



Britannia

Nota: Preparatele noastre pot sa contina ingrediente cu risc alergic (seminte si nuci, fructe de mare, etc.) si / sau gluten, lactoza, etc. Daca aveti o predispozitie alergica sau intoleranta la un anumit aliment, consultati-va cu ospatarul inainte de a comanda.

Toate preturile noastre sunt exprimate in lei si contin tva.
Va multumim pentru alegerea facuta.

Str. Petre Ispirescu nr. 96

Rezervari: 0725.99.88.99

www.britanniarestaurant.ro



Restaurant Britannia



Mic dejun

Omleta Simpla(3oua).....27 lei

Omleta Britannia.....35 lei

(3oua, rosii50g, ceapa50g, ciuperci50g,
bacon50g, mozzarella50g)

Omleta cu Sunca(50g) si Cascaval(50g).....34 lei

Omleta cu Somon Afumat.....36 lei

Britannia Club Sandwich.....48 lei

(piept de pui100g, bacon50g, maioneza20g, lou, cartofi prajiti200g, salata20g)

Britannia Special.....38 lei

(2 felii toast , somon afumat, crema de branza, rondelle de ceapa rosie,capere)

Oua Ochiuri (3 buc).....27 lei

Veggie wrap.....36 lei

(lipie, cartofi prajiti, varza, castraveti murati, rosii, maioneza vegetala, usturoi)

Breakfast wrap.....39 lei

(lipie, oua scrambled, bacon, avocado, otet balsamic)

Branza Telemea (50 g).....8 lei

Bacon (50 g).....11 lei

Avocado Toast (avocado, oua posate).....39 lei

Gustari

Guacamole cu mini foccacia (150 g).....38 lei

(avocado150g,rosii50g,lamaie2ml)

Inele de Calamar (150 g).....47 lei

Aperitiv mixt (250 g).....50 lei

(salata vinete50g, zacusca50g, rosii cu usturoi50g, fasole batuta50g,masline50g)

Salata de Cruditati (200 g).....24 lei

(morcov75g, telina75g, maioneza20g)

Bruschete cu rosii (4 buc).....26 lei

(rosii50g, paine, usturoi)

Bruschete cu somon (4 buc).....38 lei

(somon afumat 50g, crema Philadelphia, paine)

Bruschete cu ton (4 buc).....37 lei

Bruschete prosciutto si parmesan (4 buc).....39 lei

(paine, prosciutto crudo50g, parmezan 50g, cate 5 g crema de branza Philadelphia)

Bruschete mixte (6 buc).....46 lei

(paine, rosii50g, prosciutto crudo 50g, parmezan50g, somon 100g)

Cascaval Pane (150 g).....28 lei

(cascaval 150g-2 buc, pesmet,ou,faina)

Platou branzeturi si fructe 77 lei

(camembert50g, brie50g, gorgonzola50g, parmezan50g)

Humus (naut, lamaie, usturoi, pasta susan) 27 lei



Supe / Creme

**Supa crema cu
crutoane (de post).....27 lei**
(morcov50g,telina20g,ceapa20g,
pastarnac20g,praz20g,cartofi50g)

Ciorba de Pui A La Grec.....27 lei

(pui80g,morcov20g,ardei gras20g,ceapa10g,smantana20g,lamaie0,5ml,marar2g)

Ciorba de Vacuta.....27 lei

(vita80g,morcov20g,ardei gras20g,ceapa10g,fasole verde20g,leustean2g,patrunjel2g)

Ciorba de Burta (90 g carne).....29 lei

(burta90g, morcov20g, smantana, oua, usturoi, gogosari murati)

Ciorba de sezon27 lei

(ciorba de perisoare, 80g carne, morcov,telina,ceapa)
(ciorba de fasole, 100g coaste de porc afumate, fasole30g,morcov,telina)

Ciorba de legume.....27 lei

(morcov,telina,ceapa,ardei gras,fasole verde, cartofi)

Smantana 20g.....3 lei

Ardei Iute/Murat 20g.....2 lei

Usturoi Mujdei.....3 lei

Paine 95g.....2 leu/bucata

Salate speciale

Salata Britannia.....57 lei

(mix salata verde50g, rucola50g, rosii cherry50g, muschi de vita150g,
parmezan50g, dressing gorgonzola, 1/2 focaccia)

Salata Fructe de Mare.....56 lei

(mix salata50g, salata iceberg50g, rucola 50g, lamaie20g, fructe de mare,1/2focaccia)

Salata Gradinarului.....47 lei

(salata verde100g, rosii100g, castravete70g, ardei gras40g, ceapa10g, masline20g,
mozzarella50g, piept de pui150g,sare,piper,1/2focaccia)

Salata Gorgonzola.....49 lei

(salata verde50g, salata iceberg50g,rucola30g,rosii50g,gorgonzola50g,
piept de pui150g,parmezan50g,dressing gorgonzola,ulei de masline10g,1/2focaccia)

Salata Caesar.....47 lei

(iceberg100g, piept de pui100g, parmezan50g, file de ansoa15g, usturoi,
maioneza20g, ulei de masline10g, dressing Caesar,crutoane)

Salata de Ton.....47 lei

(iceberg100g,salata verde50g,rosii100g, masline50g, porumb20g, lamaie50g,
castravete50g, ardei gras50, ceapa rosie30g, lou,capere10g, ton, 1/2focaccia)

Salata Greceasca.....45 lei

(salata verde100g, rosii100g, ceapa rosie30g, masline50g, castravete50g,
ardei gras50g, branza feta100g,lamaie10g,ulei de masline10g,1/2focaccia)



Salata Bulgareasca.....46 lei

(salata verde100g, rosii100g,
ceapa rosie30g, masline50g, castravete50g, ardei gras50g,
sunca50g, branza telemea50g,1ou,1/2focaccia)

Salata cu Somon.....47 lei

(salata verde100g, iceberg50g, rucola30g, lamaie20g,ulei masline10g,somon100g,
capere10g, ceapa rosie20g,1/2focaccia)

Salata cobb 52 lei

(avocado50g, 1ou fiert, rucola20g, bacon50g, rosii20g, brie40g, pui100g)

Salata cu vita 57 lei

(vita100g, telina10g, rucola100g, parmezan50g, cartofi la tigaie50g,dressing pesto)

Salata Manchester..... 47 lei

(salata verde100g, rucola30g, rosii50g, castraveti20g,
pui100g, feta50g, dressing Caesar30g,crutoane)

Salata Manchester cu ananas..... 47 lei

(salata verde100g, rucola30g, rosii50g, castraveti20g,
pui100g, feta50g, dressing Caesar30g,crutoane)

Pizza (Ø 30 cm,300g blat)

Focaccia(300g).....14 lei

Focaccia cu pesto(300g).....17 lei

Focaccia(300g) cu Parmezan(50g) / Masline(50g).....22 lei

Britannia.....44 lei

(rosii50g, mozzarella50g, ciuperci50g, prosciutto crudo50g,parmezan50g)

Pizza Breakfast.....44 lei

(mozzarella50g, 1ou, sunca50g, salam50g, ciuperci50g, ceapa50g)

Margherita (sos rosii30g, mozzarella50g).....37 lei

Carbonara.....46 lei

(mozzarella160g, bacon50g, parmezan50g, gran cucina100ml)

Quattro Formaggi.....50 lei

(mozzarella150g, gorgonzolla50g, parmezan50g, cascaval50g, gran cucina100ml)

Quattro Stagioni Mix....50 lei

(sunca50g, masline50g, salam50g ,ciuperci50g, mozzarella50g)

