

5/7 ARIPIOARE PICANTE,CARTOFI,SOS USTUROI,PEPSI 0.33L									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
Aripioare		200	474	30	6.4	26	10	26	4.6
Cartofi prajiti		250	395	12.75	5	61.75	2	5.75	0.2
Sos usturoi		30	61.5	0.6	0.24	0.9	0.9	0.9	0
Pepsi		0.33	138.6	0	0	35	35	0	0
Total		480.33	1069.1	43.35	11.64	123.65	47.9	32.65	4.8
Nr. Kcal	1069.1								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0
ALERGENI ALIMENTARI gluten, telina									
ADITIVI ALIMENTARI E625, E130, E250, E160c									

4/6 CRISPY STRIPS,CARTOFI,SOS USTUROI,PEPSI 0.33L									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
crispy		200	386	16.4	4.2	22	2	36	3.4
cartofi prajiti		250	395	12.75	5	61.75	2	5.75	0.2
sos usturoi		30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi		0.33	138.6	0	0	35	35	0	0
Total		1000.66	2386.5	113.1	25.49	243.3	87.8	75.3	8.4
Nr. Kcal	2386.5								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0
ALERGENI ALIMENTARI lactoză, gluten, fistic									
ADITIVI ALIMENTARI E130, E250									

4/6 CHICKEN BALLS CU USTUROI,CARTOFI,SOS USTUROI,PEPSI 0.33L									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
chicken balls		140	355.6	21	4.34	22.4	1.4	1.96	2.38
cartofi prajiti		250	395	12.75	5	61.75	2	5.75	0.2
sos usturoi		30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi		0.33	138.6	0	0	35	35	0	0
Total		420.33	950.7	34.35	9.58	120.05	39.3	8.61	2.58
Nr. Kcal	950.7								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0
ALERGENI ALIMENTARI glutemn, soia, lapte mustar, ou									
ADITIVI ALIMENTARI E300, E1422									

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
Aripioare	g	280	663.6	42	8.96	35	17	30	6.5
Cartofi prajiti	g	300	474	15.3	6	67.52	3.2	6.97	0.4
Sos usturoi	g	30	61.5	0.6	0.24	0.9	0.9	0.9	0
Pepsi	g	0.33	138.6	0	0	35	35	0	0
Total		610.33	1337.7	57.9	15.2	138.42	56.1	37.87	6.9
Nr. Kcal	1337.7								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
crispy	g	240	463.2	19.68	5.04	26.4	2.4	43.2	4.8
cartofi prajiti	g	300	474	15.3	6	67.52	3.2	6.97	0.4
sos usturoi	g	30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi	g	0.33	138.6	0	0	35	35	0	0
Total		570.33	1137.3	35.58	11.28	129.82	41.5	51.07	5.2
Nr. Kcal	1137.3								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
chicken balls	g	210	533.4	31.5	6.51	23.96	2.3	3.55	3.12
cartofi prajiti	g	300	474	15.3	6	67.52	3.2	6.97	0.4
sos usturoi	g	30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi	g	0.33	138.6	0	0	35	35	0	0
Total		540.33	1207.5	47.4	12.75	127.38	41.4	11.42	3.52
Nr. Kcal	1207.5								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0

2/3 BUCATI CASCAVAL PANE,CARTOFI,SOS USTUROI,PEPSI 0.33L									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
cascaval pane		160	366.4	14.56	9.28	38.4	1.44	20.8	1.98
cartofi prajiti		250	395	12.75	5	61.75	2	5.75	0.2
sos usturoi		30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi		0.33	138.6	0	0	35	35	0	0
Total		440.33	961.5	27.91	14.52	136.05	39.34	27.45	2.18
Nr. Kcal	961.5								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0
ALERGENI ALIMENTARI gluten, lactoza, ou									
ADITIVI ALIMENTARI E160c									

8/12 NUGGETS PUI,CARTOFI,SOS USTUROI,PEPSI 0.33L									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
nuggets		180	460	15	1.9	35.1	0.9	38.11	1.6
cartofi prajiti		250	395	12.75	5	61.75	2	5.75	0.2
sos usturoi		30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi		0.33	138.6	0	0	35	35	0	0
Total		460.33	1055.1	28.35	7.14	132.75	38.8	44.76	1.8
Nr. Kcal	1055.1								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0
ALERGENI ALIMENTARI gluten									
ADITIVI ALIMENTARI E331, E500									

1/2 SNITEL PUI,CARTOFI,SOS USTUROI,PEPSI 0.33L									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
snitel pui		140	322	16.8	4.34	2.38	0	1.68	2.24
cartofi prajiti		250	395	12.75	5	61.75	2	5.75	0.2
sos usturoi		30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi		0.33	138.6	0	0	35	35	0	0
Total		420.33	917.1	30.15	9.58	100.03	37.9	8.33	2.44
Nr. Kcal	917.1								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0
ALERGENI ALIMENTARI gluten, ou									
ADITIVI ALIMENTARI E450, E451,E407, E160b									

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
cascaval pane	g	240	549.6	21.84	13.92	45.23	2.96	25.47	3.01
cartofi prajiti	g	300	474	15.3	6	67.52	3.2	6.97	0.4
sos usturoi	g	30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi	g	0.33	138.6	0	0	35	35	0	0
Total		570.33	1223.7	37.74	20.16	148.65	42.06	33.34	3.41
Nr. Kcal	1223.7								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
nuggets	g	240	613.33	16.8	3.2	38.4	1.5	41.02	2.6
cartofi prajiti	g	300	474	15.3	6	67.52	3.2	6.97	0.4
sos usturoi	g	30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi	g	0.33	138.6	0	0	35	35	0	0
Total		570.33	1287.43	32.7	9.44	141.82	40.6	48.89	3
Nr. Kcal	1287.43								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0

Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
snitel pui	g	280	644	38.6	8.68	4.74	0	3.36	4.48
cartofi prajiti	g	300	474	15.3	6	67.52	3.2	6.97	0.4
sos usturoi	g	30	61.5	0.6	0.24	0.9	0.9	0.9	0
pepsi	g	0.33	138.6	0	0	35	35	0	0
Total		610.33	1318.1	54.5	14.92	108.16	39.1	11.23	4.88
Nr. Kcal	1318.1								
Ulei folosit la preparare	ml	40	336.3	40	4.41	0	0	0	0

BĂUTURI									
Materii prime	U/M	Cantitate bruta pentru 1 portie	Nr. Kcal	Lipide	Acizi grasi saturati	Glucide	Zaharuri	Proteine	Sare
Cola light		0.33	1.7	0	0	0	0	0	0
Cola		0.33	138.6	0	0	35	35	0	0
Pepsi		0.33	138.6	0	0	35	35	0	0
Fanta		0.33	151.8	0	0	48.2	48.2	0	0
Sprite		0.33	29.7	0	0	6.6	6.6	0	0
Cola		1.25	525	0	0	132.5	132.5	0	0