan)

Nutritional values / portion (350g) Energy value: 748.7 KCal /3132.54 KJ, Fat: 41.33 g, Saturated fatty acids: 19.98 g, Carbohydrates: 62.29 g, Sugars: 3.81 g, Protein: 26.87 g, Salt: 1.95 g
Nutritional values / 100g Energy value: 213.91 KCal /895.01 KJ, Fats: 11.81 g, Saturated fatty acids: 5.71 g, Carbohydrates: 17.8 g, Sugars: 1.09 g, Proteins: 7.68 g, Salt: 0.56 g
Allergens: Crustaceans, Fish, Molluscs, Milk *from frozen products



POULTRY DISHES

AVERAGE COOKING TIME 30-40 MIN

DUCK BREAST WITH BOILED PEAR IN WINE AND ORANGE SAUCE (200/120/80 G)

85 lei

(duck breast, pears in wine, orange sauce,
rosemary)

Nutritional values / portion (400g) Energy value: 2771.63 Kj /662.43 KCal, Fats: 38.36 g, Saturated fatty acids: 9.65 g, Carbohydrates: 41.81 g, Sugars: 15.63 g, Protein: 30.01 g, Salt: 4.68 g
Nutritional values / 100g Energy value: 692.91 Kj /165.61 KCal, Fat: 9.59 g, Saturated fatty acids: 2.41 g, Carbohydrates: 10.45 g, Sugars: 3.91 g, Protein: 7.5 g, Salt: 1.17 g
Allergens: Soy
May contain traces of: Gluten

BRAISED DUCK LEG WITH VEGETABLES AND MASHED POTATOES (50/100/200 G)

65 lei

(duck leg, vegetables with red sauce,
mashed potatoes)

Nutritional values / portion (450g) Energy value: 566.98 KCal /2372.23 Kj, Fat: 36.44 g, Saturated fatty acids: 11.98 g, Carbohydrates: 40.37 g, Sugars: 5.74 g, Protein: 15.33 g, Salt: 3.39 g
Nutritional values / 100g Energy value: 126 KCal /527.16 Kj, Fats: 8.1 g, Saturated fatty acids: 2.66 g, Carbohydrates: 8.97 g, Sugars: 1.27 g, Proteins: 3.41 g, Salt: 0.75 g
Allergens: Celery, Milk, Soy *derived from frozen products

MARINATED TURKEY BREAST, CAMEMBERT AND GRILLED PINEAPPLE, SALAD MIX AND CITRUS DRESSING (200/180/50 G)

85 lei

(turkey breast, Camembert cheese,
pineapple, salad mix, dressing)

Nutritional values / portion (430g) Energy value: 882.31 KCal /3691.61 Kj, Fat: 65.79 g, Saturated fatty acids: 24.32 g, Carbohydrates: 18.53 g, Sugars: 2.29 g, Protein: 45.06 g, Salt: 9.64 g
Nutritional values / 100g Energy value: 205.19 KCal /858.51 Kj, Fat: 15.3 g, Saturated fatty acids: 5.66 g, Carbohydrates: 4.31 g, Sugars: 0.53 g, Protein: 10.48 g, Salt: 2.24 g
Allergens: Milk, Mustard *from products frozen

CHINESE CHICKEN BREAST IN PINEAPPLE (350 G)

60 lei

(chicken breast, pineapple, bell pepper,
leek, soy sauce, teriyaki sauce, hot pepper,
sesame)

Nutritional values / portion (350g) Energy value: 436.61 KCal /1826.79 Kj, Fats: 22.66 g, Saturated fatty acids: 1.98 g, Carbohydrates: 27.02 g, Sugars: 3.27 g, Protein: 32.41 g, Salt: 13.82 g
Nutritional values / 100g Energy value: 124.75 KCal /521.94 Kj, Fats: 6.47 g, Saturated fatty acids: 0.57 g, Carbohydrates: 7.72 g, Sugars: 0.94 g, Proteins: 9.26 g, Salt: 3.95 g
Allergens: Soy, Gluten, Sesame seeds



POULTRY DISHES

AVERAGE COOKING TIME 30-40 MIN

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

CHICKEN QUESADILLA, FRENCH FRIES AND CHILLI SAUCE (200/150/50 G)

