

INFORMATII NUTRITIONALE GARDEN PUB

Produs	Calorii/portie	Proteine/portie	Grasimi/portie	Carbohidrati/portie	Sare(grame/portie)	Produs congelat
Aripioare barbeque si cartofi zdrobiti	1120	96.16	54.26	64.67	8	
Aripioare pane si cartofi wedges	1532.4	94.73	69.03	133.03	8.2	
Bors curcan	323.8	32.82	10.45	21.45	9	
Boston Steak	1887	109.05	109.7	111.2	9.5	DA
Broccoli	152.4	5.6	10	13.2	1.5	DA
Bruschete asortate	491.5	19	20.8	56.98	6.5	
Bruschete crema branza	205.8	11.39	5.19	27.16	4.5	
Bruschete cu creveti	395.9	29.75	17.34	30.3	4.5	
Bruschete cu avocado	279.9	6.15	15.58	31.04	4.5	
Bruschete rosii	322.9	11.15	17.94	29.05	2.81	
Bruschete rosii proaspete	234.9	5.55	11.08	29.04	2.8	
Bulete	608	36.5	38.6	43.5	0.1	
Burger Black Angus	1616.1	71.45	87.01	140.45	12	DA
Burger curcan cu baby spanac si avocado	1600	39	90.28	155.5	11.5	DA
Burger vegetarian	1209	30.1	57.74	141.1	9.4	DA
Carnati garnita	662	33	56	0.88	8	
Cartofi dulci cu parmezan	301	13.4	8.78	41.23	5.5	
Cartofi la tigaie cu masline si coriandru	332.4	5.4	16.25	45.5	1.5	
Cartofi prajiti	685	8	34	86	2	
Cartofi prajiti cu parmezan	775	15	40	86.75	5	
Cartofi taranesti	469	13	26.55	45.2	4.5	
Cartofi Wedges	770	8.4	36.4	100	2	DA
Cartofi zdrobiti cu parmezan, usturoi si patrunjel	427	12.1	22.25	44.87	5	
Cascaval pane	650	29	37	50	5	
Ceafa porc gratar	700	45	56.4	0	8	
Cheeseburger cu bacon crocant	1660.1	74.05	90.85	141.6	14.9	DA
Ciorba burta	550.5	26.15	43.57	12.23	7.5	DA
Ciorba de cartofi cu afumatura, smantana si tarhon	886.7	26.3	74.13	13.78	9	
Ciulama pui	437.6	42.9	19.9	15.9	7.5	
Clatite cu ciocolata si frisca	842.4	10.45	44.74	98.09	1	
Clatite cu ciocolata	776.4	10	38.5	95.9	1	
Clatite cu banane	571.4	9.15	17.45	98.2	1	

Clatite cu branza dulce	893.6	33	26.7	128.78	1	
Clatite cu dulceata	573.8	7.98	17	95	1	
Clatite cu dulceata si frisca	639.8	8.43	23.24	97.19	1	
Coaste cu miere si mustar	1090	85.5	73.19	16.5	8	
Coaste tiroleze	1030	85.5	73.19	0	8	
Cotlet picant	958.1	81.3	44.68	49.97	11.69	
Cotlete berbecut Noua Zeelanda	732	66	43	0	6.5	DA
Crema de vanilie	248.8	6.4	3.4	46.5		
Crema legume	431.2	7.84	21.06	53.56	5.5	
Creveti cu sos pesto si orez cu avocado	905.4	53.65	55.5	62.65	6.5	DA
Creveti cu tagliatelle de zucchini	750	64	51.7	12	5.5	DA
Creveti vin alb si cartofi la tigaie cu masline	820.9	51.4	50.25	48.1	4.5	DA
Croque Madame	787.7	35.55	63.04	30.76	8.5	
Curcan dulce-picant	600.8	46.02	27.66	65.88	6	
Dorada	125	18.1	5	0.4	2	
Dressing avocado	112.3	0.8	11.6	2.36	1.5	
Dublu cheeseburger	1522.1	120.4	81.93	72.63	16.19	DA
Ficatei gratar	482	70	20		5	
Ficatei taranesti	638.4	71.6	30.53	16.74	6.5	
Ficatei tigaie	592	70	31.03	3	6	
File de biban	317.95	48.69	11.16	2.04	5.5	DA
File pastrav gratar	380.46	52.05	17.02	0.1	5.5	DA
File pastrav tigaie	665	56.45	27.55	42.56	7	DA
File somon	307.46	44.05	14.32	0.1	5.5	
Frigarui de curcan si cartofi dulci cu salata picanta	771	53.4	33.96	62.73	7.79	
Frigarui de somon	319.3	44	14.65	2	4.5	
Garnita ceafa	875	57.5	75	0	6.5	
Garnita mixta	1105	67.5	93.5	1	10	
Gujoane pui	540	45	34	10	5.5	
Halloumi cu Hummus	1490	44	91.68	126.01	12	
Hummus, salata de rosii picanta si tabbouleh	1042	24.5	57.18	103	5.1	
Legume gratar	172.6	3.48	10.23	19	2	
Legume trase tigaie	154.4	5.04	10.63	12.32	2.5	
Mamaliga	70	2	0	15	1.5	

