

MENIU

❖ Restaurant Donald

SPECIALITATEA BUCATARULUI

Muschiulet de porc impanat 450g **51.00 lei**

(muschiulet de porc 200gr, cartofi gratinati 100gr, ardei copt 100gr)

Declaratie nutritionala:

679 kcal/26g carbohidrati/56g proteine/34g acizi grasi saturati/1g fibre/5g sare/0.3g zahar

Carne la garnita 580gr **65.50 lei**

(pulpa de porc afumata 200 gr, carnati de casa 100 gr,
1 ou 80 gr, mamaliguta 200gr)

Declaratie nutritionala:

783 kcal/31g carbohidrati/81.6g proteine/45.3g acizi grasi saturati/2g fibre/7g sare

Mix grill Donald 460gr **46.50 lei**

(muschiulet de porc 130 gr, pulpa de pui dezosata fara piele 130gr,
ciuperci gratinate 100g, cartofi taranesti 100 gr)

Declaratie nutritionala:

1082 kcal/26g carbohidrati/74g proteine/68g acizi grasi saturati/9g sare



SPECIALITATEA CASEI

Platou Donald 1275gr

88.50 lei

(piept de pui 130 gr, cotlet de porc 130gr, ficatei de pasare 130gr
pastrama de oaie 100gr, mici porc si vita 250 gr, ficat de porc 130 gr, cartofi taranesti 400 gr)
– recomandat pentru 2 persoane

Declaratie nutritionala:

3009 kcal/103 g carbohidrati/243 g proteine/159 g acizi grasi saturati/71 g sare

Platou gustare rece 1275 gr

120.00 lei

(muschi file 100 gr , jambon presat 100 gr, sunca presata 100 gr,
salam uscat 100 gr, gujoane de pui 75 gr, chiftelute de porc 280 gr, telemea 100 gr,
cascaval 100 gr, rosii 300 gr, castraveti 100 gr, masline 100 gr) – recomandat pt 4 persoane

Declaratie nutritionala:

2685 kcal/41 g carbohidrati/202 g proteine/182 g acizi grasi saturati/4 g fibre/30 g sare

Platou de friptura 2480 gr

185.00 lei

(ceafa de porc 480, piept de pui 400 gr, mici 500gr,
carnati de gratar 200 gr, cartofi wedges 400 gr,
salata de varza alba 400 gr) –recomandat pt 4 persoane

Declaratie nutritionala:

4331 kcal/129 g carbohidrati/268 g proteine/301 g acizi grasi saturati/6 g zahar/35 g sare

Platou crispy 970 gr

73.50 lei

(snitel de pui nepicant 200 gr, strips de pui pane nepicant 150 gr/picant 150 gr, aripioare pui pane
170 gr, cartofi prajiti 200 gr, sos de usturoi 50 gr, sos sweet chilly 50 gr) – recomandat pt 2 persoane

Declaratie nutritionala:

2404 kcal/213 g carbohidrati/115g proteine/116 g acizi grasi saturati/8 g fibre/14 g zahar/15 g sare

Platou traditional 1000 gr

175.00 lei

(sunca grasa 100gr, jumari de porc 100 gr, chiftele de porc 4 buc, muschi file 100gr,
rosii 100gr, ceapa rosie 100 gr, salata de vinete 100 gr, telemea de vaca 100 gr, soric 100 gr,
mustar 50 gr)

Declaratie nutritionala:

3146 kcal/281 g carbohidrati/98g proteine/30.5 g acizi grasi saturati/15 g sare

Platou branzeturi 970 gr

150.00 lei

(parmezan 100gr, branza brie 125gr, carnaciori sticks 100 gr, mix de masline condimentate 100gr,
nuca 20 gr, caise deshidratate 60 gr, biscuiti 22gr)

Declaratie nutritionala:

2066 kcal/149 g carbohidrati/95g proteine/71 g acizi grasi saturati/15 g sare



GUSTARI RECI

Bruschete cu rosii, usturoi si busuioc 230gr 22.00 lei

(rosii 150 gr, paine prajita 80 g)

Declaratie nutritionala:

376 kcal/45 g carbohidrati/7 g proteine/16 g acizi grasi saturati/4 g zahar/7 g sare

Sandwich cu muschi file 200gr 11.00 lei

(paine 80 gr, muschi file 30 gr , cascaval 30 gr , castraveti murati 30)

Declaratie nutritionala:

492 kcal/42 g carbohidrati/17 g proteine/22 g acizi grasi saturati/4 g zahar/2 g sare

Sandwich cu sunca presata 200gr 11.00 lei

(paine 80 gr, sunca presata 30 gr , cascaval 30 gr , castraveti murati 30)

Declaratie nutritionala:

438 kcal/42 g carbohidrati/17 g proteine/16 g acizi grasi saturati/4 g zahar/2 g sare

MIC DEJUN / GUSTARI CALDE

Mic dejun cu oua ochiuri 350gr 23.50 lei

(oua 100 gr, telemea de vaca 50 gr, crispy bacon 70 gr ,
rosie 50gr, castraveti 50 gr, paine prajita 80 gr)

Declaratie nutritionala:

767 kcal/43 g carbohidrati/35 g proteine/46 g acizi grasi saturati/1 g fibre/5 g sare

Mic dejun cu omleta 490g 28.50 lei

(oua 100 gr, sunca presata 50 gr, cascaval 30gr, masline 30 gr, castraveti 50 gr,
rosie 50 gr, muschi file 50 gr, crispy bacon 50 ,pain prajita – 80gr)

Declaratie nutritionala:

885 kcal/44 g carbohidrati/25 g proteine/64 g acizi grasi saturati/1 g fibre/5 g sare

Mic dejun rece 390gr 22.00 lei

(muschi file 50 gr, sunca presata 50 gr, cascaval 50 gr, masline 30 gr,
rosie 50 gr, castraveti 50 gr, ardei kapia 30, paine prajita 80 gr)

Declaratie nutritionala:

653 kcal/53 g carbohidrati/31 g proteine/30 g acizi grasi saturati/1 g fibre/3 g sare

Mic dejun dulce 270 gr 9.50 lei

(cafea 150 ml, unt 20 gr, dulceata 20 gr, paine prajita 80 gr)

Declaratie nutritionala:

