

Meniu - Valori Nutriționale

Aperitive & Salate

Preparat	Kcal	Proteine (g)	Carbhidrați (g)	Grăsimi (g)
DIPS & FOCACCIA	670	22	56	44
CALAMARI & SHRIMP FRITTO	405	39	19	18
POLENTA CROQUETTES	603	20	63	30
BIFTEC TARTAR	704	42	38	42
LOCAL CHARCUTERIE	1060	67	62	60
AUTUMN SALAD	423	16	33	27
CRISPY CHICKEN CAESAR SALAD	702	49	24	45
SHRIMPS BRUSCHETTA	570	34	55	25
STEAK & BURRATA SALAD	620	36	24	40

Supe

Preparat	Kcal	Proteine (g)	Carbhidrați (g)	Grăsimi (g)
SUPA DE COCOȘ	350	44	21	8
OX TAIL SOUP	450	36	29	20
SWEET CORN & CHICKEN CREAM	395	27	28	19

Feluri principale

Preparat	Kcal	Proteine (g)	Carbhidrați (g)	Grăsimi (g)
SPAGHETTI AL PESTO E MASCARPONE	1045	39	92	57
GNOCCHI ALLA BOLOGNESE	850	41	82	37
CHEESY CHICKEN ROULADE	562	56	26	25
SEA BASS & PRAWNS	524	62	16	24
ANGUS BEEF CHEEKS	845	67	38	44
BEEF MEDALLIONS & PROSCIUTTO CRUDO	855	67	46	42
STEAK AND FRITTES	654	54	20	40
AGED FILLET OF BEEF URUGUAY	870	79	0	58
THE TASTE OF BEEF	1415	111	41	90
MIX & MATCH	1780	124	47	122
FISH & CHIPS	910	48	88	38
BEEF & MUSHROOM PIE	1020	51	78	53
GLAZED VEAL LIVER	870	62	34	52

Preparat	Kcal	Proteine (g)	Carbohidrați (g)	Grăsimi (g)
RUMP STEAK TAGLIATA	685	56	3	48
THE TASTE OF PORK	1493	68	29	120
CHICAGO CLASSIC SMASHED	835	48	56	42
BUTTERMILK FRIED CHICKEN BURGER	820	47	60	39
SHAMELESS BURGER	835	53	55	44
SPAGHETTI ALLA CARBONARA	1160	54	95	58
RISOTTO GUANCIALE E ZAFFERANNO	1040	27	132	42
LINGUINI AGLIO OLIO GAMBERI	890	41	90	39
HONEY ROASTED CAULIFLOWER	690	25	53	42

Garnituri

Preparat	Kcal	Proteine (g)	Carbohidrați (g)	Grăsimi (g)
SALATA DE SEZON	32	1	6	0
CARTOFI PRAJITI DE CASA	350	5	52	15
CARTOFI PRAJITI PARMEZAN & USTUROI	535	14	58	28
CARTOF COPT CU SMANTANA & IERBURI	170	4	27	6
OREZ JASMINE CU SCORTISOARA	345	6	70	6
SPARANGHEL CU LAMAIE & PARMEZAN	175	12	8	11
CRISPY POTATOES	560	14	45	35
FRIED BEEF CHEEK	720	48	41	36
BONE MARROW	670	17	36	52

Deserturi

Preparat	Kcal	Proteine (g)	Carbohidrați (g)	Grăsimi (g)
TIRAMISU	470	7	42	30
CHOUX	440	8	52	22
INGHETATA DE CASA	100	2	14	4
MOUSSE CIOCOLATA ALBA & MASLINE	605	8	55	40
MILLEFOGLIE VANILIE & FRUCTE PADURE	390	8	48	18

Sosuri

Preparat	Kcal	Proteine (g)	Carbohidrați (g)	Grăsimi (g)
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