

From farm to table



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Il Viaggio

by Chef Giovanni

BY THE SEA



appetizer

Veggie Balls with tzatziki - 200g

28 ron

Veggie Balls (contains sesame, celery)* - 150g, Greek Yogurt 10% fat - 80g, Cucumbers - 20g, Olive Oil - 10ml, Salt - 1g, Basil - 0.05g, Mint - 0.05g

Nutritional values per 100g

Energy value (kJ/kcal): 1042.3 / 249.6, Fats (g): 16 of which: Saturated fatty acids (g) 3.5, Carbohydrates (g): 21.1 of which: Sugars (g): 0.1, Proteins (g): 5.4, Salt (g): 0.6

Allergens: Gluten, Milk, Celery, Sesame, *derived from frozen products

soup

Seafood soup - 600g

68 ron

Vegetable soup - 200g, Shrimps* - 150g, Preferred mussels* - 100g, Tomato sauce - 100ml, Squid* - 70g, Squid tentacles* - 40g, Bread - 30g, Seafood stock (contains molluscs, fish, crustaceans) , Garlic, Basil, Hot pepper, Acidity corrector: Citric acid (E 330), Sodium citrates (E 331)

Nutritional values per 100g

Energy value (kJ/kcal): 315.3 / 74.6, Fats (g): 1.5 of which: Saturated fatty acids (g) 0.2, Carbohydrates (g): 4.3 of which: Sugars (g): 1.3, Proteins (g): 10.6, Salt (g): 0.8

Allergens: Crustaceans, Fish, Molluscs; *derived from frozen products

risotto & pasta

Fettuccine ai frutti di mare - 450g

58 ron

Vegetable soup - 200g, Shrimps* - 150g, Preferred mussels* - 100g, Tomato sauce - 100ml, Squid* - 70g, Squid tentacles* - 40g, Bread - 30g, Garlic, Basil, Hot pepper, Seafood stock (contains molluscs, fish, crustaceans), Acidity corrector: Citric acid (E 330), Sodium citrates (E 331))

Nutritional values per 100g

Energy value (kJ/kcal): 640.4 / 156.3, Fats (g): 4.5 of which: Saturated fatty acids (g) 0.8, Carbohydrates (g): 13.5 of which: Sugars (g): 0.8, Proteins (g): 15.9, Salt (g): 2.1

Allergens: Gluten, Crustaceans, Eggs, Fish, Celery, Molluscs; *derived from frozen products

Risotto ai frutti di mare - 450g

58 ron

Shrimps*- 150g, Vegetable soup - 100g, Preferred mussels* - 100g, Rice - 80g, Squid* - 70g, Squid tentacles* - 30g, Tomato - 30g, Wine 11% alcohol, Extra virgin olive oil, Onion, Stock Seafood (Contains Molluscs, Fish, Crustaceans), Basil, Garlic, Black Pepper, Salt, Acidity Corrector: Citric Acid (E 330), Sodium Citrates (E 331)

Nutritional values per 100g

Energy value (kJ/kcal): 644.6 / 152.5, Fats (g): 3.5 of which: Saturated fatty acids (g) 0.6, Carbohydrates (g): 15.2 of which: Sugars (g): 0.8, Proteins (g): 14.1, Salt (g): 1.2

Allergens: Crustaceans, Fish, Celery, Molluscs; *derived from frozen products

fish & seafood

Grigliatta- 500g

90 ron

Squid tentacles* - 150g, Lettuce - 150g, Squid* - 150g, Shrimp* - 150g, Tomato - 30g, Onion - 30g, Olive oil - 30ml, Lemon, Salt, Thyme, Acidity corrector: Citric acid (E 330), Sodium citrates (E 331)

Nutritional values per 100g

Energy value (kJ/kcal): 555.4 / 132.8, Fats (g): 7.4 of which: Saturated fatty acids (g) 1.1, Carbohydrates (g): 1.1 of which: Sugars (g): 0.9, Proteins (g): 16.0, Salt (g): 0.9

Allergens: Crustaceans, Molluscs; *derived from frozen products

Fritto Misto with tempura vegetables - 500g

90 ron

Shrimp* - 150g, Squid* - 100g, Zucchini - 70g, Celery - 70g, Carrot - 70g, Tilapia* - 70g, Lemon - 30g, Sunflower oil, Egg white, Potato starch, Wheat flour, Salt

Nutritional values per 100g

Energy value (kJ/kcal): 497.3 / 118.7, Fats (g): 4.8 of which: Saturated fatty acids (g) 0.6, Carbohydrates (g): 6.9 of which: Sugars (g): 1.9, Proteins (g): 12.5, Salt (g): 1.2

