



Lyra Restaurant

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**"PEOPLE CAN'T THINK, LOVE,
OR SLEEP WELL UNLESS
THEY'VE EATEN WELL FIRST"**

-VIRGINIA WOOLF



CHEF'S RECOMMENDATION:

**FOIE GRAS SERVED WITH CARAMELIZED
PEARS AND POTATOES FOAM
(140 / 80 / 150 G)**

160 lei

(potatoes, foie gras, pears, blackberries and brandy)



BREAKFAST

AVERAGE COOKING TIME IS 15-20 MINUTES; TIME INTERVAL 10 AM - 12 AM

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

38 lei

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

Nutritional values Per 100g: Energy: 809.13 Kj /193.39 KCal, Fat: 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.

Nutritional values Per portion (300g): Energy: 2427.38 Kj /580.16 KCal, Fats: 31.24 g, Saturated fatty acids: 6.22 g, Carbohydrates: 54.56 g, Sugars: 2.66 g, Protein: 22.37 g, Salt: 0.53 g. Contains: Gluten, Fish, Eggs.

BENEDICT EGGS WITH GORGONZOLA SAUCE (300 G)

38 lei

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

Nutritional values Per 300g serving: Energy: 529.09 Kcal, 2213.72 Kj, Fat: 39.77 g, Saturated Fat: 17.56 g, Carbs: 26.7 g, Sugars: 3.9 g, Protein: 14.94 g, Salt: 6.6 g.

Nutritional values Per 100g: Energy: 176.36 KCal, 737.91 Kj, Fat: 13.26 g, Saturated Fat: 5.85 g, Carbs: 8.9 g, Sugars: 1.3 g, Protein: 4.98 g, Salt: 2.2 g. **Contains:** Gluten, Milk, Eggs.

PANCAKES WITH SMOKED SALMON AND CREAM CHEESE (240/50 G)

40 lei

(Smoked salmon fillets, pancake sheets, cream cheese, cucumbers, lemons, vegetable sprouts)

Nutritional values per portion (290g): Energy: 2288.76 Kj / 547.02 KCal, Fat: 37.19 g, Saturated fat: 15.74 g, Carbs: 33.61 g, Sugars: 1.87 g, Protein: 20.38 g, Salt: 2.18 g.

Nutritional values per 100g: Energy: 789.23 Kj / 188.63 KCal, Fat: 12.83 g, Saturated fat: 5.43 g, Carbs: 11.59 g, Sugars: 0.64 g, Protein: 7.03 g, Salt: 0.75 g.

Allergens: Milk, Fish, Gluten, Eggs.

May contain traces of Gluten.

CHICKEN FILLED PANCAKES WITH CHEDDAR AND CREAM SAUCE WITH MUSHROOMS (230/100 G)

38 lei

(Chicken breast, cheddar cheese, champignon mushrooms, onion, pancake sheets, and sour cream)

Nutritional values Per 330g serving: Energy: 3501.46 Kj / 836.87 KCal, Fat: 66.94 g, Saturated Fat: 13.38 g, Carbs: 24.65 g, Sugars: 2.36 g, Protein: 33.38 g, Salt: 7.09 g.

Nutritional values Per 100g: Energy: 1061.05 Kj / 253.6 KCal, Fat: 20.28 g, Saturated Fat: 4.05 g, Carbs: 7.47 g, Fat: 0.5 g, Sugars: 0.72 g, Protein: 10.12 g, Salt: 2.15 g

Allergens: Milk, Gluten, Eggs



BREAKFAST

AVERAGE COOKING TIME IS 15-20 MINUTES; TIME INTERVAL 10 AM - 12 AM

PANCAKES WITH CHOCOLATE CREAM, BANANA, AND CHOCOLATE SAUCE (230/80 G)

25 lei

(Pancake sheets, chocolate cream, banana, chocolate topping, and mint)

Nutritional values Per 100g: Energy: 1007.13 Kj / 240.71 KCal, Fats: 10.22 g, Saturated fatty acids: 3.81 g, Carbohydrates: 41.32 g, Sugars: 26.99 g, Proteins: 3.66 g, Salt: 0.06 g.

Nutritional values Per portion (310g): Energy: 3122.09 Kj / 746.2 KCal, Fats: 31.68 g, Saturated fatty acids: 11.8 g, Carbohydrates: 128.09 g, Sugars: 83.66 g, Proteins: 11.36 g, Salt: 0.19 g.

Allergens: Peanuts, Milk, Gluten, Eggs.

May contain traces of: Gluten.

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

38 lei

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

Nutritional values Per 100g: Energy: 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.

Nutritional values Per portion (200g): Energy: 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.

Allergens: Milk, Fish, Eggs, Gluten.

May contain traces of: Gluten.

GRANOLA WITH YOGURT, FRUIT, AND HONEY (320 G)

20 lei

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

Nutritional values Per 100g: Energy value: 649.85 Kj /155.32 KCal, Fats: 4.91 g, Saturated fatty acids: 1.64 g, Carbohydrates: 23.97 g, Sugars: 5.39 g, Protein: 7.91 g, Salt: 0.13 g.

Nutritional values Per portion (320g): Energy value: 2079.52 Kj /497.02 KCal, Fats: 15.72 g, Saturated fatty acids: 5.24 g, Carbohydrates: 76.71 g, Sugars: 17.24 g, Protein: 12.73 g, Salt: 0.42 g, Fat: 9.2 g, Sugars: 5.39 g, Protein: 3.98 g, Salt: 0.13 g.

Allergens: Dairy



APPETIZERS

AVERAGE COOKING TIME 20 MINUTES

NEW

LYRA FANTASY (150 G)

30 lei

(Shrimp, cucumber, cream cheese, crab sticks, rice sheets, and parsley)

Nutritional values Per 150g serving: Energy: 1278.91 Kj / 305.67 KCal, Fat: 22.72 g, Saturated Fat: 5.36 g, Carbs: 15.14 g, Sugars: 1.27 g, Protein: 10.07 g, Salt: 1.04 g.

Nutritional values Per 100g: Energy: 852.61 Kj / 203.78 KCal, Fat: 15.15 g, Saturated Fat: 3.57 g, Carbs: 10.1 g, Fat: 2.1 g, Sugars: 0.84 g, Protein: 6.72 g, Salt: 0.7 g

Allergens: Milk, Shellfish, Seafood

CHEESE PLATE WITH CANDIED FRUITS AND NUTS (280 G)

45 lei

(Camembert cheese, Emmental cheese, Parmesan, Gorgonzola, dried apricots, dried cranberries, walnut core, breadsticks, vegetable sprouts, honey)

Nutritional values Per 100g: Energy: 1486.48 Kj / 355.28 KCal, Fats: 22.67 g, Saturated fatty acids: 11.08 g, Carbohydrates: 24.16 g, Sugars: 1.65 g, Proteins: 18.75 g, Salt: 0.96 g.

Nutritional values Per portion (280g): Energy: 4162.16 Kj / 994.78 KCal, Fats: 63.47 g, Saturated fatty acids: 31.02 g, Carbohydrates: 67.64 g, Sugars: 4.63 g, Proteins: 52.51 g, Salt: 2.69 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)

35 lei

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

Nutritional values Per portion (280g): Energy: 2039.62 Kj / 487.48 KCal, Fat: 26.01 g, Saturated Fat: 11.05 g, Carbs: 48.66 g, Sugars: 12.01 g, Protein: 14.22 g, Salt: 6.02 g.

Nutritional values Per 100g: Energy: 728.44 Kj / 174.1 KCal, Fat: 9.29 g, Saturated Fat: 3.95 g, Carbs: 17.38 g, Fat: 9.6 g, Sugars: 4.29 g, Protein: 5.08 g, Salt: 2.15 g

Allergens: Milk, Gluten, Soy



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

50 lei

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

Nutritional values Per 100g: Energy: 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.

Nutritional values Per portion (250g): Energy: 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.

Contains: Gluten, Fish.



APPETIZERS

AVERAGE COOKING TIME 20 MINUTES

BRUSCHETTA WITH SMOKED SALMON AND CUCUMBER (100 G)

30 lei

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

Nutritional values **Nutritional values per 100g serving:** Energy: 858.71 Kj / 205.24 KCal, Fat: 9.47 g, Saturated fats: 1.09 g, Carbohydrates: 21.56 g, Sugars: 1.07 g, Protein: 8.82 g, Salt: 0.89 g.

Contains: Fish.

BRUSCHETTA WITH PROSCIUTTO AND PARMESAN (100 G)

30 lei

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

Nutritional values per 100g: Energy - 1139.07 Kj / 272.24 KCal, Fat - 13.22 g, Saturated Fat - 6.87 g, Carbohydrates - 21.32 grams, Sugars: 0.34 grams, Protein: 16.33 grams, Salt: 0.37 grams

Allergens: Milk

May contain traces of: Sulfur dioxide and sulfites

CAPRESE BRUSCHETTA (100 G)

20 lei

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

Nutritional values per 100g serving: Energy: 934.77 Kj / 223.42 KCal, Fat: 12.08 g, Saturated fats: 4.71 g, Carbohydrates: 18.87 g, Sugars: 0.91 g, Protein: 9.95 g, Salt: 1.78 g.

Allergens: Milk.

May contain traces of: Sulfur dioxide and sulphites.



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 per serving (400g): Energy: 818.03 KCal / 3422.65 Kj, Fat: 53.99 g, Saturated fat: 4.93 g, Carbs: 58.2 g, Sugars: 4.57 g, Protein: 19.14 g, Salt: 4.62 g

Nutritional values per 100g: Energy: 204.51 KCal / 855.66 Kj, Fat: 13.5 g, Saturated fat: 1.23 g, Carbs: 14.55 g, Sugars: 1.14 g, Protein: 4.78 g, Salt: 1.16 g

Allergens: Gluten, Milk, Nuts



SALADS

AVERAGE COOKING TIME 20 MINUTES

CAESAR SALAD (350 G)

40 lei

(Iceberg salad, chicken breast, cherry tomatoes, parmesan, croutons, and anchovy mayonnaise dressing)

Nutritional values Per 100g: Energy: 1152.62 Kj / 275.48 KCal, Fat: 21.46 g, Saturated fats: 3.26 g, Carbs: 10.25 g, Sugars: 0.48 g, Protein: 9.72 g, Salt: 2.04 g.