55 lei

(tortilla, chicken breast, cheese, tomato
tartar, sweet chilli sauce, potatoes)

Nutritional values / portion (400g) Energy value: 787.47 KCal /3294.75 Kj, Fat: 42.81 g, Saturated fatty acids: 11.52 g, Carbohydrates: 56.32 g, Sugars: 3.27 g, Protein: 43.07 g, Salt: 6.23 g
Nutritional values / (100g) Energy value: 196.87 KCal /823.69 Kj, Fats: 10.7 g, Saturated fatty acids: 2.88 g, Carbohydrates: 14.08 g, Sugars: 0.82 g, Proteins: 10.77 g, Salt: 1.56 g
Allergens: Milk, Gluten, Soy *derived from frozen products

BAKED CHICKEN WITH GRILLED POLENTA AND MARINATED VEGETABLES (350 G)

60 lei

(half a Coquelet chicken, bell pepper,
eggplant, mushrooms, zucchini, polenta)

Nutritional values / portion (550g) Energy value: 962.04 KCal /4025.19 Kj, Fat: 39.03 g, Saturated fatty acids: 15.63 g, Carbohydrates: 98.84 g, Sugars: 8.78 g, Protein: 59.29 g, Salt: 8.04 g
Nutritional values / 100g Energy value: 174.92 KCal /731.85 Kj, Fats: 7.1 g, Saturated fatty acids: 2.84 g, Carbohydrates: 17.97 g, Sugars: 1.6 g, Proteins: 10.78 g, Salt: 1.46 g
Allergens: Milk

ASIAN CHICKEN BREAST WITH BASMATI RICE AND VEGETABLES (200/150 G)

45 lei

(chicken breast, basmati rice, carrot,
celery, leek, soy sauce, sweet chilli sauce)

Nutritional values / portion (350g) Energy value: 795.14 KCal /3326.87 Kj, Fat: 39.86 g, Saturated fatty acids: 5.43 g, Carbohydrates: 42.59 g, Sugars: 1.72 g, Protein: 62.59 g, Salt: 0.99 g
Nutritional values / 100g Energy value: 227.18 KCal /950.53 Kj, Fats: 11.39 g, Saturated fatty acids: 1.55 g, Carbohydrates: 12.17 g, Sugars: 0.49 g, Proteins: 17.88 g, Salt: 0.28 g
Allergens: Celery, Soy, Sesame seeds *from frozen products



PORK DISHES

AVERAGE COOKING TIME 30-40 MIN

PAN-FRIED PORK TENDERLOIN WITH GREEN PEPPER SAUCE AND SAUTÉED VEGETABLES

(180/80/150 G) 60 lei

(pork, bell pepper, mushrooms, baby carrot, zucchini, butter, vegetable sprouts)

Nutritional values / portion (410g) Energy value: 2781.71 Kj /664.84 KCal, Fats: 48.04 g, Saturated fatty acids: 14 g, Carbohydrates: 23.15 g, Sugars: 8.93 g, Protein: 38.51 g, Salt: 7.54 g
Nutritional values / 100g Energy value: 678.47 Kj /162.16 KCal, Fat: 11.72 g, Saturated fatty acids: 3.41 g, Carbohydrates: 5.65 g, Sugars: 2.18 g, Protein: 9.39 g, Salt: 1.84 g Allergens: Soy, Milk, Gluten

May contain traces of: Milk, Eggs, Mustard, Celery, Soy

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

PORK STEAK, FRENCH FRIES WITH GARLIC AND PARMESAN CHEESE, MARINATED VEGETABLES AND DIJON SAUCE (200/200/50 G)

70 lei

(bone-in pork chop, potatoes, bell pepper, mushrooms, zucchini, carrot, Dijon mustard sauce with cream)

Nutritional values / portion (450g) Energy value: 1074.38 KCal /4495.21 Kj, Fat: 85.65 g, Saturated fatty acids: 23.74 g, Carbohydrates: 33.91 g, Sugars: 2.75 g, Protein: 29.49 g, Salt: 6.76 g
Nutritional values / 100g Energy value: 238.75 KCal /998.94 Kj, Fats: 19.03 g, Saturated fatty acids: 5.28 g, Carbohydrates: 7.54 g, Sugars: 0.61 g, Proteins: 6.55 g, Salt: 1.5 g