Capriciosa.....48 lei

(sos rosii50g, mozzarella150g, sunca50g, ciuperci50g, masline50g, ardei gras50g)

Peperoni (mozzarella150g, sos rosii50g, salam picant100g).....46 lei

Pollo (mozzarella150g, ciuperci50g, sos rosii50g, pui120g).....47 lei



Pizza (Ø 30 cm)

Pizza Deliciosa.....47 lei

(mozzarella150g, sunca50g, gorgonzola50g, ceapa20g)

Pizza Sheep.....47 lei

(mozzarella150g, branza de burduf50g, carnaciori de oaie50g)

Pizza Carnivora.....49 lei

(sos rosii50g, mozzarella150g, sunca50g, bacon50g, carnati50g, salam50g)

Pizza Mediterana.....63 lei

(sos rosii50g, mozzarella150g, creveti50g,caracatita30ginele calamar30g,midii30g)

Pizza Primavera.....45 lei

(sos rosii50g, ciuperci50g, porumb50g, masline30g, ardei gras50g,rosii20g, ceapa20g)

Fresca.....47 lei

(salam napoli50g, gorgonzola50g, rosii cherry50g, mozzarella50g, rucola20g)

Fresh.....47 lei

(mozzarella150g, barnza feta50g, rosii cherry50g, busuioc10g)

Pizza Hawaii (mozzarella150g, ananas50g, sunca50g)45 lei

Taraneasca.....47 lei

(cascaval afumat50g, bacon50g, carnati50g, 1/2 catel usturoi, masline50g, 1ou)

Rustica.....47 lei

(mozzarella150g, ciuperci50g, porumb50g, ceapa20g, rosii50g, bacon50g)

Prosciutto e Funghi.....47 lei

(sunca 50g, ciuperci 50g, mozzarella 150g)

Al Tonno.....47 lei

(porumb50g, ceapa20g, rosii50g, mozzarella150g, ton50g)

Vegetariana.....42 lei

(sos rosii50g, ciuperci50g, masline50g, porumb50g)

Calzone.....47 lei

(rosii50g, sunca50g, ciuperci50g, mozzarella150g)

Calzone Special.....48 lei

(mozzarella150g, ciuperci50g, bacon50g, ceapa20g, rosii50g)

Chelsea.....47 lei

(prosciutto50g, gorgonzola50g, rosii cherry50g, mozzarella150g, rucola20g)

Mexicana.....48 lei

(sos rosii50g, mozzarella150g ,carne vita50g, salam picant50g, ardei gras30g, ardei iute5g, porumb30g, rosii30g)



Speciala

(5 ingrediente la alegere).....49 lei

Sos picant/dulce20g.....3 lei

Topping masline/porumb/ciuperci.....4 lei

Topping sunca/salam/carnati50g/branza50g.....6 lei

Topping prosciutto50g.....8 lei

Topping gorgonzolla50g.....11 lei

Specialitati romanesti

Platou de Decembrie (doar in luna Decembrie)....99 lei

(slaninuta50g, sunculita30g, sorici30g,carnaciori 30g, vinete50g,
salata cruditati50g, castraveti20g, masline50g, ceapa rosie20g)

Tochitura Moldoveneasca.....49 lei

(cabanos50g, porc100g, pui100g , 1ou, mamaliguta200g,
telemea30g, sos de rosii50g)

Bulz Ciobanesc....41 lei

(telemea50g, cascaval50g, costita afumata50g, 1ou, mamaliguta200g)

Pomana porcului cu mujdei.....47 lei

de usturoi si mamaliguta

(carne de porc200g,mujdei50g,mamaliga200g)

Tochitura de porc cu mamaliguta, smantana
si branza rasa....49 lei

(Porc 200g carnati 50g, mamaliga, smantana, branza 20g)

Ficatei de pui39 lei

(ficatei pui200g,vin20g,mujdei50g)

Ostropel de pui.....45 lei

(pui200g,sos de rosii30g,usturoi)

Tigaie picanta46 lei

(porc100g,pui100g,ardei gras30g,ceapa30g,ciuperci30g,usturoi,rosii30g)

Mixt Grill (pui100g, porc100g, carnat oaie100g).....52 lei



Pasta

(Spaghete/penne/penne fara gluten/tagliatelle)

Lasagna Classica.....54 lei

(fresh pasta150g in straturi cu carne tocata de vita150g,mozzarella50g, parmezan50g)

Britannia Tortellini.....45 lei

(tortellini150g, sunca50g, ceapa20g, gran cucina50g)

Tortelini Quattro Formaggi.....50 lei

(tortellini150g, mozzarella100g, parmezan50g,gorgonzola50g, gran cucina150g,ulei15g)

Tortelini al Forno.....50 lei

(sos tomat20g, mozzarella100g, sunca50g, ciuperci50g)

Tagliatelle cu vita.....55 lei

(muschi vita100g, ciuperci50g, ceapa20g, sos demiglace50g)

Carbonara.....46 lei

(spaghete150g, panceta80g, 1ou,parmezan50g, gran cucina150g)

Al Matriciana.....45 lei

(spaghete150g, bacon60g, sos rosii50g,gran cucina150g)

Bolognese.....55 lei

(spaghete150g, carne de vita tocata100g, morcov50g, ceapa20g, ulei de masline10g, sos tomat50g, parmezan50g)

Penne Arrabiata.....39 lei

(penne150g, usturoi10g, ulei de masline10, sos de rosii50, chilli pepper5g)

Quattro Formaggi.....50 lei

(penne150g, mozzarella100g, parmezan50g, gorgonzola50g, gran cucina50g)

Aglia-Olio e Peperoncino.....41 lei

(spaghete150g, usturoi10g, ulei de masline10g,chilli pepper10g, patrunjel20g)

Aglia - Olio with Tiger Prawns.....67 lei

(cu sau fara peperoncino)

(spaghete150g , King Prawns200g, ulei masline10g, usturoi10g, piper)

Penne pesto.....45 lei

(piept de pui150g, usturoi10g, rosii proaspete50g, sos pesto50g)

Penne D' Aqua.....66 lei

(penne150g, ulei de masline10g, usturoi10g,creveti50g,midii50g, scoici60g,caracatita30gr,calamar50gr)

Paste cu creveti.....66 lei

(spaghete150g, creveti200g, rosii proaspete50g, masline20g, usturoi10g)

Tagliatelle Al Salmone.....56 lei

(tagliatelle150g, somon afumat150g, ulei de masline10g, gran cucina100g)

Penne Sicilienne Al Forno.....51 lei

(penne150g, pui150g, sunca30g, ciuperci 30g, sos tomat, mozzarella, gran cucina)



Penne AL Tonno.....46 lei

(penne150g, sos tomat100g, ton150g,
porumb50g, ceapa)

Topping parmezan(50g).....10 lei
Topping gorgonzolla(50g).....11 lei

Specialitati pui

Pui Londonez (pui150g, ciuperci50g, usturoi, smantana100g).....45 lei

Pui Pizzaiola.....44 lei

(pui150g,masline50g, ceapa10g, usturoi10g, Brandy20g, sos demiglace30g, sos rosii50g)

Pui Aglio44 lei

(pui150g,usturoi10g, sos demiglace30g, gran cuccina150g, Brandy20g)

Pulpa de Pui Dezosata la Gratar (230 g).....41 lei

Piept de Pui la Gratar (230 g).....42 lei

Piept de pui cu sos gorgonzolla46 lei

(pui230g,gorgonzolla50g)

Pui Asiatic.....47 lei

(pui150g, morcov50g,telina50g,sos soia50g, orez100g, 1ou,uiei susan50g)