Nutritional values Per portion (350g): Energy: 3457.85 Kj / 826.44 KCal, Fat: 64.37 g, Saturated fats: 9.78 g, Carbs: 30.76 g, Sugars: 1.44 g, Protein: 29.17 g, Salt: 6.12 g.

Contains: Gluten, Milk.

GREEK SALAD (350 G)

35 lei

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

Nutritional values Per 100g: Energy: 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.

Nutritional values Per portion (350g): Energy: 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.

Allergens: Milk.

NEW

FRESH VEGETABLE SALAD WITH COUSCOUS (250 G)

25 lei

(Couscous, bell pepper, tomato, cucumber, corn, red onion)

Nutritional values per portion (250g): Energy: 1181.19 Kj / 282.31 KCal, Fat: 14.04 g, Saturated fats: 0.24 g, Carbs: 36.56 g, Sugars: 4.1 g, Protein: 6.41 g, Salt: 0 g.

Nutritional values per 100g: Energy: 472.48 Kj / 112.92 KCal, Fat: 5.62 g, Saturated fats: 0.1 g, Carbs: 14.62 g, Sugars: 1.64 g, Protein: 2.57 g, Salt: 0 g.

Allergens: -

NEW

FITNESS SALAD (350 G)

65 lei

(Avocado, beef tenderloin, lemon, bell pepper, iceberg lettuce, and parmesan)

Nutritional values Per 100g: Energy: 697.18 Kj / 166.63 KCal, Fats: 13.55 g, Saturated fatty acids: 2.63 g, Carbohydrates: 4.68 g, Sugars: 2.32 g, Proteins: 7.8 g, Salt: 1 g.

Nutritional values Per portion (250g): Energy: 1742.96 Kj / 416.58 KCal, Fats: 33.89 g, Saturated fatty acids: 6.58 g, Carbohydrates: 11.7 g, Sugars: 5.8 g, Proteins: 19.51 g, Salt: 2.5 g.

Allergens: Milk.

NEW

BEETROOT, WALNUTS, AND FETA CHEESE SALAD (250 G)

25 lei

(Beetroot, Feta cheese, iceberg lettuce, walnut core, red onion)

Nutritional values Per 250g serving: Energy: 1854.47 Kj / 443.23 KCal, Fat: 38.15 g, Saturated Fat: 7.14 g, Carbs: 17.06 g, Sugars: 5.1 g, Protein: 12.68 g, Salt: 1.14 g.

Nutritional values Per 100g: Energy: 741.79 Kj / 177.29 KCal, Fat: 15.26 g, Saturated Fat: 2.86 g, Carbs: 6.83 g, Sugars: 2.04 g, Protein: 5.07 g, Salt: 0.46 g.

Contains: Milk, Nuts.

NEW

SHRIMP SYMPHONY (250 G)

45 lei

(Mango, shrimp, compote peaches, lettuce, cucumber, soy sauce, sesame)

Nutritional values per serving (250g): Energy: 1491.47 Kj / 356.47 KCal, Fat: 25.3 g, Saturated fats: 3.18 g, Carbs: 24.19 g, Sugars: 2.03 g, Protein: 9.75 g, Salt: 1.83 g.

Nutritional values per 100g: Energy: 596.59 Kj / 142.59 KCal, Fat: 10.12 g, Saturated fats: 1.27 g, Carbs: 9.68 g, Fat: 0.3 g, Sugars: 0.81 g, Protein: 3.9 g, Salt: 0.73 g.

Allergens: Soy, Gluten, Sesame seeds

SOUPS

AVERAGE COOKING TIME 20 MINUTES

FISH SOUP WITH SEAFOOD AND SAFFRON (350 G)

45 lei

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

Nutritional values per serving (300g): Energy: 289.65 KCal / 1212.88 Kj, Fat: 14.16 g, Saturated fat: 0.41 g, Carbs: 12.57 g, Sugars: 2.54 g, Protein: 29.65 g, Salt: 2.19 g.

Nutritional values per 100g: Energy: 96.55 KCal / 404.29 Kj, Fat: 4.72 g, Saturated fat: 0.14 g, Carbs: 4.19 g, Sugars: 0.85 g, Protein: 9.88 g, Salt: 0.73 g.

Allergens: Molluscs, Fish, Crustaceans. *from frozen products.

NEW GREEK CHICKEN SOUP WITH LEMON (350 G)

25 lei

(Chicken thighs, potatoes, celery, carrot,
egg, lemon)

Nutritional values Per 350g serving: Energy: 1488.96 Kj / 355.87 KCal, Fat: 11.01 g, Saturated Fat: 3.12 g, Carbs: 37.13 g, Sugars: 4.54 g, Protein: 28.37 g, Salt: 6.11 g.

Nutritional values Per 100g: Energy: 425.42 Kj / 101.68 KCal, Fat: 3.15 g, Saturated Fat: 0.89 g, Carbs: 10.61 g, Sugars: 1.3 g, Protein: 8.11 g, Salt: 1.74 g.

Allergens: Celery, Eggs.

NEW SHRIMP CREAMY CORN SOUP (350 G)

40 lei

(Corn, shrimp, sour cream, onion, cream
cheese and French baguette)

Nutritional values Per 100g: Energy value: 580.34 Kj / 138.71 KCal, Fats: 6.41 g, Saturated fatty acids: 3.87 g, Carbohydrates: 14.38 g, Sugars: 1.41 g, Protein: 5.76 g, Salt: 0.76 g.

Nutritional values Per portion (350g): Energy value: 2031.21 Kj / 485.47 KCal, Fat: 22.44 g, Saturated fatty acids: 13.54 g, Carbohydrates: 50.34 g, Sugars: 4.95 g, Protein: 20.14 g, Salt: 2.67 g, Fat: 9.2 g, Sugars: 1.42 g, Protein: 5.75 g, Salt: 0.76 g

Allergens: milk and celery.

NEW COLD AVOCADO SOUP (350 G)

25 lei

(Yogurt, avocado, lemon, cream, and
cherry tomatoes)

Nutritional values Per 350g serving: Energy: 1757.07 Kj / 419.95 KCal, Fat: 28.62 g, Saturated Fat: 2.06 g, Carbs: 31.04 g, Sugars: 9.31 g, Protein: 11.72 g, Salt: 2.05 g.

Nutritional values Per 100g: Energy: 502.02 Kj / 119.99 KCal, Fat: 8.18 g, Saturated Fat: 0.59 g, Carbs: 8.87 g, Sugars: 2.66 g, Protein: 3.35 g, Salt: 0.59 g.

Contains: Milk.

NEW GAZPACHO SOUP (300 G)

25 lei

(Tomatoes, bell peppers, cucumbers,
onions, olive oil, green olives, hot peppers,
basil, French baguette)

Nutritional values per portion (300g): Energy: 1157.9 Kj / 276.75 KCal, Fat: 18.88 g, Saturated fats: 0.43 g, Carbs: 26.47 g, Sugars: 3.25 g, Protein: 4.69 g, Salt: 1.51 g.

Nutritional values per 100g: Energy: 385.97 Kj / 92.25 KCal, Fat: 6.29 g, Saturated fats: 0.14 g, Carbs: 8.82 g, Sugars: 1.08 grams, Proteins: 1.56 grams, Salt: 0.5 grams

Allergens: -

NEW GREEK CHICKEN SOUP (300 G)

25 lei

(Chicken breast, hot peppers, rice, eggs,
cream, and vegetables)

Nutritional values Per 100g: Energy: 559.97 Kj / 133.84 KCal, Fat: 7.43 g, Saturated fatty acids: 0.21 g, Carbohydrates: 6.63 g, Sugars: 0.46 g, Protein: 9.83 g, Salt: 1.94 g.

Nutritional values Per portion (300g): Energy: 1679.91 Kj / 401.52 KCal, Fat: 22.28 g, Saturated fatty acids: 0.63 g, Carbohydrates: 19.9 g, Sugars: 1.38 g, Protein: 29.49 g, Salt: 5.81 g, Allergens: Milk, Eggs, Celery, Gluten.

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



VEGETARIAN MEALS

AVERAGE COOKING TIME 20 MINUTES

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

30 lei

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

Nutritional values Per 200g serving: Energy: 1324.6 Kj / 316.59 KCal, Fat: 22.14 g, Saturated Fat: 1.06 g, Carbs: 7.5 g, Sugars: 3.58 g, Protein: 6.09 g, Salt: 0.14 g.

Nutritional values Per 100g: Energy: 662.3 Kj / 158.29 KCal, Fat: 11.07 g, Saturated Fat: 0.53 g, Carbs: 3.75 g, Fat: 1.79 g, Sugars: 3.04 g, Salt: 0.07 g

TOFU CHEESE AND VEGETABLE SALAD (300 G)

50 lei

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

Nutritional values Per 100g: Energy: 121.71 KCal / 509.24 Kj, Fat: 16.9 g, Saturated fat: 1.09 g, Carbs: 5.5 g, Sugars: 1.28 g, Protein: 2.96 g, Salt: 1.42 g.

Nutritional values Per portion (300g): Energy: 365.13 KCal / 1527.71 Kj, Fat: 50.7 g, Saturated fat: 3.26 g, Carbs: 16.5 g, Sugars: 3.83 g, Protein: 8.89 g, Salt: 4.25 g.

Contains: Mustard, Soy.

LENTIL CREAM SOUP (300 G)

29 lei

(Red lentils, tomato juice, vegetables, and
sun-dried tomatoes)

Nutritional values per portion (300g): Energy: 461.09 KCal / 1929.19 Kj, Fat: 7.71 g, Saturated fats: 1 g, Carbs: 78.73 g, Sugars: 13.64 g, Protein: 25.08 g, Salt: 3.78 g.

Nutritional values per 100g: Energy: 153.7 KCal / 643.06 Kj, Fat: 2.57 g, Saturated fats: 0.33 g, Carbs: 26.24 g, Sugars: 4.55 g, Protein: 8.36 g, Salt: 1.26 g.

Allergens: Celery.

TEMPURA VEGETABLES (200/30 G)

25 lei

(Zucchini, carrot, bell pepper, broccoli,
and tempura flour)

Nutritional values Per 230g serving: Energy: 1397.58 Kj / 334.03 KCal, Fat: 22.38 g, Saturated Fat: 2.42 g, Carbs: 28.1 g, Sugars: 3.7 g, Protein: 5.44 g, Salt: 4.34 g.