Allergens: Milk, Mustard *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



BEEF DISHES

AVERAGE COOKING TIME 30-40 MIN

**BLACK ANGUS BEEF
TENDERLOIN WITH GRILLED
VEGETABLES (200/200 G)
135 lei**

(Black Angus beef tenderloin, mushrooms,
eggplant, bell pepper, zucchini)

Nutritional values / portion (400g) Energy value: 592.05 KCal /2477.12 Kj, Fat: 48.39 g, Saturated fatty acids: 18.9 g, Carbohydrates: 13.42 g, Sugars: 5 g, Protein: 29.28 g, Salt: 4.85 g
Nutritional values / 100g Energy value: 148.01 KCal /619.28 Kj, Fats: 12.1 g, Saturated fatty acids: 4.73 g, Carbohydrates: 3.35 g, Sugars: 1.25 g, Proteins: 7.32 g, Salt: 1.21 g
Allergens: Milk *from frozen products

**BEEF TENDERLOIN WITH FOREST
MUSHROOM SAUCE, CELERY
PUREE AND CARAMELIZED
CARROT (150/80/150/50 G)
125 lei**

(Black Angus beef tenderloin, wild
mushrooms, celery and potato puree,
carrot)

Nutritional values / portion (430g) Energy value: 747.68 KCal /3128.3 Kj, Fat: 56.81 g, Saturated fatty acids: 12.42 g, Carbohydrates: 24.66 g, Sugars: 3.54 g, Protein: 26.24 g, Salt: 6.6 g
Nutritional values / 100g Energy value: 173.88 KCal /727.51 Kj, Fats: 13.21 g, Saturated fatty acids: 2.89 g, Carbohydrates: 5.73 g, Sugars: 0.82 g, Proteins: 6.1 g, Salt: 1.54 g
Allergens: Celery, Milk *from frozen products

**T-BONE STEAK (600/150/50 G)
250 lei**

(beef bones, potatoes, butter, garlic,
rosemary, oil, pepper, Barbeque sauce)

Nutritional values / portion (800g) Energy value: 8754.17 Kj /2092.3 KCal, Fats: 132.68 g, Saturated fatty acids: 48.13 g, Carbohydrates: 41.32 g, Sugars: 12.54 g, Protein: 182.73 g, Salt: 15.28 g
Nutritional values / 100g Energy value: 1094.27 Kj /261.54 KCal, Fat: 16.59 g, Saturated fatty acids: 6.02 g, Carbohydrates: 5.17 g, Sugars: 1.57 g, Protein: 22.84 g, Salt: 1.91 g
Allergens: Milk
May contain traces of: Mustard



BEEF DISHES

AVERAGE COOKING TIME 30-40 MIN

FLAMBÉ BLACK ANGUS STEAK, FLAVORED POTATOES AND MARINATED VEGETABLES (180/100/100 G)

125 lei

(Black Angus beef tenderloin, potatoes,
bell pepper, zucchini, baby carrot, garlic,
rosemary, thyme, butter)

Nutritional values / portion (380g) Energy value: 1946.69 Kj /465.27 KCal, Fat: 24.13 g, Saturated fatty acids: 9.01 g, Carbohydrates: 24.85 g, Sugars: 5.26 g, Protein: 38.26 g, Salt: 2.04 g
Nutritional values / 100g Energy value: 512.29 Kj /122.44 KCal, Fats: 6.35 g, Saturated fatty acids: 2.37 g, Carbohydrates: 6.54 g, Sugars: 1.39 g, Proteins: 10.07 g, Salt: 0.54 g
Allergens: Milk

BEEF QUESADILLA, FRIED POTATOES AND CHILLI SAUCE (200/150/50 G)

75 lei

(tortilla, Black Angus beef tenderloin,
cheese, tomato tartar, sweet chilli sauce)