Noodles cu pui 47 lei

(piept pui150g, nodels150g, fenicul50g, ardei gras20g, telina20g,
ceapa rosie20g, ghimbir10g, patrunjel,susan5g)

Piept de pui cu legume pe plita.....55 lei

(pui230g,dovlecel50g,vanata50g,rosie20g,ceapa20g,ardei gras20g,ciuperci50g)

Scaloppine cu sos de lamaie.....45 lei

(pui200g,lamaie100g,unt50g,vin50g)

Valdostana (200 g).....45 lei

(pui190g,sunca50g,ciuperci50g,mozzarella100g,sos de rosii)

Snitel pane.....44 lei

(pui200g,pesmet30g,faina30g,1ou)

Duck A l`Orange.....65 lei

(rata300g,brocoli100g,usturoi,suc portocale50g)

PULPA DE RATA (450g).... 86 lei

(pulpa de rats 250 g, piure cu trufe 150g)



Pui Shanghai.....44 lei

(pui200g,faina50g,1ou)

Topping gorgonzola(50g).....11 lei

Topping parmesan(50g).....10 lei

Specialități porc

Mushi file.....43 lei

(file porc 220g la gratar)

Snitel porc.....46 lei

(carne porc 200g)

Cordon Bleu47 lei

(porc190g, sunca50g,cascaval50g,pesmet50g)

Muschiulet Cambridge.....47 lei

(muschiulet porc250g impanat cu usturoi10g,bacon50g)

Mignon de muschiulet de porc 49 lei

(muschiulet de porc 230g, chiftelute legume, ciuperci gratinate)

Ceafa de Porc la Gratar (250 g).....45 lei

Coaste de porc barbeque (300 g).....46 lei

Antricot Tomahawk (270 g).....66 lei

Muschiulet de porc cu sos dijonnaise (230 g).....60 lei

(granuccina, porc 230g, sos de mustar, baby spanac)

Specialități vita

Biftec tartar(preparat).....74 lei

(vita 150g,castravete murat50g, 1ou fiert, Tabasco10g)

Noodles cu vita(vita150g,noodles150g,legume100g).....57 lei

Surf & Turf (muschi de vita250g, creveti100g, sos brun50g).....87 lei

Muschi de vita Gorgonzola.....79 lei

(muschi de vita250g, gorgonzola50g, granuccina150g,brandy30g)

Muschi de vita Maitre d'Hotel.....75 lei

(vita250g, unt50g)

Snitzel Vienez.....76 lei

(vita250g, pesmet50g,faina50g,ou)

Britannia Hot Pan.....66 lei

(vita150g, sweet chilli50g,orez salbatic100g,1ou,telina50g,ardei gras50g, usturoi,ulei susan)

Antricot de vitel fara os in sos brun.....86 lei

(vita200g, cognac30g,demiglace30)

Tagliata de vita cu sos brun.....79 lei

(muschi de vita230g, ciuperci,sos brun)



Muschi de vita cu piper verde....78 lei

(vita250g, piper verde30g,
demiglace30,ulei masline40g)

T-bone (400g)...143 lei

Muschi de vita cu sos de lamaie....77 lei

(vita250g, lamaie100g,unt50g)

Sos piper verde/lamaie(100g)....8 lei

Sos de gorgonzola/de ciuperci(100g)....13 lei

Specialitati miel

Cotlete de berbecut New Zealand la gratar.....89 lei

(cotlete300g, piure pesto100g)

Lamb chop`s New Zealand....90 lei

(Dijonaise & Pesto Potato)

(cotlete300g in crusta de mustar si piure cu pesto100g)

Pastrama de berbecut.....64 lei

(miel230g, mamaliga, usturoi10g, vin30g)

Kid`s menu

Pui Pane (+ cartofi prajiti sau piure).....31 lei

si suc de mere natural

(pui110g,faina30g,ou,cartofi100g,suc200ml)

Degetele de Peste (+ cartofi prajiti sau piure).....31 lei

si suc de mere natural

(peste110g,faina30g,ou,cartofi100g,suc200ml)

Pizza Junior (+ suc natural).....31 lei

(blat150g,carne la alegere100g,suc200ml)



Specialități peste și fructe de mare

Tartar de somon cu avocado.....71 lei

(avocado50g, somon150g, mix salata100g, anchois10g)

Noodles cu creveti.....71 lei

(noodles150g,ulei de susan30ml,seminte de susan20g,creveti200g,legume)

Fritto misto cu rucola.....71 lei

(creveti50g,scoici50g,calamari50g,caracatita30g,faina30g,1ou,pesmet30g)

Specialitati fructe de mare si somon.....86 lei

(creveti50g,somon150g,calamari50g,rucola50g,scoici50g,
caracatita50g,usturoi10g,vin30g)

Somon la gratar(220g).....71 lei

Paella.....67 lei

(orez200g,mix fructe de mare200g,mazare20g,sofran, ardei gras)

Saramura de Crap cu Mamaliguta.....51 lei

(crap250g,ardei gras30g,ceapa20g,rosii50g,patrunjel10g,malai70g,usturoi20g)

Pastrav la Gratar (350 g).....51 lei

Dorada la Gratar (350 g).....57 lei

File Dorada la Gratar (200 g).....64 lei

Creveti in sos de vin cu risotto milanez.....71 lei

(creveti200g,orez100g,porumb30g,usturoi10g,ciuperci30g,morcov30g,ardei30g)

Creveti Devil.....74 lei

(brocoli100g, sos tomat usor picant50g, orez salbatic100g,usturoi10g)

Creveti Mediteraneeni.....76 lei

(usturoi10g, sos de vin30g , orez100g,parmezan50g,creveti200g)

Creveti trasi la tigaie cu sos de

soia si piure cu trufe 71 lei

(creveti100g, piure150g)

Cioppino....71 lei

(calamari, creveti, caracatita, scoici,ceapa,apio,rosii,
sos de rosii, usturoi, paine cu usturoi)



Salate (150 g)

Salata de Rosii.....12 lei

Salata de Varza Alba.....12 lei

Salata Verde cu Lamaie.....12 lei

Salata Asortata (rosii50g, ceapa50g, castraveti50g).....13 lei

Salata Sfecla Rosie.....13 lei

Salata de Muraturi.....13 lei

Salata Ardei Copt.....14 lei

Salata de vinete.....25 lei

(cu sau fara maioneza)

Salata cu rucola, rosii, usturoi.....18 lei

Salata de vara.....13 lei

Garnituri

Legume la Gratar.....15 lei

(vinete30g,dovlecel30g,ceapa30g,rosii50g,ardei iute20g,capia30)

Ratatouille 16 lei

(vinete25g,dovlecel25g,ceapa25g,rosii25g,ardei gras25g,usturoi)

Sparanghel 16 lei

Ciuperci la Gratar (5 buc).....15 lei

Dovlecei la gratar (200g)..... 14 lei

Cartofi Prajiti (200g).....13 lei

Piure de Cartofi Proaspeti (200g).....14 lei

Piure cu pesto si usturoi 18 lei

(cartofi200g,pesto30g,usturoi10g)

Piure cu trufe (cartofi200g,trufe10g) 31 lei

Cartofi la Cuptor cu Rozmarin16 lei

(cartofi200g,rozmarin10g,usturoi10g)

Cartof Copt cu Smantana si Bacon.....24 lei

Spanac (spanac200g,ceapa50g,rosii20g).....16 lei

Baby Spanac cu Gran Cucina.....19 lei

(baby spanac200g,gran cucina,usturoi)

