

Valori nutritionale per 100g

Denumire	Retetar
Salmon maki	Orez sushi 130g (orez , Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, ceapă verde, susan prăjit(alergen), alge nori
Fabio salmon maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, castravete fabio 30g, Philadelphia (alergen lactoză) 20g, icre tobiko (congelate), susan prăjit(alergen), ceapă verde, alge nori
Ebi maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 30g, creveti Ebi 25g (congelate, alergen crustacee), susan prajit, alge nori
Hot and creamy ebi maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), Philadelphia (alergen lactoză) 40g, avocado 30g, creveți Ebi (congelate, alergen crustacee), ice tobiko(congelate), Sriracha, susan prăjit(alergen), alge nori
Unagi caterpillar maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 80g, unagi 30g(congelate), castravete fabio 30g, teriyaki sos 30g (alergen soia, alergen grau), , tobiko (congelate), susan prăjit (alergen), alge nori
Futo maki veggie	Orez sushi 100g (orez, Otet de grau (Alergen Gluten), zahăr, sare), castravete fabio 25g, takuan 20g, avocado 20g, ardei gras, susan prăjit(alergen), alge nori
Tempura maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveți panetați 35g (alergen grâu, crustacee, congelate), avocado 30g, susan prăjit, alge nori
Philadelphia spring roll	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, Philadelphia 40g, ceapă verde, susan (alergen), alge nori
Surimi maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), surimi 35g (congelate), ardei gras 20g, Philadelphia (alergen lactoză) 20g, tobiko (congelate), ceapă verde, tempura (alergen grâu), susan (alergen), Sriracha, alge nori
Tuna maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton 40g (congelate), ceapa verde, susan(alergen), alge nori
Spicy tuna maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton 40g (congelate), Sriracha, ceapa verde, susan(alergen), alge nori
Tiger maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, creveți panetați 35g(congelate, alergen crustacee, alergen grâu), avocado 30g, Philadelphia (alergen lactoză) 20g, Teriyaki 20g (alergen soia, alergen grau), ceapă uscată, maioneză, susan prăjit(alergen susan), ceapă verde, alge nori
Rainbow maki	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), castravete fabio 40g, ton (congelate), somon, creveti Ebi(congelate, alergen crustacee), anghilă (congelate), caracatița (alergen moluște), sepie, susan(alergen susan), alge nori
Crispy maguro	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton 30g (congelate), ridiche murata 20g, icre tobiko(congelate), tempura(alergen grau), susan(alergen), Sriracha, alge nori
Spicy salmon fried maki	Orez sushi 100g (orez, Otet de grau (Alergen Gluten), zahăr, sare), maioneză 35g (alergen ou), somon 30g, tempura 30g (alergen grâu), castravete fabio 20g, panko 20g (alergen grâu), Philadelphia (alergen lactoză), ardei gras roșu, Sriracha, alge nori, ulei floarea soarelui
Spicy tuna fried maki	Orez sushi 100g (orez, Otet de grau (Alergen Gluten), zahăr, sare), maioneză 35g (alergen ou), ton 30g (congelat), tempura 30g (alergen grâu), castravete fabio 20g, panko 20g (alergen grâu), Philadelphia (alergen lactoză), ardei gras roșu, Sriracha, alge nori, ulei floarea soarelui
Vulcano maki	Orez sushi 100g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 60g, castravete fabio 30g, Teriyaki 30g (alergen soia, alergen grâu), tempura 20g (alergen grâu), ceapă prăjită 20g, panko (alergen grâu), maioneză (alergen ou), Sriracha, icre tobiko(congelate), alge nori