Nutritional values Per 100g: Energy: 607.64 Kj / 145.23 KCal, Fat: 9.73 g, Saturated Fat: 1.05 g, Carbs: 12.22, Fat: 1.61 g, Carbs: 2.37 g, Sodium: 1.89 g

Allergens: Gluten, Soy

VEGETABLE AND TOFU WRAP, WITH 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 Per 100g: Energy: 122.08 KCal / 510.78 Kj, Fat: 14.76 g, Saturated fat: 1.62 g, Carbs: 14.18 g, Sugars: 2.32 g, Protein: 3.85 g, Salt: 0.44 g.

Nutritional values Per portion (320g): Energy: 390.66 KCal / 1634.5 Kj, Fat: 47.23 g, Saturated fat: 5.2 g, Carbs: 45.39 g, Sugars: 7.44 g, Protein: 12.33 g, Salt: 1.41 g.

Contains: Gluten, Soy. *Derived from frozen products.



VEGETARIAN MEALS

AVERAGE COOKING TIME 20 MINUTES

FETTUCCINE PRIMAVERA (350 G) 35 lei

(Pasta, mushrooms, pumpkins, cherry tomatoes, and parmesan)

Nutritional values Per 350g serving: Energy: 650.66 KCal / 2722.37 Kj, Fat: 27.19 g, Saturated Fat: 6.76 g, Carbs: 76.48 g, Sugars: 6.92 g, Protein: 23.95 g, Salt: 1.82 g.

Nutritional values Per 100g: Energy: 185.9 KCal / 777.82 Kj, Fat: 7.77 g, Saturated Fat: 1.93 g, Carbs: 21.85 g, Sugars: 1.98 g, Protein: 6.84 g, Salt: 0.52 g.

Contains: Gluten, Milk.

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

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

Nutritional values Per 100g: Energy: 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.

Nutritional values Per portion (300g): Energy: 2560.37 Kj / 611.94 KCal, Fats: 17.69 g, Saturated fatty acids: 1.23 g, Carbohydrates: 50.69 g, Sugars: 5.85 g, Proteins: 25.06 g, Salt: 3.15 g.

Allergens: nuts, milk, soya, sesame seeds, and gluten.

May have traces of: Mustard, Eggs, Milk, Gluten

VEGETARIAN BURGER WITH POTATOES AND SAUCE (400 G) 55 lei

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

Nutritional values per portion (400g): Energy: 1569.61 Kj / 375.15 KCal, Fat: 9.16 g, Saturated fat: 0.69 g, Carbs: 52.63 g, Sugars: 4.82 g, Protein: 20.11 g, Salt: 1.64 g.

Nutritional values per 100g: Energy: 392.4 Kj / 93.79 KCal, Fat: 2.29 g, Saturated fat: 0.17 g, Carbs: 13.16 g, Sugars: 1.21 g, Protein: 5.03 g, Salt: 0.41 g.

May contain traces of: sesame seeds.

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 Per 460g serving: Energy: 2418.79 Kj / 578.1 KCal, Fat: 13.41 g, Saturated Fat: 1.47 g, Carbs: 87.91 g, Sugars: 21.22 g, Protein: 22.81 g, Salt: 6.91 g

Nutritional values Per 100g: Energy: 525.82 Kj / 125.67 KCal, Fat: 2.91 g, Saturated Fat: 0.32 g, Carbs: 19.11 g, Fat: 9.2 g, Sugars: 4.61 g, Protein: 4.96 g, Salt: 1.5 g

Allergens: Soy, Gluten, Sesame seeds

SPRING ROLL BOWL (350 G) 30 lei

(Spring rolls, basmati rice, cucumber, cherry tomatoes, carrot, edamame beans, leeks, sesame seeds, and tomato tartar sauce)

Nutritional values Per 350g serving, nutritional values : Energy: 3186.01 Kj / 761.47 KCal, Fat: 41.91 g, Saturated Fat: 3.77 g, Carbohydrates: 79.2 g, Sugars: 6.03 g, Protein: 14.91 g, Salt: 4.9 g.

Nutritional values Per 100g, Energy: 910.29 Kj / 217.56 KCal, Fat: 11.97 g, Saturated Fat: 1.08 g, Carbohydrates: 22.63 grams, Sugars: 1.72 grams, Protein: 4.26 grams, Salt: 1.4 grams

Allergens: Gluten, Sesame seeds

May contain traces of: Soy, Sesame seeds, Celery



FISH AND SEAFOOD

AVERAGE COOKING TIME 30 MINUTES

FISH FINGERS WITH CRISPY POTATOES AND TANGY TARTAR SAUCE (200/150/100 G)

50 lei

(Salmon fillets, potatoes, and mayonnaise sauce with pickled cucumbers and capers)

Nutritional values per portion (450g): Energy: 1284.99 KCal / 5376.42 Kj, Fat: 104.74 g, Saturated fats: 9.55 g, Carbs: 59.4 g, Sugars: 1.51 g, Protein: 24.46 g, Salt: 2.38 g.
Nutritional values Per 100g: Energy: 285.55 KCal / 1194.76 Kj, Fat: 23.28 g, Saturated fats: 2.12 g, Carbs: 13.2 g, Sugars: 0.34 g, Protein: 5.44 g, Salt: 0.53 g.
Allergens: Fish, Eggs, Gluten. *from frozen products.

SPICY TUNA BOWL (400 G)

65 lei

(tuna, edamame beans, basmati rice, avocado, boiled egg, sesame, mayonnaise, and curry)

Nutritional values Per 400g : Energy: 4592.92 Kj / 1097.73 KCal, Fat: 49.28 g, Saturated Fat: 15.93 g, Carbs: 72.16 g, Sugars: 9.35 g, Protein: 41.1 g, Salt: 12.41 g.
Nutritional values Per 100g: Energy: 1148.23 Kj / 274.43 KCal, Fat: 12.32 g, Saturated Fat: 3.98 g, Carbs: 18.04 g, Sugars: 2.34 g, Protein: 10.28 g, Salt: 3.1 g.
Contains: Fish, Soy, Gluten, Milk, Eggs, Mustard, Sesame seeds.

NEW SALMON STEAK WITH GRILLED VEGGIES AND LEMON SAUCE (180/200/70 G)

80 lei

(Salmon fillet, lemon, zucchini, champignon mushrooms, eggplant, bell pepper, tomato)

Nutritional values Per 100g: Energy: 415.56 Kj / 99.32 KCal, Fat: 6.73 g, Saturated fats: 0.64 g, Carbs: 3.47 g, Sugars: 1.41 g, Protein: 7.07 g, Salt: 0.45 g.
Nutritional values Per portion (450g): Energy: 1870 Kj / 446.94 KCal, Fat: 30.28 g, Saturated fats: 2.89 g, Carbs: 15.61 g, Sugars: 6.34 g, Protein: 31.8 g, Salt: 2.03 g, Sugars: 1.41 grams, Protein: 7.07 grams, Salt: 0.45 grams
Allergens: Fish, Gluten
May have traces of: Milk, Eggs, Mustard, Celery, Soy

NEW TUNA FILLETS, EDAMAME, AND MASHED POTATOES, WITH SALAD MIX (150/70/100 G)

85 lei

(tuna fillets, edamame, cherry tomatoes, mashed potatoes)

Nutritional values Per portion (320g) Nutritional values: Energy: 1923.54 Kj / 459.74 KCal, Fat: 25.3 g, Saturated fats: 6.66 g, Carbs: 26.49 g, Sugars: 1.13 g, Protein: 32.43 g, Salt: 8.88 g
Nutritional values per 100g: Energy: 601.11 Kj / 143.67 KCal, Fat: 7.91 g, Saturated fats: 2.08 g, Carbs: 8.28 g, Sugars: 0.35 g, Protein: 10.13 g, Salt: 2.77 g
Allergens: Fish, Milk, Sesame seeds
May contain: Gluten, Sulfur dioxide and sulphites, Peanuts, Mustard, Celery

NEW MEDITERRANEAN-STYLE DORADA WITH POTATOES (200 G)

60 lei

(Dorada, potatoes, lemon, green olives, and basil)

Nutritional values per portion (200g): Energy: 2026.63 Kj / 484.38 KCal, Fat: 22.89 g, Saturated Fat: 0.38 g, Carbohydrates: 30.63 g, Sugars: 2.33 g, Protein: 43.53 g, Salt: 12.17 g.
Nutritional values per 100g: Energy: 450.36 Kj / 107.64 KCal, Fat: 5.09 g, Saturated Fat: 0.08 g, Carbohydrates: 6.81 g, Fat: 0.52 grams, Protein: 9.67 grams, Salt: 2.71 grams
Allergens: Fish



FISH AND SEAFOOD

AVERAGE COOKING TIME 30 MINUTES



FRIED CARP WITH GARLIC

SAUCE AND POLENTA

(200/50/200 G)

60 lei

(Carp fillets, garlic sauce, lemon, and polenta)

Nutritional values Per 100g: Energy: 251.83 KCal / 1053.66 Kj, Fat: 12.42 g, Saturated fats: 1.5 g, Carbs: 24.73 g, Sugars: 1.16 g, Protein: 10.45 g, Salt: 0.89 g.

Nutritional values Per portion (450g): Energy: 1133.23 KCal / 4741.45 Kj, Fat: 55.91 g, Saturated fats: 6.76 g, Carbs: 111.27 g, Sugars: 5.2 g, Protein: 47.04 g, Salt: 4.02 g.

Contains: Fish, Gluten, Milk.

NEW

BREADED ZANDER FILLETS WITH TZATZIKI SAUCE AND FLAVORED FRIED POTATOES (230/70/200 G)

50 lei

(Potatoes, sirloin fillet, and tzatziki sauce)

Nutritional values Per 100g: Energy: 1123.79 Kj / 268.59 KCal, Fat: 12.47 g, Saturated fats: 1.64 g, Carbs: 8.3 g, Sugars: 0.3 g, Protein: 7.62 g, Salt: 1.02 g.

Nutritional values Per 500g portion: Energy: 5618.96 Kj / 1342.95 KCal, Fat: 62.37 g, Saturated fats: 8.2 g, Carbs: 41.5 g, Sugars: 1.51 g, Protein: 38.09 g, Salt: 5.11 g.

Contains: Fish, Gluten, Eggs, Milk.



CARP BRINE WITH POLENTA

(200/150/200 G)

60 lei

(Carp fillets, bell pepper, tomatoes, and polenta)

Nutritional values Per 550g serving: Energy: 923.3 KCal / 3863.08 Kj, Fat: 38.55 g, Saturated Fat: 5.03 g, Carbs: 87.4 g, Sugars: 4.73 g, Protein: 55.27 g, Salt: 2.02 g.

