

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Pag 1

Categorie: Carne

Antricot Vita 200 gr

Antricot de Vita 100 gr VE=274 cal/1147 kj , G=22.1 gr , AGS=9 gr , Z=0,0 gr, Na=56.0 mg

Aripioare Crispy

Aripi de pui 100 gr VE= 222 cal/929 kj, G= 16 gr, AGS= 4.5 gr Z= 0 gr, Na= 73 mg

Faina grau 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg

Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg

Pesmet 100 gr VE=313 cal/1310 kj, G=4.3 gr, AGS=1 gr, Z=6.4 gr, Na=611 mg

Ulei de palmier 100 gr VE=884 cal/3701 kj, G=100 gr, AGS=49.3 gr, Z=0 gr, Na=0 mg

Aripioare pe jar

Aripi de pui 100 gr VE= 222 cal/929 kj, G= 16 gr, AGS= 4.5 gr Z= 0 gr, Na= 73 mg

Condiment grill kg 50 gr

Carnati de plescoi

Carnati de plescoi 100 gr VE= 367 cal/1536 kj G=31 gr AGS= Z= 0 gr Na=

(sunt diferite foarte mari la datele nutritionale ale carnatilor de plescoi; va recomand sa va uitati pe ambalaj)

Carnati proaspeti de casa

Carnati proaspeti (aprox) 100 gr VE=238 cal/999 kj, G=19.4 gr, AGS=7.8 gr, Z=0.16 gr, Na=1310 mg

Ceafa de porc pe jar

Ceafa de porc 100 gr VE=232 cal/997.6 kj, G=18.8 gr, AGS=7.9 gr, Z=0 gr , Na= 56 mg

Crispy de pui

Faina grau 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg

Fulgi de porumb 100 gr VE=357 cal/1494 kj, G=0.6 gr, AGS=0.1 gr Z=6.5 gr, Na=959 mg

Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg

Pasta ardei dulce 100 gr VE= 51 cal/213 kj G= 1.4 gr AGS=0.2 gr Z=4.4 gr Na= 1150 mg

Piept de pui 100 gr VE=263 cal/ 1101 kj, G=15.7 gr, AGS=3.3 gr, Z=0.4 gr, Na=451 mg

Fleica de porc

Condiment grill kg

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Fleica porc	100 gr	VE=145 cal/607 kj	G= 6.3 gr	AGS=2.2 gr	Z= 0 gr	Na= 50 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	, Na=0 mg

Pag 2

Mici

Mici	100 gr	VE= 216 cal/ 904 kj	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
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Mici portie

Mici	100 gr	VE= 216 cal/ 904 kj	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
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Pastrama de porc

Ardei iute kg	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr	, Na= 56 mg
Cimbru(uscat)	100 gr	VE= 272 cal/1138 kj	G= 6 gr	AGS= 0 gr	Z= 0 gr	Na= 0 mg
Condiment grill kg						
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

Pastrama de pui

Ardei iute kg	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Cimbru(uscat)	100 gr	VE= 272 cal/1138 kj	G= 6 gr	AGS= 0 gr	Z= 0 gr	Na= 0 mg
Condiment grill kg						
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

Pastrav grill

Pastrav 250 gr	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
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Piept de pui

Condiment grill kg						
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg

Pui intreg

Condiment grill kg						
Patrunjel radacina	100 gr	VE=29 cal/121 kj,	G=0.1 gr,	AGS= 0 gr,	Z=0 gr,	Na= 0 mg

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sau

Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Pui intreg						
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Pag 3

Pulpe de pui

Condiment grill kg

Pulpe superioare de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
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Categorie: Desert

Placinta cu branza si stafide 200 gr

Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Foi de placinta	100 gr	VE=290 cal/1213 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Smantana	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Tort de biscuit si rom 200 gr

Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr,	Na=850 mg
Cacao	100 gr	VE= 550 cal/2274 kj	G= 46 gr	AGS= 29 gr	Z= 14 gr	Na= o mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Categorie: garnituri

Cartofi prajiti

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Cartofi wedges

Cartofi wedges	100 gr	VE=149 cal/625 kj,	G=8 gr,	AGS=1 gr,	Z=1 gr,	Na=1300 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

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Legume grill

Ardei gras Bianca kg	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia kg	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ceapa rosie	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci kg	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Orez cu legume

Ardei gras Bianca kg	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia kg	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ciuperci kg	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg

Pag 4

Porumb pe jar

Porumb dulce	100 gr	VE=81 cal/339 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=3 gr,	Na=298 mg
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Categorie: Garnituri portie

Cartofi prajiti portie 200 gr

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Condiment cartofi kg						
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Legume grill portie 200 gr