Allergens: Gluten, Crustaceans, Eggs, Fish, Celery, Molluscs; *derived from frozen products

Sea Bass Al Cartoccio – 400g

56 ron

Sea Bass* - 160g, Potatoes - 88.89g, Cherry tomatoes - 62.22g, Kalamata olives - 44.44g, Onion, Wine, Extra virgin olive oil, Capers, Garlic

Nutritional values per 100g

Energy value (kJ/kcal): 522.7 / 124.3, Fats (g): 6.0 of which: Saturated fatty acids (g) 0.8, Carbohydrates (g): 6.1 of which: Sugars (g): 1.2, Proteins (g): 9.8, Salt (g): 0.6

Allergens: Fish; *derived from frozen products

Octopus tentacles, sweet potatoes and chimichurri– 350g

120 ron

Octopus* - 181.41g, Sweet potatoes - 145.12g, Peppers, Onions, Extra virgin olive oil, Parsley, Hot peppers, Salt, Garlic, Thyme

Nutritional values per 100g

Energy value (kJ/kcal): 651.5 / 155.1, Fats (g): 3.7 of which: Saturated fatty acids (g) 0.4, Carbohydrates (g): 13.0 of which: Sugars (g): 2.3, Proteins (g): 15.9, Salt (g): 1.5

Allergens: Molluscs; *derived from frozen products

salad

Octopus Salad - 300g

60 ron

Lettuce - 83.33g, Kalamata olives - 41.67g, Potatoes - 41.67g, Octopus* - 100g, Tomatoes, Extra Virgin Olive Oil, Onion, Parsley Pesto, Garlic

Nutritional values per 100g

Energy value (kJ/kcal): 653.1 / 156.1, Fats (g): 11.0 of which: Saturated fatty acids (g) 1.5, Carbohydrates (g): 6.9 of which: Sugars (g): 2.5, Proteins (g): 5.0, Salt (g): 1.9

Allergens: Molluscs; *derived from frozen products

desert

Lava Cake - 150g

26 ron

Egg - 40.91g, Vanilla ice cream - 30g, Chocolate, Wheat flour, Sugar, Butter 82% fat*

Nutritional values per 100g

Energy value (kJ/kcal): 1328.1 / 317.2, Fats (g): 19.2 of which: Saturated fatty acids (g) 11.6, Carbohydrates (g): 26.7 of which: Sugars (g): 17.2, Proteins (g): 7.6, Salt (g): 0.1

*Allergens: Gluten, Eggs, Milk; *derived from frozen products*

Il Viaggio

by Chef Giovanni

OVER THE HILLS



appetizer

Beef carpaccio with arugula and parmesan - 180g

44 ron

Beef tenderloin* - 100g, arugula - 60g, Hard cheese (Contains Eggs, Milk) - 50g, Extra virgin olive oil, Black pepper, Preservative: Lysozin (E 1105), Bulking agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy value (kJ/kcal): 1107.4 / 265.6, Fats (g): 19.8 of which: Saturated fatty acids (g) 7.5, Carbohydrates (g): 1.6 of which: Sugars (g): 0.2, Proteins (g): 20.6, Salt (g): 0.6

Allergens: Eggs, Milk; *derived from frozen products

soup

Celery cream soup with chorizo - 300g

28 ron

Celery - 145.16g, White bread - 48.39g, Potatoes - 48.39g, Onions - 29.03g, Butter 82% fat, Turkey chorizo (Contains Milk), Color: Carminic acid (E 120), Preservative: Sodium nitrite (E 250), Antioxidant: Sodium erythorbate (E 316)

Nutritional values per 100g

Energy value (kJ/kcal): 580.3 / 138.1, Fats (g): 7.0 of which: Saturated fatty acids (g) 3.5, Carbohydrates (g): 15.1 of which: Sugars (g): 2.6, Proteins (g): 3.6, Salt (g): 0.3

Allergens: Milk, Celery:

risotto & pasta

Carbonara - 350g

40 ron

Pasta Il Viaggio - 150g, Guanciale di maiale -100g, Grated Pecorino Romano (Contains Milk) - 80g, Egg yolk - 60g, Black pepper

Nutritional values per 100g

Energy value (kJ/kcal): 1899.0 / 457.2, Fats (g): 34.3 of which: Saturated fatty acids (g) 14.2, Carbohydrates (g): 21.7 of which: Sugars (g): 0.9, Proteins (g): 16.8, Salt (g): 1.7

Allergens: Gluten, Eggs, Milk;

Pumpkin fettuccine with pecorino cream - 300g

40 ron

Pumpkin Pasta* - 140g, UHT cream for cooking - 50g, Pecorino Romano cheese - 50g, Butter, Stabilizer: Carrageenan (E 407)