Salmon takuan roll	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, ridiche murată 35g, Teriyaki 30g (alergen soia, alergen grâu), ardei gras roșu 25g, Philadelphia 20g (alergen lactoză), susan (alergen susan), alge nori
Tempura fabio roll	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveți panetați 35g (alergen grâu, congelate), castraveți fabio 40g, avocado 30g, Philadelphia 20g (alergen lactoză), susan prăjit (alergen susan), alge nori
Tobiko roll	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveți panetați 35g (alergen grâu, alergen crustacee, congelate), avocado 30g, icre tobiko 20g (congelate), Philadelphia 20g (alergen lactoză), alge nori
Salmon crunchy cloud	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 70g, tempura 60g (alergen grâu), avocado 25g, Teriyaki 20g (alergen grâu, alergen soia), icre tobiko (congelate), maioneză (alergen ou), alge nori
Fabio hosomaki	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), castravete fabio 25g, alge nori
Takuan hosomaki	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ridiche murată 25g, alge nori
Salmon hosomaki	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 25g, alge nori
Avocado hosomaki	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 25g, alge nori
Salmon nigiri	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g
Unagi nigiri	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), anghilă (congelate)
Ebi nigiri	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveți Ebi (congelate, alergen crustacee)
Octopus nigiri	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), caracatiță (congelate, alergen moluște)
Sepia nigiri	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), sepie (congelate, alergen moluște)
Tuna nigiri	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton roșu 40g(congelate)

Gramaj	Kj	Kcal	Grasimi	Din care acizi grasi saturati	Glucide	Din care zaharuri	Fibre	Proteine	Sare
8 pieces / 180g	458.90	108.04	0.32	0.06	23.59	0.24	0.40	2.35	0.17
8 pieces / 210g	596.55	141.07	0.28	0.06	29.84	8.51	0.57	3.40	1.73
8 pieces/190g	495.40	116.82	0.32	0.08	23.30	0.67	0.86	5.19	0.32
8 pieces/260g	531.80	126.37	3.51	2.22	18.71	2.04	0.67	5.06	0.62
8 pieces/310g	500.94	118.78	2.05	0.04	20.64	5.15	1.25	4.10	0.99
6 pieces/180g	437.94	103.31	0.37	0.09	19.12	1.07	0.70	5.41	0.84
8 pieces/200g	518.93	122.49	0.46	0.13	25.33	0.78	0.82	4.12	0.40
8 pieces/220g	664.71	158.07	6.69	2.95	21.53	1.13	1.58	3.57	0.35
8 pieces/240g	575.25	136.45	2.02	1.21	24.82	3.01	0.44	4.52	0.97
8 pieces/190g	620.97	146.87	3.44	0.45	21.83	0.25	0.32	6.82	0.24
8 pieces/190g	635.06	150.14	3.23	0.43	23.06	1.20	0.33	6.83	0.51
8 pieces/290g	681.25	162.32	6.44	2.37	22.48	3.32	1.47	3.77	0.79
6 pieces/270g	479.47	113.53	2.78	0.26	17.15	1.03	0.89	5.02	0.25
8 pieces/210g	612.21	144.88	2.21	0.30	24.60	1.76	0.28	6.17	0.92
6 pieces/260g	730.15	173.93	5.79	1.34	27.71	2.91	1.19	3.04	0.79
6 pieces/270g	741.70	176.60	5.32	1.05	26.97	3.08	0.41	4.95	0.87
6 pieces/300g	873.21	208.11	9.40	1.88	27.63	6.54	1.72	3.42	1.42
8 pieces/280g	565.70	134.37	3.69	1.29	21.45	4.91	1.36	3.50	1.28
6 pieces/260g	509.81	120.87	2.04	1.21	21.50	1.52	0.95	4.04	0.38
8 pieces/220g	660.47	156.30	1.81	1.05	29.78	2.22	0.74	4.99	0.75
8 pieces/320g	856.22	203.73	4.20	0.57	38.27	5.50	4.36	4.85	1.19
8 pieces/100g	503.23	118.56	0.33	0.07	26.09	1.22	0.84	2.40	0.16