Ardei gras Bianca kg	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia kg	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ciuperci kg	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Vinete	100 gr	VE=24 cal/100 kj	G=0.2 gr,	AGS=0 gr,	Z=2.4 gr,	Na=2 mg

Orez cu legume portie 200 gr

Ardei gras Bianca kg	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia kg	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ciuperci kg	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg

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Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	, Na=0 mg

Categorie: Glovo Discount

Meniu aripioare Crispy Glovo

Aripi de pui	100 gr	VE= 222 cal/929 kj,	G= 16 gr,	AGS= 4.5 gr	Z= 0 gr,	Na= 73 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Faina grau	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 5

Meniu Crispy Glo

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Faina grau	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pasta ardei dulce	100 gr	VE= 51 cal/213 kj	G= 1.4 gr	AGS=0.2 gr	Z=4.4 gr	Na= 1150 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Categorie: Meniu Family

Meniu Family Gourmand (6-8 persoane)

Carnati de plescoi !!!	100 gr	VE= 367 cal/1536 kj	G=31 gr	AGS=	Z= 0 gr	Na=
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr	, Na= 56 mg
Fleica porc	100 gr	VE=145 cal/607 kj	G= 6.3 gr	AGS=2.2 gr	Z= 0 gr	Na= 50 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Mici	100 gr	VE= 216 cal/ 904 kj	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Porumb dulce	100 gr	VE=81 cal/339 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=3 gr,	Na=298 mg
Pui intreg						
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg

ZZZ Meniu Family Mixt (2 persoane)

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Pulpe superioare pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg

ZZZ Meniu Family Porc (2 persoane)

Carnati de plescoi !!!	100 gr	VE= 367 cal/1536 kj	G=31 gr	AGS=	Z= 0 gr	Na=
Carnati proaspeti	100 gr	VE=238 cal/999 kj,	G=19.4 gr,	AGS=7.8 gr,	Z=0.16 gr,	Na=1310 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Mici	100 gr	VE= 216 cal/ 904 kj	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg

ZZZ Meniu Family Pui (4 persoane)

Aripi de pui	100 gr	VE= 222 cal/929 kj,	G= 16 gr,	AGS= 4.5 gr	Z= 0 gr,	Na= 73 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Pui intreg						
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg

ZZZ Meniu Family Porc 4 persoane

Carnati de plescoi !!!	100 gr	VE= 367 cal/1536 kj	G=31 gr	AGS=	Z= 0 gr	Na=
Carnati proaspeti	100 gr	VE=238 cal/999 kj,	G=19.4 gr,	AGS=7.8 gr,	Z=0.16 gr,	Na=1310 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Mici	100 gr	VE= 216 cal/ 904 kj	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Pag 6

Categorie: Meniul Zilei

Ciorba de cartofi

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Sfecla rosie	100 gr	VE=43 cal/180 kj,	G=0.2 gr,	AGS=0 gr,	Z=6.8 gr	Na=78 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

Cioba de pui

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg

Ciorba fasole

Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cimbru (uscat)	100 gr	VE= 272 cal/1138 kj	G= 6 gr	AGS= 0 gr	Z= 0 gr	Na= 0 mg
Fasole uscata	100 gr	VE=333 cal/1394 kj,	G=0.9 gr,	AGS=0.1 gr,	Z=2.1 gr,	Na=16 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Rosii cuburi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg

Pag 7

Ciorba legume

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg

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Rosii cuburi 100 gr VE=32 cal/134 kj, G=0.3 gr, AGS=0 gr, Z=0 gr, Na=132 mg

Ciorba perisoare

Ardei gras Bianca 100 gr VE=31 cal/130 kj, G=0.3 gr, AGS= 0 gr, Z= 4.2 gr, Na= 4 mg
 Bors 100 ml VE=4 cal/17.2 kj G=0 gr, AGS=0 gr, Z=0.6 gr, Na=0 mg
 Bulion 100 gr VE=51 cal/210 kj, G=1 gr, AGS=0 gr Z=4.4 gr Na=115 mg
 Ceapa galbena 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg
 Paine toast 100 gr VE=313 cal/1310 kj, G=4.3 gr, AGS=1 gr, Z=6.4 gr, Na=611 mg
 Pulpa de porc 100 gr VE=136 cal/569 kj, G=5.4 gr, AGS=1.9 gr, Z=0 gr, Na= 55 mg
 Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr , Na=0 mg

