

**Pag 1**

**Categorie: Carne**

Aripioare picante 300 gr

Ardei California	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 pane	100 gr	VE=321 cal/1344 kj ,	G=22.2 gr,	AGS=6.1 gr,	Z=0 gr ,	Na=77 mg
Lamai bucatarie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Salata mix	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sos Tao Tao						
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Ceafa de porc la gratar 180 gr

Ardei California	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
Castraveti murati	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
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg

Chicken Fingers cu Tzatziki 200 gr

Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 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
Lamai bucatarie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 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	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
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Muschi de porc sos olandez 220 gr

Ardei California	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
Lamai bucatarie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Muschi de porc	100 gr	VE=145 cal/607 kj,	G=6.3 gr,	AGS=2.2 gr,	Z=0 gr ,	Na=50 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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Sos Olandez ?						
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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Muschi de vita la gratar 220 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Lamai bucatarie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Paine	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 230 gr

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

Piept de pui sos gorgonzola 230 gr

Ardei California	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
Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 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

**Pag 3**

Pulpe de pui la gratar 230 gr

Ardei California	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
Castraveti murati	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
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

Saramura din pulpe 230 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 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

**Pag 4**

Snitel de vita fraquezit 180 gr

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg

Snitel din piept de pui 200 gr

Ardei California	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
Castraveti murati	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 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

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

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Tigaie cu carnuri mixte 350 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Castraveti murati	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa	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
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Paine	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
Sare						
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg
Vinete	100 gr	VE=24 cal/100 kj	G=0.2 gr,	AGS=0 gr,	Z=2.4 gr,	Na=2 mg

**Categorie: Ciorbe**

Bors de peste 400 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Bors de putina	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Tacam peste ( val. Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

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Ciorba cu perisoare din peste 400 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Bors de putina	100 ml	VE=4 cal/17.2 kj	G=0 gr,	AGS=0 gr,	Z=0.6 gr,	Na=0 mg
Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Tacam peste ( val. Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

Ciorba de burta de peste 400 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Tacam peste ( val. Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

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Ciorba de storceaq 400 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Tacam peste ( val. Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Tacam sturion (aprox)	100 gr	VE=105 cal/443 kj,	G=4 gr,	AGS=0.9 gr,	Z=0 gr,	Na=54 mg
Telina	100 gr	VE=16 cal/67kj,	G=0.2 gr,	AGS=0 gr,	Z=1.8 gr,	Na=80 mg

**Categorie: Desert**

Cupa inghetata 50 gr

Inghetata vanilie	100 gr	VE=207 cal/867 kj,	G=11 gr,	AGS= 6.8 gr,	Z=21.2 gr,	Na=80 mg
Inghetata ciocolata	100 gr	VE=216 cal/904 kj,	G=11 gr,	AGS=6.8 gr,	Z=25.4 gr,	Na=76 mg
Inghetata capsuni	100 gr	VE=192 cal/804 kj	G=8.4 gr,	AGS=5.2 gr,	Z=20.5 gr,	Na=65 mg

Desertul zilei 200 gr

Desertul zilei 200 gr ?

Toping bucatarie

laurt grecesc cu miere si nuca 200 gr

laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
sau						
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
Miere bucatarie	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Miez de nuca	100 gr	VE=618 cal/2587 kj,	G=59 gr,	AGS= 3.4 gr,	Z=1.1 gr,	Na=2 mg
Zahar	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

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Inghetata caramel sarat 50 gr

Inghetata caramel sarat	100 gr	VE=283 cal/1184 kj,	G=10.7 gr,	AGS=8.9 gr,	Z=32.4 gr,	Na=380 mg
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Cupa inghetata 50 gr varia

Inghetata vanilie	100 gr	VE=207 cal/867 kj,	G=11 gr,	AGS= 6.8 gr,	Z=21.2 gr,	Na=80 mg
Inghetata ciocolata	100 gr	VE=216 cal/904 kj,	G=11 gr,	AGS=6.8 gr,	Z=25.4 gr,	Na=76 mg
Inghetata capsuni	100 gr	VE=192 cal/804 kj	G=8.4 gr,	AGS=5.2 gr,	Z=20.5 gr,	Na=65 mg

Placinta cu branza si stafide 250 gr

Branza proaspata	100 gr	VE=201 cal/841 kj,	G=12.2,	AGS=0 gr,	Z=0 gr,	Na= 0 mg
Esente						
Foi de placinta	compozitie?					
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
Lamai bucatarie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Stafide	100 gr	VE=299 cal/1252 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=59.2 gr,	Na=11 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	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg
Zahar pudra	100 gr	VE=399 cal/1671 kj	G=0.1 gr,	AGS=0.1 gr,	Z=97.9 gr,	Na= 1 mg

Platou cu pepene rosu 300 gr

Pepeni bucatarie	100 gr	VE=30 cal/126 kj,	G=0.2 gr,	AGS=0 gr,	Z=6 gr,	Na= 2.5 gr
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Platou prajituri

Profiterol 200 gr

Frisca tub bucatarie	100 gr	VE=257 cal/1076 kj,	G=22.2 gr,	AGS=13.8 gr,	Z=8 gr,	Na=130 mg
Gogosele vanilie	compozitie?					
Inghetata ( exemple mai sus)						
Topping bucatarie						

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Tiramisu 250 gr

Amareto						
Cafea bucatarie	100 ml	VE=2.2 cal/9.2 kj,	G=0 gr,	AGS=0 gr,	Z=0 gr,	Na= 2.2 mg
Mascarpone	100 gr	VE=355 cal/1485 kj	G=35.5 gr,	AGS=24.9 gr,	Z=3 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
Piscoturi	Compozitie?					