Nutritional values / portion (400g) Energy value: 840.55 KCal /3516.83 Kj, Fat: 53.86 g, Saturated fatty acids: 16.98 g, Carbohydrates: 56.32 g, Sugars: 3.27 g, Protein: 33.75 g, Salt: 6.89 g
Nutritional values / 100g Energy value: 210.14 KCal /879.21 Kj, Fats: 13.46 g, Saturated fatty acids: 4.24 g, Carbohydrates: 14.08 g, Sugars: 0.82 g, Proteins: 8.44 g, Salt: 1.72 g
Allergens: Milk, Gluten, Soy *derived from frozen products

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



LAMB DISHES

AVERAGE COOKING TIME 30 MIN

LAMB TENDERLOIN IN WINE SAUCE, MASHED POTATOES FLAVORED WITH GARLIC AND CHEESE (150/200/50 G)

125 lei

(lamb tenderloin, potatoes, oregano,
cherry tomatoes, Feta cheese)

Nutritional values / portion (400g) Energy value: 732.77 KCal /3065.89 Kj, Fat: 46.11 g, Saturated fatty acids: 16.56 g, Carbohydrates: 32.9 g, Sugars: 5.43 g, Protein: 42.89 g, Salt: 4.86 g
Nutritional values / 100g Energy value: 183.19 KCal /766.47 Kj, Fats: 11.53 g, Saturated fatty acids: 4.14 g, Carbohydrates: 8.23 g, Sugars: 1.36 g, Proteins: 10.72 g, Salt: 1.21 g
Allergens: Milk *from frozen products

LAMB CUTLET WITH MINT AND LEMON, POTATOES WITH ROSEMARY, VEGETABLE TARTAR AND SALAD MIX (150/200/150 G)

125 lei

(mutton chop, potatoes, tomatoes, corn,
chickpeas, red beans, salad mix)

Nutritional values / portion (500g) Energy value: 796.43 KCal /3332.26 Kj, Fat: 44.96 g, Saturated fatty acids: 17.78 g, Carbohydrates: 50.83 g, Sugars: 8.73 g, Protein: 50.52 g, Salt: 6.58 g
Nutritional values / 100g Energy value: 159.29 KCal /666.45 Kj, Fats: 8.99 g, Saturated fatty acids: 3.56 g, Carbohydrates: 10.17 g, Sugars: 1.75 g, Proteins: 10.1 g, Salt: 1.32 g
Allergens: Milk *from frozen products

LAMB PASTRAMI WITH POLENTA AND GARLIC SAUCE (200/200 G)

55 lei

(mutton pastrami, garlic, thyme, butter,
cornstarch)

Nutritional values / portion (400g) Energy value: 6605.93 KJ /1578.85 KCal, Fats: 113.5 g, Saturated fatty acids: 15.22 g, Carbohydrates: 82.62 g, Sugars: 1.45 g, Protein: 53.97 g, Salt: 0.02 g
Nutritional values / 100g Energy value: 1651.48 KJ /394.71 KCal, Fats: 28.38 g, Saturated fatty acids: 3.8 g, Carbohydrates: 20.65 g, Sugars: 0.36 g, Proteins: 13.49 g, Salt: 0 g
Allergens: Milk

PASTA

AVERAGE COOKING TIME 20 MIN

QUATTRO FORMAGGI RAVIOLI (250/100 G)

35 lei

(ravioli pasta, mushrooms, parmesan cheese, ricotta cheese, liquid cream, basil, sun-dried tomatoes, olive oil, vegetable sprouts)

Nutritional values / portion (350g) Energy value: 1036.95 KCal /4338.61 Kj, Fat: 57.32 g, Saturated fatty acids: 24.71 g, Carbohydrates: 73.95 g, Sugars: 5.97 g, Protein: 28.5 g, Salt: 1.67 g
Nutritional values / 100g Energy value: 296.27 KCal /1239.6 Kj, Fats: 16.38 g, Saturated fatty acids: 7.06 g, Carbohydrates: 21.13 g, Sugars: 1.71 g, Protein: 8.14 g, Salt: 0.48 g
Allergens: Milk, Gluten, Sulfur dioxide and sulfites, Eggs

PENNE AGLIO OLIO E PEPERONCINO WITH BROCCOLI (350 G)

29 lei

(penne pasta, parmesan, peperoncino, broccoli, thyme, garlic, olive oil)