8 pieces/100g	481.40	113.40	0.26	0.05	24.71	0.24	0.35	2.31	0.58
8 pieces/100g	622.95	147.20	3.76	0.54	26.49	0.40	1.99	2.56	0.16
8 pieces/100g	497.36	117.15	0.29	0.05	26.09	0.73	1.17	2.52	0.16
2 Peces/80g	642.19	152.40	7.61	1.08	20.71	0.51	3.73	2.37	0.11
2Pieces /60g	775.92	183.85	5.53	0.04	26.33	1.40	0.34	6.88	0.47
2Pieces /60g	535.37	126.31	0.32	0.10	23.85	0.50	0.34	6.88	0.30
2Pieces /60g	555.83	131.22	0.35	0.04	23.61	0.23	0.34	7.99	0.20
2Pieces /60g	498.83	117.58	0.30	0.09	23.58	0.23	0.34	4.72	0.50
2 Peces/80g	738.69	175.40	7.11	0.88	16.21	0.16	0.23	11.37	0.10

## Valori nutritionale per 100g

Denumire	Compus din	Retetar	Gramaj	Valori nutritionale per 100g									
				KJ	Kcal	Grasimi	Din care acizi grasii saturati	Glucide	Din care zaharuri	Fibre	Proteine	Sare	
Tempura mix	<b>Tiger maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, creveți panetați 35g(congelate, alergen crustacee, alergen grâu), avocado 30g, Philadelphia (alergen lactoză) 20g, Teriyaki 20g (alergen soia, alergen grau), ceapă uscată, maioneză, susan prăjit(alergen susan), ceapă verde, alge nori	16 Pieces 490 G	681.25	162.32	6.44	2.37	22.48	3.32	1.47	3.77	0.79	
	<b>Tempura maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveți panetați 35g (alergen grâu, crustacee, congelate), avocado 30g, susan prăjit, alge nori		518.93	122.49	0.46	0.13	25.33	0.78	0.82	4.12	0.40	
Veggie hosomaki mix	<b>Fabio hosomaki</b>	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), castravete fabio 25g, alge nori	24 Pieces	503.23	118.56	0.33	0.07	26.09	1.22	0.84	2.40	0.16	
	<b>Avocado hosomaki</b>	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 25g, alge nori		497.36	117.15	0.29	0.05	26.09	0.73	1.17	2.52	0.16	
	<b>Takuan hosomaki</b>	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ridiche murată 25g, alge nori		481.40	113.40	0.26	0.05	24.71	0.24	0.35	2.31	0.58	
Tobiko mix	<b>Fabio salmon maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, castravete fabio 30g, Philadelphia (alergen lactoză) 20g, icre tobiko (congelate), susan prăjit(alergen), ceapă verde, alge nori	16 Pieces / 450 g	503.23	118.56	0.33	0.07	26.09	1.22	0.84	2.40	0.16	
	<b>Surimi maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), surimi 35g (congelate), ardei gras 20g, Philadelphia (alergen lactoză) 20g, tobiko (congelate), ceapă verde, tempura (alergen grâu), susan (alergen), Sriracha, alge nori		575.25	136.45	2.02	1.21	24.82	3.01	0.44	4.52	0.97	
Philadelphia mix	<b>Philadelphia spring roll</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, Philadelphia 40g, ceapă verde, susan (alergen), alge nori	16 Peces / 480 g	664.71	158.07	6.69	2.95	21.53	1.13	1.58	3.57	0.35	
	<b>Hot and creamy ebi maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), Philadelphia (alergen lactoză) 40g, avocado 30g, creveți Ebi (congelate, alergen crustacee), ice tobiko(congelate), Sriracha, susan prăjit(alergen), alge nori		531.80	126.37	3.51	2.22	18.71	2.04	0.67	5.06	0.62	
Tuna mix	<b>Crispy maguro</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton 30g (congelate), ridiche murata 20g, icre tobiko(congelate), tempura(alergen grau), susan(alergen), Sriracha, alge nori	18 Pieces / 470 g	612.21	144.88	2.21	0.30	24.60	1.76	0.28	6.17	0.92	
	<b>Spicy tuna maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton 40g (congelate), Sriracha, ceapa verde, susan(alergen), alge nori		635.06	150.14	3.23	0.43	23.06	1.20	0.33	6.83	0.51	