Nutritional values per 100g

Energy Value (kJ/kcal): 1267.8 / 301.9, Fats (g): 17.1 of which: Saturated fatty acids (g) 6.0, Carbohydrates (g): 25.3 of which: Sugars (g): 2.2, Proteins (g): 10.7, Salt (g): 0.9

Allergens: Gluten, Milk; *derived from frozen products

Risotto with saffron, truffles and parmesan sauce - 350g

55 ron

Parmesan (Contains Milk) - 75.47g, Arborio Rice for Risotto - 75.47g, Butter - 47.17g, Black Truffles*, Saffron

Nutritional values per 100g

Energy value (kJ/kcal): 1195.8 / 288.1, Fats (g): 18.9 of which: Saturated fatty acids (g) 12.1, Carbohydrates (g): 18.1 of which: Sugars (g): 17.4, Proteins (g): 11.3, Salt (g): 0.6

Allergens: Milk; *derived from frozen products

Risotto with beef tenderloin, sun-dried tomatoes and truffles - 350g 58 ron

Vegetable soup - 250g, Rice - 80g, Beef tenderloin* - 60g, Tomatoes - 30g, Hard cheese (Contains Eggs, Milk), Butter 82% fat, Black truffles, Salt, Preservative: Lysozin (E1105), Firming agent : Calcium chloride (E 509)

Nutritional values per 100g

Energy content (kJ/kcal): 772.0 / 183.7, Fats (g): 7 of which: Saturated fatty acids (g) 3.1, Carbohydrates (g): 21.7 of which: Sugars (g): 1.8, Proteins (g): 7.6, Salt (g): 1

Allergens: Eggs, Milk; *derived from frozen products

beef

Beef cheek with celery puree and brown sauce - 450g 62 ron

Beef Cheek* - 196.82g, Celery* - 98.41g, Potatoes - 53.68g, Butter* - 26.84g, Red Wine, Broth, Onion, Carrot, Extra Virgin Olive Oil, Garlic, Salt, Black Pepper

Nutritional values per 100g

Energy value (kJ/kcal): 895.0 / 214.8, Fats (g): 17.4 of which: Saturated fatty acids (g) 8.4, Carbohydrates (g): 4.2 of which: Sugars (g): 1.2, Proteins (g): 9.0, Salt (g): 0.8

Allergens: Milk, Celery; *derived from frozen products

Beef tenderloin with duck fat potatoes and wine sauce - 400g 90 ron

Beef tenderloin* - 178.86g, Potatoes - 121.95g, Red wine - 56.91ml, Goose fat - 24.39g, Butter, Rosemary, Garlic, Potato starch

Nutritional values per 100g

Energy value (kJ/kcal): 975.1 / 235.0, Fats (g): 16.7 of which: Saturated fatty acids (g) 6.3, Carbohydrates (g): 6.6 of which: Sugars (g): 0.3, Proteins (g): 11.3, Salt (g): 0.1

Allergens: Milk; *derived from frozen products

pork

Stinco with baked onions and beetroot - 700g 66 ron

Preferred pork shank - 481.25g, Beetroot - 87.50g, Onion - 70g, Extra virgin olive oil - 26.25ml, Parsley, Mulled wine, Salt, Garlic

Nutritional values per 100g

Valoare Energetică (kJ/kcal): 782.0 / 186.5, Grăsimi (g): 10.3 din care: Acizi grași saturați (g) 3.0, Glucide (g): 1.9 din care: Zaharuri (g): 1.6, Proteine (g): 20,9, Sare (g): 2,1

Allergeni: -

Pork cheek, baked potatoes and parmesan sauce - 450g 58 ron

Baked Potatoes with Rosemary and Garlic - 169.81g, Pork Cheek* - 152.83g, Hard Cheese (Contains Eggs, Milk) - 84.91g, UHT Cream for Cooking - 42.45g, Stabilizer: Carrageenan (E 407), Preservative: Lysozyme (E 1105), Hardening agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy value (kJ/kcal): 1161.3 / 277.7, Fats (g): 15.7 of which: Saturated fatty acids (g) 4.8, Carbohydrates (g): 8.3 of which: Sugars (g): 0.8, Proteins (g): 25.6, Salt (g): 1.2

Allergens: Eggs, Milk; *derived from frozen products

Il Viaggio

by Chef Giovanni

AROUND THE WORLD



soup

Tom yum - 400g

56 ron

Vegetable soup - 150g, Aroy-d coconut milk - 100ml, Shrimp* - 100g, Curry paste - 60g, Rice, Lime, Ginger root, Sesame seed oil, Lemongrass, White sesame, Black sesame, Emulsifier: Monostearate of polyoxyethylene sorbitan (polysorbate 60) (E 435)