Nutritional values Per 100g: Energy: 167.87 KCal / 702.38 Kj, Fat: 7.01 g, Saturated Fat: 0.91 g, Carbs: 15.89 g, Sugars: 0.86 g, Protein: 10.05 g, Salt: 0.37 g.

Allergens: Fish, Milk. *from frozen products.

HAWAII CLASSIC BOWL (400 G)

65 lei

(Salmon fillet, basmati rice, avocado, mango, edamame beans, pineapple, cucumber, soy sauce, olive oil)

Nutritional values Per 400g serving: Energy: 3946.96 Kj / 943.35 KCal, Fat: 65.69 g, Saturated Fat: 2.42 g, Carbs: 69.28 g, Sugars: 11.04 g, Protein: 28.82 g, Salt: 9.83 g.

Nutritional values Per 100g: Energy: 986.74 Kj / 235.84 KCal, Fat: 16.42 g, Saturated Fat: 0.61 g, Carbs: 17.32 g, Sugars: 2.76 g, Protein: 7.2 g, Salt: 2.46 g.

Contains: Fish, Soy, Gluten, Sesame Seeds.

CRISPY PAN FRIED CALAMARI RINGS, SALAD MIX, LEMON DRESSING WITH GREENS

(200/80/50 G)

65 lei

(Squid, salad mix, and lemon dressing)

Nutritional values Per 330g serving: Energy: 893.43 KCal / 3738.1 Kj, Fat: 54.93 g, Saturated Fat: 6.88 g, Carbs: 79.67 g, Sugars: 4.92 g, Protein: 22.4 g, Salt: 5.72 g.

Nutritional values Per 100g: Energy: 270.74 KCal / 1132.76 Kj, Fat: 16.64 g, Saturated Fat: 2.09 g, Carbs: 24.14 g, Sugars: 1.49 g, Protein: 6.79 g, Salt: 1.73 g.

Contains: Fish, Molluscs, Gluten, Mustard, Eggs. *From frozen products.



DISHES WITH FISH AND SEAFOOD

THE AVERAGE COOKING TIME 30 MINUTES

SEAFOOD RISOTTO (350 G)

60 lei

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

Nutritional values Per 350g serving: Energy: 748.7 KCal / 3132.54 Kj, Fat: 41.33 g, Saturated Fat: 19.98 g, Carbs: 62.29 g, Sugars: 3.81 g, Protein: 26.87 g, Salt: 1.95 g.

Nutritional values Per 100g: Energy: 213.91 KCal / 895.01 Kj, Fat: 11.81 g, Saturated Fat: 5.71 g, Carbs: 17.8 g, Sugars: 1.09 g, Protein: 7.68 g, Salt: 0.56 g.

Contains: Crustaceans, Fish, Molluscs, Milk. *From frozen products.

NEW

SHRIMPS IN BUTTER PAN, WITH ZUCCHINI PASTA (280 G)

55 lei

(Shrimp, zucchini, butter, and lemon)

Nutritional values Per 100g: Energy: 385.15 Kj / 92.05 KCal, Fat: 6.18 g, Saturated fats: 2.85 g, Carbs: 3.22 g, Sugars: 0.83 g, Protein: 6.69 g, Salt: 0.73 g.

Nutritional values Per portion (280g): Energy: 1078.43 Kj / 257.75 KCal, Fat: 17.3 g, Saturated fats: 7.99 g, Carbs: 9.01 g, Sugars: 2.34 g, Protein: 18.74 g, Salt: 2.05 g.

Contains: Milk.

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

55 lei

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

Nutritional values Per 100g: Energy: 552.07 Kj / 131.95 KCal, Fat: 6.92 g, Saturated Fat: 0.53 g, Carbs: 7.83 g, Sugars: 2.5 g, Protein: 6.59 g, Salt: 39.32 g.

Nutritional values Per portion (500g): Energy: 2760.37 Kj / 659.74 KCal, Fat: 34.61 g, Saturated Fat: 2.66 g, Carbs: 39.16 g, Sugars: 2.5 g, Protein: 6.59 g, Salt: 39.32 g. Fat: 0.5 g, Sugars: 1.32 g, Protein: 7.86 g.

Allergens: Molluscs

May contain traces of: Mustard, Sesame seeds, Celery, Nuts, Sulfur dioxide and sulfites, Soy

SHRIMP BOWL (400 G)

65 lei

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

Nutritional values per serving (400g): Energy: 3057.28 Kj / 730.71 KCal, Fat: 41.2 g, Saturated Fat: 4.26 g, Carbohydrates: 72.24 g, Sugars: 8.72 g, Protein: 18.41 g, Salt: 4.99 g.

Nutritional values per 100g: Energy: 764.32 Kj / 182.68 KCal, Fat: 10.3 g, Saturated Fat: 1.07 g, Carbohydrates: 18.06 g, Fat: 9.2 g, Sugars: 2.18 g, Protein: 4.6 g, Salt: 1.25 g.

Allergens: Crustaceans, Eggs, Mustard, Soy, Gluten.



POULTRY DISHES

AVERAGE COOKING TIME 30-40 MINUTES

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

90 lei

(Duck breast, pears cooked in wine, orange sauce, and rosemary)

Nutritional values Per 100g: Energy: 744.27 Kj / 177.88 KCal, Fat: 12.4 g, Saturated Fat: 3.11 g, Carbs: 6.2 g, Sugars: 2.36 g, Protein: 9.63 g, Salt: 0.77 g.

Nutritional values Per portion (400g): Energy: 2977.07 Kj / 711.53 KCal, Fat: 49.61 g, Saturated Fat: 12.44 g, Carbs: 24.79 g, Sugars: 9.42 g, Protein: 38.5 g, Salt: 3.07 g. Sugars: 2.36 grams, Protein: 9.62 grams, Salt: 0.77 grams

Allergens: Soy, Gluten

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

65 lei

(Duck leg, vegetables with red sauce, and mashed potatoes)

Nutritional values Per 100g: Energy: 126 KCal / 527.16 Kj, Fat: 8.1 g, Saturated fatty acids: 2.66 g, Carbohydrates: 8.97 g, Sugars: 1.27 g, Protein: 3.41 g, Salt: 0.75 g.

Nutritional values Per portion (450g): Energy: 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.

Contains: Celery, Milk, Soy. *Sourced 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, and dressing)

Nutritional values Per 100g: Energy: 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.

Nutritional values Per portion (430g): Energy: 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.

Allergens: Milk, Mustard. *from frozen products.

NEW TURKEY LEG WITH VEGETABLES AND HOLLANDAISE SAUCE, ACCOMPANIED BY MASHED POTATOES AND BROCCOLI (250/100/70/150 G)

70 lei

(Turkey leg, potatoes, broccoli, bell pepper, baby carrot, and celery)

Nutritional values Per portion (570g) Nutritional values: Energy: 2780.41 Kj / 664.53 KCal, Fat: 30.19 g, Saturated fats: 16.76 g, Carbs: 46.67 g, Sugars: 4.68 g, Protein: 53.2 g, Salt: 12.24 g.

Nutritional values Per 100g: Energy: 487.79 Kj / 116.58 KCal, Fats: 5.3 g, Saturated fats: 2.94 g, Carbs: 8.19 g, Sugars: 0.82 grams, Protein: 9.33 grams, Salt: 2.15 grams

Allergens: milk and celery.



POULTRY DISHES

AVERAGE COOKING TIME 30-40 MINUTES.

NEW

FOIE GRAS WITH CARAMELIZED PEARS AND POTATO FOAM (140/80/150 G)

160 lei

(Potatoes, foie gras, pears, blackberries,
and brandy)

Nutritional values Per 100g: Energy: 1082.08 Kj / 258.62 KCal,
Fat: 21.36 g, Saturated fatty acids: 9.33 g, Carbohydrates: 10.77 g,
Sugars: 1.32 g, Protein: 4.21 g, Salt: 2.72 g.

Nutritional values Per portion (370g): Energy: 4003.7 Kj /
956.91 KCal, Fat: 79.05 g, Saturated fatty acids: 34.51 g,
Carbohydrates: 39.84 g, Sugars: 4.87 g, Protein: 15.57 g, Salt:
10.07 g.

Allergens: Lapin, soy.

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

50 lei

(Chicken breast, potatoes, chili sauce, and
mayonnaise sauce with pickled
cucumbers and capers)

Nutritional values Per portion (500g): Energy: 1342.86 KCal /
5618.51 Kj, Fat: 83.3 g, Saturated fats: 8.88 g, Carbs: 108.25 g,
Sugars: 3.73 g, Protein: 37.9 g, Salt: 8.17 g.

Nutritional values Per 100g: Energy: 268.57 KCal / 1123.7 Kj, Fat:
16.66 g, Saturated fats: 1.78 g, Carbs: 21.65 g, Sugars: 0.75 g,
Protein: 7.58 g, Salt: 1.63 g.

Allergens: Gluten, Eggs. *from frozen products.

CHICKEN QUESADILLA WITH FRIED POTATOES AND CHILI SAUCE (200/150/50 G)

55 lei

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

Nutritional values per serving (400g): Energy: 787.47 KCal /
3294.75 Kj, Fat: 42.81 g, Saturated fat: 11.52 g, Carbs: 56.32 g,
Sugars: 3.27 g, Protein: 43.07 g, Salt: 6.23 g.

Nutritional values per 100g: Energy: 196.87 KCal / 823.69 Kj,
Fat: 10.7 g, Saturated fat: 2.88 g, Carbs: 14.08 g, Sugars: 0.82 g,
Protein: 10.77 g, Salt: 1.56 g.

Contains: Milk, Gluten, Soy. *From frozen products.

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

65 lei

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

Nutritional values Per 550g serving: Energy: 962.04 KCal /
4025.19 Kj, Fat: 39.03 g, Saturated Fat: 15.63 g, Carbs: 98.84 g,
Sugars: 8.78 g, Protein: 59.29 g, Salt: 8.04 g.

Nutritional values Per 100g: Energy: 174.92 KCal / 731.85 Kj, Fat:
7.1 g, Saturated Fat: 2.84 g, Carbs: 17.97 g, Sugars: 1.6 g, Protein:
10.78 g, Salt: 1.46 g.

Contains: Milk.