400 kcal/50 g carbohidrati/6 g proteine/18 g acizi grasi saturati/1 g fibre/1 g sare/ 8 g zahar

Cascaval pane cu cartofi wedges 350g 23.50 lei

(cascaval 100 gr, ou 20 gr, pesmet 30 gr, cartofi wedges condimentati 200 gr)

Declaratie nutritionala:

889kcal/79 g carbohidrati/39 g proteine/41 g acizi grasi saturati/ 1 g fibre/4 g sare/ 1 g zahar

Boulete de cascaval 300gr 32.00 lei

(cascaval 200 gr, ou 50 gr, faina 50 gr)

Declaratie nutritionala:

947kcal/44 g carbohidrati/60 g proteine/55 g acizi grasi saturati/ 1 g fibre/5 g sare

Mamaliguta cu branza si 18.50 lei

si smantana 400gr

(apa 200 gr, malai 100 gr, telemea de vaca 100 gr, smantana 12% grasime 100 gr)

Declaratie nutritionala:

706kcal/82 g carbohidrati/26 g proteine/32 g acizi grasi saturati/ 5 g sare



PIZZA

Pizza Quattro Stagione 640 gr-32 cm

31.50 lei

(sos de rosii 100 gr, topping pizza 120 gr, sunca presata 50 gr, ciuperci proaspete 50 gr, cabanos 50 gr, masline rondele 50 gr, ardei gras 20 gr, faina 150 gr)

Declaratie nutritionala:

1381kcal/146 g carbohidrati/40 g proteine/61 g acizi grasi saturati/ 4 g fibre/ 10 g sare/ 3 g zahar

Pizza Donald 670 gr -32 cm

32.50 lei

(sos de rosii 100 gr, topping pizza 120 gr, sunca presata 30 gr, ciuperci proaspete 50 gr, bacon 30 gr, masline rondele 50 gr, ardei gras 20 gr, piept de pui 50 gr faina 150 gr)

Declaratie nutritionala:

1308kcal/145 g carbohidrati/42 g proteine/52 g acizi grasi saturati/ 4 g fibre/ 10 g sare/ 3 g zahar

Pizza Napoletana 590 gr -32 cm

31.50 lei

(sos de rosii 100 gr, topping pizza 120 gr, sunca presata 60 gr, ou 50 gr, masline rondele 20 gr, ardei gras 20 gr, faina 150 gr)

Declaratie nutritionala:

1211kcal/143 g carbohidrati/36 g proteine/47 g acizi grasi saturati/ 4 g fibre/ 10 g sare/ 3 g zahar

Pizza Diavola 590 gr -32 cm

32.50 lei

(sos de rosii 100 gr, topping pizza 120 gr, salam chorizo 100 gr, masline rondele 50 gr, faina 150 gr)

Declaratie nutritionala:

1578kcal/143 g carbohidrati/45 g proteine/83 g acizi grasi saturati/ 4 g fibre/ 22 g sare/ 3 g zahar

Pizza Pollo e Funghi 640 gr -32 cm

31.50 lei

(sos de rosii 100 gr, topping pizza 120 gr, ciuperci proaspete 50 gr, masline rondele 50 gr, porumb boabe 50 gr, piept de pui 50 gr, faina 150 gr)

Declaratie nutritionala:

1228kcal/152 g carbohidrati/35 g proteine/46 g acizi grasi saturati/ 5 g fibre/ 10 g sare/ 3 g zahar

Pizza Capricciosa 600 gr -32 cm

31.50 lei

(sos de rosii 100 gr, topping pizza 120 gr, ciuperci proaspete 50 gr, anghinare 50 gr, sunca presata 60 gr, faina 150 gr)

Declaratie nutritionala:

1208kcal/141 g carbohidrati/35 g proteine/50 g acizi grasi saturati/ 5 g fibre/ 9 g sare/ 3 g zahar

Pizza Rustica 610 gr -32 cm

31.50 lei

(sos de rosii 100 gr, topping pizza 120 gr, bacon 50 gr, cabanos 50 gr, masline felii 30 gr, ardei gras 20 gr, ceapa rosie 20 gr faina 150 gr)

Declaratie nutritionala:

1402kcal/142g carbohidrati/33 g proteine/71 g acizi grasi saturati/ 4 g fibre/ 9 g sare/ 3 g zahar

Pizza Quattro Formaggio 500 gr -32 cm

34.50 lei

(topping pizza 120g, emmenthaler 30 g , gorgonzola 15 g, parmezan 15 g, crema vegetala 100g, faina 150 g)

Declaratie nutritionala:

1468kcal/144g carbohidrati/37 g proteine/77 g acizi grasi saturati/ 4 g fibre/ 11 g sare

Pizza Carnivore 560 gr -32 cm

32.50 lei

(sos de rosii 100g , topping pizza 120g, sunca presata 30g, bacon 30 g, cabanos 30 g, salam chorizo 30g, faina 150 g)

Declaratie nutritionala:

1432kcal/138g carbohidrati/41 g proteine/73 g acizi grasi saturati/ 4 g fibre/ 12 g sare/ 3 g zahar

Pizza Vegetariana 600 gr-32 cm

28.00 lei

(sos de rosii 100g, branza tofu 100g, dovlecei 30g, vinete 30 g, ciuperci proaspete 30 g, masline 30 g, ardei gras 30g , porumb boabe 30 g, faina 150g)

Declaratie nutritionala:

886kcal/132g carbohidrati/25 g proteine/20 g acizi grasi saturati/ 5 g fibre/ 8 g sare/ 3 g zahar

Pizza Margherita 470 gr-32 cm

28.00 lei

(sos de rosii 100 g, topping pizza 120, busuioc 5 g, rosii felii 50g, faina 150 g)

Declaratie nutritionala:

1025kcal/140g carbohidrati/20 g proteine/38 g acizi grasi saturati/ 4 g fibre/ 9 g sare/ 3 g zahar



CIORBE

Ciorba de burta 250gr/80gr 16.50 lei

(burta vita 80 g, ou 20 g, smantana 25 g, iaurt 25 g)

Declaratie nutritionala:

345kcal/6g carbohidrati/19 g proteine/23 g acizi grasi saturati/ 10 g sare

Ciorba de vacuta 250gr/50gr 19.50 lei

(pulpa de vita 50, ceapa 20 g, morcov 20 g, mazare 20 g, rosii cuburi 30 g, cartofi 20 g)