Nutritional values per 100g

Energy value (kJ/kcal): 525.6 / 125.6, Fats (g): 6.7 of which: Saturated fatty acids (g) 4.5, Carbohydrates (g): 10.9 of which: Sugars (g): 2.2, Proteins (g): 6.2, Salt (g): 1.7

Allergens: Crustacea, Susan; *derived from frozen products

pork

BBQ ribs - 650g

65 ron

Pork ribs* - 550g, Potatoes with pesto and parmesan* - 200g, BBQ sauce - 30g, Mayonnaise sauce, Ketchup, Hard cheese (Contains Eggs, Milk), Mustard, Sweet paprika (Contains Mustard, Gluten, Eggs, Soya, Sesame), Black pepper, Rosemary, Salt, Preservative: Lysozyme (E 1105), Color: Beta-carotene (E160e), Firming agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy value (kJ/kcal): 906.3 / 216.6, Fats (g): 11.8 of which: Saturated fatty acids (g) 3.7, Carbohydrates (g): 18.2 of which: Sugars (g): 4.8, Proteins (g): 9.8, Salt (g): 1.2

Allergens: Gluten, Eggs, Soy, Milk, Mustard, Sesame; *derived from frozen products

Fish & seafood

Panko-crusted bluefin tuna, tobiko roe, ponzo sauce and green salad with Wakame seaweed - 350g

85 ron

Bluefin Tuna - 164.71g, Lettuce - 82.35g, Panko Breadcrumbs (Contains Gluten) - 49.41g, Seaweed*, Lime, Ginger Root, Myrrh, Slightly Salted Soy Sauce (Contains Gluten, Soy), Red Tobiko Roe (Contains Gluten, Fish, Soya)*, Color: Yellow-orange S (E 110, E 124), Antioxidant: Ascorbic acid (E 300), Loosening agent: Calcium sulfate (E 516)

Nutritional values per 100g

Energy value (kJ/kcal): 1144.0 / 272.2, Fats (g): 0.9 of which: Saturated fatty acids (g) 0.7, Carbohydrates (g): 15.0 of which: Sugars (g): 2.9, Proteins (g): 50.0, Salt (g): 0.6

Allergens: Gluten, Fish, Soy. May contain traces of: Crustacea, Molluscs; *derived from frozen products

Burgers

Burger by Giovanni - 500g

40 ron

French fries - 200g, Burger meat - 150g, Burger bun - 90g, Mayonnaise sauce, Ketchup, Ripened cow's cheddar cheese, Hard cheese (Contains Eggs, Milk), Sunflower oil, Bacon, Pickled cucumbers (Contains Mustard), Tomato, BBQ sauce, Parsley, Lettuce, Stabilizer: Sodium nitrite (E 250), Color: Beta-carotene (E 160e), Strengthening agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy value (kJ/kcal): 1106.9 / 276.8, Fats (g): 14.4 of which: Saturated fatty acids (g) 2.8, Carbohydrates (g): 21.5 of which: Sugars (g): 5.9, Proteins (g): 13.1, Salt (g): 0.9

Allergens: Gluten, Eggs, Milk, Mustard. May contain traces of sulfites.

Latino Lover - 400g

45 ron

French fries - 200g, Burger meat - 150g, Burger bun - 90g, Hard cheese (Contains Eggs, Milk), Ripened cow's cheddar cheese, Mayonnaise sauce, Sweet Chili sauce (Contains Eggs, Mustard), Ketchup, Spicy Ventricina Salami, BBQ sauce, Onion, Tomato, Parsley, Lettuce, Jalapeno, Garlic, Hot pepper, Stabilizer: Sodium nitrite (E 250), Antioxidant: Calcium salt of EDTA (E 385), Preservative: Lysozin (E 1105), Modified starch: Acetylated distarch adipate (E1422), Color: beta-carotene (E 160e), Hardening agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy Value (kJ/kcal): 1142.0 / 309.9, Fats (g): 15.3 of which: Saturated fatty acids (g) 3.6, Carbohydrates (g): 22.3 of which: Sugars (g): 6.7, Proteins (g): 15.1, Salt (g): 1.1