	<b>Tuna nigiri</b>	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton roșu 40g(congelate)		738.69	175.40	7.11	0.88	16.21	0.16	0.23	11.37	0.10	
Salmon mix	<b>Salmon maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, ceapă verde, susan prăjit(alergen), alge nori	18Pieces/ 470 g	458.90	108.04	0.32	0.06	23.59	0.24	0.40	2.35	0.17	
	<b>Fabio salmon maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, castravete fabio 30g, Philadelphia (alergen lactoză) 20g, icre tobiko (congelate), susan prăjit(alergen), ceapă verde, alge nori		596.55	141.07	0.28	0.06	29.84	8.51	0.57	3.40	1.73	
	<b>Salmon nigiri</b>	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g		642.19	152.39	7.61	1.09	20.71	0.50	3.73	2.37	0.10	
Rainbow mix	<b>Crispy maguro</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton 30g (congelate), ridiche murata 20g, icre tobiko(congelate), tempura(alergen grau), susan(alergen), Sriracha, alge nori	14 Pieces / 480 g	612.21	144.88	2.21	0.30	24.60	1.76	0.28	6.17	0.92	
	<b>Rainbow maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), castravete fabio 40g, ton (congelate), somon, creveti Ebi(congelate, alergen crustacee), anghilă (congelate), caracatița (alergen moluște), sepie, susan(alergen susan), alge nori		479.47	113.53	2.78	0.26	17.15	1.03	0.89	5.02	0.25	
Nigiri mix	<b>Salmon nigiri</b>	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g	7 Pieces / 200G	642.19	152.39	7.61	1.09	20.71	0.50	3.73	2.37	0.10	
	<b>Octopus nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), caracatita (congelate, alergen moluste)		555.82	131.21	0.35	0.03	23.60	0.23	0.33	7.99	0.20	
	<b>Sepia nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), sepie (congelate, alergen moluste)		498.82	117.58	0.29	0.09	23.57	0.23	0.33	4.72	0.49	
	<b>Unagi nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), anghila		775.91	183.85	5.53	0.03	26.33	1.40	0.33	6.87	0.47	
	<b>Ebi nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveti Ebi (congelate, alergen crustacee)		535.37	126.30	0.32	0.10	23.85	0.50	0.33	6.87	0.29	
	<b>Tuna nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton roșu 20g(congelate)		738.69	175.39	7.11	0.87	16.21	0.15	0.23	11.37	0.10	
Shrimp mix	<b>Tiger maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, creveți panetați 35g(congelate, alergen crustacee, alergen grâu), avocado 30g, Philadelphia (alergen lactoză) 20g, Teriyaki 20g (alergen soia, alergen grau), ceapă uscată, maioneză, susan prăjit(alergen susan), ceapă verde, alge nori	18 Pieces / 540 G	681.25	162.32	6.44	2.37	22.48	3.32	1.47	3.77	0.79	
	<b>Ebi maki</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 30g, creveti Ebi 25g (congelate, alergen crustacee), susan prajit, alge nori		495.40	116.82	0.32	0.08	23.30	0.67	0.86	5.19	0.32	
	<b>Ebi nigiri</b>	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveți Ebi (congelate, alergen crustacee)		535.37	126.31	0.32	0.10	23.85	0.50	0.34	6.88	0.30	
Kyodai mix	<b>California roll</b>	Orez sushi 260g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 50g, castravete fabio 30g, kampion 30g, surimi 30g (congelate, alergen crustacee), susan prajit (alergen susan), alge nori	38 Pieces	436.61	102.97	0.22	0.06	21.73	1.70	0.45	3.17	0.42	
	<b>Philadelphia classic</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), castravete fabio 30g, somon 30g, Philadelphia 30g(alergen lactoza), alge nori		610.36	144.96	5.08	2.22	22.13	1.43	1.53	3.04	0.22	
	<b>Sepia nigiri</b>	Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), sepie (congelate, alergen moluste)		498.82	117.58	0.29	0.09	23.57	0.23	0.33	4.72	0.49	