Orez Milanez (orez 150g, legume).....16 lei

Orez Salbatic(150g).....15 lei



Desert

Britannia

Dream.....38 lei

(blat crocant de biscuit, mar copt70g, crema vanilie, alune de padure, sos caramel, inghetata de vanilie)

Hot Brownie Cake a La Mode.....36 lei

(ciocolata100g,unt50g,inghetata vanilie o cupa)

Mousse de ciocolata 38 lei

(ciocolata100g,blat100g,crema50g)

Chessecake.....38 lei

(crema de branza100g,blat60g,smantana50g,dulceata afine50g)

Tiramisu.....38 lei

(piscoturi100g, crema mascarpone100g, sirop cafea, cacao, marsala)

Clatite (2 buc).....34 lei

(faina100g,dulceata50g, cicolata cu interior crocant, miere si nuca, alte sortimente)

Papanas (1 buc).....40 lei

(branza100g,oua,faina50g,portocale50g,smantana50g,dulceata50g)

Mini Papanasi (7 buc).....59 lei

(branza100g,oua,faina50g,portocale50g,smantana50g,dulceata50g,vsine,finetti)

Papanas cu finetti si inghetata de vanilie 40 lei

(branza100g,oua,faina50g,portocale50g,finetti50g,inghetata50g,ananas20g)

Desert vegan - Tort de inghetata (de post) 40 lei

(fara gluten, indulcit cu miere)

Deserturi de sezon

Salata de fructe....36 lei

(fructe300g,sirop de fructe)

Profiterol.....37 lei

(gogosi60g,inghetata100g,frisca10g)

Inghetata (50g) (o cupa)....11 lei

Melon glace 43 lei

(pepene galben400g fresh inghetata150g capsuni, vanilie, pina colada)

+iaurt, miere, menta

Platou pepene rosu(250g) 32 lei

Inghetata (3 cupe) 33 lei

(Betty ice: fructe de padure, cafea, pina colada, , capsuni
fistic, ciocolata belgiana, caramel, vanilie cu nuci, pepene galben)



Racoritoare

Apa Minerala/

Plata (0,33 l).....13 lei

Apa Minerala (0,75 l).....18 lei

Coca Cola/Fanta/Sprite (0,25 l).....16 lei

Fuzetea lamaie/piersica (0,25 l).....16 lei

Schweppes (0,25 l).....16 lei

Granini (0,25 l).....16 lei

Santal (0,25 l).....16 lei

Cappy (0,25 l).....16 lei

Limonada (0,4 l).....23 lei

Limonada Lime & brown sugar (0,4 l).....25 lei

Limonada speciala (capsune, pepene galben, alte arome) (0,4 l).....26 lei

Fresh Portocale (0,25 l).....25 lei

Fresh Grapefruit (0,25 l).....25 lei

Fresh Mixt (0,25 l).....25 lei

Citronada (0,33 l).....26 lei

(fresh portocale, fresh lamaie, menta proaspata, miere)

Miere.....1 leu

Red Bull (0,25 l).....21 lei

Figa.....24 lei

Bere

Heineken Draught (0,4 l).....18 lei

Bere la sticla

Heineken (0,4 l).....18 lei

Ciuc Premium Lager (0,5 l).....18 lei

Birra Moretti Con Sale Di Mare (0,33 l).....18 lei

Birra Moretti (0,5 l).....18 lei

Varietate de gust

Silva Strong Dark Lager (0,5 l).....18 lei

Edelweiss Hefe Weissbier (0,5 l).....18 lei

Cidru

Strong Bow Gold Apple (0,33 l).....14 lei

Strong Bow Dark Fruit (0,33 l).....14 lei

Bere fara Alcool

Ciuc Radler Lemon 0,0% (0,5 l).....16 lei

Heineken 0,0% (0,33 l).....16 lei

Alune (100 g)20 lei



Cafea / Ceaiuri

Espresso 100ml....15 lei

Fara Cofeina 100ml....15 lei

Espresso Dublu 100ml....20 lei

Cappuccino (espresso 100ml, lapte 50ml)....21 lei

Cappuccino Grande (espresso 100ml, lapte 70ml)....22 lei

Caffe Macchiato (espresso 40ml, spuma lapte)....20 lei

Caramel Macchiato (espresso 40ml, spuma lapte, caramel 20g)....23 lei

Caffe Latte (espresso 40ml, lapte 150ml)....22 lei

Caffe Frappe (espresso 40ml, frisca lichida, inghetata caramel)....25 lei

Nescafe Frappe (ness 20ml, frisca lichida, inghetata caramel)....25 lei

Ice Coffee (espresso 40ml, lapte 150ml, gheata)....22 lei

Irish Coffee (espresso 100ml, zahar brun, whiskey 20ml, frisca)....31 lei

Cafea Affogato (espresso 100ml, Bayles 30ml, inghetata, frisca)....31 lei

Cafea Amore....31 lei

(cu zahar brun, frisca lichida, disaronno/tequila/crema de whiskey/sambuca)

Ciocolata Calda 200ml....23 lei

Ceai Infuzie 200ml....22 lei

(winter fairytale, forest berry, nana mint, ginger-lemon, creamy coffe, autumn fruits, wild cherry, english breakfast, green jasmine, pina-colada, earl grey, red orange, garden eden, bio granpowder, musatel)

Cocktails (0.15 - 0.30 l)

Espresso Martini (vodka, espresso, kalua) 150ml.....35 lei

Negroni.....39 lei

Porn star Martini (vanila vodka, passoa, lime, prosecco, passion fruit) 150ml.....41 lei

Manhattan (lichior, whiskey, biter, martini rosu) 120ml.....37 lei

Cosmopolitan (suc cramberry, triplu sec, vodka) 150ml.....37 lei

Pinacolada (suc ananas, frisca, rom, lapte, sirop cocos) 300ml.....37 lei

Cuba Libre (lime, rom, cola) 250ml.....37 lei

Mojito (lime, zahar brun, menta, rom, apa minerala) 300ml.....37 lei

Britannia Mojito (lime, zahar brun, menta, rom, sirop de capsuni, apa minerala) 300ml.....37 lei

Gin Tonic (lime, gin, apa tonica) 300ml.....37 lei

Campari Orange (campari, suc portocala) 250ml.....37 lei

Vodca Tonic (vodka, apa tonica) 250ml.....37 lei

Margarita (triplu sec, tequila, lime) 150ml.....37 lei

Mexican Screwdriver (tequila, suc portocala) 250ml.....35 lei

Pink Lady (gin, frisca lichida, lapte) 300ml.....35 lei

Orgasm (crema whiskey, amaretto, frisca lichida) 150ml.....35 lei

Aperol spritz (vin spumant, aperol, apa minerala) 300ml.....35 lei

Aperol Britannia (vin spumant, aperol, apa minerala, fresh portocala) 300ml.....36 lei

Vodca cu suc de mere 250ml.....35 lei

Hugo (sirop soc, vin spumant, menta, apa minerala) 300ml.....35 lei

Long Island Ice tea (triplusec, tequila, gin, vodka, rom, cola) 300ml.....35 lei

Britannia amaretto sour (zahar brun, amaretto, lime) 300ml.....35 lei

Pomegranate Gin & Tonic 250 ml....41 lei

(Malfy limone, FeverTree Indian, suc proaspat de lamaie, sirop de zahar, rodie)

Cinna 007 250 ml....41 lei

(Bumbu Original, Monin sirop Cinnamon, Monin sirop vanilla, suc proaspat de ananas, suc proaspat de lamaie, Angostura Orange Bitter, bat scortisoara, portocala)