Allergens: Gluten, Eggs, Milk, Mustard

Lord of the Cheese - 500g

45 ron

French fries - 200g, Burger meat - 150g, Burger bun - 90g, Onion - 30g, Mayonnaise sauce, Bacon - 30g, Milk, Sweet Chili Sauce (Contains Eggs, Mustard), Hard cheese (Contains Eggs, Milk), Ketchup, Aged cow's cheddar cheese, Blue cheese, Sushi vinegar, Sunflower oil, Parsley, Irish butter, Wheat flour, Stabilizer: Sodium nitrite (E 250), Preservative: Lysozin (E 1105), Antioxidant: Calcium salt of EDTA (E 385), Color: beta-carotene (E 160e), Modified starch: Acetylated distarch adipate (E1422), Firming agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy value (kJ/kcal): 1159.3 / 314.2, Fats (g): 16 of which: Saturated fatty acids (g) 3.4, Carbohydrates (g): 23.1 of which: Sugars (g): 7.2, Proteins (g): 14.1, Salt (g): 1.2

Allergens: Gluten, Eggs, Milk, Mustard

Grande GIO - 650g

65 ron

Burger meat - 300g, French fries - 200g, Burger bun - 90g, Onion - 30g, Tomato, Ketchup, Cow's aged cheddar cheese, Pickled cucumbers (Contains Mustard), Bacon, Mayonnaise sauce, Sweet Chili sauce (Contains Eggs, Mustard), Hard cheese (Contains Eggs, Milk), BBQ sauce, Sunflower oil, Parsley, Lettuce, Stabilizer: Sodium nitrite (E 250), Preservative: Lysozin (E 1105), Antioxidant: Calcium salt of EDTA (E 385), Color: beta-carotene (E 160e), Modified starch: Acetylated distarch adipate (E1422), Firming agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy value (kJ/kcal): 1156.5 / 295, Fats (g): 16.1 of which: Saturated fatty acids (g) 2.9, Carbohydrates (g): 17.2 of which: Sugars (g): 5.3, Proteins (g): 17.5, Salt (g): 1.1

Allergens: Gluten, Eggs, Milk, Mustard. May contain traces of sulfites.

The Greek - 500g

45 ron

Fries* - 200g, Low Halloumi Cheese - 200g, Burger Bun Bread - 90g, Mayonnaise Sauce, Hard Cheese (Contains Eggs, Milk), Ketchup, Tomato, Onion, Lettuce, Parsley, Sushi Vinegar, Salt, Preservative: Lysozin (E 1105), Hardening agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy value (kJ/kcal): 1147.5 / 273.7, Fats (g): 14.1 of which: Saturated fatty acids (g) 1.9, Carbohydrates (g): 23.1 of which: Sugars (g): 7.4, Proteins (g): 15.3, Salt (g): 2.1

Allergens: Gluten, Eggs, Milk; *derived from frozen products

salad

Greek Salad - 350g

38 ron

Feta cheese - 120g, Cucumbers - 80g, Cherry tomatoes - 80g, Peppers - 50g, Olives - 50g, Onions - 30g, Extra virgin olive oil, Salt, Oregano, Basil

Nutritional values per 100g

Energy value (kJ/kcal): 638.0 / 153.7, Fats (g): 12.7 of which: Saturated fatty acids (g) 5.5, Carbohydrates (g): 3.8 of which: Sugars (g): 2.5, Proteins (g): 5.8, Salt (g): 1.8

Allergens: Milk

desert

Panna Cotta with tomato caramel - 180g

24 ron

Unsweetened whipped cream 32% fat (Contains Milk) - 84.91g, UHT Milk 3.5% - 42.45ml, Sugar - 33.96g, Broth, Salt, Vanilla extract, gelatin, Stabilizer: Carrageenan (E 407)

Nutritional values per 100g

Energy value (kJ/kcal): 1222.2 / 290.6, Fats (g): 18.8 of which: Saturated fatty acids (g) 12.3, Carbohydrates (g): 25.6 of which: Sugars (g): 24.3, Proteins (g): 3.2, Salt (g): 2.9

Allergens: Milk

Il Viaggio

by Chef Giovanni

VEGAN FRIENDLY



appetizer

Beetroot carpaccio with marinated onions and tapioca - 200g 28 ron

Beetroot - 86.96g, Arugula - 43.48g, Onion - 43.48g, Extra virgin olive oil, Tapioca, Apple vinegar / Wine vinegar

Nutritional values per 100g

Energy value (kJ/kcal): 396.9 / 94.4, Fats (g): 5.0 of which: Saturated fatty acids (g) 0.7, Carbohydrates (g): 10.1 of which: Sugars (g): 4.5, Proteins (g): 1.6, Salt (g): 0.1

Allergens: -

Veggie balls with picco di gallo - 250g 28 ron

Veggie Balls (Contains Sesame Seeds, Celery)* - 150g, Peppers - 100g, Fresh Tomatoes - 100g, Parsley - 30g, Onions - 20g, Extra Virgin Olive Oil, Lime, Salt, Coriander Seeds, Hot Peppers