Tort de portocale 250 gr

Toping bucatarie

Tort portocale

Tort de smochine 200 gr

Tort smochine

Toping bucatarie

**Categorie: Diverse**

Bechamel 150 gr

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Lapte bucatarie	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
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg

Cartofi salata 120 gr

Cartofi	100 gr	VE=58 cal/243 kj,	G=0.1 gr,	AGS=0 gr,	Z=0 gr,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg

Chiftele 120 gr

Carne toccata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj,	G=0.1 gr,	AGS=0 gr,	Z=0 gr,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg

**Pag 9**

Crap marinat 70 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cozi de peste						
Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj,	G=0 gr,	AGS=0 gr,	Z=0 gr,	Na=0.0 mg



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Crostini cu fructe de mare 100 gr

Nici un aliment nu depaseste 20 gr

Fresh 120 gr

Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 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

Gorgonzola 100 gr

Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
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Icre de crap 80 gr

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

**Pag10**

Icre de crap 100 gr

Icre crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 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

Icre de stiuca 100 gr

Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Icre de stiuca 80 gr

Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Mamaliga 250 gr

Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
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Mousse de ton 80 gr

Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg
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Mujdei 70 gr

Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg
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Pasta de sardine 80 gr

Pate de ficat	100 gr	VE=319 cal/1336 kj,	G=28 gr,	AGS=9.6 gr,	Z=0 gr,	Na=697 mg
Sardine conserva	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg

**Pag 11**

Salata de ceapa

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
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Salsa de ardei 50 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
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Sos de creveti

Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Cognac bucatarie						

Sos rosu 100 gr

Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
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Sos saramura

Ardei gras	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
Concentrat de legume						
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

**Pag 12**

Sos tzatziki 100 gr

Castraveti verzi proaspeti	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
sau						
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg

Tartar 120 gr

laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
sau						
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
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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Ulei pentru fructe de mare

Lamai bucatarie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

Zacusca de peste 100 gr

Ardei gras	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
Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg

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**Categorie: Extra**

Ardei gras 50 gr

Ardei gras	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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Ardei iute 30 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
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Baby carrot 200 gr

Morcovi baby	100 gr	VE=35 cal/147 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.8 gr,	Na=78 mg
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Bacon 50 gr

Bacon/panceta	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
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Branza 50 gr

Telemea vaca	100 gr	VE=261 cal/1092 kj,	G=22 gr,	AGS=15.4 gr,	Z=0.7 gr,	Na=2200 mg
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Bruschete cu rosii 150 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
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	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Calcan grill 100 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calcan	100 gr	VE=95 cal/398 kj,	G=3 gr,	AGS=0.7 gr,	Z=0 gr,	Na=150 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Caracatita marinata 70 gr

Calamar tentacule	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
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Cartofi cu mustar

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Mustar	100 gr	VE=67 cal/281 kj,	G=4 gr,	AGS=0.2 gr,	Z=0.9 gr,	Na=1135 mg

Cartofi la cuptor cu rozmarin

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
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Castraveti murati 150 gr

Castraveti murati	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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Ceapa alba 50 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
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Ceapa caramelizata 50 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
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**Pag 15**

Ceapa rosie 50 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
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Ceapa verde 50 gr

Ceapa verde	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=2.1 gr,	Na= 4 mg
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Cosulet icre de stiuca 50 gr

Foietaj cosulet	compozitie?					
Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg

Cosulet cu pasta de ciuperci si pui

Castraveti murati	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 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

Dovlecei la gratar 150 gr

Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
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Ficatei in bacon

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Ficat de pui	100 gr	VE=116 cal/486 kj,	G=4.8 gr,	AGS=1.6 gr,	Z=0 gr,	Na=71 mg

Frigarui pulpe cu rosii cherry

Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Praz	100 gr	VE=61 cal/255 kj,	G=0.3 gr,	AGS=0 gr,	Z=3.9 gr,	Na=20 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 cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

**Pag 16**

Hrean 50 gr

Hrean	100 gr	VE=37 cal/159 kj,	G=0.16 gr,	AGS=0 gr,	Z=0 gr,	Na= 12 mg
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Ketchup 50 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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Lamaie bucatarie

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
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Lufar 100 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lufar	100 gr	VE=124 cal/519 kj,	G=4.2 gr,	AGS=0.9 gr,	Z=0 gr,	Na=60 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg

Maioneza 50

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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Mamaliga 150 gr

Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
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Mamaliga cu branza si smantana

Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Telemea vaca	100 gr	VE=261 cal/1092 kj,	G=22 gr,	AGS=15.4 gr,	Z=0.7 gr,	Na=2200 mg

Masline 50 gr

Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
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**Pag 17**

Mini mozzarella 50 gr

Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
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Mousse de ton

Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg

Mustar 50 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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Orez cu stafide 150 gr

Cognac

Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Stafide	100 gr	VE=299 cal/1252 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=59.2 gr,	Na=11 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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Orez simplu

Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Ostropel de ciuperci cu mamaliga

Castraveti murati	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

OU

Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
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Paine 250 gr

Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
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Paine prajita 250 gr

Paine prajita	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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Parmezan 50 gr

Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
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Platou branzeturi

Cascaval	100 gr	VE=283 cal/1184 kj,	G=19 gr,	AGS=3.5 gr,	Z=0 gr,	Na=450 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
Mere	100 gr	VE=52 cal/218 kj,	G=0.2 gr,	AGS=0 gr,	Z=10.4 gr,	Na= 1mg
Miere bucatarie	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Miez de nuca	100 gr	VE=618 cal/2587 kj,	G=59 gr,	AGS= 3.4 gr,	Z=1.1 gr,	Na=2 mg
Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Salata verde	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Struguri	100 gr	VE=69 cal/289 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=15.5 gr	Na= 2 mg
Telemea vaca	100 gr	VE=261 cal/1092 kj,	G=22 gr,	AGS=15.4 gr,	Z=0.7 gr,	Na=2200 mg

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

Platou Carnuri

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
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 pane	100 gr	VE=321 cal/1344 kj ,	G=22.2 gr,	AGS=6.1 gr,	Z=0 gr ,	Na=77 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 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
sau						
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 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	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
Praz	100 gr	VE=61 cal/255 kj,	G=0.3 gr,	AGS=0 gr,	Z=3.9 gr,	Na=20 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 cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg
Sos Tao Tao						
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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Porumb 150 gr