Declaratie nutritionala:

339 kcal/23 g carbohidrati/17 g proteine/15 g acizi grasi saturati/ 3 g fibre/ 8 g sare

Ciorba de fasole cu costita 250gr/80gr 14.50 lei

(fasole uscata 40 g, ceapa 20 g, morcov 20 g, rosii cuburi 20 g, gusa afumata 80 g)

Declaratie nutritionala:

461kcal/35g carbohidrati/18 g proteine/24 g acizi grasi saturati/ 6 g fibre/ 10 g sare

Ciorba de fasole 300gr 12.50 lei

(fasole uscata 40 g, ceapa 20 g, morcov 20 g, rosii cuburi 20 g)

Declaratie nutritionala:

210kcal/35g carbohidrati/10 g proteine/6 g fibre/ 10 g sare

Ciorba de legume 300gr 12.50 lei

(ceapa 20 g, morcov 20 g, mazare 20 g, rosii cuburi 30 g, cartofi 20 g)

Declaratie nutritionala:

140kcal/23g carbohidrati/4 g proteine/ 3 g fibre/ 8g sare

Supa crema de legume 300gr 16.50 lei

(ceapa 20 g, morcov 20 g, mazare 20 g, rosii cuburi 30 g, cartofi 20 g, crema vegetala 30 g, crutoane 50 gr)

Declaratie nutritionala:

365kcal/54 g carbohidrati/6 g proteine/8 g acizi grasi saturati/ 4 g fibre/ 10 g sare

TOPPING

Smantana (137kcal/4 g carbohidrati/3 g proteine/12g acizi grasi saturati) **100gr 3.00 lei**

Ardei iute (8kcal/1 g carbohidrati) 20gr **1 buc 2.50 lei**

Paine (240kcal/47 g carbohidrati/6 g proteine/4g acizi grasi, fibre 1g) **50 gr 2.50 lei**

Mamaliguta (140kcal/30 g carbohidrati/4 g proteine) **200gr 3.00 lei**

Focaccia (512kcal/75 g carbohidrati/11 g proteine/17g acizi grasi) **160gr 7.00 lei**

Mujdei (200kcal/3 g carbohidrati/3 g proteine/20g acizi grasi) **50gr 3.00 lei**

Ketchup (45kcal/10 g carbohidrati) **50gr 3.00 lei**

Maioneza (140kcal/1 g carbohidrati, 14 acizi grasi / 1 g proteine) **50gr 3.00 lei**

Mustar (33kcal/2 g carbohidrati, 2 acizi grasi / 2 g proteine/1 g fibre) **50gr 3.00 lei**

Unt (114kcal/ 16 acizi grasi) **20gr 3.00 lei**

Dulceata (143kcal/ 36g carbohidrati/ 31 g zahar) **50 gr 5.00 lei**

Sos de usturoi (184kcal/3.15 g zaharuri, 17.9 grasimi / 0.35 g proteine) **50gr 3.00 lei**

Sos sweet chili (91.5kcal/20.5g zaharuri/ 2.9g sare) **50gr 3.00 lei**



GRILL VITA

Muschi de vita la gratar cu fasole verde 450gr 90.00 lei

Declaratie nutritionala:

506kcal/68 g proteine/26 g acizi grasi saturati/ 6 g sare

T-bone de vita cu piure de cartofi 600 gr 95.00 lei

Declaratie nutritionala:

268kcal/17.3 g carbohidrati/23 g proteine/12.2 g acizi grasi saturati/fibre 1.5g / 6 g sare

PASTE

Paste cu creveti 450gr 55.00 lei

(creveti 135 gr/ parmezan 30 gr/spaghete 100 gr/ vin alb 50 gr/ sos de rosii 150 gr)

Declaratie nutritionala:

819kcal/83g carbohidrati/48 g proteine/ 30 g acizi grasi saturati/ 3g sare

Spaghete carbonara 250gr 38.50 lei

(crema vegetala 50 gr/ parmezan 20 gr/ou 50 gr/ bacon 30gr/ spaghete 100 gr)

Declaratie nutritionala:

1009kcal/83g carbohidrati/20g proteine/ 56 g acizi grasi saturati/ 4g sare/ 3 fibre

Spaghete quattro formaggio 250gr 27.50 lei

(crema vegetala 100 gr/ spaghete 100 gr/gorgonzola 20g/parmezan 20gr/emmentaler 20g/topping goldina 20gr)

Declaratie nutritionala:

881kcal/83g carbohidrati/30g proteine/ 41 g acizi grasi saturati/ 4g sare/ 3g fibre

Penne cu ciuperci si sos de rosii 300gr 24.50 lei

(penne 100g/rosii cuburi – 100 gr/ ciuperci 50 gr)

Declaratie nutritionala:

520kcal/84g carbohidrati/22g proteine/ 84 g acizi grasi saturati/ 6g sare/ 3g fibre

Penne cu ciuperci si sos alb 450gr 29.50 lei

(penne 100g/ crema vegetala 100g/ bacon 50 g/ ciuperci 50g)

Declaratie nutritionala:

966kcal/80g carbohidrati/23g proteine/ 50 g acizi grasi saturati/ 4g sare/ 3g fibre

Spaghete arrabbiata 270gr 13.50 lei

(spaghete 100g/rosii cuburi 100 gr)

Declaratie nutritionala:

492kcal/81g carbohidrati/14g proteine/ 11 g acizi grasi saturati/ 3g sare/ 3g fibre

Tagliatele cu piept de pui 17.50 lei

si sos de rosii 250gr

(tagliatele 100g/rosii cuburi 100 gr/piept de pui 80 g)

Declaratie nutritionala:

616kcal/79g carbohidrati/35g proteine/ 15 g acizi grasi saturati/ 3g sare/ 2g zahar



PREPARATE DIN PESTE

Saramura de crap 100gr

23.50 lei

Declaratie nutritionala:

184kcal/10g carbohidrati/18g proteine/ 5 g acizi grasi saturati/ 8g sare

Saramura de salau 100gr

23.50 lei

Declaratie nutritionala:

151kcal/10g carbohidrati/20g proteine/ 2 g acizi grasi saturati/ 8g sare

Saramura de pastrav 100gr

18.50 lei

Declaratie nutritionala:

247kcal/10g carbohidrati/27g proteine/ 8g acizi grasi saturati/ 8g sare

Crap la gratar 100gr

12.50 lei

Declaratie nutritionala:

184kcal/2g carbohidrati/17g proteine/ 10 g acizi grasi saturati/ 2g sare

Salau la gratar 100gr

15.00 lei

Declaratie nutritionala:

151kcal/2g carbohidrati/19g proteine/ 7g acizi grasi saturati/ 2g sare

Pastrav la gratar 100gr

12.50 lei

Declaratie nutritionala:

247kcal/2g carbohidrati/26g proteine/ 13 g acizi grasi saturati/ 3g sare

Somon la gratar 150gr

45.00 lei

Declaratie nutritionala:

198kcal/2g carbohidrati/30g proteine/ 7 g acizi grasi saturati/ 2g sare

Somon la gratar cu fasole verde si lamaie 320gr

60.00 lei

(somon 150gr, teci de de fasole vere 150gr, lamaie 20gr)

Declaratie nutritionala:

240kcal/8 g carbohidrati/33 g proteine/8 g acizi grasi saturati/ 3 g sare



MENIURI CU PUI

Piept de pui cu sos alb, cartofi aurii

37.50 lei

si focaccia 510gr

(piept de pui 200gr, sos alb 50 gr, cartofi aurii 150 gr, focaccia 110g)

Declaratie nutritionala:

1004kcal/100g carbohidrati/59 g proteine/38g acizi grasi saturati/ 3g fibre/4 g sare

Piept de pui umplut cu cascaval,

49.50 lei

invelit in bacon, piure de cartofi

si focaccia 510gr

(piept de pui 150gr, cascaval 100g, bacon 50g, cartofi 100 gr, focaccia 110g)

Declaratie nutritionala:

1633kcal/108g carbohidrati/86 g proteine/89g acizi grasi saturati/ 4g fibre/12 g sare

Snitel din piept de pui, umplut cu

47.50 lei

ciuperci si cascaval, cartofi prajiti

si focaccia 540gr

(piept de pui 150gr, cascaval 100g, ciuperci 30g, cartofi prajiti 150 gr, focaccia 110g)

Declaratie nutritionala:

1159kcal/79g carbohidrati/78 g proteine/52g acizi grasi saturati/ 1g fibre/8 g sare

Pui shanghai cu cartofi prajiti

32.00 lei

si sos sweet chilly 450gr

(piept de pui 150gr, cartofi prajiti 200 gr, sweet chilly 50g, bechamel 50gr)

Declaratie nutritionala:

1069kcal/109g carbohidrati/39 g proteine/48g acizi grasi saturati/ 8g fibre/10 g sare

Pui crispy – 450gr

33.50 lei

(pui crispy 200gr, cartofi prajiti 200 gr, sos de usturoi 50gr

sau sweet chilly 50 gr)

Declaratie nutritionala:

1529kcal/104g carbohidrati/36 g proteine/105g acizi grasi saturati/ 10g fibre/10 g sare

Aripioare picante 480 gr

33.50 lei

(aripioare picante 230gr, cartofi wedges 200gr,

sos de usturoi 50gr sau sweet chilly 50gr)

Declaratie nutritionala:

1540kcal/85g carbohidrati/37 g proteine/97g acizi grasi saturati/ 8g fibre/7 g sare

Snitel de pui cu cartofi prajiti sau piure,

27.50 lei

salata verde cu rosii,castraveti si ceapa) 500gr

(piept de pui 100g, pesmet 30gr, cartofi 200gr, salata iceberg 50gr, rosii 50gr, castraveti 50 gr, ceapa rosie 20gr)

Declaratie nutritionala:

995kcal/106g carbohidrati/33 g proteine/43g acizi grasi saturati/ 9g fibre/10 g sare

Ficatei de pasare la tigaie

21.50 lei

cu mamaliguta si mujei 550gr

ficatei de pui 300gr, malai 30gr, usturoi 20 gr, ulei 100gr, apa 100 ml)

Declaratie nutritionala:

1588kcal/33g carbohidrati/57 g proteine/134g acizi grasi saturati/ 2g fibre/8 g sare



Tigaie picanta de pui 42.00 lei
cu focaccia 560gr

(piept pui 200gr, dovlecei 70 gr, vinete 70 gr, ardei kapia 70 gr, ciuperci 70 gr, focaccia 80gr)

Declaratie nutritionala:

739kcal/59g carbohidrati/54 g proteine/32g acizi grasi saturati/ 3g fibre/6 g sare

Tochitura de pui cu mamaliguta 28.50 lei
si ou 450 gr

(piept pui 150gr, ciuperci 50gr, pasta de tomate 50gr, ou, 50gr, malai 30gr, apa)

Declaratie nutritionala:

647kcal/46g carbohidrati/47 g proteine/28g acizi grasi saturati/ 3g fibre/6 g sare

Piept de pui la grill cu cartofi prajiti, 39.50 lei
branza razuita si salata verde 550gr

(piept pui 200gr, cartofi prajiti 200 gr, telemea de vaca 50gr, salata iceberg 100gr)

Declaratie nutritionala:

1175kcal/87g carbohidrati/ 62g proteine/62g acizi grasi saturati/ 9g fibre/8 g sare

Pulpa de pui dezosata cu piure de 29.50 lei
cartofi si ardei copt 500gr

(pulpa de pui 200gr, cartofi 200 gr, ardei copt 100gr)

Declaratie nutritionala:

1079kcal/45g carbohidrati/ 39g proteine/26g acizi grasi saturati/ 3g fibre/7 g sare

Frigarui de pui cu cartofi prajiti 490gr 29.50 lei

(piept de pui 150g, rosii 80g, ceapa, 30gr, ardei rosu 30gr, cartofi 200gr)

Declaratie nutritionala:

994kcal/89g carbohidrati/ 38g proteine/44g acizi grasi saturati/ 9g fibre/10 g sare

GRILL DE PUI

Piept de pui 200gr 21.00 lei

Declaratie nutritionala:

344kcal/ 40g proteine/18g acizi grasi saturati/ 6 g sare

Pulpa de pui dezosata 200gr 21.00 lei

Declaratie nutritionala:

324kcal/ 3g carbohidrati/34g proteine/18g acizi grasi saturati/ 6 g sare

Ficatei de pasare la gratar 300gr 13.50 lei

Declaratie nutritionala:

386kcal/ 56g proteine/16g acizi grasi saturati/ 6 g sare



MENIURI CU PORC /OAIE

Coaste de porc la cuptor, cartofi wedges castraveti murati, sfecla rosie – 650gr

51.50 lei

(coaste de porc 350g, cartofi 200gr, castraveti in otet 50gr, sfecla rosie 50 gr)

Declaratie nutritionala:

1521kcal/87g carbohidrati/65 g proteine/99g acizi grasi saturati/ 1g fibre/6 g sare/4g zahar

Pomana porcului 450gr

29.50 lei

(pulpa de porc 200gr, malai 30gr, usturoi 20 gr,castraveti 30gr, apa 170g)

Declaratie nutritionala:

873kcal/27g carbohidrati/55 g proteine/58g acizi grasi saturati/ 3g fibre/3 g sare

Tochitura dobrogeana 450gr

29.50 lei

(pulpa de porc 150gr, ciuperci 50gr, pasta de tomate 50gr, ou, 50gr, malai 30gr, apa)

Declaratie nutritionala:

762kcal/64g carbohidrati/52 g proteine/33g acizi grasi saturati/ 3g fibre/6 g sare

Snitel de porc cu cartofi prajiti sau piure, salata verde cu rosii, castraveti si ceapa)- 500gr

27.50 lei

(cotlet 100g, pesmet 30gr, cartofi 200gr, salata iceberg 50gr, rosii 50gr, castraveti 50 gr, ceapa rosie 20gr)

Declaratie nutritionala:

1070kcal/106g carbohidrati/40 g proteine/48g acizi grasi saturati/ 9g fibre/10 g sare

Ceafa de porc cu cartofi prajiti

31.00 lei

si salata de varza -500gr

(ceafa de porc 200 gr, cartofi 200gr, varza 100 gr)

Declaratie nutritionala:

1155kcal/86g carbohidrati/39 g proteine/70g acizi grasi saturati/ 9g fibre/10 g sare

Carnaciori Radic, la gratar, cu cartofi

29.50 lei

prajiti si mustar - 350gr

(carnati 150gr, cartofi 150gr, mustar 50gr)

Declaratie nutritionala:

1240kcal/83g carbohidrati/39 g proteine/80g acizi grasi saturati/ 9g fibre/10 g sare

Pastrama de porc la gratar

34.50 lei

cu mamaliguta si mujdei taranesc -450gr

(pulpa porc 200gr, malai 50gr, usturoi 50gr, apa 150gr)

Declaratie nutritionala:

600kcal/35g carbohidrati/57 g proteine/26g acizi grasi saturati/ 2g fibre/8 g sare

Tigaie de porc picanta cu focaccia – 450gr

42.00 lei

(ceafa porc 200gr, dovlecei 70 gr, vinete 70 gr, ardei kapia 70 gr, ciuperci 70 gr, focaccia 80gr)

Declaratie nutritionala:

869kcal/59g carbohidrati/ 44g proteine/51g acizi grasi saturati/ 3g fibre/8 g sare

Pastrama de oaie cu mamaliguta

41.00 lei

si mujdei taranesc - 450gr

(pastrama de oaie 200gr, malai 50 gr, usturoi 50gr, apa 150 gr)

Declaratie nutritionala:

1060kcal/37g carbohidrati/ 47g proteine/80g acizi grasi saturati/ 2g fibre/10 g sare



GRILL DE PORC

Ceafa de porc 200gr **21.00 lei**

Declaratie nutritionala:

464kcal/ 30g proteine/37g acizi grasi saturati/8 g sare

Cotlet de porc 200gr **21.00 lei**

Declaratie nutritionala:

494kcal/ 54g proteine/28g acizi grasi saturati/8 g sare

Mici 65gr/buc **6.00 lei**

Declaratie nutritionala:

92kcal/ 10g proteine/5g acizi grasi saturati/2g sare

Cabanos 100 gr **9.50 lei**

Declaratie nutritionala:

374kcal/ 19g proteine/31g acizi grasi saturati/3g sare

GARNITURI

Cartofi prajiti 200gr **9.00 lei**

Declaratie nutritionala:

646kcal/81g carbohidrati / 8g proteine/31g acizi grasi saturati/8g fibre/3g sare

Cartofi cu parmezan si usturoi 195 gr **15.00 lei**

Declaratie nutritionala:

290 kcal/28g carbohidrati / 14.66g proteine/20.4g acizi grasi saturati/8g fibre/3g sare

Cartofi wedges 200gr **9.00 lei**

Declaratie nutritionala:

464kcal/62g carbohidrati / 8g proteine/20g acizi grasi saturati/3g sare

Cartofi taranesti 200gr **12.50 lei**

(cartofi 160gr, ceapa, usturoi, bacon, verdeata)

Declaratie nutritionala:

676kcal/45g carbohidrati / 22g proteine/38g acizi grasi saturati/5g sare

Piure de cartofi 200gr **9.00 lei**

Declaratie nutritionala:

700kcal/32g carbohidrati / 4g proteine/8g acizi grasi saturati/4g sare

Cartofi gratinati cu branza si smantana 100gr **9.50 lei**

Declaratie nutritionala:

178kcal/12g carbohidrati / 4g proteine/12g acizi grasi saturati/4g sare

Cartofi natur cu unt si vereata 200gr **9.50 lei**

Declaratie nutritionala:

204kcal/40g carbohidrati / 2g proteine/4g acizi grasi saturati/4g sare

Ciuperci gratinate 200gr **19.50 lei**

Declaratie nutritionala:

90kcal/10g carbohidrati / 8g proteine/4g acizi grasi saturati/4g fibre/4g sare

Ciuperci la gratar 200gr **12.50 lei**

Declaratie nutritionala:

72kcal/4g carbohidrati / 10g proteine/2g acizi grasi saturati/3g sare



Legume mexicane 200gr **9.00 lei**

Declaratie nutritionala:

40kcal/4g carbohidrati / 6g proteine/4g sare

Legume la gratar 200gr **9.50 lei**

(dovlecel 30gr, rosie 50gr,ardei rosu 20gr,ciuperci 80gr,ceapa rosie 20gr)

Declaratie nutritionala:

49kcal/4g carbohidrati / 4g proteine/5g sare

Fasole verde 200gr **9.50 lei**

Declaratie nutritionala:

56kcal/8g carbohidrati / 4g proteine/2g acizi grasi saturati/2g sare

Orez cu legume 200gr **9.00 lei**

Declaratie nutritionala:

200kcal/41g carbohidrati / 3g proteine/2g acizi grasi saturati/2g sare

Risotto quattro formaggi 200gr **13.50 lei**

Declaratie nutritionala:

82kcal/12g carbohidrati / 3g proteine/3g acizi grasi saturati/2g sare

SALATE

Salata Donald 340gr **19.50 lei**

(rosii 50gr, castraveti 50gr,ardei gras rosu 30 gr, ceapa 30 gr,

sunca presata 50 gr, ou fier 50 gr, telemea de vaca 50 gr, masline 30 gr)

Declaratie nutritionala:

403kcal/7g carbohidrati / 26g proteine/27g acizi grasi saturati/2g sare

Salata de varza alba 200gr **9.00 lei**

Declaratie nutritionala:

51kcal/11g carbohidrati / 2g proteine/4 g fibre/2g sare

Salata de rosii cu castraveti 200gr **12.50 lei**

(rosii 100 gr, castraveti 100gr)

Declaratie nutritionala:

33kcal/6g carbohidrati / 1g fibre/2g sare

Salata de rosii 200gr **12.50 lei**

Declaratie nutritionala:

36kcal/7g carbohidrati / 2g fibre/5g sare

Salata de ardei copti 200gr **14.50 lei**

Declaratie nutritionala:

52kcal/12g carbohidrati / 2g proteine/4g fibre/5g sare

Salata asortata 200 gr **16.50 lei**

(rosie 80gr, castraveti,50gr,ceapa 10 gr, ardei rosu 10 gr,

telemea de vaca 30 gr,masline 20 gr)

Declaratie nutritionala:

148kcal/5g carbohidrati / 8g proteine/9g acizi grasi saturati/5g sare



Salata Caesar 450gr **33.00 lei**

(salata iceberg 200 gr, piept de pui 100gr, ou 50 gr, sos caesar 50 gr)

Declaratie nutritionala:

606kcal/38g carbohidrati / 38g proteine/29g acizi grasi saturati/6g sare/ 1g fibre/ 2g zahar

Salata de castraveti si gogosari **12.50 lei**

in otet 200gr

(castraveti 100 gr, gogosari 100 gr)

Declaratie nutritionala:

27kcal/5g carbohidrati /10g sare

Salata de muraturi taranesti 200gr **12.50 lei**

(gogonele 30 gr, castraveti 30 gr, gogosari 30 gr, varza 50 gr, morcovi 30 gr, conopida 30 gr)

Declaratie nutritionala:

40kcal/5g carbohidrati / 1g fibre/8g sare

Salata de ceapa rosie 150gr **4.00 lei**

Declaratie nutritionala:

238kcal/12g carbohidrati /20g acizi grasi saturati/ 1g fibre/4g sare

Salata orientala 250gr **12.50 lei**

(cartofi 100 gr, gogosari 30 gr, castraveti 30 gr, masline 40 gr)

Declaratie nutritionala:

225kcal/27g carbohidrati / 8g proteine/9g acizi grasi saturati/5g sare

Salata de sfecla rosie in otet 200gr **12.50 lei**

Declaratie nutritionala:

64kcal/11g carbohidrati / 1g proteine/4g fibre/3g sare

Salata de vinete 200gr **21.00 lei**

(vinete coapte 150gr, ceapa 20 gr, maioneza 30 gr)

Declaratie nutritionala:

264kcal/10g carbohidrati / 1g proteine/24g acizi grasi saturati/2g sare



DESERT

Specialitatea casei 200g

19.50 lei

(faina 80g, nuca, stafide, toping de ciocolata, frisca 50g)

680kcal/101g carbohidrati / 15g proteine/25g acizi grasi saturati/3g fibre/10g zahar

Clatite cu dulceata 150g

16.50 lei

(faina 80g, dulceata visine/fructe de padure/capsuni 50g)

Declaratie nutritionala:

447kcal/91g carbohidrati / 10g proteine/2g acizi grasi saturati/2g fibre/ 10g zahar

Clatite cu nutella 150gr

16.50 lei

(faina 80g, nutela 50g)

Declaratie nutritionala:

630kcal/99g carbohidrati / 13g proteine/17g acizi grasi saturati/3g fibre/10g zahar

Clatite cu branza dulce si stafide 200gr

21.50 lei

(faina 80g, branza dulce 100g)

Declaratie nutritionala:

756kcal/71g carbohidrati / 35g proteine/35g acizi grasi saturati/2g fibre/12g zahar

Papanasi cu smantana si dulceata 150g

16.50 lei

(faina 70g, branza dulce 30g, smantana 30g,

dulceata visine/fructe de padure/ capsuni 50gr) – 1 bucata

Declaratie nutritionala:

619kcal/104g carbohidrati / 16g proteine/12g acizi grasi saturati/2g fibre/12g zahar

Papanasi cu nuca, nutella si smantana 150g

16.50 lei

(faina 70g, branza dulce 30g, smantana 30g,

nutella 50gr) – 1 bucata

Declaratie nutritionala:

766kcal/100g carbohidrati / 19g proteine/27g acizi grasi saturati/3g fibre/11g zahar



BAUTURI RACORITOARE

COCA COLA 0.25L (GUST ORIGINAL / ZERO ZAHAR, ZERO CALORII)	8 lei
FANTA 0.25L (ORANGE/ORANGE ZERO/MADNESS)	8 lei
SPRITE 0.25L	8 lei
SCHWEPES (TONIC WATER/ BITTER LEMON, MANDARIN, PINK STYLE)	9 lei
FUZE TEA 0.25L	9 lei
CAPPY NECTAR 0.25L (ORANGE/PEACH/PEAR/RED ORANGE/SOUR CHERRY)	10 lei
APA PLATA/MINERALA DORNA 0.33L	7 lei
APA PLATA/MINERALA DORNA 0.75L	11 lei
BURN 0.25L	9 lei
LIMONADA CU MIERE 0.33 L (180kcal/46g carbohidrati /1g fibre)	14 lei
LIMONADA CU MENTA 0.33 L (105kcal/26g carbohidrati /23g zahar)	14 lei
FRESH DE PORTOCAL 0.25L (116kcal/26g carbohidrati / 2g proteine)	14 lei
FRESH DE GRAPEFRUIT 0.25L (100kcal/26g carbohidrati / 2g proteine/2g fibre)	14 lei