	<b>Octopus nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), caracatita (congelate, alergen moluste)		555.82	131.21	0.35	0.03	23.60	0.23	0.33	7.99	0.20	
	<b>Ebi nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveti Ebi (congelate, alergen crustacee)		535.37	126.30	0.32	0.10	23.85	0.50	0.33	6.87	0.29	
	<b>Salmon nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 20g		642.19	152.39	7.61	1.09	20.71	0.50	3.73	2.37	0.10	
	<b>Unagi nigiri</b>	Orez sushi 20g (orez, Otet de grau (Alergen Gluten), zahăr, sare), anghila		775.91	183.85	5.53	0.03	26.33	1.40	0.33	6.87	0.47	
	<b>Tuna sashimi</b>	Ton 60g (congelate)		862.00	206.00	14.00	1.70	0.00	0.00	0.00	20.00	0.00	
	<b>Salmon sashimi</b>	Somon 60g		669.00	160.00	15.00	2.10	9.00	0.70	7.00	2.00	0.00	
	<b>Special eel roll</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 80g, takuan 40g, anghila 21g (congelate), Teriyaki 20g (alergen soia, alergen grau),alge nori		466.13	110.40	1.62	0.02	20.11	3.07	1.18	3.52	0.83	
	<b>Spicy tuna fried maki</b>	Orez sushi 100g (orez, Otet de grau (Alergen Gluten), zahăr, sare), maioneză 35g (alergen ou), ton 30g (congelat), tempura 30g (alergen grâu), castravete fabio 20g, panku 20g (alergen grâu), Philadelphia (alergen lactoză), ardei gras roșu, Sriracha, alge nori, ulei floarea soarelui		742.70	176.60	5.32	1.04	26.97	3.08	0.40	4.95	0.86	
	Geisha mix	<b>California roll</b>		Orez sushi 260g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 50g, castravete fabio 30g, kampion 30g, surimi 30g (congelate, alergen crustacee), susan prajit (alergen susan), alge nori	46 Pieces	436.61	102.97	0.22	0.06	21.73	1.70	0.45	3.17
<b>Special eel roll</b>		Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 80g, takuan 40g, anghila 21g (congelate), Teriyaki 20g (alergen soia, alergen grau),alge nori	466.13	110.40		1.62	0.02	20.11	3.07	1.18	3.52	0.83	
<b>Spicy tuna fried maki</b>		Orez sushi 100g (orez, Otet de grau (Alergen Gluten), zahăr, sare), maioneză 35g (alergen ou), ton 30g (congelat), tempura 30g (alergen grâu), castravete fabio 20g, panku 20g (alergen grâu), Philadelphia (alergen lactoză), ardei gras roșu, Sriracha, alge nori, ulei floarea soarelui	742.70	176.60		5.32	1.04	26.97	3.08	0.40	4.95	0.86	
<b>Salmon nigiri</b>		Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g	642.19	152.39		7.61	1.09	20.71	0.50	3.73	2.37	0.10	
<b>Ebi nigiri</b>		Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveți Ebi (congelate, alergen crustacee)	535.37	126.30		0.32	0.10	23.85	0.50	0.33	6.87	0.29	
<b>Sepia nigiri</b>		Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), sepie (congelate, alergen moluște)	498.82	117.58		0.29	0.09	23.57	0.23	0.33	4.72	0.49	
<b>Tuna nigiri</b>		Orez sushi 40g (orez, Otet de grau (Alergen Gluten), zahăr, sare), ton roșu 40g(congelate)	738.69	175.39		7.11	0.87	16.21	0.15	0.23	11.37	0.10	
<b>Philadelphia classic</b>		Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), castravete fabio 30g, somon 30g, Philadelphia 30g(alergen lactoza), alge nori	610.36	144.96		5.08	2.22	22.13	1.43	1.53	3.04	0.22	
<b>Shrimp onion roll</b>		Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), creveti panetați 35g (congelate, alergen crustacee, alergen grau), ceapa prajita 20g, Teriyaki 20g (alergen soia, alergen grau), alge nori	804.54	191.21		4.76	2.20	31.75	4.26	0.29	4.27	0.99	