Ciorba vacuta

Ardei gras Bianca 100 gr VE=31 cal/130 kj, G=0.3 gr, AGS= 0 gr, Z= 4.2 gr, Na= 4 mg
 Bors 100 ml VE=4 cal/17.2 kj G=0 gr, AGS=0 gr, Z=0.6 gr, Na=0 mg
 Ceapa galbena 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg
 Oase garf 100 gr VE=809 cal/3327 kj, G=90 gr AGS=49 gr Z=0 gr, Na= 100 mg
 Pulpa de vita 100 gr VE=141 cal/590 kj, G=5.9 gr, AGS=2 gr, Z=0 gr, Na=60 mg
 Rosii cuburi 100 gr VE=32 cal/134 kj, G=0.3 gr, AGS=0 gr, Z=0 gr, Na=132 mg
 Telina 100 gr VE=16 cal/67kj, G=0.2 gr, AGS=0 gr, Z=1.8 gr, Na=80 mg
 Paine toast 100 gr VE=313 cal/1310 kj, G=4.3 gr, AGS=1 gr, Z=6.4 gr, Na=611 mg

Pag 8

Meniul zilei 1

Castraveti murati kg 100 gr VE=11 cal/46.1 kj, G=0.2 gr, AGS=0.1 gr, Z=1.1 gr, Na=1208 gr
 Ceapa galbena 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg
 Cimbru (uscat) 100 gr VE= 272 cal/1138 kj G= 6 gr AGS= 0 gr Z= 0 gr Na= 0 mg
 Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg
 Fasole uscata 100 gr VE=333 cal/1394 kj, G=0.9 gr, AGS=0.1 gr, Z=2.1 gr, Na=16 mg
 Lapte 100 ml VE=64 cal/268 kj , G=3.7 gr, AGS=2.3 gr, Z=0 gr, Na=49 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Mazare	100 gr	VE=77 cal/322 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=5 gr,	Na=108 mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Nutella	100 gr	VE= 539 cal/2255 kj	G= 31 gr	AGS= 10.6 gr	Z= 56 gr	Na= 100 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii cuburi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	Na=0 mg

Meniul zilei 2

Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Bulion	100 gr	VE=51 cal/210 kj,	G=1 gr,	AGS=0 gr	Z=4.4 gr	Na=115 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr	Na=10 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Foi placinta	100 gr	VE=290 cal/1213 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Lapte	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pulpa de porc	100 gr	VE=136 cal/569 kj,	G=5.4 gr,	AGS=1.9 gr,	Z=0 gr,	Na= 55 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg
Zahar kg	100 gr	VE=387 cal/1620 kj,	G=0 gr	AGS=0 gr	Z=99.9 gr,	Na=0 mg

Pag 9

Meniul zilei 3

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr	Na=10 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Dulceata (ex visine)	100 gr	VE=287 cal/1201 kj,	G=0 gr,	AGS=0 gr,	Z=52 gr,	Na=0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Lapte	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Rosii cuburi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Snitel Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 10

Meniul zilei 4

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Bulion	100 gr	VE=51 cal/210 kj,	G=1 gr,	AGS=0 gr	Z=4.4 gr	Na=115 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Foi placinta	100 gr	VE=290 cal/1213 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Mere	100 gr	VE=52 cal/218 kj,	G=0.2 gr,	AGS=0 gr,	Z=10.4 gr,	Na= 1mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pulpa de porc	100 gr	VE=136 cal/569 kj,	G=5.4 gr,	AGS=1.9 gr,	Z=0 gr,	Na= 55 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Zahar kg	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Pag 11

Meniul zilei 5

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr,	Na=850 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Margarina	100 gr	VE=717 cal/3002 kj,	G=80.7 gr,	AGS=15.2 gr,	Z=0 gr,	Na= 943 mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Sfecla rosie	100 gr	VE=43 cal/180 kj,	G=0.2 gr,	AGS=0 gr,	Z=6.8 gr	Na=78 mg
Telina radacina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg
Zahar kg	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Pag 12

Meniul 1

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Nutella	100 gr	VE= 539 cal/2255 kj	G= 31 gr	AGS= 10.6 gr	Z= 56 gr	Na= 100 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Rosii cuburi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniul 2

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Bulion	100 gr	VE=51 cal/210 kj,	G=1 gr,	AGS=0 gr	Z=4.4 gr	Na=115 mg
Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Foi placinta	100 gr	VE=290 cal/1213 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
Mazare	100 gr	VE=77 cal/322 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=5 gr,	Na=108 mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pulpa de porc	100 gr	VE=136 cal/569 kj,	G=5.4 gr,	AGS=1.9 gr,	Z=0 gr,	Na= 55 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii cuburi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Zahar kg	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Pag 13

Meniul 3

Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Bulion	100 gr	VE=51 cal/210 kj,	G=1 gr,	AGS=0 gr	Z=4.4 gr	Na=115 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Dulceata (ex visine)	100 gr	VE=287 cal/1201 kj,	G=0 gr,	AGS=0 gr,	Z=52 gr,	Na=0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pulpa de porc	100 gr	VE=136 cal/569 kj,	G=5.4 gr,	AGS=1.9 gr,	Z=0 gr,	Na= 55 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 14

