

VALORI NUTRITIONALE AL PRODUSELOR DIN MENIUL TERASEI CORSO

Produs	proteine (g/ 100g)	lipide (g/ 100g)	glucide (g/ 100g)	v.energetica (kj/kcal/100g)
MIC DEJUN				
Avocado Toast	3.8	11	20	790/189
Oua Benedict cu bacon	9	10.4	3.3	794/190
Omleta cu bacon si legume	10	14.8	2.71	899/214.7
English Breakfast	5.43	13.11	6.11	783/178
APERITIVE				
Bruschette cu rosii	4	4.4	19.7	550/131.5
Crostini Italiene	18.72	20	40.62	1518/363
Guacamole&Homemade Chips	5.73	14.85	31.37	1138/ 272
Mix Aperitive	9.7	12.6	23.7	941/225
Mozzarella Sticks	11.98	14.29	22.16	1109/265.1
Onion Rings	3.3	8.4	24.6	812/194
Nuggets de pui	14.7	9.1	20.4	920/220
CIORBE				
Ciorba de fasole cu afumatura	6	2.1	9.3	343/82
Ciorba de burta	6	2.3	1.4	223/53.33
Ciorba de pui	7	2	16	385/92
Ciorba radauteana	8	4	4	364/87
Ciorba de vita	4.1	0.8	3.8	166/38.8
Crema de ciuperci	1	0.9	4	118.4/28.3
crema de ceapa	3	10.1	7.8	408/97.7
Crema de usturoi	1.7	6.3	8.07	402/95.66
Crema de rosii	2	0	11.99	236/56.4
Crema de legume	1	1.8	7.7	213/50.8
FOCACCIA				
Cu feta si masline	6.4	10.8	33.04	1091/260.86
Cu ulei de masline si oregano	11	11	45.84	1046/250
Cu parmesan	8.8	8.8	36.8	1105/264
MAIN				
Piept de pui la gratar	23	4.4	2.4	567/135.5
Pulpe de pui fara os	24	10.7	0	807/193
Ceafa de porc	15	18.8	0	1096/262
Crispy de pui	12	10	29	1071/256
Carnati la gratar	14	16	1	862/206
Tochitura moldoveneasca	25	31	1.4	1610/385
Porc cu legume la tigaie	15.6	4.6	4.4	527/126
Mici 60G	1.5	3	0	142/34
Platou mix grill	50	75	30	4163/995
1/ Mai	7	15	0	3363/504
GARNITURI				
Cartofi prajiti simpli	4	17	38	1338/320
Cartofi prajiti cu parmezan	9.6	18.2	39.4	1443/345
Orez cu legume	1.25	2.75	14.4	343/82

Cartofi dippers	4	17	38	1322/316
Legume la gratar	4.8	0.2	1.6	112/27
Cartofi dippers cu parmezan	9.6	18.2	39.4	1443/345
SANDWICH				
Sandwich El Pollo	14.2	5.8	3.1	941/225
Sandwich italian	15.2	3	4.1	852/343
Sandwich tonno	20.3	5.2	4.2	842/357
Sandwich salami	9.7	8.4	36	1079/258
Sandwich Mortadella	8.2	5.6	36.3	1042/298
Sandwich prosciutto cotto	9.7	8.4	36	1079/258
MENIU DE PRANZ				
Meniu piept de pui	3.87	18.24	8.23	937/224
Meniu crispy de pui	7.09	25.54	11.87	1301/311
Meniu ceafa de porc	7.47	25.99	16.7	1388/332
Meniu pulpa de pui	4.2	19.4	9.4	940/237
SALATE				
Salata de pui crispy	4.6	12.81	9.09	693/166
Salata cu Ton	16	9.42	9.42	778/185.71
Salata Greceasca	4.08	7.8	4.2	418/100
Salata Caesar	9	10	6	607/145
Salata Casei / Corso	12.8	8	12.66	736/176
Salata cu fasole rosie si branza de capra	2.2	0.3	4.8	168/41
Salata cu linte si legume coapte	11	13	10	866/207
Salata de rosii	0	6	3.8	293/70
Salata de varza	1	3	6	173/41.33
Salata de muraturi	1.2	0.33	3.33	86.44/20.66
Salata coleslaw	0.5	13.2	22.3	878/210
Salata de sfecla rosie cu hrean	1.1	0.2	5.5	117/28
PASTE				
Spaghetti Carbonara	9.2	8.2	21.9	845/202
Paste Bolognese	2	1.3	14.1	322/77
Paste Quatro Formaggi	14.56	2.5	5	212/50.75
Paste al Pesto	5.5	5.5	24	675/161.25
Paste con Pollo e Funghi	4.95	8.2	20	745/178
Gnocchi cu ricotta si spanac	6	7.9	11.1	598/143
Gnocchi cu ciuperci de padure si sos de hribi cu trufe	5	9.3	27.8	903/216
Tagliatelle Pollo con Verdure	4.3	4.1	16.25	615/137
Spaghetii Nero cu fructe de mare	14	1	69	1465/350
Tagliatelle Mama Lucia	6	0.5	21.25	88.95/21.25
Paste Milanese	5.75	7.75	18.75	720/172
Tortellini al Forno	7.5	2.5	22.25	607145
PIZZA/100g				
Pizza Margherita	10	3.6	30.5	815/195