Porumb boabe	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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Rosii cherry 50 gr

Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
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Rulada pui 100 gr

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

Salata de ardei copti 150 gr

Ardei gras	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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Salata de cartofi cu ceapa si masline

Cartofi vrac	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg



Salata de castraveti proaspeti

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

Salata de rosii

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

Salata de rosii si castraveti

Castraveti verzi proaspeti 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

Salata de vara 150 gr

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

Ceapa 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

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Salata de varza 150 gr

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

Salata mixt 150 gr

Salata 100 gr VE=15 cal/62.8 kj , G=0.2 gr , AGS=0 gr , Z=0.8 gr, Na=28 mg

Salata rucola cu rosii cherry 100 gr

Rosii cherry 100 gr VE=20 cal/84 kj, G=0 gr, AGS=0 gr, Z= 0 gr, Na= 60 mg

Rucola 100 gr VE=25 cal/105 kj, G=0.66 gr, AGS=0.08 gr, Z=2 gr Na= 27 mg

Smantana 50 gr

Smantana grasa 100 gr VE=205 cal/845 kj, G=20 gr, AGS=13 gr, Z=3.3 gr, Na= 70 mg

Sos de creveti 50 gr

Creveti 100 gr VE=106 cal/444 kj, G=1.7 gr, AGS=0.3 gr, Z=0 gr, Na=148 mg

Cognac bucatarie

Lamaie 100 gr VE=20 cal/83.7 kj, G=0.3 gr, AGS=0 gr, Z=0 gr, Na=3 mg

Sos de saramura 100 ml

Ardei gras	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
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 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 gorgonzola 50 gr

Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
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Sos salsa cu praz 50 gr

Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Praz	100 gr	VE=61 cal/255 kj,	G=0.3 gr,	AGS=0 gr,	Z=3.9 gr,	Na=20 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Unt 50 gr

Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
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**Categorie: Garnituri**

Broccoli 200 gr

Broccoli	100 gr	VE=26 cal/109 kj,	G=0.3 gr,	AGS=0 gr,	Z=1.3 gr,	Na=24 mg
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Cartofi in coaja cu usturoi 200 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Cartofi nature 200 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Cartofi pai 200 gr

Cartofi pai congelati	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 pe plita 200 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
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Cartofi taranesti 200 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg

Cartofi wedges 200 gr

Cartofi wedges congelati	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

Ciuperci la grill 200 gr

Ciuperci	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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Fasole verde pastai 200 gr

Fasole verde	100 gr	VE=39 cal/163 kj,	G=0.2 gr,	AGs=0 gr,	Z=2.2 gr,	Na=3 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Legume la gratar

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 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
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Piure fructe bucatarie	?					
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

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Orez cu ghimbir 200 gr

Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Orez cu legume 200 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 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
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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

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Orez salbatic 200 gr

Orez salbatic	100 gr	VE=357 cal/1495 kj,	G=1.1 gr,	AGS=0.2 gr,	Z=2.5 gr,	Na=7 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Piure de cartofi 200 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
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Spanac cu usturoi 200 gr

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Spanac	100 gr	VE=29 cal/121 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.7 gr,	Na=74 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

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Sparanghel cu rosii cherry 200 gr

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Sparanghel	100 gr	VE=22 cal/ 82.7 kj,	G=0.1 gr,	AGS=0 gr,	Z=1.9 gr,	Na=2 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

**Categorie : Grill**

Biban de mare grill 270 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Biban buc	100 gr	VE=97 cal/406 kj,	G=2 gr,	AGS=0.5 gr,	Z=0 gr,	Na=68 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 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

Calamar tub grill 230 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Caracatita grill 230 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
laurt sau	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg

Crap grill 250 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Creveti grill 230 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
laurt sau	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg

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Dorada grill 250 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Dorada	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Pastrav grill 250 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pastrav	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Salau de Nil grill 280 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Somn grill 220 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Somon rondea 250 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Somon	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Sturion grill 250 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Sturion	100 gr	VE=105 cal/443 kj,	G=4 gr,	AGS=0.9 gr,	Z=0 gr,	Na=54 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Ton grill 230 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Ton proaspat	100 gr	VE=144 cal/603 kj,	G=4.9 gr,	AGS=1.3 gr,	Z=0 gr,	Na=39 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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**Categorie: Gustari calde**

Calamar pane cu tzatziki 230 gr

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 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
sau						
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 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

Caracatita in sos brandy 200 gr

Cognac

Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Limes	100 gr	VE=30 cal/126 kj,	G=0.2 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Miere bucatarie	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg

Chiftele de peste pe plita 250 gr

Carne toccata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg



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Chiftele de peste prajite 250 gr

Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Creveti in crusta de cocos 180 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 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
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Nuca de cocos(fulgi)	100 gr	VE=456 cal/1909 kj,	G=28 gr,	AGS=26.4 gr,	Z=36.8 gr,	Na=285 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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Sos Tao Tao						
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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Fish fingers cu sos tzatziki 180 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 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
sau						
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 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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Hamsii prajite 150 gr

Hamsie/Sprot	100 gr	VE=131 cal/548 kj,	G=4.8 gr,	AGS=1.3 gr,	Z=0 gr,	Na=104 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 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

Lapti grill 250 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapti crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 gr,	Z= 0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 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

Lapti prajiti 250 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapti crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 gr,	Z= 0 gr,	Na=0 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 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
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Midii pane cu sos cocktail 180 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Cognac						
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 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
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 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
Suc bucatarie						
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 gr,	Z=0 gr,	Na=0 mg

Muslitos cu sos tartar 200 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
sau						
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Muslitos	100 gr	VE=133 cal/556 kj,	G=2 gr,	AGS=0 gr,	Z= 0 gr,	Na=
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg

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Omleta Blue Acqua 300 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Ciuperci	100 gr	VE=27 cal/113 kj,	G=0.1 gr,	AGS= 0 gr,	Z=1.7 gr,	Na=7 mg
Mozzarella	100 gr	VE=300 cal/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 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	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

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

Pui de balta pane 230 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 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
Pui de balta	100 gr	VE=73 cal/306 kj,	G=0.3 gr,	AGS=0.1 gr,	Z=0 gr,	Na=58 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 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
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Sardina prajita 250 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Sardine	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 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
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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**Categorie: Gustari reci**

Crap marinat 150 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cozi peste (val crap)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 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	100 gr	VE=387 cal/1620 kj,	G=0 gr ,	AGS=0 gr ,	Z=99.9 gr,	Na=0 mg

Drob de icre 150 gr

Castraveti murati	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa	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
Icre Novac						
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 Blue Acqua Mamaia ( Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

Macrou afumat 150 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Macrou afumat	100 gr	VE=229 cal/956 kj,	G=15 gr,	AGS=4 gr,	Z=0 gr,	Na=3090 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg

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Macrou marinat 150 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Macrou marinat(crud)	100 gr	VE=158 cal/662 kj,	G=7.9 gr,	AGS=2.2 gr,	Z=0 gr,	Na=86 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg

Pasta de sardine 150 gr

Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pate de ficat	100 gr	VE=319 cal/1336 kj,	G=28 gr,	AGS=9.6 gr,	Z=0 gr,	Na=697 mg
Sardine conserva	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg

Pastrama macrou 150 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pastrama de macrou	100 gr	VE=288 cal/1209 kj,	G=23 gr,	AGS= 4 gr	Z=0 gr	Na= 2600 mg

Salatade icre de crap 150 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Icre crap	100 gr	VE=130 cal/544 kj,	G=3 gr,	AGS= 0 gr,	Z= 0 gr,	Na=0 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Salata de icre de stiuca 150 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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

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Tartar de somon cu avocado

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Avocado	100 gr	VE=160 cal/670 kj,	G=14.7 gr,	AGS=2.1 gr,	Z=0.7 gr,	Na=7 mg
File somon tartar	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Ghimbir	100 gr	VE=80 cal/335 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=1.7 gr,	Na=13 mg
Mere	100 gr	VE=52 cal/218 kj,	G=0.2 gr,	AGS=0 gr,	Z=10.4 gr,	Na= 1mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Susan negru	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

Tartine cu somon afumat 100 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Capere in otet	100 gr	VE=23 cal/96 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0.4 gr,	Na=2964 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Somon afumat	100 gr	VE=117 cal/490 kj,	G=4.3 gr,	AGS=0.9 gr,	Z=0 gr,	Na=784 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Zacusca de peste 200 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg

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**Categorie: Meniu Vegan**

Bruschete mixte 150 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 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
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
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	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Chiftele de legume 200 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 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 floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 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
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Edamame 250 gr

Edamame	100 gr	VE=110 cal/461 kj,	G=4.7 gr,	AGS=0 gr,	Z=2.5 gr,	Na=6 mg
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Fasole batuta cu ceapa 150 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Fasole conserva	100 gr	VE=94 cal/394 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=8 gr ,	Na=343 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Paste aglio olio peperoncino 200 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
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg



Paste integrale cu pesto de nuci 200 gr

Miez de nuca	100 gr	VE=618 cal/2587 kj,	G=59 gr,	AGS= 3.4 gr,	Z=1.1 gr,	Na=2 mg
Pesto						
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 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

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Platou cu salata de vinete 300 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ceapa	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
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
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
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
Vinete (coapte)	100 gr	VE=35 cal/147 kj,	- / -	- / -	Z=3.2 gr,	Na=1 mg

Rissoto cu ciuperci si rosii uscate 250 gr

Ceapa	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
Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Rosii uscate (in ulei)	100 gr	VE=213 cal/892 kj,	G=14.1 gr,	AGS=1.9 gr,	Z=0 gr,	Na=266 mg
Rosii uscate(fara ulei)	100 gr	VE=258 cal/1080 kj,	G=3 gr,	AGS=0.4 gr,	Z=37.6 gr,	Na=2095 mg
Spumant	100 ml	VE=75 cal/330 kj,	G=0 gr,	AGS=0 gr,	Z=0 gr,	Na=4 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Salata de vinete cu ceapa 150 gr

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



Tigaie ratatouille cu cartofi 200 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Vinete	100 gr	VE=24 cal/100 kj	G=0.2 gr,	AGS=0 gr,	Z=2.4 gr,	Na=2 mg

Zacusca de legume 150 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg

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**Categorie: Paella-Orez**

Paella Marisco 500 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Mazare(congelata)	100 gr	VE=77 cal/322 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=5 gr,	Na=108 mg
Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 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
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=0 gr,	Z=0.8 gr,	Na=5 mg

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

Paella Valenciana 500 gr

Ardei gras	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Mazare(congelata)	100 gr	VE=77 cal/322 kj,	G=0.4 gr,	AGS=0.1 gr,	Z=5 gr,	Na=108 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 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
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=0 gr,	Z=0.8 gr,	Na=5 mg

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Rissoto cu fructe de mare 300 gr

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

**Categorie: Paste**

Penne gratinate cu bacon 250 gr

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Feta	100 gr	VE=264 cal/1105 kj	G=21.3 gr,	AGS=14.9 gr,	Z=4.1 gr,	Na=1116 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Mozzarella	100 gr	VE=300 cal/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg

Spaghette carbonara 250 gr

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg

Spaghette cu fructe de mare 270 gr

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 gr
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=0 gr,	Z=0.8 gr,	Na=5 mg

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Tagliatelle cu creveti 220 gr

Cognac

Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg

Tagliatelle cu ton 220 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg

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Tagliatelle cu vita 220 gr

Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Peperoncini	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Paste diferite	100 gr	VE=348 cal/1457 kj,	G=1.4 gr,	AGS=0.3 gr,	Z= 1gr,	Na=8 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