Salmon avocado mix	<b>Avocado hosomaki</b>	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), avocado 25g, alge nori	24Pieces	497.36	117.15	0.28	0.05	26.09	0.73	1.16	2.51	0.15	
	<b>Salmon hosomaki</b>	Orez sushi 80g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 25g, alge nori		622.95	147.20	3.76	0.54	26.49	0.40	1.99	2.56	0.15	
	<b>Salmon avocado roll</b>	Orez sushi 130g (orez, Otet de grau (Alergen Gluten), zahăr, sare), somon 40g, Philadelphia 40g (alergen lactoza), avocado 30g, susan (alergen), alge nori		620.18	147.50	6.02	2.64	20.42	1.23	1.83	3.63	0.31	

<b>Denumire</b>	<b>Retetar</b>
<b>Tempura chicken salad</b>	Piept pui 90g, salata mix 80g, maioneza 50g (alergen ou), rosii cherry 40g, miere 30g, edamame boabe 20g (alergen soia, congelat), tempura (alergen grau), panko (alergen grau), susan (alergen susan), ulei floarea soarelui
<b>Tuna poke</b>	Orez sushi 200g (orez, Otet de grau (Alergen Gluten), zahăr, sare), salata mix 50g, ton 50g (congelat), suc de lamaie 35ml, edamame boabe 30g (congelat, alergen soia), avocado 30g, goma wakame 30g(congelat, alergen susan), ulei susan (alergen susan), sos de soia (alergen soia), susan prajit (alergen susan)
<b>Salmon poke</b>	Orez sushi 200g (orez, Otet de grau (Alergen Gluten), zahăr, sare), salata mix 50g, somon 50g, rosii cherry 40g, Teriyaki 40g (alergen soia, alergen grau), castravete fabio 30g, avocado 30g, goma wakame 30g (congelate, alergen susan), susan (alergen susan), ceapa verde
<b>Tempura poke</b>	Orez sushi 200g (orez, Otet de grau (Alergen Gluten), zahăr, sare), salata mix 50g, creveti panetati 50g (congelat, alergen crustacee, alergen grau), Teriyaki 40g (alergen soia, alergen grau), rosii cherry 40g, avocado 30g, maioneza 30g (alergen ou), edamame boabe 30g (alergen soia), goma wakame 30g (congelat, alergen soia), Sriracha, susan (alergen susan), ceapa verde
<b>Veggie poke</b>	Orez sushi 200g (orez, Otet de grau (Alergen Gluten), zahăr, sare), salata mix 50g, rosii cherry 40g, suc de lamaie 35ml, avocado 30g, castravete fabio 30g, edamame boabe 30g (congelat, alergen soia), takuan 30g, goma wakame 30g (congelat, alergen susan), sos soia 20g (alergen soia), ulei susan (alergen susan), susan (alergen susan)
<b>Chicken-bap menu</b>	Pulpa de pui 150g, orez 125g, tempura 50g (alergen grau), sos gochujang 20g (alergen soia), miere, mustar (alergen mustar), sos de soia (alergen soia), otet de grau (alergen grau), susan (alergen susan), ceapa verde
<b>Korean fried chicken</b>	Pulpă de pui 150g, tempura 50g (alergen grau), sos gochujang 20g (alergen soia), miere, mustar (alergen mustar), sos de soia (alergen soia), otet de grau (alergen grau), susan (alergen susan), ceapa verde
<b>Korean chicken meal</b>	Pulpă de pui 120g, orez 200g, kimchi 50g, ceapa 50g, morcov 50g, ciuperci 50g, goma wakame 30g (congelat, alergen susan), Oyster sos 30ml (alergen crustacee, alergen soia), sos de soia (alergen soia), susan (alergen susan), ceapa verde, ulei de susan (alergen susan), usturoi, amidon de cartof
<b>Korean bulgogi beef meal</b>	Vrăbioară de vită 140g (congelat), orez 200g, kimchi 50g, ceapa 50g, morcov 50g, ciuperci 50g, sos bulgogi 40g (alergen susan, alergen soia), goma wakame 30g (congelat, alergen susan), sos de soia (alergen soia), susan (alergen susan), ceapa verde, ulei susan (alergen susan), amidon de cartof
<b>Bibimbap spicy</b>	Orez 220g, ou 60g (alergen ou), sos gochujang 40g (alergen soia), ciuperci 30g, ridiche alba 30g, castravete fabio 30g, morcov 30g, ceapa 30g, porumb boabe 30g, ulei susan (alergen susan), ulei de floarea soarelui, sare, susan (alergen susan), usturoi