Shot B52 (kahlua, crema whiskey, triplusec) 40ml.....22 lei

Shot tequila olmeca (shot tequila) 40ml.....22 lei

Shot kamikaze (vodka, triplu sec, lime, sirop) 40ml.....22 lei



Virgin cocktails (0.30 l)

Shirley Temple 250ml.....25 lei
(sprite, grenadine)

Green Apple 300ml.....25 lei
(lime, zahar brun, suc mere verzi)

Cinderella 300ml25 lei

(suc lamaie, zahar brun, suc portocale, suc ananas, grenadine)

Fruit Punch (suc portocale, suc piersica, grenadine) 300ml.....25 lei

Blue Mint (sprite, sirop menta) 250ml.....25 lei

Virgin Pinacolada (suc ananas, frisca lichida, lapte, sirop cocos) 250ml....26 lei

Virgin Mojito (zahar brun, lime, apa minerala, menta) 250ml....25 lei

Virgin Mojito cu sirop de capsuni 250ml....25 lei

Vinuri albe (0.75 l)

THE ICONIC ESTATE

Prahova Valley Chardonnay (sec) 77 lei

Prahova Valley Sauvignon Blanc (demisec) 77 lei

Prahova Valley Feteasca Alba (demisec).... 77 lei

TOHANI

Feteasca Alba (demisec).... 85

Summer Wine (demisec).... 121

BYZANTIUM (sec) 85 lei

(Cupaj Chardonnay, Tamaioasa Romaneasca, Viognier)

JIDVEI

Dry Muscat (demisec)....77 lei

Sauvignon Blanc (demisec)....77 lei

DOMENIILE SAMBURESTI

Chardonnay (sec)....93 lei

Sauvignon Blanc (sec)....93 lei

BUDUREASCA

Sauvignon Blanc Premium (sec)....99 lei

Fume Premium (sec)....99 lei

Tamaioasa Romaneasca Bristena (demidulce)....77 lei

Toate vinurile contin sulfiti



SEGARCEA

Pinot Gris (sec)....110 lei
Feteasca Alba (sec)...110 lei
Chardonnay (sec)....110 lei
Tamaioasa Romaneasca (sec)...99 lei

PURCARI

Sapiens Sauvignon Blanc (sec)....132 lei
Nocturne Sauvignon Blanc (sec)....132 lei

RECAS

Muse White (demisec).... 132 lei
Sole Sauvignon Blanc (sec) 132 lei
Sole Chardonnay (sec) 132 lei
Solo Quinta (sec).... 165 lei

SARICA NICULITEL

Letea Princeps Aligote (sec).... 121 lei
Corvo Bianco (sec)....121 lei

RASOVA

La Plage (cupaj) (sec).... 99 lei

SERVE

Terra Romana Sauv. Blanc (sec).... 121 lei

DRADARA

Sauvignon Blanc (sec).... 110 lei

Vinuri roze / spumante (0.75 l)

Mateus-Rose (sec)....90 lei
Rasova - La Plage Rose (sec)....99 lei
SERVE - Terra Romana Sauv. Blanc (sec).... 121 lei
Purcari-Rose (sec)....132 lei
Domeniile Sâmburesti Roze (sec).... 93 lei
Averesti (sec) 132 lei
Diamond Busuioaca de Averesti Roze

Toate vinurile contin sulfiti



Tohani-Feteasca
de Tohani Rose (demisec).... 77 lei
Byzantium Rose (sec)....82 lei
Budureasca-Rose
Premium (sec).....99 lei
Budureasca-Busuioaca
de Bohotin (demidulce).....88 lei
Hermeziu C'est Soir
Busuioaca (demidulce).....82 lei
Segarcea Elite Rose (sec)110 lei
Caii de la Letea Rose (sec)121 lei
Dagon Clan Har rosé, cupaj (sec)82 lei
Lambrusco Viala Rose (sec)82 lei
Bottega Poeti Rose Brut....88 lei
Bottega Poeti Prosecco Spumant....88 lei
Bottega Millesimato Brut....88 lei
Asti Martini....99 lei
Recas Muse Day/Night....132 lei
Moët&Chandon Rose Imperial....770 lei
Bottega Gold Prosecco....165 lei

Sangria pahar 0,3L.....33 lei
Sangria carafa 1L.....99 lei

Vinuri roșii

(0.75 l)

THE ICONIC ESTATE

Prahova Valley Merlot (sec)....77 lei
Prahova Valley Feteasca Neagra (demisec)....77 lei
Prahova Valley Pinot Noir (sec)....77 lei

TOHANI

Feteasca Neagra (demisec)....85 lei

Toate vinurile contin sulfiti



SAMBURESTI

Merlot (sec)....93 lei

Cabernet Suvignon (sec)....93 lei

SEGARCEA

Cabernet Sauvignon (sec).....110 lei

Merlot (sec)....110 lei

Pinot Noir (sec)....110 lei

SARICA NICULITEL

Caii de la Letea Vol. 2 (Cab. Sauv. & Fet. Neagra)

(sec) 121 lei

BUDUREASCA

Feteasca Neagra (demisec)....93 lei

DEALU MARE

Prince Mircea - merlot (sec)....121 lei

Castel Bolovanu (sec)....99 lei

RECAS

Cuvee Uberland (sec)....209 lei

RECAS Te Iubesc (demidulce).....82 lei

PURCARI

Rara Neagra (sec).....132 lei

CORVO ROSSO.....110 lei

DAVINO - Flamboyant330 lei

DOMAINE CEPTURA - Rouge253 lei

DAGON CLAN

Jar rosu, cupaj (sec).....99

Vinuri Miniaturi / Pahar....32 lei

Budureasca Sauvignon Blanc (sec) 187 ml

Budureasca Feteasca Neagra (sec) 187 ml

Budureasca Rose (sec) 187 ml

Bottega Gold Spumant 200 ml.....45 lei

Toate vinurile contin sulfiti



Vinuri import (0.70 l)

- Trapiche Malbec (rosu sec)....132 lei
Argentina Concha y Toro
-Carmenere (rosu sec)....110 lei
- Frontera (rosu sec)....110 lei
- Chardonay Cassillero del Diablo (alb sec)....121 lei

Bauturi alcoolice

WHISKY

- Jack Daniel's 40 ml....24 lei
Jack Daniel's Honey 40 ml....25 lei
Jim Beam 40 ml....19 lei
J&B 40 ml....21 lei
Ballantines 40 ml....21 lei
Johnnie Red Label....21 lei
Johnnie Black Label....24 lei
Chivas 40 ml....30 lei
Glenfiddich 40 ml....30 lei
Oban(14 y.o) 40 ml....36 lei

VODCA

- Finladia 40 ml....19 lei
Absolut Blue 40 ml....20 lei
Smirnoff 40 ml....19 lei
Beluga Noble 40 ml....30 lei
Grey Goose 40 ml....30 lei
VODCA CU SUC DE MERE 40 ml....35 lei

RUM

- Bacardi 40 ml....20 lei
Havana 7 y.o 40 ml24 lei
Saylor Jerry 40 ml....20 lei
Capitan Morgan 40 ml....21 lei
Capitan Morgan Spice 40 ml....23 lei
Bumbu 40 ml....27 lei

BITTER

- Campari 40 ml....21 lei
Aperol 40 ml....21 lei



LIQUORS

Bailey.s 40 ml....21 lei
Sheridan 40 ml....21 lei
Sambuca 40 ml....21 lei
Saber Afinata, Visinata....20 lei
Palinca Caise 40 ml....20 lei
Palinca Gutui 40 ml....20 lei