Mamaliga cu branza si smantana	228.1	11.83	12.2	15.39	3	
Mic dejun oua fierte	1013.45	30.54	73.69	57.77	4.5	
Mici vita-oaie	120	10	8.5	0	1	
Midii in sos de rosii	799.8	70.3	13.08	95.38	5.5	DA
Midii in sos de vin	1196.65	60.3	55.53	71.65	6	DA
Mujdei	147	1	16	1.17	0.5	
Mujdei taranesc	88	0	10	0	0.5	
Muschi vita blue fromage	853	62.1	67.5	2.7	9.5	
Muschi de vita	582	57.2	39.3	0	5.5	
Muschi vita cu sos brun si ciuperci	742	58.4	42.3	4.5	9.5	
Muschi vita piper verde	890	58.7	61.6	4.7	9.5	
Muschiulet de berbecut cu hummus	1706	82	98.68	121.5	14.5	DA
Omleta cu ciuperci, spanac si dovlecei	320.6	18.13	26.99	4.56	4.5	
Orez cu avocado	383	4.8	14.96	59.9	3.5	
Orez cu parmesan	632.9	20.9	33.5	63.04	4.5	
Orez cu legume	385	6.44	10.64	68.12	4	
Oua Jumari	777.2	33.55	45.2	58.37	5.5	
Oua Posate	894.6	34.48	48.53	79.36	5.5	
Paine	273	10.3	1.68	52.6	1	DA
Paine prajita	273	10.3	1.68	52.6	1	DA
Pastrama berbecut cu mamaliga	1150	62	90	21	14.5	
Pavlova	786.6	12.6	44.1	68.19		
Piept curcan gratar	265	52.5	5	2.5	6.5	
Piept pui cascaval	1021	70	75	12.17	11	
Piept pui gratar	516	60	27.5	0	7	
Piept pui parmezan	780	64.3	48.5	13	12	
Piept rata cu varza	694	26.5	21.2	32.6	9.5	
Piept rata fructe de padure	587	23	11	36.65	7.5	
Pita crocanta	280	0	4	46.5	1	DA
Piure	875	5	10	40	2	
Placinta cu mere	856.5	12.8	42.54	70		
Platou branzeturi	958.6	52.2	65.4	21.21	24	
Pomana porcului	1058	47	86.4	16	13	
Pui garden pub	614	47.7	36.21	17.15	12	

Pulpa de rata	1155	69.9	86.6	21	12	
Raclette	174	12	14	0.25	3.5	
Rata la cuptor	5900	590	175	190	52	
Salata ardei copt	52	2	0.6	12	1.5	
Salata asortata	135.4	8.34	6.78	11.05	4	
Salata caprese	673.4	22.42	62.9	8.33	4.5	
Salata Creveti	510	28	37	22	4.5	DA
Salata cu pui	692	45.83	45.75	27.44	7.15	
Salata cu rata	822	47.32	63.35	15.63	7	
Salata curcan si rucola	556	45.32	35.65	12.78	7	
Salata de rosii picanta	106	0	10.18	3.5	3	
Salata de vinete	1030	8	74.72	62	7.5	
Salata gogosari castraveti	42	2.4	0.6	6.8	4	
Salata pui pane	850	67	52.4	23.1	10	
Salata rosii	118	5.5	6.52	7.8	4	
Salata rosii castraveti	115	6	6.32	6.4	4	
Salata rucola	390	24.1	25.4	15.5	4.5	
Salata sfecla	50	0	0.5	7.5	2	
Salata somon gratar	651	33.5	41.9	24.05	5.5	
Salata varza	140	2.5	10.2	11.5	2	
Salata verde	40	2	0.6	6.6		
Salata Vita	484	35.43	21.77	31.2	3.5	
Saramura	158	0.8	11	19.6	5	
Saramura dorada	267	19.8	11.9	22.6	6.5	
Snitel din muschiulet de vita	850	82	36	21	12	
Snitel piept curcan	567	42	27	39	10.5	
Snitel pui	678	42	36	48	10.5	
Sos Barbeque	43	0.4	0.05	10	1	
Sos blue fromage	271	4.9	28.2	2.7	2	
Sos ciuperci	210	2.7	22.3	3.1	2	
Sos de lamaie	350	0	30	8	1	
Sos fructe padure	90	0	0	25.05	1	
Sos garden pub	86	1.2	6.8	5.5	2	
Sos parmezan	350	13.2	30	3.5	5	

Sos piper verde	308	1.5	22.3	4.7	3	
Sos sweet-chilly	55	0	0	13.5	2	
Sparanghel la tigaie	175.5	3	10	6.05	1.5	DA
Steak de vita de Uruguay	828	51	69	0	12	DA
Tabbouleh	194	11	11	21	2	
Tagliata de vita de Uruguay	772	36	64	9	12	DA
Tigaie de vita	411	43.2	18	13.5	12	
Tocanita pui legume	604	50	26.4	32	11	
Tort biscuiti	713	5.2	43.2	62	1	
Tuslama regala	491	29.55	30.9	22.5	14	DA
Varza bavareza	197	3.5	10.2	21	2	
Zucchini cu parmezan	320	17	23	6	5	