Meniul 4

Biscuiti (populari)	100 gr	VE=414 cal/1732 kj,	G=7 gr,	AGS= 1 gr,	Z=9 gr	Na=850 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cimbru (uscat)	100 gr	VE= 272 cal/1138 kj	G= 6 gr	AGS= 0 gr	Z= 0 gr	Na= 0 mg
Fasole uscata	100 gr	VE=333 cal/1394 kj,	G=0.9 gr,	AGS=0.1 gr,	Z=2.1 gr,	Na=16 mg
Margarina	100 gr	VE=717 cal/3002 kj,	G=80.7 gr,	AGS=15.2 gr,	Z=0 gr,	Na= 943 mg
Mazare	100 gr	VE=77 cal/322 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=5 gr,	Na=108 mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Orez kg	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Patrunjel radacina	100 gr	VE=29 cal/121 kj,	G=0.1 gr,	AGS= 0 gr,	Z=0 gr,	Na= 0 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

sau

Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Rosii cuburi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Zahar kg	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Pag 15

Meniul 5

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Cartofi kg	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Foi placinta	100 gr	VE=290 cal/1213 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Mere	100 gr	VE=52 cal/218 kj,	G=0.2 gr,	AGS=0 gr,	Z=10.4 gr,	Na= 1mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Patrunjel radacina	100 gr	VE=29 cal/121 kj,	G=0.1 gr,	AGS= 0 gr,	Z=0 gr,	Na= 0 mg

sau

Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Sfecla rosie	100 gr	VE=43 cal/180 kj,	G=0.2 gr,	AGS=0 gr,	Z=6.8 gr	Na=78 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Varza murata	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=71 mg

Pag 16

Meniul 6

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bors	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Branza de vaci	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Dulceata (visine)	100 gr	VE=287 cal/1201 kj,	G=0 gr,	AGS=0 gr,	Z=52 gr,	Na=0 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Oase garf	100 gr	VE=809 cal/3327 kj,	G=90 gr	AGS=49 gr	Z=0 gr,	Na= 100 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pulpa de vita	100 gr	VE=141 cal/590 kj,	G=5.9 gr,	AGS=2 gr,	Z=0 gr,	Na=60 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii cuburi	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Smantana de gatit	100 gr	VE= 44 cal/185 kj,	G=10 gr,	AGS= 9.3 gr,	Z=0 gr,	Na=79 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

Categorie: Meniuri

Meniu Aripioare de pui + apa

Aripi de pui	100 gr	VE= 222 cal/929 kj,	G= 16 gr,	AGS= 4.5 gr	Z= 0 gr,	Na= 73 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 17

Meniu Aripioare de pui + bere

Aripi de pui	100 gr	VE= 222 cal/929 kj,	G= 16 gr,	AGS= 4.5 gr	Z= 0 gr,	Na= 73 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu Aripioare de pui + suc

Aripi de pui	100 gr	VE= 222 cal/929 kj,	G= 16 gr,	AGS= 4.5 gr	Z= 0 gr,	Na= 73 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu carnaciori + suc

Carnati proaspeti	100 gr	VE=238 cal/999 kj,	G=19.4 gr,	AGS=7.8 gr,	Z=0.16 gr,	Na=1310 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu ceafa de porc + apa

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr,	Na= 56 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu ceafa de porc + bere

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr,	Na= 56 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 18

Meniu mici + apa

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Mici	100 gr	VE= 216 cal/ 904 k	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Meniu mici + bere

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Mici	100 gr	VE= 216 cal/ 904 k	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Meniu mici + suc

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Mici	100 gr	VE= 216 cal/ 904 k	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Meniu piept de pui – apa

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu piept de pui – bere

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg
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Pag 19

Meniu piept de pui + suc

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu pulpa de pui + bere

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu pulpa de pui + suc

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu carnaciori + apa

Carnati proaspeti	100 gr	VE=238 cal/999 kj,	G=19.4 gr,	AGS=7.8 gr,	Z=0.16 gr,	Na=1310 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Meniu carnaciori + bere

Carnati proaspeti	100 gr	VE=238 cal/999 kj,	G=19.4 gr,	AGS=7.8 gr,	Z=0.16 gr,	Na=1310 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 20

Meniu ceafa de porc + suc

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Meniu pulpa de pui + apa

Cartofi pai 100 gr VE=147 cal/615 kj, G=4.7 gr, AGS=1 gr, Z=0.2 gr, Na=332 mg
 Pulpe de pui 100 gr VE=187 cal/783 kj, G=12.1 gr, AGS= 3.4 gr, Z=0 gr, Na=79 mg
 Ulei de palmier 100 gr VE=884 cal/3701 kj, G=100 gr, AGS=49.3 gr, Z=0 gr, Na=0 mg
 Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr, Na=0 mg
 Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Meniu aripioare Crispy