Nutritional values / portion (350g) Energy value: 828.97 KCal /3468.38 Kj, Fats: 32.89 g, Saturated fatty acids: 3.34 g, Carbohydrates: 109.2 g, Sugars: 4.06 g, Protein: 27.35 g, Salt: 6.93 g
Nutritional values / 100g Energy value: 236.85 KCal /990.97 Kj, Fats: 9.4 g, Saturated fatty acids: 0.95 g, Carbohydrates: 31.2 g, Sugars: 1.16 g, Proteins: 7.81 g, Salt: 1.98 g
Allergens: Gluten, Milk

CHICKEN TAGLIATELLE, MUSHROOMS AND TRUFFLE CREAM (350 G)

40 lei

(pasta, chicken breast, mushrooms, truffle cream)

Nutritional values / portion (350g) Energy value: 949.6 KCal /3973.13 Kj, Fat: 58.83 g, Saturated fatty acids: 4.2 g, Carbohydrates: 66.11 g, Sugars: 3.78 g, Protein: 38.22 g, Salt: 2.45 g
Nutritional values / 100g Energy value: 271.31 KCal /1135.18 Kj, Fats: 16.81 g, Saturated fatty acids: 1.2 g, Carbohydrates: 18.89 g, Sugars: 1.08 g, Proteins: 10.92 g, Salt: 0.7 g
Allergens: Milk, Gluten *from frozen products

BEEF TAGLIATELLE (350 G)

70 lei

(beef loin, tagliatelle pasta, parmesan cheese, onion, bell pepper, tomato juice, garlic, basil, liquid cream)

Nutritional values / portion (350g) Energy value: 2210.03 KJ /528.21 KCal, Fat: 13.47 g, Saturated fatty acids: 9.51 g, Carbohydrates: 62.78 g, Sugars: 6.61 g, Protein: 36.82 g, Salt: 4.27 g
Nutritional values / 100g Energy value: 631.44 KJ /150.92 KCal, Fats: 3.85 g, Saturated fatty acids: 2.72 g, Carbohydrates: 17.94 g, Sugars: 1.89 g, Proteins: 10.52 g, Salt: 1.22 g
Allergens: Gluten, Milk

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



TRADITIONAL ROMANIAN MENU

AVERAGE COOKING TIME 20-30 MIN

TRADITIONAL PLATTER WITH BAKED VEGETABLES AND CHEESE (350/50 G)

35 lei

(eggplant salad, tomatoes, bell pepper, red onion, walnut core, telemea, French baguette)

Nutritional values / portion (400g) Energy value: 818.03 KCal /3422.65 Kj, Fat: 53.99 g, Saturated fatty acids: 4.93 g, Carbohydrates: 58.2 g, Sugars: 4.57 g, Protein: 19.14 g, Salt: 4.62 g
Nutritional values / 100g Energy value: 204.51 KCal /855.66 Kj, Fats: 13.5 g, Saturated fatty acids: 1.23 g, Carbohydrates: 14.55 g, Sugars: 1.14 g, Proteins: 4.78 g, Salt: 1.16 g
Allergens: Gluten, Milk, Nuts

PIKE ROE WITH RED ONION SALAD AND TOAST (100/150 G)

50 lei

(French baguette, pike roe, red onion, lemon)

Nutritional values / portion (250g) Energy value: 829.33 KCal /3469.92 Kj, Fat: 55.77 g, Saturated fatty acids: 5.4 g, Carbohydrates: 65.21 g, Sugars: 1.25 g, Protein: 16.33 g, Salt: 0 g
Nutritional values / 100g Energy value: 331.73 KCal /1387.97 Kj, Fat: 22.31 g, Saturated fatty acids: 2.16 g, Carbohydrates: 26.08 g, Sugars: 0.5 g, Protein: 6.53 g, Salt: 0 g
Allergens: Gluten, Fish

HOMEMADE MASHED EGGPLANTS (180/50 G)

20 lei

(eggplants, mashed eggplants, French baguette, oil)