Nutritional values per 100g

Energy value (kJ/kcal): 766.3 / 191.7, Fats (g): 10.3 of which: Saturated fatty acids (g) 1.2, Carbohydrates (g): 20.2 of which: Sugars (g): 3.6, Proteins (g): 4, Salt (g): 0.9

Allergens: Celery, Susan. May contain traces of: Gluten; *derived from frozen products

soup

Pumpkin cream soup with apple and ginger - 300g 28 ron

Pumpkin* - 145.16g, Aroy-d coconut milk - 48.39ml, Apple - 48.39g, Potato - 48.39g, Ginger, Emulsifier: Polyoxyethylene sorbitan monostearate (polysorbate 60) (E 435)

Nutritional values per 100g

Energy value (kJ/kcal): 293.0 / 70.1, Fats (g): 3.2 of which: Saturated fatty acids (g) 2.8, Carbohydrates (g): 8.8 of which: Sugars (g): 6.2, Proteins (g): 1.0, Salt (g): 0.0

Allergens: -; *derived from frozen products

risotto & pasta

Baked Pasta - 400g 40 ron

Pasta (Contains Gluten) - 79.37g, Extra virgin olive oil - 39.68ml, Pumpkin - 39.68g, Active dry organic yeast (Contains Gluten) - 39.68g, Aroy-d coconut milk - 39.68ml, Garlic, Pepper - 39.68 g, Cream of Tomato Soup - 39.68g, Onion - 39.68g, Chickpeas - 39.68g, Salt, Acidity corrector: Citric acid (E 330), Emulsifier: Polyoxyethylene sorbitan monostearate (polysorbate 60) (E 435)

Nutritional values per 100g

Energy value (kJ/kcal): 1039.8 / 247.6, Fats (g): 15.0 of which: Saturated fatty acids (g) 3.9, Carbohydrates (g): 22.6 of which: Sugars (g): 2.3, Proteins (g): 4.9, Salt (g): 0.7

Allergens: Gluten, Celery

Saffron and Truffle Risotto - 350g

50 ron

Arborio Rice for Risotto - 80g, Active dry organic yeast (Contains Gluten) - 50g, Water - 150ml, Black truffles*, Garlic, Saffron

Nutritional values per 100g

Energy value (kJ/kcal): 348.1 / 83.2, Fats (g): 0.3 of which: Saturated fatty acids (g) 0.1, Carbohydrates (g): 18.2 of which Sugars (g): 17.3, Proteins (g): 1.9, Salt (g): 0.0

Allergens: Gluten; *derived from frozen products

burger

Veggie Burger - 500g

40 ron

French Fries - 200g, Veggie Balls (Contains Sesame, Celery)* - 200g, Bun (Contains Sesame) - 90g, Ketchup, Sweet Chili Sauce (Contains Eggs, Mustard), Mayonnaise (Contains Mustard), Onion, Sushi Vinegar, Tomato, Lettuce, Antioxidant: EDTA Ca salt (E 385), Modified starch: Acetylated diStarch adipate (E1422)

Nutritional values per 100g

Energy value (kJ/kcal): 1073.8 / 256.1, Fats (g): 11.1 of which: Saturated fatty acids (g) 1.0, Carbohydrates (g): 33.4 of which: Sugars (g): 5.4, Proteins (g): 4.5, Salt (g): 0.7

Allergens: Eggs, Celery, Mustard, Sesame seeds. May contain traces of: Gluten; *derived from frozen products

Main course

Celery fritters with baked potatoes and coconut milk - 350g 44 ron

Potatoes - 175.88g, Celery* - 131.91g, Aroy-d coconut milk - 26.38ml, Extra virgin olive oil, Turmeric, Garlic, Emulsifier: Polyoxyethylene sorbitan monostearate (polysorbate 60) (E 435)

Nutritional values per 100g

Energy value (kJ/kcal): 546.4 / 130.4, Fats (g): 6.8 of which: Saturated fatty acids (g) 2.0, Carbohydrates (g): 14.5 of which: Sugars (g): 1.4, Proteins (g): 2.5, Salt (g): 0.0

Allergens: Celery; *derived from frozen products

Roasted Vegetables with ponzu sauce - 400g

36 ron

Potato 100g, Beet - 97.56g, Onion - 78.05g, Myrrh - 48.78g, Sweet potatoes - 48.78g, Garlic, Slightly salty soy sauce (Contains Gluten, Soya) - 48.78ml, Zucchini - 48.78g, Extra olive oil virgin, Ginger root, Sichuan pepper powder