TEQUILA Olmeca 40 ml...22 lei

VERMOUTH

Martini Bianco 40 ml....15 lei

COGNAC & BRANDY

Metaxa 7* 40 ml....23 lei
Remy Martin VSOP 40 ml....32 lei
Hennessy V.S 40 ml.....27 lei
Courvoisier V.S.O.P 40 ml.....30 lei
Brancoveanu X.O 40 ml.....30 lei
Brancoveanu V.S.O.P 40 ml.....23 lei
Cardenal Mendoza 40 ml.....27 lei
Averna Amaro 40 ml.....26 lei

DIGESTIVE

Disaronno Amaretto 40 ml....22 lei
Jagermeister 40 ml....22 lei
Limoncello 40 ml....22 lei
Fernet Branca 40 ml.....22 lei
Fernet Branca Menta 40 ml.....22 lei

GIN

JJ Whitley London Dry Gin 40 ml....22 lei
Whitley Neill Quince Gin 40 ml....22 lei
JJ Whitley Elderflower Gin (flori de soc) 40 ml....22 lei
Hendrick`s 40 ml....25 lei
Larios Rose 40 ml....19 lei
Larios 12 plante 40 ml....19 lei
Gin tonic 220 ml.....35 lei

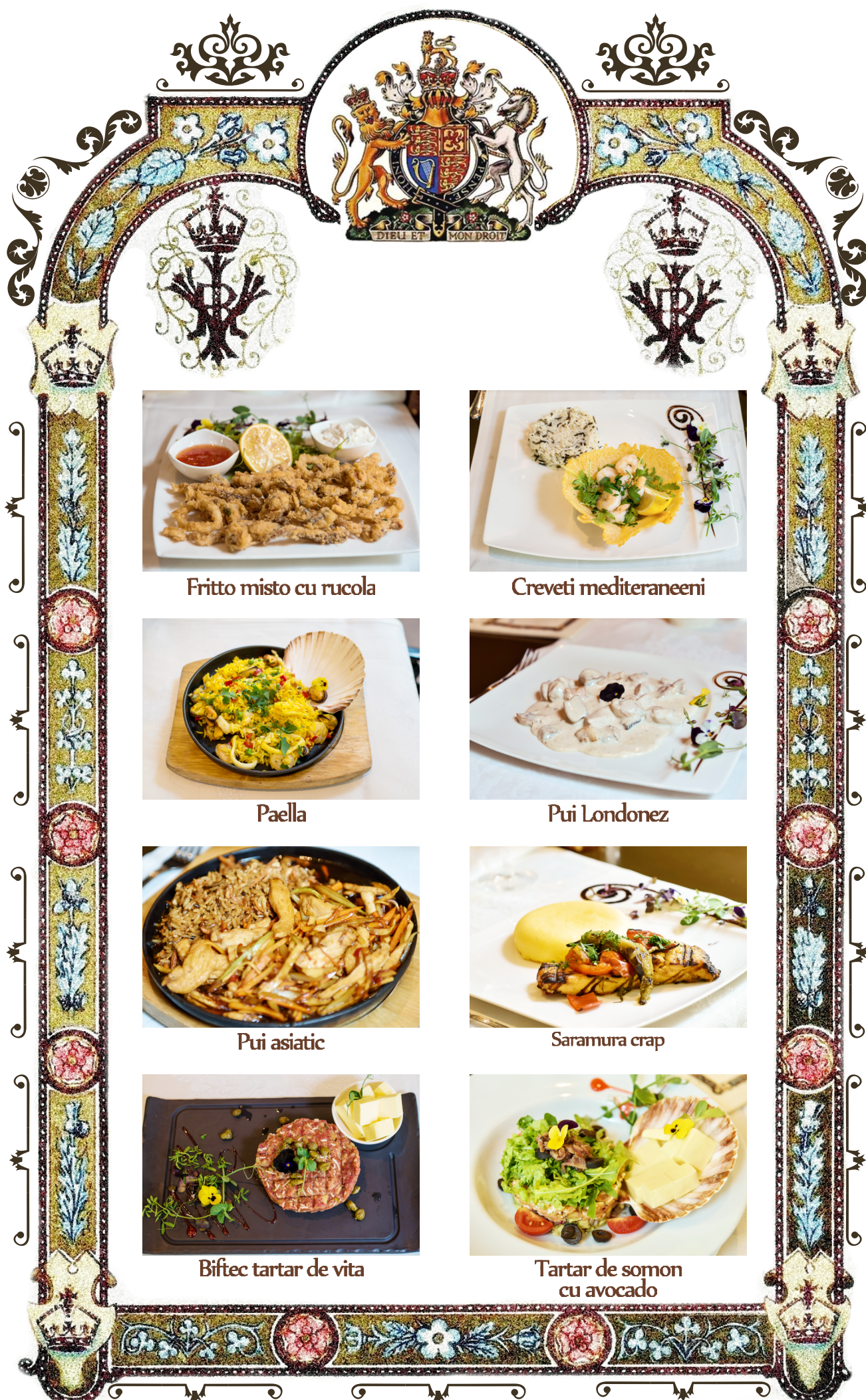


Meniu de post

- Salata de cruditati.....25 lei
Salata de vinete.....25 lei
Zacusca.....27 lei
Bruschete cu rosii.....26 lei
Aperitiv mixt (150 g).....50 lei
(salata vinete, zacusca, rosii cu usturoi, fasole batuta, masline)
Ciulama de ciuperci cu mamaliguta.....35 lei
Tocanita de legume cu mamaliguta.....35 lei
Guacamole (cu sau fara usturoi) cu mini focaccia.....38 lei
Legume la gratar15 lei
Dovlecei la gratar.....14 lei
Ciuperci la gratar (5 buc).....14 lei
Paste fara ou Arrabiata40 lei
Aglio olio.....41 lei
Pizza Primavera45 lei
Pizza Vegetarina43 lei
Salata de post cu foccacia40 lei
(mix salata, rosii, castraveti, ardei gras, ceapa , masline)
Salata de vara13 lei
Salata de sfecla rosie13 lei
Salata de muraturi13 lei
Salata de ardei copt14 lei
Salata cu rucola, rosii, usturoi18 lei
Cartofi prajiti.....13 lei
Cartofi la cuptor cu rozmarin16 lei
Orez milanez.....16 lei
Orez salbatic15 lei
Spanac16 lei
Ratatouille16 lei

Desert

- Clatite cu dulceata.....34 lei
Salata de fructe.....36 lei
Desert vegan-Tort de inghetata (de post) 43 lei
(fara gluten, indulcit cu miere)