POULTRY DISHES

AVERAGE COOKING TIME 30-40 MINUTES

CHINESE CHICKEN BREAST IN PINEAPPLE (350 G)

65 lei

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

Nutritional values per portion (350g): Energy: 1688.38 Kj / 403.53 KCal, Fat: 19.52 g, Saturated fat: 1.69 g, Carbohydrates: 30.71 g, Sugars: 3.41 g, Protein: 27.98 g, Salt: 11.9 g.

Nutritional values per 100g: Energy: 482.39 Kj / 115.29 KCal, Fat: 5.58 g, Saturated fat: 0.48 g, Carbohydrates: 8.77 g, Fat: 0.5 g, Sugars: 0.97 g, Protein: 7.99 g, Salt: 3.4 g

Allergens: Soy, Gluten, Sesame seeds

CHICKEN TERIYAKI BOWL (450 G)

50 lei

(Chicken breast, edamame beans, basmati rice, corn, broccoli, carrot, leek, hot pepper, pineapple, sesame seeds, teriyaki sauce, soy sauce)

Nutritional values Per 100g: Energy: 884.97 Kj / 211.51 KCal, Fats: 11.93 g, Saturated fats: 1.07 g, Carbs: 17.9 g, Sugars: 1.64 g, Protein: 7.82 g, Salt: 6.19 g.

Nutritional values Per portion (450g): Energy: 3982.37 Kj / 951.81 KCal, Fats: 53.7 g, Saturated fats: 4.81 g, Carbs: 80.54 g, Sugars: 7.41 g, Protein: 35.17 g, Salt: 13.87 g, Fat: 9.2 g, Sugars: 1.65 g, Protein: 7.81 g, Salt: 3.08 g

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

May contain traces of: Celery

NEW

CHICKEN GYROS WITH TZATZIKI SAUCE (200/100/70/150 G)

50 lei

(Chicken breast, potatoes, pita, bell pepper, cucumber, tomato, and tzatziki sauce)

Nutritional values Per 100g: Energy: 644.22 Kj / 153.97 KCal, Fat: 8.44 g, Saturated fats: 0.68 g, Carbs: 10.88 g, Sugars: 0.64 g, Protein: 8.28 g, Salt: 2.39 g.

Nutritional values Per portion (520g): Energy: 3349.96 Kj / 800.65 KCal, Fat: 43.89 g, Saturated fats: 3.53 g, Carbs: 56.59 g, Sugars: 3.34 g, Protein: 43.03 g, Salt: 12.43 g.

Allergens: Gluten, Milk.

May contain traces of: Lupine, Soya.



PORK DISHES

AVERAGE COOKING TIME 30-40 MINUTES

PORK MEAT IN A SWEET AND SOUR SAUCE WITH RED WINE AND WILD RICE (250/150/50 G)

55 lei

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

Nutritional values Per 100g: Energy value: 517.12 Kj /123.59 KCal, Fats: 2.55 g, Saturated fatty acids: 0.94 g, Carbohydrates: 9.84 g, Sugars: 4.57 g, Protein: 12.12 g, Salt: 1.06 g.

Nutritional values Per portion (450g): Energy value: 2327.04 Kj /556.17 KCal, Fats: 11.47 g, Saturated fatty acids: 4.24 g, Carbohydrates: 44.28 g, Sugars: 20.58 g, Protein: 54.54 g, Salt: 4.78 g, Fat: 9.45 g, Sugars: 4.57 g, Protein: 12.12 g, Salt: 1.06 g

Allergens: Soy, Sesame seeds

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

NEW PORK STEAK WITH CRISPY POTATOES WITH GARLIC, DILL, AND MUSTARD SAUCE (200/200/70 G)

55 lei

(pork cutlet, potatoes, hollandaise sauce, cherry tomatoes, valerian leaves)

Nutritional values Per 100g: Energy: 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.

Nutritional values Per portion (450g): Energy: 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.

Allergens: Soy, Sesame seeds.

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

NEW GRILLED PORK NECK WITH GRILLED CORN AND CHERRY TOMATOES (200/200 G)

60 lei

(Pork neck, cherry tomatoes, and corn)

Nutritional values per portion (400g): Energy: 2650.72 Kj / 633.54 KCal, Fat: 40.7 g, Saturated fats: 1.82 g, Carbs: 15.84 g, Sugars: 1.35 g, Protein: 48.12 g, Salt: 2.98 g.

Nutritional values per 100g: Energy: 662.68 Kj / 158.38 KCal, Fat: 10.18 g, Saturated fats: 0.45 g, Carbs: 3.96 g, Fat: 0.5 g, Sugars: 0.34 g, Protein: 12.03 g, Salt: 0.75 g

Allergens: -

NEW CRISPY PORK TENDERLOIN WITH CHEDDAR SAUCE AND FRIED POTATOES (250/200/90 G)

70 lei

(Pork tenderloin, potatoes, Cheddar cheese, and sour cream)

Nutritional values Per 100g: Energy: 938.11 Kj / 224.21 KCal, Fats: 11.68 g, Saturated fatty acids: 4.14 g, Carbohydrates: 16.86 g, Sugars: 1.27 g, Proteins: 10.41 g, Salt: 0.7 g.

Nutritional values Per portion (540g): Energy: 5065.77 Kj / 1210.75 KCal, Fats: 63.08 g, Saturated fatty acids: 22.37 g, Carbohydrates: 91.06 g, Sugars: 6.85 g, Proteins: 56.19 g, Salt: 3.76 g.

Allergens: Milk, Gluten.

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

45 lei

(Pork neck, pork leg, bacon, telemea, tomato juice, butter, cornmeal)

Nutritional values Per portion (540g): Energy: 4175.73 Kj / 998.03 KCal, Fat: 69.09 g, Saturated Fat: 5.81 g, Carbs: 33.42 g, Sugars: 4.62 g, Protein: 59.19 g, Salt: 7.77 g.

Nutritional values Per 100g: Energy: 773.28 Kj / 184.82 KCal, Fat: 12.79 g, Saturated Fat: 1.08 g, Carbs: 6.19 g, Fat: 0.86 grams, Sugars: 0.86 grams, Protein: 10.96 grams, Salt: 1.44 grams

Allergens: Eggs, Milk

May contain traces of: Milk, Gluten



BEEF DISHES

AVERAGE COOKING TIME 30-40 MINUTES

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

135 lei

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

Nutritional values Per 400g serving: Energy: 592.05 KCal / 2477.12 Kj, Fat: 48.39 g, Saturated Fat: 18.9 g, Carbs: 13.42 g, Sugars: 5 g, Protein: 29.28 g, Salt: 4.85 g.

Nutritional values Per 100g: Energy: 148.01 KCal / 619.28 Kj, Fat: 12.1 g, Saturated Fat: 4.73 g, Carbs: 3.35 g, Sugars: 1.25 g, Protein: 7.32 g, Salt: 1.21 g.

Contains: Milk. *from frozen products.

BEEF TENDERLOIN SERVED 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 Per 100g: Energy: 173.88 KCal / 727.51 Kj, Fat: 13.21 g, Saturated fatty acids: 2.89 g, Carbohydrates: 5.73 g, Sugars: 0.82 g, Protein: 6.1 g, Salt: 1.54 g.

Nutritional values Per portion (430g): Energy: 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.

Contains: Celery, Milk. *from frozen products

T-BONE STEAK (600/150/50 G)

250 lei

(Mature T-bone, potatoes, butter, garlic,
rosemary, oil, pepper, Barbeque sauce)

Nutritional values Per 100g: Energy: 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.

Nutritional values Per portion (800g): Energy: 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.

Allergens: Milk.

May contain traces of: Mustard.

SPICY BEEF BOWL (450 G)

70 lei

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

Nutritional values Per 450g serving: Energy: 3424.65 Kj / 818.53 KCal, Fat: 57.21 g, Saturated Fat: 7.64 g, Carbs: 45.87 g, Sugars: 14.5 g, Protein: 27.75 g, Salt: 7.99 g.

Nutritional values Per 100g: Energy: 761.03 Kj / 181.9 KCal, Fat: 12.71 g, Saturated Fat: 1.7 g, Carbs: 10.19 g, Fat: 9.2 g, Sugars: 3.22 g, Protein: 6.17 g, Salt: 1.78 g.

Allergens: Gluten, Soya, Celery, Sesame seeds

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



BEEF DISHES

AVERAGE COOKING TIME 30-40 MINUTES

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 per portion (380g): Energy: 2460.47 Kj / 588.12 KCal, Fat: 40.89 g, Saturated fats: 14.3 g, Carbs: 20.18 g, Sugars: 4.17 g, Protein: 36.33 g, Salt: 2.27 g.

Nutritional values per 100g: Energy: 647.49 Kj / 154.77 KCal, Fat: 10.76 g, Saturated fats: 3.76 g, Carbs: 5.31 g, Sugars: 1.1 g, Protein: 9.56 g, Salt: 0.6 g.

Allergens: Milk.

BEEF QUESADILLA WITH FRIED POTATOES AND CHILI SAUCE (200/150/50 G)

75 lei

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

Nutritional values Per 100g: Energy: 834.92 Kj / 199.56 KCal, Fats: 12.03 g, Saturated fatty acids: 3.4 g, Carbohydrates: 14.08 g, Sugars: 0.82 g, Protein: 8.79 g, Salt: 1.56 g.

Nutritional values Per portion (400g): Energy: 3339.68 Kj / 798.23 KCal, Fats: 48.12 g, Saturated fatty acids: 13.6 g, Carbohydrates: 56.32 g, Sugars: 3.27 g, Protein: 35.18 g, Salt: 6.23 g, Fat: 9.6 g, Sugars: 0.82 g, Protein: 8.8 g, Salt: 1.56 g

Allergens: Milk, Gluten, Soy

CLASSIC BEEF BURGER WITH FRIES (400 G)

60 lei

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

Nutritional values Per 400g serving: Energy: 933.98 KCal / 3907.77 Kj, Fat: 71.72 g, Saturated fat: 5.54 g, Carbs: 46.61 g, Sugars: 3.52 g, Protein: 23.29 g, Salt: 3.65 g.

Nutritional values Per 100g: Energy: 233.5 KCal / 976.94 Kj, Fat: 17.93 g, Saturated fat: 1.39 g, Carbs: 11.65 g, Sugars: 0.88 g, Protein: 5.82 g, Salt: 0.91 g.

