

ROOM SERVICE MENU



Lyra Restaurant

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

-VIRGINIA WOOLF



Lyra Restaurant

APPETIZERS

AVERAGE COOKING TIME 30 MINUTES

 **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.

**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.

**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.



SALADS

AVERAGE COOKING TIME 30 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} 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} 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 30 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

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.

VEGETARIAN MEALS AVERAGE COOKING TIME 40 MINUTES

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.

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.

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.

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.

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



POKE BOWLS

AVERAGE COOKING TIME 40 MINUTES

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.

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

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

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.

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.

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



FISH AND SEAFOOD

AVERAGE COOKING TIME 40 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.

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

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.

NEW **BREADED ZANDER FILLETS WITH
TZATSIKI 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.



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.

POULTRY DISHES

AVERAGE COOKING TIME 40-50 MINUTES

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.



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 40-50 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

PASTA

AVERAGE COOKING TIME 30 MINUTES

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.

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 Fat: 4.06 g, Carbs: 20.19 g, Sugars: 1.93 g, Protein: 13.73 g, Salt: 3.99 g.

Allergens: Milk, Gluten.

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

DESSERT

AVERAGE COOKING TIME 30 MINUTES

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.



SPUMANT / SPARKLING WINE

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

VIN ALB / WHITE WINE (750 ML)

Crama Purcari:

Sapiens Sauvignon Blanc (alc. 13.5%) sec	140 lei
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Crama Budureasca:

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

Chardonnay Premium Barrique (alc. 12%) demisec	100 lei
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VIN ROSÉ / ROSÉ WINE (750 ML)

Crama Purcari:

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

Sorai Muze (alc. 12.5%)	110 lei
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VIN ROȘU / RED WINE (750 ML)

Crama Sorai:

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

Crama Purcari:

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

Crama Budureasca:

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