Nutritional values / portion (230g) Energy value: 1891.53 KJ /452.09 KCal, Fats: 16.37 g, Saturated fatty acids: 0.81 g, Carbohydrates: 39.48 g, Sugars: 2.79 g, Protein: 7.89 g, Salt: 0.06 g
Nutritional values / 100g Energy value: 822.41 KJ /196.56 KCal, Fats: 7.12 g, Saturated fatty acids: 0.35 g, Carbohydrates: 17.16 g, Sugars: 1.21 g, Proteins: 3.43 g, Salt: 0.03 g
Allergens: Gluten

BEEF SOUP (400 G)

29 lei

(beef leg, onion, pepper, canned peeled tomatoes, potatoes, carrot, peas, sour cream, hot pepper)

Nutritional values / portion (400g) Energy value: 2284.01 KJ /545.89 KCal, Fats: 39.71 g, Saturated fatty acids: 11.37 g, Carbohydrates: 18.04 g, Sugars: 3.75 g, Protein: 28.13 g, Salt: 0.36 g
Nutritional values / 100g Energy value: 571 KJ /136.47 KCal, Fat: 9.93 g, Saturated fatty acids: 2.84 g, Carbohydrates: 4.51 g, Sugars: 0.94 g, Protein: 7.03 g, Salt: 0.09 g
Allergens: Gluten, Milk, Celery

CARP BRINE WITH POLENTA (200/150/200 G)

60 lei

(carp fillets, bell pepper, tomatoes, polenta)

Nutritional values / portion (550g) Energy value: 923.3 KCal /3863.08 Kj, Fat: 38.55 g, Saturated fatty acids: 5.03 g, Carbohydrates: 87.4 g, Sugars: 4.73 g, Protein: 55.27 g, Salt: 2.02 g
Nutritional values / 100g Energy value: 167.87 KCal /702.38 Kj, Fat: 7.01 g, Saturated fatty acids: 0.91 g, Carbohydrates: 15.89 g, Sugars: 0.86 g, Protein: 10.05 g, Salt: 0.37 g
Allergens: Fish, Milk *from products frozen



TRADITIONAL ROMANIAN MENU

AVERAGE COOKING TIME 20-30 MIN

FRIED CARP, GARLIC SAUCE AND POLENTA (200/50/200 G)

60 lei

(carp fillets, garlic sauce, lemon, polenta)

Nutritional values / portion (450g) Energy value: 1133.23 KCal /4741.45 KJ, Fat: 55.91 g, Saturated fatty acids: 6.76 g, Carbohydrates: 111.27 g, Sugars: 5.2 g, Protein: 47.04 g, Salt: 4.02 g
Nutritional values / 100g Energy value: 251.83 KCal /1053.66 KJ, Fat: 12.42 g, Saturated fatty acids: 1.5 g, Carbohydrates: 24.73 g, Sugars: 1.16 g, Protein: 10.45 g, Salt: 0.89 g
Allergens: Fish, Gluten, Milk

MINCED PORK WITH POLENTA (300/150/50/40 G)

45 lei

(pork neck, pork leg, bacon, cheese, tomato juice, butter, corn flour)

Nutritional values / portion (540g) Energy value: 5884.46 KJ /1406.42 KCal, Fats: 98.22 g, Saturated fatty acids: 27.05 g, Carbohydrates: 61.81 g, Sugars: 5.46 g, Protein: 66.88 g, Salt: 8.21 g
Nutritional values / 100g Energy value: 1089.71 KJ /260.45 KCal, Fats: 18.19 g, Saturated fatty acids: 5.01 g, Carbohydrates: 11.45 g, Sugars: 1.01 g, Proteins: 12.39 g, Salt: 1.52 g
Allergens: Eggs, Milk
May contain traces of: Milk

MOLDAVIAN BULZ (400 G)

30 lei

(bacon, telemea, sausage, eggs, corn, butter)

Nutritional values / portion (400g) Energy value: 5064.41 KJ /1210.42 KCal, Fats: 69.27 g, Saturated fatty acids: 41.13 g, Carbohydrates: 83.58 g, Sugars: 2.11 g, Protein: 45.31 g, Salt: 7.15 g
Nutritional values / 100g Energy value: 1266.1 KJ /302.61 KCal, Fats: 17.32 g, Saturated fatty acids: 10.28 g, Carbohydrates: 20.89 g, Sugars: 0.53 g, Protein: 11.33 g, Salt: 1.79 g
Allergens: Eggs, Milk
May contain traces of: Milk, Mustard, Gluten, Nuts, Soy