Contains: Gluten, Sesame seeds, Eggs, Milk, Mustard. *Values based on frozen products.



LAMB DISHES

AVERAGE COOKING TIME 30 MINUTES

NEW

LAMB TENDERLOIN IN WINE SAUCE, SERVED WITH GRILLED VEGETABLES AND COUS-COUS (180/180/100 G)

120 lei

(Lamb tenderloin, bell pepper, couscous,
eggplant, zucchini, mushrooms, salad, red
wine, butter, onion)

Nutritional values Per 460g serving: Energy: 3269.71 Kj / 781.48 KCal, Fat: 38.23 g, Saturated Fat: 15.45 g, Carbs: 43.93 g, Sugars: 5.7 g, Protein: 61.6 g, Salt: 2.95 g.

Nutritional values Per 100g: Energy: 710.81 Kj / 169.89 KCal, Fat: 8.31 g, Saturated Fat: 3.36 g, Carbs: 9.55 g, Sugars: 1.24 g, Protein: 13.39 g, Salt: 0.64 g.

Allergens: Milk.

NEW

LAMB CUTLET WITH SPRING PUREE (200/200 G)

110 lei

(Mutton chop, potatoes, spinach, lemon,
butter, parmesan, and valerian)

Nutritional values Per 100g: Energy value: 812.6 Kj / 194.22 KCal, Fats: 13.43 g, Saturated fatty acids: 6.52 g, Carbohydrates: 9.12 g, Sugars: 3.76 g, Protein: 46.98 g, Salt: 19.23 g.

Nutritional values Per portion (400g): Energy value: 3250.41 Kj / 776.87 KCal, Fats: 53.73 g, Saturated fatty acids: 26.08 g, Carbohydrates: 36.49 g, Fat: 0.94 grams, Carbohydrates: 11.74 grams, Salt: 4.81 grams

Allergens: Dairy



PASTA

AVERAGE COOKING TIME 20 MINUTES

QUATTRO FORMAGGI RAVIOLI

(250/100 G)

40 lei

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

Nutritional values Per 350g: Energy: 4356.69 Kj / 1041.28 KCal, Fat: 73.69 g, Saturated Fat: 31.74 g, Carbohydrates: 71.15 g, Sugars: 5.36 g, Protein: 25.95 g, Salt: 1.6 g.

Nutritional values Per 100g: the nutritional values are: Energy: 1244.77 Kj / 297.51 KCal, Fat: 21.05 g, Saturated Fat: 9.07 g, Carbohydrates: 20.33 grams, Sugars: 1.53 grams, Protein: 7.41 grams, Salt: 0.46 grams

Allergens: Milk, Gluten, and Eggs.

PENNE AGLIO OLIO E PEPERONCINO WITH BROCCOLI

(350G)

30 lei

(Penne pasta, Parmesan cheese, peperoncino, broccoli, thyme, garlic, olive oil)

Nutritional values Per 350g serving: Energy: 3504.11 Kj / 837.5 KCal, Fat: 33.6 g, Saturated Fat: 3.42 g, Carbs: 109.38 g, Sugars: 4 g, Protein: 27.53 g, Salt: 7.09 g.

Nutritional values Per 100g: Energy: 1001.17 Kj / 239.29 KCal, Fat: 9.6 g, Saturated Fat: 0.98 g, Carbs: 31.25 g, Sugars: 1.14 g, Protein: 7.86 g, Salt: 2.03 g.

Contains: Gluten, Milk.

SPAGHETTI BOLOGNESE (350 G)

40 lei

(Pasta with red sauce, beef, and vegetables topped with parmesan)

Nutritional values Per 350g serving: Energy: 751.64 KCal / 3144.86 Kj, Fat: 43.37 g, Saturated Fat: 5.32 g, Carbs: 58.57 g, Sugars: 4.32 g, Protein: 28.12 g, Salt: 1.28 g.

Nutritional values Per 100g: Energy: 214.75 KCal / 898.53 Kj, Fat: 12.39 g, Saturated Fat: 1.52 g, Carbs: 16.73 g, Sugars: 1.24 g, Protein: 8.03 g, Salt: 0.37 g.

Contains: Gluten, Celery, Milk. *Sourced from frozen products.

NEW

PASTA GAMBERI (350 G)

50 lei

(Spaghetti, shrimp, lemon, and parmesan)

Nutritional values Per 350g serving: Energy: 2780.07 Kj / 664.45 KCal, Fat: 21.56 g, Saturated Fat: 2.98 g, Carbs: 84.18 g, Sugars: 6.3 g, Protein: 37.87 g, Salt: 2.59 g.

Nutritional values Per 100g: Energy: 794.31 Kj / 189.84 KCal, Fat: 6.16 g, Saturated Fat: 0.85 g, Carbs: 24.05 g, Fat: 3.4 g, Sugars: 1.8 g, Protein: 10.82 g, Salt: 0.74 g

Contains: Gluten, Milk
May have traces of: Mustard, Soy



PASTA

AVERAGE COOKING TIME 20 MINUTES

NEW

POLO PASTA (350 G)

35 LEI

(Penne, chicken breast, heavy cream,
Parmesan)

Nutritional values per portion (350g): Energy: 3637.19 Kj / 869.31 KCal, Fat: 44.8 g, Saturated fats: 14.23 g, Carbs: 70.67 g, Sugars: 6.75 g, Protein: 48.05 g, Salt: 13.96 g.

Nutritional values per 100g: Energy: 1039.2 Kj / 248.37 KCal, Fat: 12.8 g, Saturated fats: 4.06 g, Carbs: 20.19 g, Sugars: 1.93 g, Protein: 13.73 g, Salt: 3.99 g.

Allergens: Milk, Gluten.

NEW

GNOCCHI WITH TOMATO AND BASIL SAUCE (350 G)

30 lei

(Potato gnocchi, peeled tomatoes,
mozzarella, parmesan)

Nutritional values Per 350g serving: Energy: 1852.85 Kj / 442.84 KCal, Fat: 18.8 g, Saturated Fat: 3.93 g, Carbs: 52.04 g, Sugars: 2.19 g, Protein: 18.07 g, Salt: 9.23 g.

Nutritional values Per 100g: Energy: 529.39 Kj / 126.53 KCal, Fat: 5.37 g, Saturated Fat: 1.12 g, Carbs: 14.87 g, Sugars: 0.63 g, Protein: 5.16 g, Salt: 2.64 g.

Contains: Gluten, Milk.

BEEF TAGLIATELLE (350G)

65 lei

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

Nutritional values Per 350g serving: Energy: 2317.33 Kj / 553.86 KCal, Fat: 13.82 g, Saturated Fat: 9.69 g, Carbs: 66.86 g, Sugars: 6.65 g, Protein: 38.1 g, Salt: 4.66 g.

Nutritional values Per 100g: Energy: 662.09 Kj / 158.24 KCal, Fat: 3.95 g, Saturated Fat: 2.77 g, Carbs: 19.1 g, Sugars: 1.9 g, Protein: 10.89 g, Salt: 1.33 g. **Contains:** Gluten, Milk.



DESSERT

AVERAGE COOKING TIME 20 MINUTES

LAVA CAKE SERVED WITH A SCOOP OF ICE CREAM (150/50 G)

35 lei

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

Nutritional values per serving (200g): Energy: 638.47 KCal / 2671.38 Kj, Fat: 24.8 g, Saturated fat: 15.68 g, Carbs: 86.62 g, Sugars: 52.83 g, Protein: 9.04 g, Salt: 0.3 g.

Nutritional values per 100g: Energy: 319.23 KCal / 1335.69 Kj, Fat: 12.4 g, Saturated fat: 7.84 g, Carbs: 43.31 g, Sugars: 26.42 g, Protein: 4.52 g, Salt: 0.15 g.

Allergens: Milk, Eggs, Gluten.

MIXED ICE CREAM (200 G)

25 lei

Nutritional values per serving (200g): Energy: 280.45 KCal / 1173.4 Kj, Fat: 8.64 g, Saturated fats: 7.52 g, Carbs: 47.18 g, Sugars: 9.28 g, Protein: 3.26 g, Salt: 0.14 g

Nutritional values per 100g: Energy: 140.22 KCal / 586.7 Kj, Fat: 4.32 g, Saturated fats: 3.76 g, Carbs: 23.59 g, Sugars: 4.64 g, Protein: 1.63 g, Salt: 0.07 g

Allergens: Milk

NEW CHOCOLATE DELICE WITH FRUIT AND ICE CREAM (200/50 G)

35 lei

(Chocolate-covered ice cream with
peaches, strawberries, and chocolate
topping)

Nutritional values Per 100g: Energy: 859.08 Kj / 205.32 KCal, Fats: 9.82 g, Saturated fatty acids: 8.73 g, Carbohydrates: 27.75 g, Sugars: 23.63 g, Proteins: 1.95 g, Salt: 0.06 g.

Nutritional values Per portion (250g): Energy: 2147.69 Kj / 513.31 KCal, Fats: 24.55 g, Saturated fatty acids: 21.82 g, Carbohydrates: 69.37 g, Sugars: 59.06 g, Proteins: 4.86 g, Salt: 0.15 g.

Contains: Milk, Soy, Peanuts, Gluten.

NEW CHERRY AND CHOCOLATE TRIFLE (180G)

30 lei

(Chocolate-covered cherry and chocolate
trifles)

Nutritional values per portion (180g): Energy: 1478.39 Kj / 353.34 KCal, Fat: 16.79 g, Saturated fats: 8.61 g, Carbs: 33.18 g, Sugars: 24.71 g, Protein: 8.38 g, Salt: 0.51 g.

Nutritional values per 100g: Energy: 821.33 Kj / 196.3 KCal, Fat: 9.33 g, Saturated fats: 4.78 g, Carbs: 18.43 g, Sugars: 13.73 g, Protein: 4.66 g, Salt: 0.28 g.

Allergens: Milk, Eggs, Soy, Sulfur dioxide and sulfites, Gluten.

NEW FITNESS DESSERT (180 G)

35 lei

(Chocolate coating, banana, strawberry,
walnut core, and mint)

Nutritional values per portion (180g): Energy: 1867.9 Kj / 446.44 KCal, Fat: 24.79 g, Saturated fat: 15.69 g, Carbs: 55.34 g, Sugars: 32.15 g, Protein: 3.29 g, Salt: 0.02 g.