Nutritional values per 100g

Energy value (kJ/kcal): 322.8 / 77.6, Fats (g): 6.5 of which: Saturated fatty acids (g) 0.9, Carbohydrates (g): 4.1 of which: Sugars (g): 2.2, Proteins (g): 1.5, Salt (g): 0.8

salad

Green salad with walnuts and crispy tofu - 300g

34 ron

Tofu - 100g, Lettuce - 100g, Nuts - 30g, Onion - 30g, Extra virgin olive oil, Sushi vinegar, Salt

Nutritional values per 100g

Energy value (kJ/kcal): 549.9 / 132.4, Fats (g): 11.0 of which: Saturated fatty acids (g) 1.2, Carbohydrates (g): 2.8 of which: Sugars (g): 1.7, Proteins (g): 4.7, Salt (g): 0.8

Allergens: Nuts

desert

Baked apple with salted caramel and snow cloud - 180g

24 ron

Apple - 87.10g, Aroy-d coconut milk - 58.06ml, Brown sugar - 29.03g, Salt, Cinnamon, Emulsifier: Polyoxyethylene sorbitan monostearate (polysorbate 60) (E 435)

Nutritional values per 100g

Energy value (kJ/kcal): 1310.3 / 312.9, Fats (g): 13.2 of which: Saturated fatty acids (g) 10.8, Carbohydrates (g): 48.0 of which: Sugars (g): 44.0, Proteins (g): 1.3, Salt (g): 2.8

Allergens: -

Extras

Grilled vegetables - 150g

20 ron

Tomato - 50g, Pumpkin - 50g, Pepper - 50g, Onion - 50g, Extra virgin olive oil, Salt, Thyme, Basil

Nutritional values per 100g

Energy value (kJ/kcal): 385.9 / 92, Fats (g): 6.5 of which: Saturated fatty acids (g) 0.9, Carbohydrates (g): 7.9 of which: Sugars (g): 4.7, Proteins (g): 1.6, Salt (g): 2

Allergens: Gluten, Eggs, Milk, Shellfish; *derived from frozen products

Fries with parsley pesto and parmesan - 150g

12 ron

Fried potatoes* - 200g, Hard cheese (Contains Eggs, Milk) - 10g, Parsley pesto - 10g (Sunflower oil, Parsley, Garlic, Salt), Salt, Fortifying agent: Calcium chloride (E 509)

Nutritional values per 100g

Energy value (kJ/kcal): 1485.3 / 353.1, Fats (g): 15.1 of which: Saturated fatty acids (g) 2.8, Carbohydrates (g): 52.9 of which: Sugars (g): 8.9, Proteins (g): 4.8, Jump (g): 1.6

Allergens: Eggs, Milk, *derived from frozen products

Oven baked potatoes with rosemary and garlic - 150g

15 ron

Potato - 200g, Wine 11% alcohol - 20ml, Extra virgin olive oil - 10ml, Garlic - 5g, Salt - 3g, Rosemary - 3g

Nutritional values per 100g

Energy value (kJ/kcal): 521.2 / 123.8, Fats (g): 4.8 of which: Saturated fatty acids (g) 0.7, Carbohydrates (g): 18 of which: Sugars (g): 1.2, Proteins (g): 1.9, Salt (g): 1.5

Allergens: -

Coffee

Espresso 30ml	8 ron
Espresso doppio 60ml	15 ron
Cappucino 120ml <i>contains lactose</i>	12 ron
Latte machiatto 150ml <i>contains lactose</i>	12 ron
Caffee deco 60ml	10 ron

Tea

Sea buckthorn tea (250ml)	15 ron
Matcha latte (150ml) <i>Contains lactose</i>	20 ron
Black TEA 250 ml Caffeine content: ★★★★★☆	14 ron
Assam TGFOP Dekorai Marsala Chai	
OOLONG TEA 250 ml Caffeine content: ★★★★★☆	14 ron
Oolong pink Beauty	
GREEN TEA 250 ml Caffeine content: ★★☆☆☆☆	14 ron
Passion Fruit Mango	
White TEA 250 ml Caffeine content: ★☆☆☆☆☆	14 ron
Champagne Sorbet	
TIZANE ROOIBOS 250 ml	
Blood Orange Organic	14 ron
FRUIT INFUSION 250 ml	
Agua de Jamaica	14 ron
Cherry Trifle	14 ron
Mango Moments	14 ron
Ginger - Seaberry	14 ron
PLANT INFUSION 250 ml	
Orange Camillo	14 ron
Peppermint	14 ron