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



DESSERT

AVERAGE COOKING TIME 20 MIN

BAKED CHEESECAKE WITH BERRY SAUCE (200 G)

30 lei

(cream cheese, cream, eggs, sugar, lemon,
orange, flour, fruit topping, mint)

Nutritional values / portion (200g) Energy value: 1623.3 Kj /387.98 KCal, Fats: 20.91 g, Saturated fatty acids: 10.9 g, Carbohydrates: 37.27 g, Sugars: 15.87 g, Protein: 13.04 g, Salt: 0.35 g
Nutritional values / 100g Energy value: 811.65 Kj /193.99 KCal, Fat: 10.45 g, Saturated fatty acids: 5.45 g, Carbohydrates: 18.63 g, Sugars: 7.94 g, Protein: 6.52 g, Salt: 0.17 g
Allergens: Eggs, Milk, Gluten
May contain traces of: Gluten

LAVA CAKE WITH ICE CREAM (150/50 G)

35 lei

(eggs, chocolate coating, butter, mint,
flour, sugar)

Nutritional values / portion (200g) Energy value: 638.47 KCal /2671.38 Kj, Fat: 24.8 g, Saturated fatty acids: 15.68 g, Carbohydrates: 86.62 g, Sugars: 52.83 g, Protein: 9.04 g, Salt: 0.3 g
Nutritional values / 100g Energy value: 319.23 KCal /1335.69 Kj, Fats: 12.4 g, Saturated fatty acids: 7.84 g, Carbohydrates: 43.31 g, Sugars: 26.42 g, Proteins: 4.52 g, Salt: 0.15 g
Allergens: Milk, Eggs, Gluten

BROWNIE IN A CHOCOLATE BASKET WITH VANILLA ICE CREAM (150/50 G)

35 lei

(chocolate coating, eggs, sugar, vanilla ice
cream, blueberries, mint, chocolate
topping)

Nutritional values / portion (200g) Energy value: 3411.37 Kj /815.33 KCal, Fats: 45.82 g, Saturated fatty acids: 35.53 g, Carbohydrates: 92g, Sugars: 79.59 g, Protein: 7.02 g, Salt: 0.78 g
Nutritional values / 100g Energy value: 1705.69 Kj /407.67 KCal, Fats: 22.91 g, Saturated fatty acids: 17.76 g, Carbohydrates: 46 g, Sugars: 39.8 g, Proteins: 3.51 g, Salt: 0.39 g
Allergens: Milk, Soya, Eggs, Gluten
May contain traces of: Gluten

BANOFFEE (200 G)

30 lei

(banana cake with homemade caramel and
Oreo cookie topping)

Nutritional values / portion (200g) Energy value: 498.81 KCal /2087.01 Kj, Fat: 27.47 g, Saturated fatty acids: 19.99 g, Carbohydrates: 55.92 g, Sugars: 11.39 g, Protein: 6.59 g, Salt: 0.8 g
Nutritional values / 100g Energy value: 249.4 KCal /1043.51 Kj, Fats: 13.73 g, Saturated fatty acids: 10 g, Carbohydrates: 27.96 g, Sugars: 5.69 g, Proteins: 3.3 g, Salt: 0.4 g
Allergens: Milk, Gluten

ASSORTED ICE CREAM (200 G)

25 lei

Nutritional values / portion (200g) Energy value: 280.45 KCal /1173.4 Kj, Fat: 8.64 g, Saturated fatty acids: 7.52 g, Carbohydrates: 47.18 g, Sugars: 9.28 g, Protein: 3.26 g, Salt: 0.14 g
Nutritional values / 100g Energy value: 140.22 KCal /586.7 Kj, Fats: 4.32 g, Saturated fatty acids: 3.76 g, Carbohydrates: 23.59 g, Sugars: 4.64 g, Proteins: 1.63 g, Salt: 0.07 g
Allergens: Milk



THANK YOU!

Lyra Restaurant



GUVERNUL ROMÂNIEI MINISTERUL FINANTELOR PUBLICE

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

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

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