Nutritional values per 100g: Energy: 1037.72 Kj / 248.02 KCal, Fat: 13.77 g, Saturated fat: 8.72 g, Carbs: 30.74 g, Sugars: 17.86 g, Protein: 1.83 g, Salt: 0.01 g.

Allergens: Milk, Soy, Nuts.

PAPANAȘI (TRADITIONAL ROMANIAN DOUGHNUTS) WITH CREAM AND SWEET (180/70/50 G)

30 lei

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

Nutritional values Per 300g serving: Energy: 3950.63 Kj / 944.23 KCal, Fat: 56.06 g, Saturated Fat: 13.72 g, Carbs: 103.34 g, Sugars: 57.79 g, Protein: 20.49 g, Salt: 1.05 g.

Nutritional values Per 100g: Energy: 1316.88 Kj / 314.74 KCal, Fat: 18.69 g, Saturated Fat: 4.57 g, Carbs: 34.45 g, Sugars: 19.26 g, Protein: 6.83 g, Salt: 0.35 g.

Contains: Milk, Gluten, Eggs.

May contain traces of: Gluten.

We're participating in the National Campaign to reduce food waste, as per Law no. 217 from November 2016.

You can take the unconsumed food with you at the end of the meal, free of charge and in suitable packaging.

Thank you for choosing our dishes to take home and enjoy in the comfort of your own space. To make sure the dining experience stays as delicious at home, please keep in mind the following suggestions:

- Dishes are packed securely in airtight containers to keep them fresh and at the right temperature.
- To keep the temperature steady, it's best to put the dishes in the fridge right after you come home, especially those that need to be kept cold.
- For the best experience, make sure to eat our dishes within 30 minutes of picking them up to savor their authentic taste and freshness.

Our restaurant isn't responsible for dishes that aren't stored or eaten as recommended and within the specified time frame. Make sure to follow these guidelines to savor our dishes at their finest.

If you have any more questions or worries, feel free to reach out to us. We're here to help you with support and information.

Best regards,
Vega Hotels Management

Dear Guests,

According to Ordinance No. 7/2023 regarding the quality of water intended for human consumption, we would like to inform you that the water in our location is drinkable.

Please ask the waiter if you would like to have a glass of tap water at no extra charge.

We do not sell energy drinks to persons under 18 years old.

Best regards,
Vega Hotels Management



Lyra Restaurant

107 N°
Bistro

Bld. Marea Unire 107, Galați, 800329

Open hours: 10 AM - 11 PM

+ 40 742 011 117

www.vegahotels.ro

**„ANII, IUBIRILE ȘI PAHARELE DE VIN NU SE
NUMĂRĂ NICIODATĂ”**

**”YEARS, LOVERS AND GLASSES OF WINE, THESE
ARE THINGS THAT SHOULD NEVER BE
COUNTED”**

- SAIL

**SPECIALITATEA BARMANULUI
BARTENDER'S SPECIALTY:**

BISTRO 107 COCKTAIL

(Gordon's, apă tonică, lămâie, mentă, piure din fructul pasiunii
Monin, sirop din piersică albă Monin/tonic water, lemon, mint,
mashed passion fruit Monin, white peach syrup Monin)

by Marius Roșu



APERITIVO MOMENTS

APEROL SPRITZ 250 ml (alc. 6.96%) **26 lei**
(Aperol, spumant, apă minerală, portocală/
Aperol, sparkling wine, sparkling water, orange)

CAMPARI SPRITZ 250 ml (alc. 11.24%) **25 lei**
(Campari, spumant, portocală/Campari, sparkling wine, orange)

CRODINO APERITIV 175 ml (alc. 0%) **25 lei**

LONG DRINKS

J&B COLA/TONIC 250 ml (alc. 6.67%) **25 lei**
(J&B, cola sau apă tonică/J&B, cola or tonic water)

KETEL ONE & TONIC 250 ml (alc. 15.38%) **35 lei**
(Ketel One, apă tonică/tonic water)

KETEL ONE & ORANGE JUICE 250 ml (alc. 15.38%) **28 lei**
(Ketel One, suc de portocale/orange juice)

CAPTAIN & COLA 250 ml (alc. 5.83%) **25 lei**
(Captain Morgan Original Spiced Gold, cola)

CAMPARI TONIC 250 ml (alc. 5%) **30 lei**
(Campari, apă tonică/tonic water)

CAMPARI ORANGE JUICE 250 ml (alc. 5%) **24 lei**
(Campari, suc de portocale/orange juice)

GIN & TONIC

TANQUERAY NO TEN & TONIC 250 ml (alc. 7.88%) **36 lei**
(Tanqueray No Ten, grapefruit, apă tonică/tonic water)

CITRUS - Tanqueray Rangpur & Tonic 250 ml (alc. 6.88%) **36 lei**
(Tanqueray Rangpur, lime, apă tonică/tonic water)

FRUITY - Tanqueray Royale & Tonic 250 ml (alc. 6.88%) **33 lei**
(Tanqueray Royale, lămâie, apă tonică/lemon, tonic water)

GORDON'S & TONIC 250 ml (alc. 6.25%) **26 lei**
(Gordon's, apă tonică, lămâie/
tonic water, lemon)

107th
Bistro



COCKTAILS

Bistro 107 Cocktail 200 ml (alc. 10.14%) 29 lei

(Gordon's, apă tonică, lămâie, mentă, piure din fructul pasiunii Monin, sirop din piersică albă Monin/
tonic water, lemon, mint, mashed passion fruit Monin, white peach syrup Monin)

Whisky sour 170 ml (alc. 15.38%) 20 lei

(Johnnie Walker Red Label, zahăr, fresh de lămâie/sugar, lemon juice)

Disaronno passion sour 170 ml (alc. 9.33%) 28 lei

(Disaronno, piure din fructul pasiunii, fresh de lămâie/
mashed passion fruit, lemon juice)

NEGRONI 170 ml (alc. 11.21%) 35 lei

(Campari, Tanqueray No Ten, Cinzano Rosso 1757)

MOJITO 170 ml (alc. 11.3%) 24 lei

(Captain Morgan White, lime, zahăr, mentă, apă minerală/
sugar, mint, sparkling water)

HUGO 250 ml (alc. 5.68%) 26 lei

(Spumant, sirop de soc Monin, mentă, lime, apă minerală/
sparkling wine, elderberry juice Monin, mint, lime, sparkling water)

SUMMER BREEZE 350 ml (alc. 6.75%) 27 lei

(Campari, Gordon's, sirop de piersică albă Monin,
fresh grapefruit, apă tonică/peach syrup, grapefruit juice, tonic water)

STRAWBERRY RAMBLER 250 ml (alc. 5,6%) 22 lei

(Captain Morgan white, piure de căpșuni Monin,
sirop de soc Monin, fresh lămâie, apă tonică/
mashed strawberries Monin, elderberry syrup Monin, lemon, tonic water)

PEACH MOSCOW MULE 250 ml (alc. 8%) 39 lei

(Ketel One, lime, ginger beer, sirop de piersică albă Monin,
mentă/white peach syrup, mint)

107 N°
Bistro



DRINK & DRIVE / COCKTAILURI FĂRĂ ALCOOL

VIRGIN TONIC WITH TANQUERAY (alc. 0%) 250 ml 32 lei
(Tanqueray 0.0, apă tonică, lămâie/tonic water, lemon)

NO GIN, JUST PASSION (alc. 0%) 250 ml 37 lei
(Tanqueray 0.0, piure fructul pasiunii Monin, apă tonică, lime/
mashed passion fruit Monin, tonic water, lime)

STRAWBERRY TONIC (alc. 0%) 250 ml 37 lei
(Tanqueray 0.0, piure de căpșuni Monin, apă tonică, lămâie/
mashed strawberries, tonic water, lemon)

FRESH & LIMONADE

Fresh de portocale (250 ml) 20 lei

Fresh de grapefruit (250 ml) 20 lei

Fresh mix (250 ml) 20 lei
(portocale, grapefruit/orange, grapefruit)

Limonadă clasică (500 ml) 20 lei
(lămâie, miere, apă/lemon, honey, water)

Limonadă cu arome (500 ml) 24 lei
(lămâie, miere, mentă, fructul pasiunii/căpșuni, apă/
lemon juice, honey, mint, strawberries/paisson fruit, water)

BĂUTURI FINE / FINE DRINKS

WHISKY & WHISKEY (40 ml)

Bulleit Bourbon (alc. 45%) 24 lei

Lagavulin 8 Y.O single malt (alc. 43%) 55 lei

Singleton of Dufftown 12 YO single malt (alc. 45%) 25 lei

Talisker 10 YO single malt (alc. 46%) 35 lei

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Bistro



Johnnie Walker Black Label Blended Scotch (alc. 40%)	22 lei
Johnnie Walker Red Label Blended Scotch (alc. 40%)	16 lei
J&B Rare Blended Scotch (alc. 40%)	14 lei
Bushmills Original Irish (alc. 40%)	16 lei
Jack Daniel's (alc. 40%)	16 lei
Glenfiddich 12 Y.O (alc. 40%)	38 lei

VODKA (40 ml)

Ciroc (alc. 40%)	34 lei
Ketel One (alc. 40%)	18 lei
Smirnoff Red (alc. 40%)	12 lei

GIN (40 ml)

Tanqueray No Ten (alc. 47.3%)	27 lei
Tanqueray Rangpur (alc. 41.3%)	20 lei
Tanqueray Royale (alc. 41.3%)	18 lei
Gordon's London Dry Gin (alc. 37.5%)	13 lei

ROM (40 ml)

Zacapa 23 YO (alc. 40%)	53 lei
Pampero Aniversario (alc. 40%)	25 lei
Captain Morgan Original Spiced Gold (alc. 35%)	14 lei
Captain Morgan White (alc. 37.5%)	14 lei

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Bistro



TEQUILA (40 ml)

Jose Cuervo Especial Gold (alc. 38%)	15 lei
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COGNAC (40 ml)

Remy Martin VSOP (alc. 40%)	40 lei
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Courvoisier VS (alc. 40%)	35 lei
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BITTER & VERMOUTH (40 ml)

Cinzano Rosso 1757 (alc. 16%)	12 lei
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Cinzano Bianco (alc. 15%)	12 lei
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Aperol (alc. 11%)	12 lei
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Campari (alc. 25%)	15 lei
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ALTE BĂUTURI / OTHER SPIRITS (40 ML)