Aripi de pui 100 gr VE= 222 cal/929 kj, G= 16 gr, AGS= 4.5 gr Z= 0 gr, Na= 73 mg
 Cartofi pai 100 gr VE=147 cal/615 kj, G=4.7 gr, AGS=1 gr, Z=0.2 gr, Na=332 mg
 Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg
 Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg
 Pesmet 100 gr VE=313 cal/1310 kj, G=4.3 gr, AGS=1 gr, Z=6.4 gr, Na=611 mg
 Ulei de palmier 100 gr VE=884 cal/3701 kj, G=100 gr, AGS=49.3 gr, Z=0 gr, Na=0 mg
 Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Meniu Crispy

Cartofi pai 100 gr VE=147 cal/615 kj, G=4.7 gr, AGS=1 gr, Z=0.2 gr, Na=332 mg
 Castraveti murati kg 100 gr VE=11 cal/46.1 kj, G=0.2 gr, AGS=0.1 gr, Z=1.1 gr, Na=1208 gr
 Faina 100 gr VE=361 cal/1511 kj, G=1.7 gr, AGS=0.2 gr, Z=0.3 gr, Na=2 mg
 Fulgi de porumb 100 gr VE=357 cal/1494 kj, G=0.6 gr, AGS=0.1 gr Z=6.5 gr, Na=959 mg
 Oua 1 buc VE=71.5 cal/299 kj, G=5 gr, AGS=1.5 gr, Z=0.4 gr, Na=70 mg
 Pasta ardei dulce 100 gr VE= 51 cal/213 kj G= 1.4 gr AGS=0.2 gr Z=4.4 gr Na= 1150 mg
 Piept de pui 100 gr VE=263 cal/ 1101 kj, G=15.7 gr, AGS=3.3 gr, Z=0.4 gr, Na=451 mg
 Rosii 100 gr VE=18 cal/75.4 kj, G=0.2 gr, AGS=0 gr, Z=2.6 gr, Na=5 mg
 Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Pag 21

Meniu snitel de pui cu cartofi

Cartofi pai 100 gr VE=147 cal/615 kj, G=4.7 gr, AGS=1 gr, Z=0.2 gr, Na=332 mg
 Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg
 Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg
 Snitel pui 100 gr VE=263 cal/ 1101 kj, G=15.7 gr, AGS=3.3 gr, Z=0.4 gr, Na=451 mg
 Ulei de palmier 100 gr VE=884 cal/3701 kj, G=100 gr, AGS=49.3 gr, Z=0 gr, Na=0 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	, Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Categorie : Platouri

Platou Chicken

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Aripi de pui	100 gr	VE= 222 cal/929 kj,	G= 16 gr,	AGS= 4.5 gr	Z= 0 gr,	Na= 73 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ciuperci kg	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Faina grau	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Fulgi de porumb	100 gr	VE=357 cal/1494 kj,	G=0.6 gr,	AGS=0.1 gr	Z=6.5 gr,	Na=959 mg
Iaurt kg	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Orez kg	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pasta ardei dulce	100 gr	VE= 51 cal/213 kj	G= 1.4 gr	AGS=0.2 gr	Z=4.4 gr	Na= 1150 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	, Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr	, Na=17 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 22

Platou Mixt Grill

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Carnati proaspeti (aprox)	100 gr	VE=238 cal/999 kj,	G=19.4 gr,	AGS=7.8 gr,	Z=0.16 gr,	Na=1310 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Ciuperci kg	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Condiment grill kg						
laurt kg	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Mici	100 gr	VE= 216 cal/ 904 kj	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Morcov	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Orez kg	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 23

Platou Papas

Aripi de pui	100 gr	VE= 222 cal/929 kj,	G= 16 gr,	AGS= 4.5 gr	Z= 0 gr,	Na= 73 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Condiment grill kg						
Faina grau	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Mici	100 gr	VE= 216 cal/ 904 kj	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Pasta ardei dulce	100 gr	VE= 51 cal/213 kj	G= 1.4 gr	AGS=0.2 gr	Z=4.4	Na= 1150 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z= 0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 24