<b>Bibimbap soysauce</b>	Orez 220g, ou 60g (alergen ou), ciuperci 30g, ridiche alba 30g, castravete fabio 30g, morcov 30g, ceapa 30g, porumb boabe 30g, sos de soia 30g (alergen soia), ulei susan (alergen susan), ulei de floarea soarelui, sare, susan (alergen susan), ulei de floarea soarelui
<b>Mandu Fried Chicken ( Produse Decongelat)</b>	*Mandu pui 90g (Carne si Piele de Pui 26%, Faina de Grau, Varza 21%, Ceapa 13%,Apa, Ceapa Verde 2%, Amidon de Tapioca, Sos de Soia (Apa, Soia, Grau, Sare),Ghimbir 0.9%, Extract de Drojdie, Usturoi 0.8%, Supa de Pui [Apa, Pui (Oase,Carne, Grasime), Sare], Ulei de Susan, Proteina de Soia Texturata, Gluten dinGrau, Sare Iodata (Sare, Iodura de Potasiu), Zahar, Condimente Alergeni: Grau (Gluten),Soia, Susan. Poate Contine Urme de Ou, Peste, Crustacee, Moluste.), sos sweet chilly 30g, ulei de floarea soarelui”
<b>Mandu fried pork(Decongelate)</b>	*Mandu pork 90g (Varza 27%, carne si grasime de porc 22%, faina de grau, apa, ceapa 7%, ceapa verde 2%, sos de soia 2%, usturoi 2%, tofu, faina de tapioca, extraxt de drojdie, proteina texturata din soia, gluten din grau, sare,zahar, condimente, ulei de susan, ulei de rapita.Alergeni: Grau (Gluten),Soia, Susan.Poate Contine Urme de Ou, Peste, Crustacee, Moluste.Porcul, Legumele si Soia), sos sweet chilly 30g, ulei de floarea soarelui”
<b>Kimchi</b>	Varza 120g, pudra chilly, sos de peste (alergenii crustacee si moluste), ghimbir, pere, ceapa, usturoi, ceapa verde , sare
<b>Salmon miso soup</b>	Somon 40g, pastă miso din soia 20g (alergen soia) fermentată, alge wakame, pudra de peste (alergen crustacee si moluste), susan(alergen), ceapă verde
<b>Tom yum soup</b>	Pastă Tom Yum 50g (ulei de soia rafinat(alergen soia), lemongrass 14%, șalotă, apă, suc de lămâie, sare, ardei iute, galangal, zahăr, frunze de lime kaffir, regulator de aciditate: acid citric, potentiator de aromă: glutamat monosodic E621, colorant: extract de boia de ardei), somon, fasole verde, roșii cherry, fasole verde pastai 40g (congelat), rosii cherry 40g, somon 40g, taiței de orez 30g, porumb boabe 30g, ceapă verde, susan(alergen susan)
<b>Miso soup</b>	Pastă miso din soia 20g(alergen soia) fermentata, pudra de peste (alergen crustacee si moluste), alge wakame, susan(alergen), ceapă verde
<b>Pui tempura</b>	Piept de pui 150g, tempura 30g (alergen grau), panko 20g (alergen grau), maioneza 20g (alergen ou), mustar (alergen mustar), miere
<b>Spring rolls(congelate)</b>	“Pachetele de primavara 90g (Faina de Grau, Varza 38%, Morcov 8.5, Tofu (Soia), Apa, Taietei de Sticla (Amidon de Fasole Mung, Apa), Fasole Verde 1.8%,Ciuperci Shiitake 1.8%, Ulei de Soia, Ceapa 1%, Ghimbir 0.6%,Usturoi 0.6%, Zahar, Potentiator de Aroma (E621), Sare. Alergeni: Grau (Gluten), Soia), sos sweet chilly 30g, ulei de floarea soarelui”
<b>Edamame(congelate, alergen soia)</b>	Edamame 160g (congelate, alergen soia), sare
<b>Edamame garlic(congelate, alergen soia)</b>	Edamame 160g (congelate, alergen soia), ulei de susan 20g (alergen susan), usturoi, sare
<b>Edamame spicy(congelate, alergen soia)</b>	Edamame 160g (congelate, alergen soia), Sriracha 20g, ulei de susan 20g (alergen susan), sare

**Produse congelate** | vrăbioară de vită, creveți, sepie, surimi, caracatiță, creveți Ebi, ton roșu, anghilă, mandu pui, mandu porc, pachetele de primăvară (sprin rolls), edamame

<b>Alergeni</b>	Alergeni ou și produse derivate	ou, maioneză