**Categorie : Peste baza**

Caras prajit 100 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Caras	100 gr	VE=87 cal/365 kj,	G=1.8 gr,	AGS=0.8 gr,	Z=0 gr,	Na=40 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 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
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Crap prajit 250 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 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
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Creveti cu sos de ghimbir 250 gr

Compot ananas	100 gr	VE=49 cal/205 kj,	G=0 gr,	AGS=0 gr,	Z=0 gr,	Na=0 gr
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Ghimbir	100 gr	VE=80 cal/335 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=1.7 gr,	Na=13 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Miere bucatarie	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

Creveti in sos mediteranean 300 gr

Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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

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Creveti in unt si lamaie 200 gr

Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg

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Creveti Saqanaki 300 gr

Feta	100 gr	VE=264 cal/1105 kj	G=21.3 gr,	AGS=14.9 gr,	Z=4.1 gr,	Na=1116 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Midii in sos marinier 450 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Midii in sos rosu 450 gr

Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Midii	100 gr	VE=86 cal/360 kj,	G=2.2 gr,	AGS=0.4 gr,	Z=0 gr,	Na=286 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Pastrav crocant in crusta 270 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pastrav	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Rapane in sos de rosii 300 gr

Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Rapane in sos de vin 300 gr

Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Suc bucatarie limonada						
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Rapane la tigaie 300 gr

Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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

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Salau de Nil pane 280 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 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 bucatarie	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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Salau de Nil rasol 250 gr

Broccoli congelat	100 gr	VE=26 cal/109 kj,	G=0.3 gr,	AGS=0 gr,	Z=1.3 gr,	Na=24 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Hrean	100 gr	VE=37 cal/159 kj,	G=0.16 gr,	AGS=0 gr,	Z=0 gr,	Na= 12 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Morcovi baby	100 gr	VE=35 cal/147 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.8 gr,	Na=78 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg

Somn prajit 220 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 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

Somon grill cu dovlecei 250 gr

Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Somon file	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg



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Somon pe pat de spanac 250 gr

Gorgonzola	100 gr	VE=353 cal/1478 kj ,	G=28.7 gr,	AGS=18.7 gr,	Z=0.5 gr,	Na=1395 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Somon file	100 gr	VE=208 cal/871 kj,	G=13.4 gr,	AGS= 3 gr,	Z=0 gr,	Na= 59 mg
Spanac congelat	100 gr	VE=29 cal/121 kj,	G=0.6 gr,	AGS=0 gr,	Z=0.7 gr,	Na=74 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

**Categorie: Peste de sezon**

Calcan grill 350 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Calcan	100 gr	VE=95 cal/398 kj,	G=3 gr,	AGS=0.7 gr,	Z=0 gr,	Na=150 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Chefal grill 100 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Chefal	100 gr	VE=117 cal/490 kj,	G=3.8 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Chefal prajit 100 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Chefal	100 gr	VE=117 cal/490 kj,	G=3.8 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 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
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 Blue Acqua Mamaia ( Art.3,(2)/Ordin nr.201 din 19.04.2022- valoare energetica, cantitatea de grasimi, acizi grasi saturati, zaharuri si sare; alimente >20 gr)

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Guvizi prajiti 280 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Guvizi	100 gr	VE=144 cal/602 kj,	G=8.1 gr,	AGS=0 gr,	Z=0 gr,	Na=10 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 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
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Saramura de strapazan 100 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Concentrat de legume						
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Strapazan	100 gr	VE=86 cal/361 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=0 gr,	Na=60 mg

Scrumbie mare grill 250 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Scrumbie	100 gr	VE=262 cal/1096 kj,	G=18 gr,	AGS=0 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

Scrumbie mica grill 150 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Scrumbie	100 gr	VE=262 cal/1096 kj,	G=18 gr,	AGS=0 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

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Stavrid pe plita cu sare mare 280 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Stavrid	100 gr	VE=115 cal/483 kj,	G=5 gr,	AGS=0.2 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

Strapazan grill 100 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Strapazan	100 gr	VE=86 cal/361 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=0 gr,	Na=60 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

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Strapazan prajit 100 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Strapazan	100 gr	VE=86 cal/361 kj,	G=0.7 gr,	AGS=0.2 gr,	Z=0 gr,	Na=60 mg
Ulei de palmier	100 gr	VE=884 cal/3701 kj,	G=100 gr,	AGS=49.3 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

Zargan grill 100 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 mg
Zargan	100 gr	VE=184 cal/770 kj,	G=11.7 gr,	AGS=2.4 gr,	Z=0 gr	Na=51 mg

Zargan prajit 100 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 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
Zargan	100 gr	VE=184 cal/770 kj,	G=11.7 gr,	AGS=2.4 gr,	Z=0 gr	Na=51 mg

**Categorie: Peste gatit**

Biban la cuptor 270 gr – pag 56

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Biban buc	100 gr	VE=97 cal/406 kj,	G=2 gr,	AGS=0.5 gr,	Z=0 gr,	Na=68 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg

File de pastrav la cuptor 250 gr

Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pastrav	100 gr	VE=148 ca/620 kj,	G=6.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na=52 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Rulouri de dorada cu legume 150 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Dorada buc	100 gr	VE=89 cal/372 kj,	G=1 gr,	AGS=0 gr,	Z=0 gr,	Na=0 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Unt	100 gr	VE=717 cal/3002 kj,	G=81.1 gr,	AGS= 51.4 gr,	Z=0.1 gr,	Na= 576 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

Salau de Nil cu sos creveti 200 gr

Cognac						
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg

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Saramura de crap 250 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Concentrat de legume						
Crap	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg

Saramura de somn 220 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Concentrat de legume						
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg

**Pag 58**

Saramura de sturion 250 gr

Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
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
Concentrat de legume						
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Pasta de tomate	100 gr	VE=82 cal/343 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=12.2 gr,	Na=790 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Sturion	100 gr	VE=105 cal/443 kj,	G=4 gr,	AGS=0.9 gr,	Z=0 gr,	Na=54 mg

Somn la grill cu salsa 220 gr

Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Praz	100 gr	VE=61 cal/255 kj,	G=0.3 gr,	AGS=0 gr,	Z=3.9 gr,	Na=20 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Somn	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg

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

Tocanita de somn 350 gr

Ardei gras	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
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Castraveti murati	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Cozi peste (somn)	100 gr	VE=95 cal/398 kj,	G=2.8 gr,	AGS=0.7 gr,	Z=0 gr,	Na=43 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

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Tochitura de crap cu bacon 350 gr

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Cozi peste (Crap )	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cuburi in suc de rosii	100 gr	VE=32 cal/134 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=132 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Telemea vaca	100 gr	VE=261 cal/1092 kj,	G=22 gr,	AGS=15.4 gr,	Z=0.7 gr,	Na=2200 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg
Vin bucatarie	100 ml	VE=83 cal/348 kj,	G=0 gr,	AGS=o gr,	Z=0.8 gr,	Na=5 mg

**Categorie: Platou aperitiv**

Platou Blue Acqua 450 gr

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 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
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Muslitos	100 gr	VE=133 cal/556 kj,	G=2 gr,	AGS=0 gr,	Z= 0 gr,	Na=
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg

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

Pui de balta	100 gr	VE=73 cal/306 kj,	G=0.3 gr,	AGS=0.1 gr,	Z=0 gr,	Na=58 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	Na=0 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

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Platoau creveti caracatita calamari 400 gr

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

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Platou dunarean 450 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Carne toccata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Castraveti murati	100 gr	VE=11 cal/46.1 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=1.1 gr,	Na=1208 gr
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ceapa verde	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=2.1 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
Cozi peste (Crap )	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Icre novac						
Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Macrou afumat	100 gr	VE=229 cal/956 kj,	G=15 gr,	AGS=4 gr,	Z=0 gr,	Na=3090 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg



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

Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 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 floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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Platou Gourmand 450 gr

Carne tocata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cognac						
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Guvizi	100 gr	VE=144 cal/602 kj,	G=8.1 gr,	AGS=0 gr,	Z=0 gr,	Na=10 mg
Hamsie/Sprot	100 gr	VE=131 cal/548 kj,	G=4.8 gr,	AGS=1.3 gr,	Z=0 gr,	Na=104 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Nuca de cocos fulgi	100 gr	VE=456 cal/1909 kj,	G=28 gr,	AGS=26.4 gr,	Z=36.8 gr,	Na=285 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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pate de ficat	100 gr	VE=319 cal/1336 kj,	G=28 gr,	AGS=9.6 gr,	Z=0 gr,	Na=697 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Sardine	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg
Sardine conserva	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg
Suc bar						

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Platou mediteranean 450 gr

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Cognac						
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg



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

Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Muslitos	100 gr	VE=133 cal/556 kj,	G=2 gr,	AGS=0 gr,	Z= 0 gr,	Na=
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Suc bucatarie						
Tentacule Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

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Platou mixt 450 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ceapa verde	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=2.1 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
Hamsie/Sprot	100 gr	VE=131 cal/548 kj,	G=4.8 gr,	AGS=1.3 gr,	Z=0 gr,	Na=104 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Macrou afumat	100 gr	VE=229 cal/956 kj,	G=15 gr,	AGS=4 gr,	Z=0 gr,	Na=3090 mg
Macrou marinat(crud)	100 gr	VE=158 cal/662 kj,	G=7.9 gr,	AGS=2.2 gr,	Z=0 gr,	Na=86 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pui de balta	100 gr	VE=73 cal/306 kj,	G=0.3 gr,	AGS=0.1 gr,	Z=0 gr,	Na=58 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

Platou rece pescaresc 550 gr

Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Ceapa verde	100 gr	VE=25 cal/105 kj,	G=0.1 gr,	AGS=0 gr,	Z=2.1 gr,	Na= 4 mg
Cozi peste (Crap )	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Foietaj cosulet						
Icre stiuca	100 gr	VE=195 cal/819 kj,	G=8.2 gr,	AGS=1.9 gr,	Z=0 gr,	Na=117 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Morcovi	100 gr	VE=41 cal/172 kj,	G=0.2 gr,	AGS=0 gr,	Z=4.7 gr,	Na=69 mg
Otet	100 ml	VE=19 cal/79.5 kj ,	G=0 gr ,	AGS=0 gr,	Z=0 gr ,	Na=0.0 mg

Declaratii nutritionale produse Blue Acqua Mamaia ( 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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pastrama de macrou	100 gr	VE=288 cal/1209 kj,	G=23 gr,	AGS= 4 gr	Z=0 gr	Na= 2600 mg
Somon afumat	100 gr	VE=117 cal/490 kj,	G=4.3 gr,	AGS=0.9 gr,	Z=0 gr,	Na=784 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr ,	Na=0 mg

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**Categorie: Salate**

Salata Blue Acqua 330 gr

Afine	100 gr	VE=46 cal/193 kj,	G=0.1 gr,	AGS=0 gr,	Z=4 gr,	Na=2 mg
Andive	100 gr	VE=17 cal/71 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.3 gr,	Na=22 mg
Avocado	100 gr	VE=160 cal/670 kj,	G=14.7 gr,	AGS=2.1 gr,	Z=0.7 gr,	Na=7 mg
Coacaze	100 gr	VE=57 cal/239 kj,	G=0.3 gr,	AGS=0 gr,	Z=10 gr,	Na=1 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Mozzarella	100 gr	VE=300 gr/1256 kj,	G=22.4 gr,	AGS=13.2 gr,	Z=1 gr,	Na=627 mg
Mure	100 gr	VE=43 cal/180 kj,	G=0.5 gr,	AGS=0 gr,	Z=4.9 gr,	Na=1 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Zmeura	100 gr	VE=52 cal/218 kj,	G=0.7 gr,	AGS=0 gr,	Z=4.4 gr,	Na=1 mg