Grand Marnier (alc. 40%)	22 lei
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Disaronno (alc. 28%)	16 lei
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Baileys irish cream (alc. 17%)	15 lei
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Frangelico Hazelnut Liqueur (alc. 20%)	15 lei
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Averna Amaro (alc. 29%)	15 lei
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Jagermeister (alc. 35%)	15 lei
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ROMANIAN BRANDY (40 ML)

Brâncoveanu XO (alc. 40%)	35 lei
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Jidvei VSOP (alc. 42%)	15 lei
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Bistro



TRADIȚIONAL ROMÂNESC / ROMANIAN TRADITIONAL (40 ML)

Dom' Profesor pălincă de prune/plum brandy (alc. 40%) 23 lei

BERE / BEER

BERE DRAUGHT / DRAUGHT BEER

Draught Ursus 300 ml (alc. 5%) 11 lei

Draught Ursus 400 ml (alc. 5%) 15 lei

BERE LAGER / LAGER BEER

Ursus Premium 500 ml (alc. 5%) 15 lei

Kozel Premium 330 ml (alc. 4.6%) 12 lei

Peroni Nastro Azzurro 330 ml (alc. 5.1%) 16 lei

Peroni stile Capri 330 ml (alc. 4.2%) 17 lei

Corona 355 ml (alc. 4.5%) 18 lei

Lefte 330 ml (alc. 6.6%) 25 lei

SPECIALITĂȚI DE BERE / BEER SPECIALTIES

Ursus Black Grizly 330 ml (alc. 6%) 15 lei

Kozel Dark 330 ml (alc. 3.7%) 12 lei

Guinness 330 ml (alc. 7.5%) 29 lei



BERE FĂRĂ ALCOOL / NON ALCOHOLIC BEER

Ursus 330 ml (alc. 0%) 14 lei

Ursus Cooler 330 ml (alc. 0%) 14 lei
lămâie/grapefruit/cireșe - lemon/grapefruit/cherry

Peroni Nastro Azzurro (alc 0%) 15 lei

CIDRU / CIDER

Strongbow 330 ml (Red Berries, Apple) (alc. 4,5%) 17 lei

ȘAMPANIE / VIN SPUMANT / PROSECCO / SPARKLING WINE / CHAMPAGNE

Martini prosecco extra sec 750 ml (alc. 11,5%) 130 lei

Spumant Colocviu Fet. Neagra Rose Brut 750 ml (alc. 11%) 130 lei

Moet brut 750 ml (alc. 12%) 550 lei

Cuvee de Purcari alb brut 750 ml (alc. 12.5%) 210 lei

Cuvee de Purcari rose brut 375 ml (alc. 12%) 150 lei

Mionetto Prosecco 200 ml (alc. 11%) 35 lei

MINIATURI DE VIN / WINE MINIATURES (187 ML)

Budureasca Sauvignon Blanc (alc. 13,5%) sec 35 lei

Budureasca Rose (alc. 13%) sec 35 lei
(cupaj/blend: Merlot, Pinot Noir, Shiraz)

Budureasca Cabernet Sauvignon (alc. 14%) sec 35 lei

107^o
Bistro



VIN ALB / WHITE WINE (750 ML)

Crama Purcari:

Sapiens Sauvignon Blanc (alc. 13.5%) sec	140 lei
Nocturne Chardonnay (alc. 12%) sec	130 lei
Traminer (alc. 13%) sec	130 lei

Crama Gabai:

Muscat Ottonel (alc. 13,5%) sec	150 lei
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Crama Budureasca:

Premium Fume (alc. 13.5%) sec (cupaj/blend: Sauvignon Blanc, Chardonnay, Pinot Gris)	120 lei
Premium Sauvignon Blanc (alc. 13,5%) sec	120 lei
Noble White (alc. 14%) sec (cupaj/blend: Sauvignon Blanc, Chardonnay, Muscat Ottonel)	210 lei

Crama Sarica Niculițel:

Caii de la Letea - Aligote Volumul I (alc. 12,5%) sec	130 lei
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Crama Domenii Cotnari:

Euforia Tamaioasa Romaneasca (alc. 12,5%) demisec	120 lei
Naiv Feteasca Alba (alc. 12%) sec	130 lei

Crama Domeniul Bogdan:

Clasic Sauvignon Blanc (alc. 13%) demisec	80 lei
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Crama Rasova:

SUR MER Cuvee White (alc. 13%) sec	120 lei
La Plage (alc. 13%) sec	100 lei

Crama Sorai:

Chardonnay Premium Barrique (alc. 12%) demisec	100 lei
Chardonnay (alc. 12%) sec	80 lei
Muscat Ottonel (alc. 13,5%) sec	80 lei
Riesling Italian (alc. 12.5%) demisec	80 lei



VIN ROSÉ / ROSÉ WINE (750 ML)

Crama Purcari:

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

Crama Gabai:

Miraz Rose (alc. 13%) sec 160 lei
(cupaj/blend: Cabernet Sauvignon, Merlot, Pinot Noir)

Crama Hamangia:

Pagaia Merlot Rose (alc. 12,5%) sec 130 lei

Ataman Cabernet Sauvignon (alc. 12,5%) demisec 100 lei

Crama Domenii Cotnari:

Naiv Busuioaca de Bohotin Sec (alc. 13%) sec 130 lei

Euforia Busuioaca de Bohotin (alc. 12,5%) demidulce 120 lei



Crama Sarica Niculițel:

Caii de la Letea - Rose Volumul II (alc. 13%) sec **150 lei**
(cupaj/blend: Feteasca Neagra, Pinot Noir, Syraz/Black Feteasca)

Crama Rasova:

SUR MER Rose (alc. 13.3%) sec **140 lei**

La Plage (alc. 13%) **110 lei**
(cupaj/blend: Pinot Noir, Pinot Gris, Fetească Neagră/Black Feteasca, Syraz)

Riviera rose (alc. 12,9%) demidulce **120 lei**
(cupaj/blend: Cabernet Sauvignon, Syraz, Fetească Neagră/Black Fetească)

Crama Sorai:

Cabernet Sauvignon (alc. 12%) sec **80 lei**

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

Domeniul Vladoi:

Brizza rose (alc. 13,7%) demisec **140 lei**
(cupaj/blend: Cabernet Sauv., Shiraz, Feteasca Neagra, Merlot/Black Fetească)

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VIN ROȘU / RED WINE (750 ML)

Crama Domenii Cotnari:

Naiv Fetasca Neagra (alc. 14%) sec 150 lei

Cotnari Feteasca Neagra Castel Vladoianu 150 lei

Crama Purcari:

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

Nocturne Rara Neagra (alc. 12,5%) sec 140 lei

Malbec (alc. 13,5%) sec 140 lei

Crama Budureasca:

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

Noble Five (alc. 14,5%) sec 200 lei

(cupaj/blend: Cabernet Sauvignon, Pinot Noir, Merlot,
Feteasca Neagra/Black Feteasca, Shiraz)

Crama Sarica Niculițel:

Caii de la Letea - Feteasca Neagra Volumul I (alc. 13,5%) sec 120 lei

Crama Domeniul Bogdan:

Primordial Feteasca Neagra Organic (alc. 14%) sec 230 lei

Premium Organic Merlot (alc. 14,5%) sec 90 lei

Crama Rasova:

Sur MER Cuvee (alc. 15%) sec 170 lei

Crama Sorai:

Feteasca Neagra/Black Feteasca Barrique (alc. 12,5%) sec 150 lei

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RĂCORITOARE

Coca Cola/Coca Cola Zero (250 ml)	13 lei
Fanta/Sprite (250 ml)	13 lei
Schweppes apă tonică/Bitter lemon (250ml)	16 lei
Fuzetea - lămâie/piersici/lemon/peaches (250 ml)	17 lei
Cappy nectar orange (250 ml)	18 lei
Apă Dorna/Dorna Water (330 ml)	12 lei
Apă Dorna/Dorna Water (750 ml)	20 lei

BĂUTURI CALDE / HOT DRINKS

Espresso (60 ml)	10 lei
Espresso decaf (60 ml)	12 lei
Espresso doppio (120 ml)	14 lei
Cappuccino (150 ml) (conține lactoza/contains lactose)	12 lei
Caffe latte (200 ml) (conține lactoza/contains lactose)	14 lei
Caffe latte cu arome/flavoured latte (200 ml) (cu sirop Monin de vanilie/ciocolată/alune, conține lactoză/ vanilla/chocolate/peanuts syrup Monin, contains latose)	17 lei
Frappe Classic (350 ml) (pudra frappe Monin, lapte, frisca, topping, contine lactoza/ frappe powder Monin, milk, whipped cream. topping, contains lactose)	22 lei



BĂUTURI CALDE / HOT DRINKS

Frappe cu arome/flavoured frappe (350 ml) 24 lei

(pudră frappe Monin, lapte, frișcă, topping,
sirop Monin de vanilie/ciocolată/alune, conține lactoză/
frappe powder Monin, milk, whipped cream. topping,
vanilla/chocolate/peanuts syrup Monin, contains lactose)

Cold Brew Coffee (350 ml) 20 lei

(cold brew Monin, sirop Monin ciocolată, lapte, frișcă,
topping, conține lactoză)

Baileys Frappe (350 ml) (alc. 1.26%) 30 lei

(pudră frappe Monin, lapte, frișcă,
Baileys Irish cream, topping, conține lactoză/
frappe powder Monin, milk, whipped cream,
Baileys Irish Cream, topping, contains lactose)

Irish Coffee (200 ml) (alc. 4.29%) 24 lei

(espresso, frișcă, Bushmills, conține lactoză/
espresso, whipped cream, Bushmills, contains lactose)

Ciocolata caldă/hot chocolate (170 ml) 15 lei

(conține lactoză/contains lactose)

Ceai/Tea (200 ml) 12 lei

Refreshing mint (mentă)/Assam Jamguri (ceai negru)/
Fruit symphony (simfonie de fructe)/Camomile (mușetel)/
Green Jasmine (iasomie)/Green pure chun mee (ceai verde)/
Ginger lemongrass (ceai verde)

Ciocolata caldă cu arome/Flavoured hot chocolate (170 ml) 20 lei

(alune/vanilie, conține lactoză/peanuts/vanilla, contains lactose)

Frangelico Coffee (200 ml) 25 lei

(espresso, lapte, Frangelico, frișcă, conține lactoză/
espresso, milk, Frangelico, whipped cream, contains lactose)



VĂ MULȚUMIM!
THANK YOU!

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



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