



# CROUTON

THINK FRESH. REFRESH.

## Supa crema :

- **Rosii** : rosii, ceapa, telina (alergen), morcovi, ardei, busuioc, oregano, zahar, gran cucina(lactoza), ulei turte de masline, fulgi cartofi
- **Legume**: fulgi cartofi, ceapa, morcovi, telina (alergen), dovlecei, ardei gras, ulei turte de masline, gran cucina (lactoza)
- **Ciuperci**: ciuperci, ceapa, telina(alergen), morcovi, ulei turte de masline, gran cucina(lactoza)
- **Broccoli**: broccoli(produs congelat), ceapa, morcovi, **telina (alergen)**, ulei turte de masline, fulgi cartofi, gran cucina(lactoza)
- **Conopida**: conopida (produs congelat), telina(alergen), ceapa, ulei turte de masline, fulgi cartofi, gran cucina (lactoza)
- **Spanac**: spanac(produs congelat), ceapa, usturoi, ulei turte de masline, fulgi cartofi, gran cucina(lactoza)
- **Telina**: telina( alergen), ceapa, ulei turte de masline, fulgi catofi, gran cucina(lactoza)
- **Mazare**: mazare(produs congelat), ceapa, morcovi, telina( alergen), ulei turte de masline, fulgi catofi, gran cucina(lactoza)
- **Porumb**: porumb (produs congelat), ceapa, ardei gras, ulei turte de masline, gran cucina(lactoza)



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- **Linte:** linte, morcovi, telina(produs alergen), ceapa, ulei turte de masline, gran cucina(lactoza)
- **Dovlecei cu Ardei Copt:** dovleci, ardei gras, ceapa, morcovi, telina(produs alergen), fulgi cartofi, , gran cucina(lactoza)



## Salate

**Caesar :** salata iceberg, pui grill, ou(ou), parmezan(lactoza), crutoane (gluten), dressing Caesar( ou, peste, soia, mustar, lactoza)

**Nicoise :** salata mixta, rosii, fasole verde, ceapa, masline, mozzarella(lactoza), ou (ou), ansoa ( peste), ton (peste), crutoane (gluten), dressing ulei de masline cu ierburi ( ulei turte de masline, zeama lamaie, mustar, busuioc, patrunjel

**Thai Chicken:** taietei orez, rucola, rosii cherry, pui Thai (sos soia gluten), castraveti, ceapa verde, seminte prajite, dressing thai ( sos soia, sos swith chilly, ultei turte de masline)

**Crispy :** salata mixta, rosii, castraveti, telina, mix seminte, piept pui, crutoane (gluten), dressing Caesar( ou, peste, soia, mustar, lactoza)

**Atlantic:** salata mixta, somon (produs congelat), ou(ou), rosii, telina apio (alergeni), ceapa rosie, dressing vinegret (otet balsamic, ulei turte)

**British :** salata mixta, bacon, fasole rosie, ceapa, morcovi, ciuperci, dressing vinegret (otet, balsamic, ulei turte)

**Cheesy Chic:** salata mixta, greek feta(lactoza), parmezan (lactoza), struguri, mar, nuca( alergeni), rosii, dressing blue cheese (maioneza, blue chesse-lactoza, otet)

**Italian:** salata mixta, prosciutto, parmezan (lactoza), rucola, miez nuca(alergeni), rosii cherry, dressing ulei de masline cu ierburi ( ulei turte de masline, zeama lamaie, mustar, busuioc, patrunjel )

**Marina:** salata iceberg, fructe mare(crustacee), somon (produs congela, peste), rosii, ardei gras, rucola, mix seminte, ceapa rosie, dressing citronette (suc de lamaie, suc de portocale, ulei turte)

**Scotish:** salata mixta, vita (produs congelat), ardei rosu, rosii cherry, rucola, mix seminte coapte, crutoane (gluten)



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**Salata low carb:** mozzarella (lactoza), prosciutto crudo, rosii, rucola, nuci (alergeni), mar, dressing vinegrette ((otet balsamic, ulei turte)

**Post workout:** pui, fasole rosie, anasans, ceapa rosie, porumb, baby spanich, ardei rosu, dressing vinegrette ((otet balsamic, ulei turte)

**Mentinere:** ton( peste), porumb, ceapa, naut, castravete, avocado, telina apio( alergeni), dressing citronette (suc de lamaie, suc de portocale, ulei turte)