Pizza Tartufata	11	25	7	1004/240
Pizza Saint Salsiccia	12	22	12.3	815/196
Pizza Salsiccia Clasica	14	23.5	8.5	1004/241
Pizza Mortadella cu fistic si ricotta	13	18.3	15.6	815/197
Pizza Americana	15	8.4	13.5	1004/242
Pizza Salami	12	9.4	16.4	818/195.4
Pizza Prosciutto e Funghi	13	8.1	24	787/188
Pizza Quattro Stagioni	10	12.4	26.6	1087/260
Pizza Quattro Formaggi	10.1	10	21.1	941/225
Pizza Pollo	8.6	9	23	891/213
Pizza Diavola	13	7	27	895/214
Pizza Maggiore	15.3	12	28	1264/302
Pizza Carnivore	17.87	17.72	32.8	1686/403
Pizza Capriciosa	15.9	14.4	25.69	1351/323
Pizza Tonno	10	7	28	920/220
Pizza Vegetariana	13.9	12.05	23.09	1067/255
Pizza Vegetariana(POST)	13.26	8.56	19.9	343/82
Pizza Hawaii	13.38	12.38	23.32	1050/251
Pizza Afumicatto	13.5	10	40	1197/286
Pizza Italiana	12	4.7	22.9	836/200
Pizza Calzone con Pollo	11.2	8	32	1063/254
Pizza Contandina	10	7.1	31	950/227
Pizza Bismark	12	9	24.8	1035/247.4
Pizza Big Mamma	18.8	6.1	12.3	1063/254
Pizza cu branza de capra	11	28	8	1351/323
Pizza Mortadella al Pesto	10	18.4	6.4	974/233
Pizza Greek	7.9	12	24	980/234
Pizza Vezuvio	6.5	7.3	31	912/218
Pizza Marco Pollo	17.7	7	27	1016/243
SOSURI PIZZA				
Sos Dulce	0	3.5	3.9	109/50
Sos Picant	1.08	0.2	25.3	343/82
Ketchup	1.4	0.21	16.8	318/76
Sweet chilli	0	3.2	45	765/180
Sriracha	2.2	2.4	33	648/154
Sos Aioli	0.82	26.53	23.98	472/111
Sosul casei cu branza cheddar	5	7	3	412/98.5
Sos de Smantana si Usturoi	1.28	24.5	28.3	887/212
Mujdei de usturoi	2.02	27.3	40.07	920/218
Sos Salsa	1	0.3	12	192/46
Sos branza	5	7	3	412/98.5
Sos de Iaurt	2.31	2.4	4	180/43
CARNE SI SEMIPREPARATE				

Prosciutto cotto	14.3	8.4	1.1	339/81
Salam	22.18	0	1.7	1757/420
Piept de pui	21.2	2.6	0	477/114
Bacon	20.85	38	0.7	996/238
Salam picant	19	46.5	0.5	2075/496
Ton	24	12	0	854/204
Prosciutto crudo	18	18.5	0.1	1029/246
LEGUME				
Ciuperci	5	1	2	151/36
Ardei gras	1	0	6	130/31
Rosii cherry	0	0.7	4.2	103/24.7
Rosii	0	0.2	3.9	75/18
Ceapa	10	1.7	68.6	1310/313
Porumb	3.1	1.6	21.8	502/120
Masline	0.8	10.7	6.3	481/115
Anghinare	3	0	10.5	196/47
Capere	0.5	0.5	2	105/25
Ananas	0	0	12.3	205/49
Ardel iute	1	0	8.8	167/40
Rucola	2	0.7	3.7	104/25
Salata verde	1	0.3	3.3	71/17
Dovlecei	0	0.13	4.51	79/19
Castraveti verzi	0.7	0	3.6	62/15
Usturoi	6	0.51	33	623/149
BRANZETURI				
Mozzarella	20	20	1.5	991/237
Gorgonzola	20	27.6	0.4	1397/334
Parmesan	33	28.6	4.1	1803/431
Cheddar	22	25.6	0	1343/321
Branza Feta	14	21.28	4.09	1104/264
Ricotta	9	10	4	594/142
Ou	13	10	1	611/146
DESERTURI				
Profiterol	9.2	24	64	2175/520
Papanasi	10	17.2	10	1083/235.2
Tiramisu	5.25	21	48	1701/406.5
Lava Cake	10.44	37.8	77.4	2916/698
Pancakes cu Nutella si banane	8	17	47	1544/247
Pancakes cu fructe de padure si mascarpone	7.37	5.16	19.31	644/223
Pizza Nutella Calzone	6.4	15	33	1464/350
Meniuri copii				
Spaghetti Bolognese copii	2	1.3	14.1	322/77
Spaghetti al Fredo copii	11.3	13.4	27	1146/274

Meniu crispy de pui copii	12	10	29	1071/256
Meniu nuggets de pui copii	14	12	33	1154/276
Burgers & street food				
Cheesy Beef Burger	9.5	12.7	11.7	8304/1993
Burger Italian	12.27	14.86	15.63	1031/247
Classic cheeseburger	13.45	12.86	16.35	1153/352
Burger Haloumi	9.64	17.7	18.62	1165/279
Crispy Chicken Burger	5.04	11.29	16.95	824/197
Chicken Coleslaw Burger	11.4	15.4	14.3	1046/250
Loaded Cheese Fries	8.9	9.4	9.3	656/157.6
Nachos Supreme	8.2	19.4	32.5	1425/340.9
Crispy Mix Meniu	12.04	9.03	25.24	1426/341