Platou Papas 8 persoane

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Aripi de pui	100 gr	VE= 222 cal/929 kj,	G= 16 gr,	AGS= 4.5 gr	Z= 0 gr,	Na= 73 mg
Aripi de pui pane	100 gr	VE=321 cal/1344 kj ,	G=22.2 gr,	AGS=6.1 gr,	Z=0 gr ,	Na=77 mg
Carnati proaspeti (aprox)	100 gr	VE=238 cal/999 kj,	G=19.4 gr,	AGS=7.8 gr,	Z=0.16 gr,	Na=1310 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceafa de porc	100 gr	VE=232 cal/997.6 kj,	G=18.8 gr,	AGS=7.9 gr,	Z=0 gr ,	Na= 56 mg
Ceapa rosie	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ciuperci kg	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=0 gr	Na=0 mg
Condiment cartofi kg						
Condiment grill kg						
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Faina grau	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Fulgi de porumb	100 gr	VE=357 cal/1494 kj,	G=0.6 gr,	AGS=0.1 gr	Z=6.5 gr,	Na=959 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5	Na=1118 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Mici	100 gr	VE= 216 cal/ 904 kj	G= 17.2 gr	AGS= 6.4 gr	Z= 0.4 gr	Na= 2520 mg
Orez kg	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pasta ardei dulce	100 gr	VE= 51 cal/213 kj	G= 1.4 gr	AGS=0.2 gr	Z=4.4 gr	Na= 1150 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Porumb dulce	100 gr	VE=81 cal/339 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=3 gr,	Na=298 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Snitel pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Sos Barbeque	100 gr	VE=143 cal/599 kj,	G=0 gr,	AGS=0 gr,	Z=22.9 gr,	Na=700 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 26

Categorie: Produse noi

Bagheta cu ton

Abrevieri – Valoare energetica=VE, Cantitate de grasimi=G, Acizi grasi saturati=AGS, Zaharuri=Z, Sare=Na Page 20

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Demibagheta/Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg
sau						
File de ton	100 gr	VE=144 cal/603 kj,	G=4.9 gr,	AGS=1.3 gr,	Z=0 gr,	Na=39 mg

Burger de pui

Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Chifla burger	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 27

Cheeseburger Black Angus

Muschi de vita Black Angus	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Cheddar	100 gr	VE=403 cal/1687 kj,	G=33.1 gr,	AGS=21.1 gr,	Z=0.5 gr,	Na=621 mg
Chifla burger	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Sos Barbeque	100 gr	VE=143 cal/599 kj,	G=0 gr,	AGS=0 gr,	Z=22.9 gr,	Na=700 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Ciabata Carnat Casa

Carnati proaspeti (aprox)	100 gr	VE=238 cal/999 kj,	G=19.4 gr,	AGS=7.8 gr,	Z=0.16 gr,	Na=1310 mg
Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ciabata/Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Varza murata	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=71 mg

Ciabata Pui Strips

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ciabata/Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Strips sweet&chilli						
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Sau						

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Sos Chili dulce	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 28

Toast Chorizo

Chorizo	100 gr	VE= 448 cal/1877 kj	G= 38.3 gr	AGS= 14.4 gr	Z= 0 gr	Na= 1235 mg
Crema de branza						
Ex: Philadelphia	100 gr	VE=245 cal/1078 kj,	G=23.5 gr,	AGS=2.3 gr,	Z=0 gr,	Na= 310 mg
Milbona	100 gr	VE=222 cal/929 kj,	G=20.5 gr,	AGS=15 gr,	Z=3 gr,	Na=350 mg
Ehrmann 20%	100 gr	VE=86 cal/360 kj,	G=4 gr,	AGS=0 gr,	Z=0 gr,	Na= 270 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Toast Mozzarella

Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Rucola	100 gr	VE=25 cal/105 kj,	G=0.66 gr,	AGS=0.08 gr,	Z=2 gr	Na= 27 mg

Categorie : Produse recente

Cotlet de berbecut

Berbecut/Miel	100 gr	VE=135 cal/565 kj,	G=5.4 gr,	AGS=2.3 gr,	Z=0 gr,	Na=47 mg
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Frigarui carne de vita

Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Pita 120 rg	100 gr	VE=266 cal/1114 kj,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Shaorma de pui

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Ceapa rosie	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Condiment grill kg						
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Lipie	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pag 29

Shish Kebab de Vitel

Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Condiment grill kg						
Pasta de susan	100 gr	VE=595 cal/2491 kj,	G=53.8 gr,	AGS=7.5 gr,	Z=0.5 gr,	Na=115 mg
Pita 120 rg	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Shish Tawook de pui

Cartofi pai	100 gr	VE=147 cal/615 kj,	G=4.7 gr,	AGS=1 gr,	Z=0.2 gr,	Na=332 mg
Condiment grill kg						
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pita 120 rg	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg

Categorie: Salate

Salata de ardei copti

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Pag 30

Salata de castraveti murati

Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
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Salata de vara

Ardei gras Bianca	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Salata de varza murata

