

## LISTA MENIU CU VALORILE NUTRITIONALE

### MILLENNIUM Pub & Restaurant

#### Ciorba de burta 100/300

992 kcal; proteine 41.87 g ;lipide 68.95 g;glucide 21.41 g;sare 2 g .

#### Ciorba de legume 400 g

309.8 kcal; proteine 10.41 g ;lipide 11.29 g;glucide 36.51 g;sare 2 g .

#### Ciorba de vacuta 60/340 g

532.5 kcal; proteine 32.55 g ;lipide 19.98 g;glucide 49.86 g;sare 2 g .

#### Tigaie picante

2488.19 kcal; proteine 99.53 g ;lipide 147.97 g;glucide 159.54 g;sare 2 g .

#### Pomana porcului

A658.8 kcal; proteine 97.86 g ;lipide 76.54g;glucide 83.02 g;sare 2 g .

#### Degetele de pui

1418.6 kcal; proteine 56.99 g ;lipide 72.21 g;glucide 110.1g;sare 2 g .

#### Saramura de pui

1015.35 kcal; proteine 51.94 g ;lipide 38.49 g;glucide 96.14 g;sare 2 g .

#### Piure de cartofi

415.1 kcal; proteine 8.35 g ;lipide 14.6 g;glucide 59.3 g;sare 3 g .

#### Pizza Carbonara

2058.68 kcal; proteine 102.81 g ;lipide 97.21 g;glucide 166.43 g;sare 3.6 g .

### **Pizza Carbonara cu piept de pui**

2001.68 kcal; proteine100.09 g ;lipide 84.2 g;glucide 166.31 g;sare 3.6 g .

### **Pizza Diavolla**

2049.5 kcal; proteine102.7 g ;lipide 97.6 g;glucide 176.4 g;sare 3.6 g .

### **Pizza Margherita**

1456 kcal; proteine70.4 g ;lipide 59.7 g;glucide 154.03 g;sare 3 g .

### **Pizza Peperoni**

1075.01 kcal; proteine99.14 g ;lipide 87.86 g;glucide 166.31 g;sare 3.6 g .

### **Pizza Quattro formagi**

1643 kcal; proteine107.6 g ;lipide 81.6 g;glucide 155.8 g;sare 3.6 g .

### **Pizza Quattro Stagioni**

1828.9 kcal; proteine 92.4 g ;lipide 84.35 g;glucide 160.61 g;sare 3 g .

### **Pizza Casei**

2235.2 kcal; proteine113.44g ;lipide 95.44 g;glucide 200.26 g;sare 3 g .

### **T-BONE**

472.7 kcal; protein 28.91g ;lipide 39.01 g;glucide3.06 g;sare 10 g .

### **SPAGHETE MILANEZE**

248.5 kcal; proteine 18.35;lipide 11 g;glucide 22.76 g;sare 3 g .

### **SOS DE PIPER VERDE**

240 kcal; protein 0.8 g ;lipide 21 g;glucide 12 g;sare 2 g .

### **SPAGHETE CARBONARA**

836.8 kcal; protein 35.28 g ;lipide 68.3 g;glucide 32.03 g;sare 2 g .

### **SOS PICANT**

437 kcal; protein 5.9 g ;lipide 31.3 g;glucide 35.2 g;sare 2 g .

### **SOS CHILLI**

266 kcal; protein 0.5 g ;lipide 1.5 g;glucide 62.5 g;sare 2 g .

### **SNITEL DE PUI**

747 kcal; protein 31.48 g ;lipide 32.49 g;glucide 44.08 g;sare 2 g .

### **SNITEL DE PORC**

859.8 kcal; protein 52.9 g ;lipide 47.55 g;glucide 44.08 g;sare 2 g .

### **SMANTANA**

213 kcal; protein 3.5 g ;lipide 20 g;glucide 3.1;

### **SALATA GRECEASCA**

46.59 kcal; protein 2.06 g ;lipide 3.39 g;glucide 1.61 g;sare 3 g .

### **SALATA DE SEZON**

156.2 kcal; proteine 3.14 g ;lipide 10.68 g;glucide 12.24 g;sare 5 g .

### **SALATA DE MURATURI**

24 kcal; protein 1.3g ;lipide 0 g;glucide 4.5g;sare 2 g .

### **SALATA COLESLAW**

384.74 kcal; protein 3.35 g ;lipide 27.15 g;Glucide14.53 g;sare 5 g .

### **SALATA TON**

453.61 kcal; protein 15.98 g ;lipide 32.15 g;glucide 20.66 g;sare 5 g .

### **SOS DULCE**

97 kcal; protein 1.7 g ;lipide 0.3 g;glucide 25.2 g;

### **SOS MAIONEZA**

743 kcal; protein 1.5 g ;lipide 80 g;glucide 3 g;

### **SALATA DE PIEPT DE PUI**

521.95 kcal; protein 27.01 g ;lipide 30.65 g;glucide 21.72 g;sare 5 g .

### **SALATA DE VARZA**

158.4 kcal; proteine3.6 g ;lipide 10.3 g;glucide 11.6 g;sare 5 g .

### **PLATOU RECE**

781.45 kcal; protein 37.02 g ;lipide 59.1 g;glucide 7.66 g;sare 2 g .

### **PLATOUL CASEI**

534.05 kcal; protein 38.22 g ;lipide 29.47 g;glucide 59.2 g;sare 2 g .

### **PLATOUL CASEI 2 PERSOANE**

1068.1 kcal; protein 76.44 g ;lipide 58.94 g;glucide 11.91 g;sare 2 g .

### **PLATOU FRUCTE DE MARE 2 PERSOANE**

174 kcal; protein 7g ;lipide 18 g;glucide 8 g;sare .