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Salata cu fructe de mare 300 gr

Ardei California	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 gr
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Sparanghel	100 gr	VE=22 cal/ 82.7 kj,	G=0.1 gr,	AGS=0 gr,	Z=1.9 gr,	Na=2 mg
Caracatita tentacule	100 gr	VE=82 cal/343 kj,	G=1 gr,	AGS=0.2 gr,	Z=0 gr,	Na= 230 mg
Usturoi	100 gr	VE=149 cal/624 kj,	G=0.5 gr,	AGS=0.1 gr,	Z=1 gr ,	Na=17 mg

Salata cu muschi de vita 350 gr

Bacon	100 gr	VE=458 cal/1918 kj,	G=45 gr,	AGS=15 gr,	Z=0 gr,	Na=833 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Muschi de vita	100 gr	VE=193 cal/829 kj,	G=6.5 gr,	AGS=2 gr,	Z=0 gr,	Na=56 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Salata mix	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sos mustar si miere						
Mustar	100 gr	VE=67 cal/281 kj,	G=4 gr,	AGS=0.2 gr,	Z=0.9 gr,	Na=1135 mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg

Salata cu piept de pui 350 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Parmezan	100 gr	VE=392 cal/1641 kj,	G=25.8 gr,	AGS=16.4 gr,	Z=0.8 gr,	Na= 1602 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 boabe	100 gr	VE=81 cal/339 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=3 gr,	Na=298 mg
Rosii	100 gr	VE=18 cal/75.4 kj,	G=0.2 gr,	AGS=0 gr,	Z=2.6 gr,	Na=5 mg
Salata mix	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg

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Salata de ton 300 gr

Ardei Kapia	100 gr	VE=31 cal/130 kj ,	G=0.3 gr ,	AGS=0 gr ,	Z=4.1 gr ,	Na= 4 mg
Ardei gras	100 gr	VE=31 cal/130 kj,	G=0.3 gr,	AGS= 0 gr,	Z= 4.2 gr,	Na= 4 mg
Dovlecei	100 gr	VE=16 cal/67 kj,	G=0.2 gr,	AGS= 0.1 gr,	Z=2.5 gr,	Na= 2mg
Porumb boabe	100 gr	VE=81 cal/339 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=3 gr,	Na=298 mg
Rosii cherry	100 gr	VE=20 cal/84 kj,	G=0 gr,	AGS=0 gr,	Z= 0 gr,	Na= 60 mg
Salata mix	100 gr	VE=15 cal/62.8 kj ,	G=0.2 gr ,	AGS=0 gr ,	Z=0.8 gr,	Na=28 mg
Sos mustar si miere						
Mustar	100 gr	VE=67 cal/281 kj,	G=4 gr,	AGS=0.2 gr,	Z=0.9 gr,	Na=1135 mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg
Ton (conserva)	100 gr	VE=128 cal/536 kj,	G=3 gr,	AGS=0.8 gr,	Z=0 gr,	Na= 377 mg

Salata fitness 250 gr

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Limes	100 gr	VE=30 cal/126 kj,	G=0.2 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Portocale bucatarie	100 gr	VE=53 cal/222 kj,	G=0.3 gr,	AGS=0 gr,	Z=11 gr,	Na=2 mg
Salata mix	100 gr	VE=15 cal/62.8 kj,	G=0.2 gr,	AGS=0 gr,	Z=0.8 gr,	Na=28 mg

**Categorie: Sosuri**

China 40 gr

Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Sos Chili dulce Tao Tao	100 gr	VE=106 cal/444 kj,	G=0.2 gr,	AGS=0.1 gr,	Z=21.4 gr,	Na=1310 mg
Sos de stridii Tao Tao	100 gr	VE=61 cal/260 kj,	G=0 gr,	AGS=0 gr,	Z=10.1 gr,	Na=920 mg
Sos se soia Tao Tao	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg

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Cocktail 40 gr

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
Suc bucatarie						

Dulceata de ardei iute 40 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
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg

Fresh 40 gr

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

Maioneza din usturoi

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 si miere 40 gr

Mustar	100 gr	VE=67 cal/281 kj,	G=4 gr,	AGS=0.2 gr,	Z=0.9 gr,	Na=1135 mg
Miere	100 gr	VE=304 cal/1273 kj,	G=0 gr,	AGS=0 gr,	Z= 82.1 gr,	Na=4 mg

Olandez 40 gr

Compozitie

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

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Salsa de rosii proaspete 40 gr

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

Sos de lamiie si marar 40 gr

Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	, Na=0 mg
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Sos picant 40 gr

Sos se soia	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
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Tzatziki 40 gr

laurt	100 gr	VE=61 cal/255 kj,	G=3.3 gr,	AGS=2.1 gr,	Z= 4.7 gr,	Na=46 mg
sau						
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg

**Categorie: Speciale**

Platou Blue refacut

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Castraveti verzi proaspeti	100 gr	VE=15 cal/62.8 kj ,	G=0.1 gr,	AGS=0 gr,	Z=1.7 gr,	Na=2 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 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
laurt grecesc 10%	100 gr	VE=124 cal/ 526 kj,	G=10 gr	AGS=2.5 gr,	Z=4.5 gr,	Na= 45 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Muslitos	100 gr	VE=133 cal/556 kj,	G=2 gr,	AGS=0 gr,	Z= 0 gr,	Na=
Oua	1 buc	VE=71.5 cal/299 kj,	G=5 gr,	AGS=1.5 gr,	Z=0.4 gr,	Na=70 mg
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Pui de balta	100 gr	VE=73 cal/306 kj,	G=0.3 gr,	AGS=0.1 gr,	Z=0 gr,	Na=58 mg
Rapane	100 gr	VE=87 cal/364 kj,	G=0.6 gr,	AGS=0.2 gr,	Z=0.2 gr,	Na=190 mg
Salau de Nil	100 gr	VE=91 cal/381 kj,	G=0.9 gr,	AGS=0.2 gr,	Z=0 gr,	Na=62 mg
Susan	100 gr	VE=573 cal/2399 kj,	G=49.7 gr,	AGS=7 gr,	Z=0.3 gr,	Na=11 mg
Ulei de floarea soarelui	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=9 gr,	Z=0 gr	, Na=0 mg
Ulei de masline	100 ml	VE=884 cal/3701 kj,	G=100 gr,	AGS=13.8 gr,	Z=0 gr,	Na=0 mg