Fritto misto cu rucola



Creveti mediteraneeni



Paella



Pui Londonez



Pui asiatic



Saramura crap



Biftec tartar de vita



Tartar de somon
cu avocado



Britannia Club Sandwich



Salata Cobb



Guacamole
cu mini foccacia



Meniu copii
Pui shanghai cu cartofi prajiti si suc de mere



Pizza Quattro Stagioni



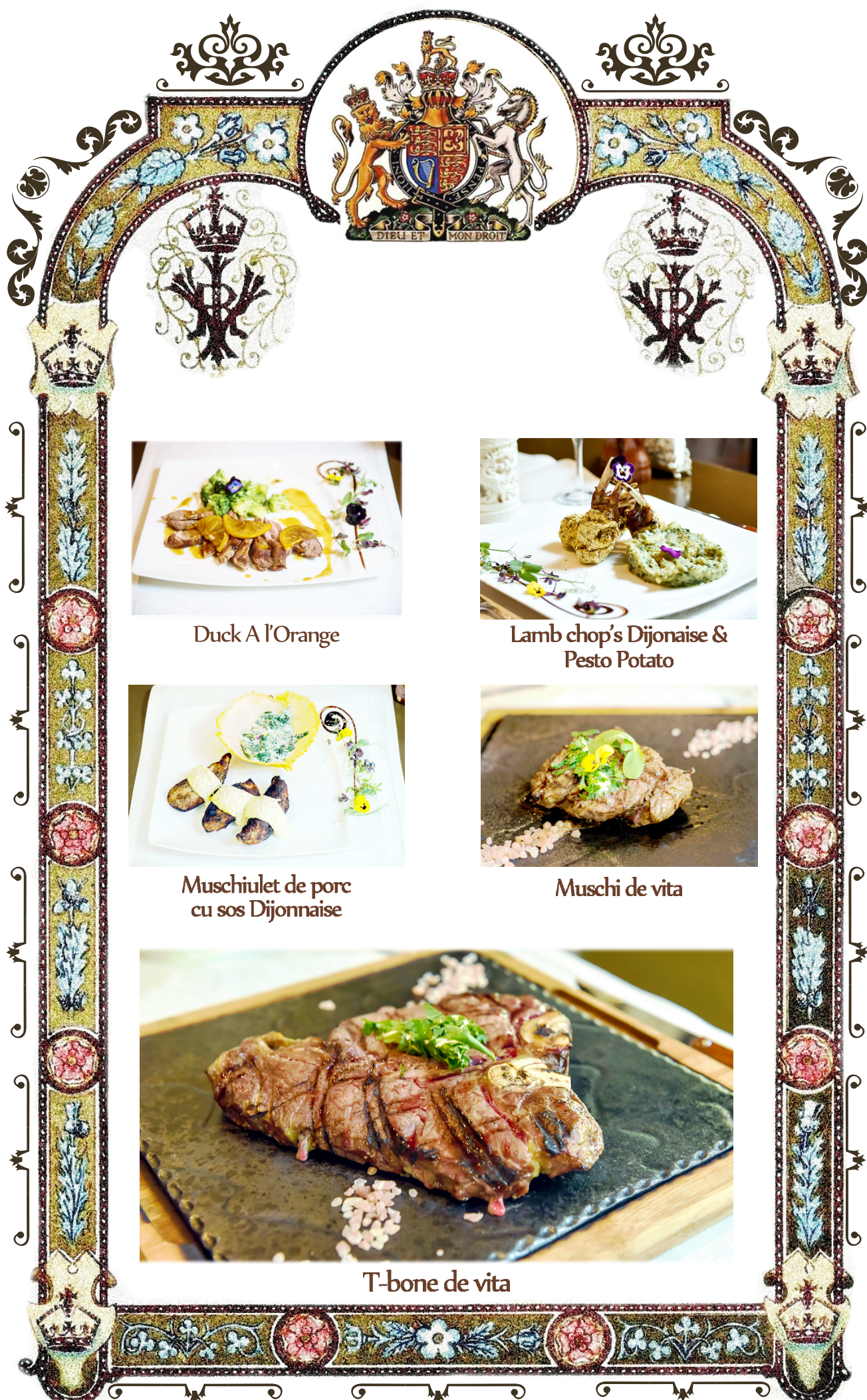
Tortellini cu Forno



Pizza Calzone



Penne D'aqua



Duck A l'Orange



Lamb chop's Dijonaise &
Pesto Potato



Muschiulet de porc
cu sos Dijonnaise



Muschi de vita



T-bone de vita



Papanas cu finetti
si inghetata de vanilie



Hot brownie Cake
a La Mode



Mousse de ciocolata



Cheesecake



Britannia Dream







Denumirea produsului	Proteine %	Lipide %	Glucide %	Calorii
Lapte si derivate	Proteine %	Lipide %	Glucide %	Calorii
Lapte de vaca integral	3,5	3,5	4,5	65
Lapte de vaca normalizat	3,5	1,7	4,9	50
Lapte de oaie	6,0	7,5	4,6	113
Lapte de capra	3,5	3,7	4,5	67
Lapte de vaca batut	3,2	2,9	5,5	63
Iaurt din comert	3,2	2,6	4,0	54
Lapte praf	27	24	40	498
Branza grasa de vaca	13,0	9,0	4,5	155
Branza dietetica de vaca	18,0	—	4,0	90
Branza de burduf	27,4	27,4	0,5	369
Telemea de oaie	18,9	24	1,0	305
Telemea de vaca	19,4	20,4	1,0	273
Cascaval	25,0	19,0	1,0	283
Branzeturi topite	7,0	36,0	0,9	366
Carne si derivate	Proteine %	Lipide %	Glucide %	Calorii la 100g
Carne de vaca slaba	20,4	2,2	—	104
Carne de vaca grasa	12,0	24,5	—	277
Carne de porc slaba	20,4	6,3	—	142
Carne de porc garsa	15,0	30,0	—	340
Carne de oaie	17,0	12,0	—	181
Carnea de miel	18,0	20,0	—	260
Carnea de gaina	21,0	6,0	—	142
Carne de pui de gaina	20,1	10,2	—	177
Carne de curca	24,5	8,5	—	179
Carne de gasca semigrasa	18,4	20,0	—	261
Carne de rata	19,6	6,0	—	136
Carne de iepure	22,0	1,0	—	100
Parizer, cremwursti	13,0	26,0	—	295
Salam de Sibiu	26,5	43,4	—	512
Salam de vara	20,0	47,0	—	519
Carnati	18,0	26,9	—	324
Sunca presata	24,9	20,7	—	294
Muschi tiganesc	21,6	26,3	—	333
Leberwurst	16,8	30,1	—	349
Pate de ficat	19,6	19,5	—	261
Peste si derivate	Proteine %	Lipide %	Glucide %	Calorii la 100g
Crap	18,9	2,8	—	104
Salau	19,4	0,4	—	83
Stiuca	19,1	0,4	—	82
Somn	16,8	18,8	—	224
Scrumbii de Dunare	14,2	25,9	—	299
Calcan	17,0	2,0	—	88
Stavrid	16,6	5,1	—	115
Cod	19,0	1,0	—	87
Hering	18,0	10,0	—	167
Macrou	22,0	10,0	—	183
Conserve de peste	Proteine %	Lipide %	Glucide %	Calorii la 100g
Crap in sos tomat	10,6	6,9	4,3	125
Cod in sos tomat	14,9	1,3	2,9	85
Heringi in sos tomat	16,2	10,4	1,8	170
Macrou in sos tomat	14,5	10,6	1,6	1,64
Stavrid in sos tomat	15,5	6,6	—	125