Wines

contain sulfites

SPARKLING WINE 750 ml

95 ron

Prosecco Valdobbiadene Montagner

WHITE WINE 750 ml

Serve Terra Romana Sauvignon Blanc and Fetească Alba

80 ron

Chardonnay La Salute

80 ron

Corcova Sauvignon Blanc

75 ron

Aurelia Vişinescu Karakter Chardonnay

82 ron

Bauer Sauvignon Blanc

95 ron

Serve Cuvee Amaury

150 ron

Prince Stirbey Tamaioasă Romaneasca

95 ron

Serve Cuvee PACS

100 ron

ROSE WINE 750 ml

Serve Cuvee Sissi - Pinot Noir

95 ron

Corcova Cabernet Sauvignon, Syrah and Merlot

78 ron

Serve Terra Romana Rose

82 ron

Prince Stirbey Cabernet Sauvignon Rose

95 ron

Domeniul Vladoi - Brizza Rose Demidulce

85 ron

RED WINE 750 ml

Corcova Cabernet Sauvignon, Merlot and Syrah	78 ron
Serve Terra Romana Feteasca Neagra	85 ron
Gitana Saperavi	120 ron
Serve Cuvee Guy de Poix Feteasca Neagra	260 ron
Serve Cuvee Charlotte	190 ron
Metamorfosis Coltul Pietrei Syrah	85 ron
Primitivo - Masseria Capoforte	120 ron
Domeniul Vladoiu - Ion Vladoi Cabernet Sauvignon & Merlot	100 ron

MINI WINE 375ml

Serve Milenium Alb	52 ron
Serve Rose	52 ron
Serve Milenium Rosu	52 ron

BY THE GLASS

White/rose/red wine by the glass (187ml)	16 ron
Prosecco by the glass (150ml)	18 ron

Spirits

VODKA 40 ml

Stolichnaya	8 ron
Absolut	10 ron
Belvedere	25 ron

SCOTCH & WHISKEY 40 ml

Glen Moray Singlemalt	16 ron
Jack Daniels Tennessee	11 ron
Jameson Irish	10 ron
Pig's Nose	10 ron

COGNAC 40 ml

Hennessy V.S.	21 ron
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GIN 40 ml

Wembley	10 ron
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RUM 40 ml

Santiago de Cuba	10 ron
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DIGESTIVE & APERITIVE 40 ml

Tequila Lunazul	10 ron
Disarono	12 ron
Aperol	12 ron
Campari	12 ron
Stroh Jagertee	10 ron

Cocktails

WHIT ALCOHOL 330 ml

Aperol spritz	18 ron
Hugo	18 ron
Cuba Libre	18 ron
Gin tonic	18 ron

ALCOHOL-FREE 330 ml

Tropical Breeze	18 ron
Hugo	18 ron

Beer

Carlsberg (330ml)	10 ron
Bucur Blonda (350ml)	12 ron
Kronenbourg 1664 Blanc (330ml)	14 ron
Grimbergen (330ml)	14 ron
Bucur Bruna (350ml)	12 ron
Guinness (330ml)	14 ron
Weihenstephan (500ml)	18 ron
Carlsberg N.A. (330ml)	10 ron

Water & Coolers

Water still or sparkling (330ml)	7 ron
Water still or sparkling (750ml)	12 ron
Cola Range: Coca Cola, Fanta, Sprite (250ml)	9 ron
Schweppes (250ml)	9 ron
Fuzetea (250ml)	9 ron
Cappy Nectar (250ml)	9 ron
Fentimans Curiosity Cola (275ml)	12 ron
Fentimans Sparkling EderFlower (275ml)	12 ron
Fentimans Ginger Beer (275ml)	12 ron
Mellow Apple/Mango (330ml)	12 ron

Freshly Squeezed

Fruit Lemonade (300g)	12 ron
Classic Lemonade (300ml)	10 ron
Mint Lemonade (300ml)	10 ron
Citrus Fresh (300ml)	14 ron

Allergens List

Dear customers, we make known that some of our menu items may contain food allergens. According to Directive 2000/13 / EC of the European Parliament and of the Council of 20 March 2000, food allergens may be classified in the following groups:

1. Cereals containing gluten (wheat, rye, barley, oats, spelled, wheat or hybrids) etc.) and derived products.
 2. Crustaceans and derived products
 3. Eggs and products thereof
 4. Fish and derived products
 5. Peanuts and derived products
 6. Soybeans and derived products
 7. Milk and derived products (including lactose)
 8. Fruit or nuts, almonds, hazelnuts, walnuts, anacardes, pecans, Brazil nuts, pistachios, Macadamia nuts, Queensland nuts and derived products
 9. Celery and derived products
 10. Mustard and derived products
 11. Sesame seeds and derived products
 12. Sulfur dioxide and sulphites in concentrations exceeding 10 mg/ kg or 10 mg/liter
 13. Lupine and derived products
 14. Molluscs and derived products
- *Obtained from thawed products