### **PASTRAV LA GRATAR**

289.8 kcal; protein 25.29 g ;lipide 18.14 g;glucide 3.1 g;sare 2 g .

### **PIEPT DE PUI LA GRATAR**

644.4 kcal; protein 48 g ;lipide 28 g;glucide 0 g;sare 5 g .

### **OMLETA SIMPLA**

1075.01 kcal; proteine99.14 g ;lipide 87.86g;glucide 166.31 g;sare 3.6 g .

### **OREZ SARBESC**

403 kcal; proteine 7.22 g ;lipide 1.32 g;glucide 85.16 g;sare 3 g .

### **PLATOU DE FRUCTE DE MARE PT 1 PERSOANA**

2574.45 kcal; proteine 146.99 g ;lipide 166.5 g;glucide 109.35 g;sare 3 g .

### **Tigaie picanta**

2316.9 kcal; proteine 88.91 g ;lipide 113.29 g;glucide 159.54 g;sare 2 g .

### **Papanasi cu dulceata**

2115.3 kcal; proteine 568.1 g ;lipide 129.34 g;glucide 328.6 g;sare 2 g .

### **PIZZA CASEI CU PUI**

2494.6 kcal; proteine 100.56 g ;lipide 149.64 g;glucide 167.59 g;sare 3 g .

### **SALATA CEZAR CU BACON**

99.6 kcal; proteine 48.28 g ;lipide 38.51 g;glucide 117.53 g;sare 2 g .

### **MUJDEI**

475.7 kcal; proteine 0.72 g ;lipide 50 g;glucide 2.6 g;sare 2 g .

### **MICI LA GRATAR**

285.5 kcal; proteine 13.09 g ;lipide 24.52 g;glucide 1.77 g;sare 1 g .

### **MAMALIGA**

532.5 kcal; proteine 13.95 g ;lipide 5.85 g;glucide 110.55 g;sare 3 g .

### **CARTOFI PRAJITI**

1044 kcal; proteine 2.55 g ;lipide 100.2 g;glucide 26.1 g;sare 3 g .

### **CARTOF FAN**

1084 kcal; proteine 3.4 g ;lipide 100.3 g;glucide 34.8 g;sare 5 g .

### **CEAFA DE PORC LA GRATAR**

413.5 kcal; proteine 36.27 g ;lipide 28.47 g;glucide 85.16 g;sare 1 g .

### **CHIFLE**

276.9 kcal; proteine 9.18 g ;lipide 1.1 g;glucide 56 g;sare 2 g .

### **CARNATI PROASPETI**

286.2 kcal; proteine 11.4 g ;lipide 35.04 g;glucide 11.16 g;sare 2 g .

### **FRIGARUI MIXTE PUI PORC**

356.5 kcal; proteine 37.98 g ;lipide 54.82 g;glucide 1.9 g;sare 2 g .

### **ANTRICOT VITA CU OS**

516 kcal; proteine 24.78 g ;lipide 48.25 g;glucide 2.9 g;sare 3 g .

### **INELE DE CALAMAR**

1049.8 kcal; proteine 10.64 g ;lipide 107.9 g;glucide 7.1 g;sare 2 g .

### **COASTE DE PORC CU SOS BARBEQUE**

324 kcal; proteine 17 g ;lipide 17 g;glucide 11.66 g;sare 2 g .

### **MUSCHIULET DE PORC LA GRATAR**

296.4 kcal; proteine 33.48 g ;lipide 17.04 g;glucide 0 g;sare 2 g .

### **COTLET DE BERBECUT LA GRATAR**

338 kcal; proteine 23.4 g ;lipide 26 g;glucide 0 g;sare 2 g .

### **PAINE TOAST**

234 kcal; proteine 7.5 g ;lipide 0.7 g;glucide 48 g;sare 2 g .

### **CASCAVAL PANE**

1112.8 kcal; proteine 46.78 g ;lipide 84.99 g;glucide 30.42 g;sare 2 g .

### **FRIGARUI DE PORC**

291.9 kcal; proteine 64.98 g ;lipide 15.68 g;glucide 10.11 g;sare 2 g .

### **INGHETATA ASORTATA**

412.2 kcal; proteine 5 g ;lipide 14.65 g;glucide 72.52 g;

### **BURGERI DE VITA CU SOS CEDAR**

1151.7 kcal; proteine 86.99 g ;lipide 80.81 g;glucide 71.58 g;sare 2 g .

### **FRIGARUI DE PUI**

372.9 kcal; proteine 62.56 g ;lipide 17.24 g;glucide 10.11 g;sare 2 g .

### **LEGUME LA GRATAR**

539.1 kcal; proteine 27.92 g ;lipide 50.81 g;glucide 15.57 g;sare 2 g .

### **OMLETA CU SUNCA SI CASCAVAL**

1259.3 kcal; proteine 28.35 g ;lipide 120.03 g;glucide 2.9 g;sare 2 g .

### **CROCHETE DE CASCAVAL**

2630.6 kcal; proteine 55.5 g ;lipide 120.64 g;glucide 361.1 g;sare 2 g .

### **FOCACIA CU CASCAVAL**

2053.1 kcal; proteine 62.8 g ;lipide 129.3 g;glucide 148.2 g;sare 4 g .

### **FOCACIA CU ULEI DE MASLINE**

896.1 kcal; proteine 23.6 g ;lipide 32.78 g;glucide 145 g;sare 2 g .

### **FOCACIA CU ULEI DE MASLINE SI USTUROI**

988.4 kcal; proteine 23.75 g ;lipide 32.82 g;glucide 145.52 g;sare 4 g .

### **PAPANASI CU FINETTI**

.43613 kcal; proteine 59.95 g ;lipide 257.7 g;glucide 251.3 g;