

Croissante

Croissant Italian

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Croissant cu unt	80	6,40	16,80	36	330
Pesto	10	0.47	4.60	0.98	48.73
Mozzarella	100	24	20	0.50	286.45
Rosii Cherry	50	0.50	0	2	10.25
Oua prajite	100	13.6	15.3	0.9	196
Oua posate	100	12.51	9.47	0.71	143.00
Prosciutto crudo	50	13.50	7.50	0.25	126.13
Rucola	30	0.77	0.21	1.11	9.66
Chives	3	0.05	0.01	0.22	1.20

Croissant cu somon

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Croissant cu unt	80	6,40	16,80	36	330
Avocado	90	1.80	13.50	8.10	166.14
Somon afumat	50	10.50	5	0	89.55
Castravete	20	0.12	0	0.44	2.30
Oua prajite	100	13.6	15.3	0.9	196
Oua posate	100	12.51	9.47	0.71	143.00
Mix salata	20	0.24	0.04	0.38	2.91
Spanac proaspat	20	0.58	0.08	0.78	6.32
Valeriana	20	0.46	0	0.12	2.38
Chives	3	0.05	0.01	0.22	1.20

Croissant cu avocado/benedict

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Croissant cu unt	80	6,40	16,80	36	330
Oua posate	100	12.51	9.47	0.71	143.00
Bacon	20	5.59	0.58	0.38	29.20
Mix salata	20	0.24	0.04	0.38	2.91
Sos olandez	60	6.60	4.80	11.40	114.00
Avocado	50	1	7.35	4.25	80.00

Brioche

Brioche Fresh

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Briosa	120	11.40	9	69.36	415.20
Crema branza	20	0.96	4.70	0.64	49
Bacon	20	5.59	0.58	0.38	29.20
Oua posate	100	12.51	9.47	0.71	143.00
Branza capra	20	3.80	5	0.04	60.40
Sos olandez	60	6.60	4.80	11.40	114.00
Rosii coapte	30	0	0.03	1.20	5.40

Scramble Brioche

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Briosa	120	11.40	9	69.36	415.20

Omleta cu iaurt	170	14.62	11.05	3.74	170
Avocado	50	1	7.35	4.25	80.00
Rosii coapte	30	0	0.03	1.20	5.40
Rucola	10	0.20	0.07	0.37	2.50

Avocado Brioché

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Briosa	120	11.40	9	69.36	415.20
Crema avocado	60	1.20	8.82	5.10	96
Oua posate	100	12.51	9.47	0.71	143.00
Branza capra	10	1.90	2.50	0.02	30.20
Masline	10	0.08	1.07	0.63	11.50
Rosii uscate	30	4.23	0.90	16.74	77.40
Mix salata	20	0.24	0.04	0.38	2.91

Toasts

Toast de primăvara

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Paine toast	70	5.74	0.91	28.84	146.51
Crema avocado	80	1.60	11.76	6.80	128

Humus cu sfecla rosie	120	4.80	10.32	24.12	212.40
Oua posate	100	12.51	9.47	0.71	143.00

Toast cu avocado

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Paine toast	70	5.74	0.91	28.84	146.51
Crema avocado	80	1.60	11.76	6.80	128
Avocado	50	1	7.35	4.25	80.00
Oua posate	100	12.51	9.47	0.71	143.00
Bacon	20	5.59	0.58	0.38	29.20
Branza capra	10	1.90	2.50	0.02	30.20
Sos iaurt	40	1.60	0.16	3.44	21.60

Toast cu somon

Ingrediente	Gramaj g	Proteine g	Lipide g	Glucide g	Valoare energetica Kcal
Paine toast	70	5.74	0.91	28.84	146.51
Somon afumat	50	10.50	5	0	89.55
Crema de branza cu iaurt	80	3.16	10.80	1.28	122
Castravete	40	0.28	0	1.44	6
Oua posate	100	12.51	9.47	0.71	143.00
Mix salata	20	0.24	0.04	0.38	2.91
Capere	10	0.24	0.09	0.49	2.30