CIOCOLATA CALDA, CEAURI, CAFEA

ICE COFFE 250ML (141kcal/12g carbohidrati / 1g proteine/9g acizi grasi saturati 2g zahar)	11.5 lei
CIOCOLATA CALDA 150ML (97kcal/19g carbohidrati / 1g proteine/1g fibre/2g zahar)	5 lei
CAPUCCINO 150ML (70kcal/7g carbohidrati / 2g proteine/2g acizi grasi saturati) frisca vegetala	8 lei
CEAI FRUCTE 150ML (4kcal/0.5g carbohidrati / 0.5g proteine)	8 lei
CEAI NEGRU LIPTON 150ML (4kcal/0.5g carbohidrati / 0.5g proteine)	8 lei
CAFEA ALFREDO 90ML (1kcal)	7 lei
LATTE MACCHIATO 220ML (85kcal/4g carbohidrati / 4g proteine/7g acizi grasi saturati)	9 lei



VINURI ALBE (750ML)

<i>DOMENIUL COROANEI – Prestige – Chardonay (sec)</i>	<i>70 lei</i>
<i>DOMENIILE SAMBURESTI - Chardonnay (sec)</i>	<i>49 lei</i>
<i>DOMENIILE SAMBURESTI - Sauvignon Blanc (sec)</i>	<i>49 lei</i>
<i>BECIUL DOMNESC – Sauvignon Blanc (demisec)</i>	<i>39 lei</i>
<i>BECIUL DOMNESC – Chardonnay (sec)</i>	<i>39 lei</i>
<i>JIDVEI – Feteasca Regala (demisec)</i>	<i>32 lei</i>
<i>JIDVEI – Riesling (sec)</i>	<i>32 lei</i>

VINURI ROSII (750ml)

<i>DOMENIUL COROANEI – Prestige – Cabernet (sec)</i>	<i>70 lei</i>
<i>DOMENIILE SAMBURESTI – Merlot (sec)</i>	<i>49 lei</i>
<i>DOMENIILE SAMBURESTI – Feteasca Neagra (sec)</i>	<i>49 lei</i>
<i>DOMENIILE SAMBURESTI – Pinot Noir (sec)</i>	<i>49 lei</i>
<i>BECIUL DOMNESC – Feteasca Neagra (demidulce)</i>	<i>39 lei</i>
<i>BECIUL DOMNESC – Pinot Noir (demisec)</i>	<i>39 lei</i>
<i>BECIUL DOMNESC – Cabernet Sauvignon (sec)</i>	<i>39 lei</i>

VINURI ROZE (750ml)

<i>DOMENIUL COROANEI - Prestige – Tamaioasa roza (demidulce)</i>	<i>70 lei</i>
<i>DOMENIUL COROANEI – Elit – (sec)</i>	<i>70 lei</i>
<i>DOMENIILE SAMBURESTI – Roze (sec)</i>	<i>49 lei</i>
<i>JIDVEI – Roze (demidulce)</i>	<i>32 lei</i>
<i>CASTEL HUNIADE - ROZE (demisec)</i>	<i>35 lei</i>

VINUL CASEI

(Domeniile Tohani)

<i>VIN CARAFA FETEASCA REGALA / NEAGRA 1L (demisec)</i>	<i>20 lei</i>
<i>VIN CARAFA FETEASCA REGALA / NEAGRA 0.5L (demisec)</i>	<i>10 lei</i>
<i>VIN CARAFA FETEASCA REGALA/NEAGRA 0.25L (demisec)</i>	<i>5 lei</i>

(Sarica Niculitel)

<i>VIN CARAFA ROZE 1L (demisec)</i>	<i>20 lei</i>
<i>VIN CARAFA ROZE 0.5L (demisec)</i>	<i>10 lei</i>
<i>VIN CARAFA ROZE 0.25L (demisec)</i>	<i>5 lei</i>



BAUTURI APERITIV&DIGESTIVE

(50 ml)

RACHIU DE PRUNE -40%vol	9 lei
JACK DANIEL'S -40%vol	12 lei
J&B -40%vol	9 lei
JIDVEI VINARS -42%vol	10 lei
ALEXANDRION -40% vol	8 lei
ALEXANDRION 7* -37.5%vol	10 lei
STALINSKAYA -40% vol	8 lei
WEMBLEI -40%vol	6 lei
MARTINI -16% vol	6 lei
CAMPARI -28.5%vol	9 lei
SHERIDAN'S -15.5%vol	11 lei
DISARONNO -28% vol	11 lei
ANGELI CHERRY -16% vol	4 lei
HAVANA- ROM -35%vol	10 lei
ABSOLUT -40% vol	10 lei



CIDRU

STRONGBOW 0.33L <i>(apple, red berries, medium dry, pear)</i>	8.00 lei
CIDRU MANDRU 0.33L <i>(mere, mere&visine)</i>	10.00 lei
OLD MOUT 0.5L <i>(kiwi&lime, summer berries, passion fruit)</i>	11.00 lei
HARD SELTZER 0.33L <i>(apa alcoolica fructata 4.5%alcool/ mango/peach/minty lime/ grapefruit)</i>	10.00 lei

BERE

DESPERADOS- 0.33L	8 lei
BIRRA MORETTI – 0.33L	8 lei
DESPERADOS -0.4L	8 lei
HEINEKEN - 0.33L	8 lei
HEINEKEN 0.0%- 0.33L	8 lei
HEINEKEN - 0.4L	8 lei
SILVA (blonde, dark) - 0.5L	8 lei
CIUC - 0.5L	7.5 lei
CIUC 0.0 - 0.5L	7.5 lei
CIUC RADLER - 0.5L	7.5 lei
CIUC 0.0 LEMON - 0.5L	7.5 lei
GOLDEN BRAU- 0.5L	6 lei
GOLDEN BRAU - 0.0 0.5L	6 lei
NEWMARKT 3 - 0.5L	6 lei
GOLDEN BRAU- 0.33L	6 lei