File de macrou de ulei	16,2	20,7	–	259
Hering in ulei	13,7	28,9	–	325
File de sardina in ulei	19,3	21,6	–	280
Icre crap	25,0	3,0	–	130
Icre stiuca	27,0	1,5	–	125
Icre negre (caviar)	26,0	15,0	–	246
Icre Manciuira	35,0	12,0	–	255
Oua	Proteine	Lipide	Glucide	Calorii la 100g
Oua de gaina integral (grame pe bucata)	7,0g	6,0g	0,6g	171
Galbenus de ou de gaina	16,0	32,0	0,3	364
Albus de ou de gaina	13,0	0,2	0,5	57
Un ou de rata (cca 60g)	7,0g	8,0g	0,2g	104
Legume proaspete	Proteine %	Lipide %	Glucide %	Calorii la 100g
Ardei gras verde	1,1	0,2	2,5	17
Ardei gras rosu	1,3	0,4	7,3	39
Cartofi noi	1,7	0,2	17,4	80
Cartofi maturi	2,0	0,15	19,0	88
Castraveti	1,3	0,2	2,9	19
Ceapa verde	1,0	0,2	3,5	20
Ceapa uscata	1,5	0,2	8,0	40
Ciuperci	5,0	0,5	2,3	35
Conopida	2,8	0,3	3,9	30
Dovlecei	0,9	0,1	3,2	18
Fasole verde	2,0	0,2	5,7	33
Mazare verde boabe	8,4	0,5	14,0	96
Morcovi	1,5	0,3	8,8	45
Pastarnac	1,4	0,5	15,0	72
Patrunjel radacina	1,1	0,8	10,0	53
Patlagele rosii	1,3	0,2	4,8	27
Praz	2,3	0,4	9,9	54
Ridichi de luna	0,6	0,1	3,8	19
Ridichi de iarna	1,3	0,1	4,9	26
Salata verde	1,9	0,3	2,9	22
Sfecla rosie	1,3	0,1	9	43g
Spanac	3,5	0,3	2	25
Telina radacini	1,4	0,3	5,9	33
Urzici	7,9	0,7	7,1	68
Usturoi	7,2	0,2	26	137
Varza alba	1,8	0,2	5,8	33
Varza Bruxelles	4,0	0,5	7,0	50
Varza rosie	1,9	0,2	5,6	33
Legume conservate	Proteine %	Lipide %	Glucide %	Calorii la 100g
Fasole verde (conserve sterilizate)	1,1	0,4	2,5	18
Mazare verde boabe (conserve sterilizate)	6,5	0,5	10	72
Mazare fina (conserve sterilizate)	6,5	0,4	9	67
Ghiveci in bulion	1,4	0,5	3,7	26
Tomate in bulion	1,7	0,4	3,1	23
Vinete in bulion	1,0	0,5	1,5	15
Tocana de legume	1,0	6,0	3,1	73
Ardei	1,2	8,0	8,0	112
Spanac cu orez	2,0	8,0	2,0	91



Pasta de tomate	5,4	—	15,4	85
Bulion de tomate	3,6	—	11,6	62
Legume deshidratate	Proteine %	Lipide %	Glucide %	Calorii la 100g
Cartofi rondele	7,8	0,4	77,0	350
Ciuperci	41,7	1,7	30,8	313
Morcovi	9,0	1,5	61,4	303
Legume murate	Proteine %	Lipide %	Glucide %	Calorii la 100g
Castraveti in otet	0,6	—	1,5	9
Gogosari intregi in otet	0,7	—	3	15
Gogosari taiati in otet	0,8	—	2,6	14
Salata de varza rosie	1,0	—	3,0	16
Salata de sfecla rosie	1,0	1,0	8,2	38
Varza acra	1,2	—	3,3	18
Fructe proaspete	Proteine %	Lipide %	Glucide %	Calorii la 100g
Banane	1,3	0,6	13,4	66
Caise	1,0	—	13,0	57
Capsuni	1,0	1,0	9,0	50
Cirese	1,0	0,3	18,0	81
Coacaze	1,5	0,6	10,2	54
Fragi de padure	1,3	1,0	9,8	54
Grepfruit	0,5	0,2	6,5	30
Gutui	0,5	0,5	14,2	65
Lamai	0,9	0,7	6,2	36
Mandarine	0,8	0,1	8,7	40
Macese	4,1	1,2	21,8	117
Mere	0,3	0,5	15,0	67
Mure	1,5	1,4	14,1	77
Pepeni galbeni	0,5	0,1	5,0	23
Pepeni verzi	0,5	0,1	5,4	25
Pere	1,0	1,0	16,0	79
Piersici	1,0	—	10,0	45
Portocale	0,8	0,2	10,1	47
Prune	0,6	0,1	21,0	89
Zmeura	1,0	1,0	14,0	71
Struguri	2,1	1,7	18,0	98
Visine	1,0	0,5	14,0	66
Fructe uscate	Proteine %	Lipide %	Glucide %	Calorii la 100g
Curmale cu samburi	1,9	0,6	74,0	316
Mere	1,0	1,0	55,0	239
Pere	2,4	0,4	70,0	300
Prune cu samburi	2,5	0,5	71,0	306
Smochine	4,3	1,3	58,0	267
Stafide	2,5	0,5	71,0	306
Sucuri si paste de fructe si legume	Proteine %	Lipide %	Glucide %	Calorii la 100g
Suc natural de mere	0,09	—	17,4	72
Suc natural de mere concentrate	0,5	—	64,4	266
Suc de pere	0,02	—	14,1	57
Suc de prune	0,09	—	13,7	56
Suc de zmeura	0,16	—	12,3	51
Suc de struguri	0,13	—	20,0	83
Suc de tomate	1,0	—	5,0	25
Compoturi	Proteine %	Lipide %	Glucide %	Calorii la 100g
Compot de caise	0,5	—	14,0	59
Compot de cirese	0,4	—	15,5	65



Compot de gutui	–	–	17,0	70
Compot de mere	0,3	–	17,5	73
Compot de pere	0,2	–	20,5	85
Compot de piersici	0,6	–	16,1	68
Compot de prune	0,4	–	15,3	64
Compot de visine	0,4	–	15,5	65
Compot de struguri	0,5	–	19,0	80
Leguminoase uscate	Proteine %	Lipide %	Glucide %	Calorii la 100g
Fasole boabe	23,0	1,7	47,7	303
Lințe boabe	25,0	1,9	52,0	333
Mazare boabe	21,5	1,9	53,0	323
Produse derivate din cereale	Proteine %	Lipide %	Glucide %	Calorii la 100g
Paine de grau alba	7,5	0,4	52,0	247
Paine de grau intermediara	7,5	0,7	48,0	234
Paine de grau neagra	8,4	1,2	48	242
Paine de secara	12,4	1,7	67,7	344
Paine graham	9,1	1,0	51,0	256
Cornuri, chifle simple	8,2	0,4	57,1	271
Cornuri, chifle cu material	8,2	4,4	61,6	327
Faina de grau, extractie 75%	11,8	1,4	72,0	356
Faina de grau, extractie 85%	11,0	1,4	71	349
Faina de secara	8,9	1,2	74,6	353
Faina de porumb	9,6	1,7	72,1	351
Arpacas din orz	9,5	1,5	72,0	348
Orez decorticat	8,1	1,2	75,5	354
Gris	9,4	0,9	75,9	358
Fulgi de ovaz	13,6	6,3	63,3	374
Paste fainoase obisnuite	10,9	0,6	75,6	360
Paste fainoase cu ou	10,2	2,2	79,1	386
Biscuiti	8,2	9,5	74,0	425
Fructe oleaginoase	Proteine %	Lipide %	Glucide %	Calorii la 100g
Arahide	25,8	44,5	15,7	584
Alune curatate	12,0	63,0	17,0	705
Masline negre	20,0	35,0	7,2	437
Masline verzi	12,5	10	8,1	177
Nuci	21,0	59,0	3,7	650
Grasimi	Proteine %	Lipide %	Glucide %	Calorii la 100g
Smantana preambalata	2,5	30,0	3,1	302
Smantana varsata	2,5	29,5	3,0	297
Unt	6,0	74,0	2,0	721
Untura de porc	0,2	99,6	–	927
Ulei de floarea soarelui	–	100	–	930
Ulei soia	–	100	–	930
Ulei de floarea soarelui + soia	–	100	–	930
Ulei germeni de grau	–	100	–	930
Margarina	–	82,5	–	767