Varza murata 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=71 mg

Salata de varza proaspata

Morcov 100 gr VE=41 cal/172 kj, G=0.2 gr, AGS=0 gr, Z=4.7 gr, Na=69 mg

Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Categorie: Salate portie

Salata de castraveti murati 150 gr

Castraveti murati kg 100 gr VE=11 cal/46.1 kj, G=0.2 gr, AGS=0.1 gr, Z=1.1 gr, Na=1208 gr

Salata de vara portie 150 gr

Ardei gras Bianca 100 gr VE=31 cal/130 kj, G=0.3 gr, AGS= 0 gr, Z= 4.2 gr, Na= 4 mg

Castraveti 100 gr VE=15 cal/62.8 kj , G=0.1 gr, AGS=0 gr, Z=1.7 gr, Na=2 mg

Ceapa rosie 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg

Rosii 100 gr VE=18 cal/75.4 kj, G=0.2 gr, AGS=0 gr, Z=2.6 gr, Na=5 mg

Ulei de masline 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=13.8 gr, Z=0 gr, Na=0 mg

Salata de varza murata portie 150 gr

Varza murata 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=71 mg

Salata de varza proaspata portie 150 gr

Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Pag 31

Categorie: Sandwich

Papas Sandwich ceafa porc

Cartofi pai 100 gr VE=147 cal/615 kj, G=4.7 gr, AGS=1 gr, Z=0.2 gr, Na=332 mg

Castraveti 100 gr VE=15 cal/62.8 kj , G=0.1 gr, AGS=0 gr, Z=1.7 gr, Na=2 mg

Ceafa de porc 100 gr VE=232 cal/997.6 kj, G=18.8 gr, AGS=7.9 gr, Z=0 gr , Na= 56 mg

Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg

Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg

Pita 120 rg 100 gr VE=266 cal/1114 kj , G=3.6 gr, AGS=0.8 gr, Z=5.8 gr, Na=521 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Papas Sandwich piept pui

Cartofi pai 100 gr VE=147 cal/615 kj, G=4.7 gr, AGS=1 gr, Z=0.2 gr, Na=332 mg
 Castraveti 100 gr VE=15 cal/62.8 kj, G=0.1 gr, AGS=0 gr, Z=1.7 gr, Na=2 mg
 Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg
 Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg
 Piept de pui 100 gr VE=263 cal/ 1101 kj, G=15.7 gr, AGS=3.3 gr, Z=0.4 gr, Na=451 mg
 Ulei de palmier 100 gr VE=884 cal/3701 kj, G=100 gr, AGS=49.3 gr, Z=0 gr, Na=0 mg
 Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Papas Sandwich pulpa de pui

Cartofi pai 100 gr VE=147 cal/615 kj, G=4.7 gr, AGS=1 gr, Z=0.2 gr, Na=332 mg
 Castraveti 100 gr VE=15 cal/62.8 kj, G=0.1 gr, AGS=0 gr, Z=1.7 gr, Na=2 mg
 Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg
 Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg
 Pita 120 rg 100 gr VE=266 cal/1114 kj, G=3.6 gr, AGS=0.8 gr, Z=5.8 gr, Na=521 mg
 Pulpe de pui 100 gr VE=187 cal/783 kj, G=12.1 gr, AGS= 3.4 gr, Z=0 gr, Na=79 mg
 Ulei de palmier 100 gr VE=884 cal/3701 kj, G=100 gr, AGS=49.3 gr, Z=0 gr, Na=0 mg
 Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr, Na=0 mg
 Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Papas Sandwich snitel de pui

Cartofi pai 100 gr VE=147 cal/615 kj, G=4.7 gr, AGS=1 gr, Z=0.2 gr, Na=332 mg
 Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg
 Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg
 Pita 120 rg 100 gr VE=266 cal/1114 kj, G=3.6 gr, AGS=0.8 gr, Z=5.8 gr, Na=521 mg
 Snitel de pui 100 gr VE=263 cal/ 1101 kj, G=15.7 gr, AGS=3.3 gr, Z=0.4 gr, Na=451 mg
 Ulei de palmier 100 gr VE=884 cal/3701 kj, G=100 gr, AGS=49.3 gr, Z=0 gr, Na=0 mg
 Varza alba 100 gr VE=25 cal/105 kj, G=0.1 gr, AGS=0 gr, Z=3.2 gr, Na=18 mg

Pag 32

Categorie : Sosuri

Sosul casei 70 gr

Ardei iute 100 gr VE=30 cal/126 kj, G= 0.6 gr, AGS=0.1 gr, Z=3.5 gr, Na= 1 mg
 Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg
 Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr, Na=0 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Barbeque 70 gr

Ceapa galbena	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Sos Barbeque	100 gr	VE=143 cal/599 kj,	G=0 gr,	A GS=0 gr,	Z=22.9 gr,	Na=700 mg