	Alergeni creveți, crustacee și moluște	creveți, creveți Ebi, sos pește, oyster sos
	Alergeni soia și produse derivate	Edamame, sos de soia, Teriyaki sos, ulei de soia, hoisin
	Alergeni susan și produse derivate	susan, ulei de susan, Teriyaki sos
	Alergeni cereale care conțin gluten	făină de grâu, Otet de orez, Faina tempura, Creveti panetati teriyaki sos
	Alergeni muștar și produse derivate	muștar
	Alergeni fructe cu coajă lemnoasă și produse derivate	fistic

<b>Valori nutritionale per 100g</b>										
<b>Gramaj</b>	<b>Kj</b>	<b>Kcal</b>	<b>Grasimi</b>	<b>Din care acizi grasi saturati</b>	<b>Glucide</b>	<b>Din care zaharuri</b>	<b>Fibre</b>	<b>Proteine</b>	<b>Sare</b>	
<b>320 g</b>	<b>646.59</b>	<b>154.4</b>	<b>6.97</b>	<b>0.63</b>	<b>12.87</b>	<b>6.68</b>	<b>0.61</b>	<b>9.34</b>	<b>0.51</b>	
<b>450 g</b>	<b>534.95</b>	<b>126.51</b>	<b>1.43</b>	<b>0.26</b>	<b>21.07</b>	<b>0.70</b>	<b>0.75</b>	<b>4.80</b>	<b>1.00</b>	
<b>450 g</b>	<b>524.06</b>	<b>124.18</b>	<b>1.30</b>	<b>0.23</b>	<b>21.00</b>	<b>3.84</b>	<b>0.83</b>	<b>4.62</b>	<b>1.07</b>	
<b>400 g</b>	<b>631.26</b>	<b>149.7</b>	<b>1.81</b>	<b>0.29</b>	<b>26.51</b>	<b>6.01</b>	<b>0.57</b>	<b>4.37</b>	<b>1.64</b>	
<b>400 g</b>	<b>539.58</b>	<b>127.82</b>	<b>3.00</b>	<b>0.48</b>	<b>18.71</b>	<b>0.90</b>	<b>0.79</b>	<b>4.22</b>	<b>1.31</b>	
<b>400 g</b>	<b>991.14</b>	<b>234.93</b>	<b>3.32</b>	<b>0.72</b>	<b>39.96</b>	<b>3.93</b>	<b>0.34</b>	<b>10.79</b>	<b>1.24</b>	
<b>250 g</b>	<b>753.71</b>	<b>179.80</b>	<b>4.67</b>	<b>1.00</b>	<b>21.24</b>	<b>5.66</b>	<b>0.03</b>	<b>12.68</b>	<b>1.81</b>	
<b>500 g</b>	<b>724.99</b>	<b>171.74</b>	<b>2.91</b>	<b>0.62</b>	<b>26.14</b>	<b>2.85</b>	<b>0.91</b>	<b>8.65</b>	<b>1.81</b>	
<b>500 g</b>	<b>810.40</b>	<b>191.82</b>	<b>4.79</b>	<b>0.21</b>	<b>24.93</b>	<b>4.13</b>	<b>1.08</b>	<b>10.77</b>	<b>1.11</b>	
<b>400 g</b>	<b>784.76</b>	<b>185.44</b>	<b>6.28</b>	<b>1.05</b>	<b>27.66</b>	<b>3.61</b>	<b>0.92</b>	<b>4.68</b>	<b>2.89</b>	
<b>400 g</b>	<b>728.84</b>	<b>172.00</b>	<b>5.92</b>	<b>0.97</b>	<b>24.93</b>	<b>3.61</b>	<b>0.91</b>	<b>4.66</b>	<b>3.44</b>	
<b>5 pieces</b>	<b>762.50</b>	<b>181.90</b>	<b>6.75</b>	<b>2.28</b>	<b>23.88</b>	<b>8.68</b>	<b>0.23</b>	<b>6.30</b>	<b>0.71</b>	
<b>5 pieces</b>	<b>674.75</b>	<b>160.90</b>	<b>4.95</b>	<b>1.98</b>	<b>22.90</b>	<b>9.50</b>	<b>0.23</b>	<b>6.00</b>	<b>0.79</b>	
<b>150 g</b>	<b>138.10</b>	<b>32.94</b>	<b>0.14</b>	<b>0.01</b>	<b>7.18</b>	<b>3.20</b>	<b>2.24</b>	<b>1.71</b>	<b>0.89</b>	
<b>250 ml</b>	<b>588.10</b>	<b>140.30</b>	<b>8.79</b>	<b>1.03</b>	<b>12.13</b>	<b>2.54</b>	<b>2.85</b>	<b>9.77</b>	<b>4.42</b>	
<b>250 ml</b>	<b>697.00</b>	<b>166.48</b>	<b>8.79</b>	<b>1.33</b>	<b>18.17</b>	<b>7.80</b>	<b>3.70</b>	<b>2.98</b>	<b>2.87</b>	
<b>250 ml</b>	<b>534.17</b>	<b>127.17</b>	<b>4.65</b>	<b>0.32</b>	<b>14.22</b>	<b>3.76</b>	<b>0.08</b>	<b>14.94</b>	<b>7.37</b>	
<b>170 g</b>	<b>873.90</b>	<b>208.61</b>	<b>6.20</b>	<b>0.39</b>	<b>17.40</b>	<b>4.68</b>	<b>0.00</b>	<b>20.51</b>	<b>0.55</b>	
<b>6 pieces</b>	<b>786.96</b>	<b>186.22</b>	<b>1.67</b>	<b>0.34</b>	<b>37.10</b>	<b>8.85</b>	<b>0.22</b>	<b>4.80</b>	<b>0.90</b>	
<b>160g</b>	<b>254.23</b>	<b>60.86</b>	<b>5.01</b>	<b>0.79</b>	<b>1.57</b>	<b>0.00</b>	<b>0.00</b>	<b>2.45</b>	<b>1.84</b>	
<b>160g</b>	<b>715.59</b>	<b>171.12</b>	<b>16.59</b>	<b>2.43</b>	<b>3.45</b>	<b>0.06</b>	<b>0.12</b>	<b>2.73</b>	<b>2.94</b>	
<b>160g</b>	<b>726.24</b>	<b>173.53</b>	<b>16.76</b>	<b>2.47</b>	<b>3.62</b>	<b>2.12</b>	<b>0.00</b>	<b>2.51</b>	<b>3.54</b>	