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Platou gourmand refacut

Carne toccata peste(val.Aprox.)	100 gr	VE=127 cal/532 kj,	G=5.6 gr,	AGS=1.1 gr,	Z=0 gr,	Na= 49 mg
Cartofi	100 gr	VE=58 cal/243 kj ,	G=0.1 gr ,	AGS=0 gr,	Z=0 gr ,	Na=10 mg
Ceapa	100 gr	VE=40 cal/167 kj,	G=0.1 gr,	AGS=0 gr,	Z=4.2 gr,	Na=4 mg
Cognac						
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Faina	100 gr	VE=361 cal/1511 kj,	G=1.7 gr,	AGS=0.2 gr,	Z=0.3 gr,	Na=2 mg
Guvizi	100 gr	VE=144 cal/602 kj,	G=8.1 gr,	AGS=0 gr,	Z=0 gr,	Na=10 mg
Hamsie/Sprot	100 gr	VE=131 cal/548 kj,	G=4.8 gr,	AGS=1.3 gr,	Z=0 gr,	Na=104 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Lapte bucatarie	100 ml	VE=64 cal/268 kj ,	G=3.7 gr,	AGS=2.3 gr,	Z=0 gr,	Na=49 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Nuca de cocos fulgi	100 gr	VE=456 cal/1909 kj,	G=28 gr,	AGS=26.4 gr,	Z=36.8 gr,	Na=285 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	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pate de ficat	100 gr	VE=319 cal/1336 kj,	G=28 gr,	AGS=9.6 gr,	Z=0 gr,	Na=697 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Sardine	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg
Sardine conserva	100 gr	VE=208 cal/871 kj,	G=11.5 gr,	AGS=1.5 gr,	Z=0 gr,	Na=505 mg
Suc bar						

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Platou mediteranean refacut

Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg
Carne de scoici	100 gr	VE=95 cal/397 kj,	G=2.99 gr,	AGS=0.93 gr,	Z=0.1 gr,	Na=690 mg
Cognac						
Creveti	100 gr	VE=106 cal/444 kj,	G=1.7 gr,	AGS=0.3 gr,	Z=0 gr,	Na=148 mg
Ketchup	100 gr	VE=88 cal/369 kj,	G=0 gr,	AGS=0 gr,	Z=23.5 gr,	Na=1118 mg
Lamaie	100 gr	VE=20 cal/83.7 kj,	G=0.3 gr,	AGS=0 gr,	Z=0 gr,	Na=3 mg
Maioneza	100 gr	VE=390 cal/1633 kj,	G=33.4 gr,	AGS=4.9 gr,	Z=6.4 gr,	Na=711 mg
Masline	100 gr	VE=115 cal/481 kj,	G=10.7 gr,	AGS=1.4 gr,	Z=0 gr,	Na=872 mg
Muslitos	100 gr	VE=133 cal/556 kj,	G=2 gr,	AGS=0 gr,	Z=0 gr,	Na=
Paine	100 gr	VE=266 cal/1114 kj ,	G=3.6 gr,	AGS=0.8 gr,	Z=5.8 gr,	Na=521 mg
Pesmet	100 gr	VE=313 cal/1310 kj,	G=4.3 gr,	AGS=1 gr,	Z=6.4 gr,	Na=611 mg
Suc bucatarie						
Tentacule Calamar	100 gr	VE=92 cal/385 kj,	G=1.4 gr,	AGS=0.4 gr,	Z=0 gr,	Na=44 mg

**Categorie:WWW**

Sarmale cu smantana si mamaliga

Ardei iute	100 gr	VE=30 cal/126 kj,	G=0.6 gr,	AGS=0.1 gr,	Z=3.5 gr,	Na= 1 mg
Carne toccata de porc	100 gr	VE=236 cal/988 kj,	G=18 gr,	AGS=6.2 gr,	Z=0 gr,	Na=65 mg
Malai	100 gr	VE=361 cal/1511 kj,	G=3.9 gr,	AGS=0.5 gr,	Z=0.6 gr,	Na=5 mg
Orez	100 gr	VE=351 cal/1469 kj,	G=1.3 gr,	AGS=0.4 gr,	Z= 0.3 gr,	Na= 2 mg
Smantana grasa	100 gr	VE=205 cal/845 kj,	G=20 gr,	AGS=13 gr,	Z=3.3 gr,	Na= 70 mg

**Diverse**

Sos de stridii Tao Tao	100 gr	VE=61 cal/260 kj,	G=0 gr,	AGS=0 gr,	Z=10.1 gr,	Na=920 mg
Sos se soia Tao Tao	100 ml	VE=158 cal/663 kj,	G=0 gr,	AGS=0 gr,	Z=9.8 gr,	Na=1730 mg
Patrunjel radacina	100 gr	VE=29 cal/121 kj,	G=0.1 gr,	AGS= 0 gr,	Z=0 gr,	Na= 0 mg
Patrunjel verde	100 gr	VE=36 cal/151 kj,	G=0.8 gr,	AGS=0.1 gr,	Z=0.9 gr,	Na=56 m
Cognac	100 gr	VE=225 cal/941 kj	G=0 gr,	AGS=0 gr,	Z=?	Na=0 mg

\*Verificati cantitatea de Na pe ambalajul produsului MUSLITOS