Ketchup 70 gr

Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
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Maioneza 70 gr

Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
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Mujdei 70 gr

Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr	Na=17 mg

Mustar 60 gr

Mustar	100 gr	VE=67 cal/281 kj,	G=4 gr,	AGS=0.2 gr,	Z=0.9 gr,	Na=1135 mg
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Samurai 70 gr

Ardei iute	100 gr	VE=30 cal/126 kj,	G= 0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=0 gr	Na=0 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg

Sosul Aioli 70 gr

Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
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Pag 33

Tartar

Castraveti murati kg	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg

Tzatziki 70 gr

Castraveti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
Marar	100 gr	VE= 43 cal/180 kj	G= 1.1 gr	AGS= 0.1 gr	Z= 0 gr	Na= 61 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr	Na=17 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Categorie: Sosuri mici

Sosul casei 30 gr

Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr, Na=0 mg

Barbeque 30 gr

Ceapa galbena 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg

Sos Barbeque 100 gr VE=143 cal/599 kj, G=0 gr, A GS=0 gr, Z=22.9 gr, Na=700 mg

Ketchup 30 gr

Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg

Maioneza 30 gr

Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg

Mujdei 30 gr

Ulei de floarea soarelui 100 ml VE=884 cal/3701 kj, G=100 gr, AGS=9 gr, Z=0 gr, Na=0 mg

Usturoi 100 gr VE=149 cal/624 kj, G=0.5 gr, AGS=0.1 gr, Z=1 gr, Na=17 mg

Pag 34

Mustar 30 gr

Mustar 100 gr VE=67 cal/281 kj, G=4 gr, AGS=0.2 gr, Z=0.9 gr, Na=1135 mg

Samurai 30 gr

Cognac 100 gr VE=225 cal/941 kj G=0 gr, AGS=0 gr, Z=0 gr Na=0 mg

Ketchup 100 gr VE=88 cal/369 kj, G=0 gr, AGS=0 gr, Z=23.5 gr, Na=1118 mg

Sosul Aioli 30 gr

Maioneza 100 gr VE=390 cal/1633 kj, G=33.4 gr, AGS=4.9 gr, Z=6.4 gr, Na=711 mg

Tartar 30 gr

Nici un produs nu depaseste 20 gr

Tzatziki 30 gr

Iaurt 100 gr VE=61 cal/255 kj, G=3.3 gr, AGS=2.1 gr, Z= 4.7 gr, Na=46 mg

Categorie: Tazz Discount

Bagheta cu ton

Ceapa galbena 100 gr VE=40 cal/167 kj, G=0.1 gr, AGS=0 gr, Z=4.2 gr, Na=4 mg

Demibagheta/Paine 100 gr VE=266 cal/1114 kj, G=3.6 gr, AGS=0.8 gr, Z=5.8 gr, Na=521 mg

Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022– valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg
sau						
File de ton	100 gr	VE=144 cal/603 kj,	G=4.9 gr,	AGS=1.3 gr,	Z=0 gr,	Na=39 mg

Pag 35

Cheesburger Black Angus

Muschi de vita Black Angus	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Cheddar	100 gr	VE=403 cal/1687 kj,	G=33.1 gr,	AGS=21.1 gr,	Z=0.5 gr,	Na=621 mg
Chifla burger	100 gr	VE=266 cal/1114 kj,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Sos Barbeque	100 gr	VE=143 cal/599 kj,	G=0 gr,	AGS=0 gr,	Z=22.9 gr,	Na=700 mg
Varza alba	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=3.2 gr,	Na=18 mg

Pui intreg 1-1.3 kg

Condiment grill kg						
Patrunjel radacina	100 gr	VE=29 cal/121 kj,	G=0.1 gr,	AGS= 0 gr,	Z=0 gr,	Na= 0 mg
sau						
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Pui intreg						
Piept de pui	100 gr	VE=263 cal/ 1101 kj,	G=15.7 gr,	AGS=3.3 gr,	Z=0.4 gr,	Na=451 mg
Pulpe de pui	100 gr	VE=187 cal/783 kj,	G=12.1 gr,	AGS= 3.4 gr,	Z=0 gr,	Na=79 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Categorie: Turta

Paine felie

Paine toast	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
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Sana 250 ml

Sana	100 gr	VE= 61 cal/255 kj	G= 4 gr	AGS= 0 gr	Z= 0 gr	Na= 0 mg
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Turta ca la bunica

Pita 120 gr	100 gr	VE=275 cal/1151 kj,	G=1.2 gr,	AGS=0.2 gr,	Z=0 gr,	Na=536 mg
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Declaratii nutritionale produse PAPAS(Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)