DIVERSE

ALUNE FIESTA CUTIE	BUC	12 lei
SAMPANIE ANGELLI	BUC	35 lei
RED BULL	BUC	10 lei
MIERE POLIFLORA	20G	2.00 lei



Conform Directivei 2000/13/CE A PARLAMENTULUI EUROPEAN SI A CONSILIULUI din 20 martie 2000 alergenii din alimente se pot încadra în următoarele grupe:

1. Cereale care contin gluten (adica grau, secara, orz, ovaz, grau spelt, grau mare sau hibrizi ai acestora) si produse derivate

2. Crustacee si produse derivate.

3. Oua si produse derivate.

4. Peste si produse derivate

5. Arahide si produse derivate.

6. Soia si produse derivate

7. Lapte si produse derivate (inclusiv lactoza)

8. Fructe cu coaja, adica migdale (*Amygdalus communis* L.), alune de padure (*Corylus avellana*), nuci (*Juglans regia*), anacarde (*Anacardium occidentale*) nuci Pecan [*Carya illinoensis* (Wangenh.) K. Koch], nuci de Brazilia (*Bertholletia excelsa*), fistic (*Pistacia vera*), nuci de macadamia si nuci de Queensland (*Macadamia ternifolia*) si produse derivate

9. Telina si produse derivate.

10. Mustar si produse derivate.

11. Seminte de susan si produse derivate.

12. Dioxid de sulf si sulfiti în concentratii de peste 10 mg/kg sau 10 mg/litru

13. Lupin si produse derivate.

14. Moluste si produse derivate.

Analizand aceste grupe de alergeni referitor la produsele din meniul RESTAURANT DONALD / actualizat (Editia APRILIE 2020) se poate face urmatorul centralizator:

Nr. crt	Produsul finit	Alergeni
1.	Alune Fiesta	Arahide
2.	Boulete de cascaval	Gluten, oua, lapte
3.	Bruschete cu rosii	Gluten
4.	Cascaval	Lapte
5.	Cascaval pane	Gluten,lapte, oua
6.	Cartofi natur	Lapte
7.	Ciorba de porc/pasare	Oua,gluten
8.	Ciorba de vacuta/legume/fasole	Telina
9.	Ciorba de burta	Oua, lapte, gluten
10.	Cotlet de miel cu rozmarin si garnitura din cartofi aromati si fasole verde	Oua, lapte
11.	Hamburger vita	Gluten, oua
12.	Carne la garnita	Oua
13.	Carnaciori la gratar cu cartofi prajiti si mustar	Mustar
14.	Crap,Salau, Pastrav, Somon, Dorada, la gratar	Peste
15.	Ciuperci gratinate	Lapte
16.	Platou crispy	Gluten, oua
17.	Clatite cu dulceata/ciocolata/ branza dulce si stafide	Gluten,lapte,oua
18.	Desert Specialitatea Casei	Oua, lapte, gluten, nuci
19.	Inghetata	Lapte, oua
20.	Legume mexicane	Lapte
21.	Mamaliguta cu branza si smantana	Lapte
22.	Maioneza	Oua



23.	Mujdei	Lapte
24.	Muschi de vita cu sos de piper verde	Gluten,lapte
25.	Muschi de vita la gratar cu teci de fasole verde	Lapte
26.	Muschi de vita la gratar	Lapte
27.	Muschi de vita cu sos de ciuperci	Lapte, vin alb
28.	Mix grill Donald	Lapte
29.	Mic dejun cu oua ochiuri	Oua
30.	Mic dejun cu omleta	Oua, lapte
31.	Mic dejun rece/dulce	Gluten
32.	Paine	Gluten
33.	Papanasi cu smantana si dulceata	Gluten, lapte, oua
34.	Papanasi cu smantana ciocolata si nuca	Gluten, lapte, oua, nuca
35.	Pastrama de porc la gratar cu mamaliguta si mujdei	Lapte
36.	Paste Carbonara	Gluten,lapte, oua
37.	Penne cu ciuperci si sos de rosii	Gluten, oua
38.	Penne cu ciuperci si sos alb	Gluten, lapte, oua
39.	Spaghetti arrabbiata	Gluten, oua
40.	Spaghetate Quattro Formaggio	Gluten, lapte, oua
41.	Pizza Margherita	Gluten, lapte
42.	Pizza Capriciosa	Gluten, lapte
43.	Pizza Napoletana	Gluten,oua, lapte
44.	Pizza Calzone	Gluten, lapte
45.	Pizza Diavola	Gluten, lapte
46.	Pizza Polo e Funghi	Gluten, lapte
47.	Pizza Rustica	Gluten, lapte
48.	Pizza Quattro Stagione	Gluten, lapte
49.	Pizza Donald	Gluten, lapte
50.	Pizza Quattro Formaggio	Gluten, lapte
51.	Pizza Carnivore	Gluten, lapte
52.	Pizza Vegetariana	Gluten, soia
53.	Piept de pui cu sos alb, cartofi aurii si focaccia	Gluten ,lapte
54.	Piept de pui umplut cu cascaval si invelit in bacon, sos alb, piure de cartofi si focaccia	Gluten, lapte, oua
55.	Pui Shaghai/crispy	Gluten, oua
56.	Piure de cartofi	Lapte
57.	Pomana porcului	Lapte
58.	Salata Donald	Lapte, oua
59.	Salata de cruditati	Oua, telina
60.	Salata asortata	Lapte
61.	Salata Caesar	Oua,lapte,gluten
62.	Salata de vinete	Oua
63.	Salata fructe cu inghetata	Lapte, oua
64.	Sandwich	Gluten, lapte
65.	Saramura de Crap/Salau/Pastrav	Peste
66.	Smantana	Lapte
67.	Snitel de porc	Gluten, oua
68.	Snitel din piept de pasare	Gluten, oua
69.	Snitel din piept de pui umplut cu ciuperci si cascaval, Cartofi prajiti si focaccia	Gluten, lapte, oua
70.	Somon la gratar	Peste,
71.	Tagliatele cu piept de pui si sos de rosii	Gluten, oua
72.	Telemea de vaca	Lapte
73.	Tochitura de pui cu mamaliguta	Oua
74.	Tochitura dobrogeana	Oua
75.	Tigaie picanta de pui cu focaccia	Gluten
76.	Tigaie picanta de porc cu focaccia	Gluten
77.	Pachetele de primavara	Gluten
78.	Unt	Lapte
79.	Vinuri albe/rosii/roze	Sulfiti

