

# Black Habit

*Ingredientele ingrosate contin alergeni (consultati meniul desfasurat)*

*Ingredientele marcate cu \* provin din ingrediente congelate*

*Numarul de aditivi din preparat este marcat prin 'E'*

## Brunch

### Oua benedict (300g)

(0E | 0.89g sare | 1.47g zahar)/100g

OUA CONSUM, Chifla , Prosciutto Crudo, Sos olandez, Legume, Salata verde

#### Valori nutritionale / 100g

Valoare energetica: 785.26 Kj /187.68 KCal , Grasimi: 11.16 g, Acizi grasi saturati: 5.23 g, Glucide: 10.68 g, Zaharuri: 1.47 g, Proteine: 11.44 g, Sare: 0.89 g

#### Alergeni

Oua, Gluten, Lapte, Soia

### Oua mexy beny (350g)

(0E | 0.27g sare | 2.75g zahar)/100g

Ou, Avocado, Chifla , Legume, Salata verde, sos olandez

#### Valori nutritionale / 100g

Valoare energetica: 744.72 Kj /177.99 KCal , Grasimi: 11.47 g, Acizi grasi saturati: 3.43 g, Glucide: 12.01 g, Zaharuri: 2.75 g, Proteine: 6.79 g, Sare: 0.27 g

#### Alergeni

Oua, Gluten, Lapte

### Oua columbiene (320g)

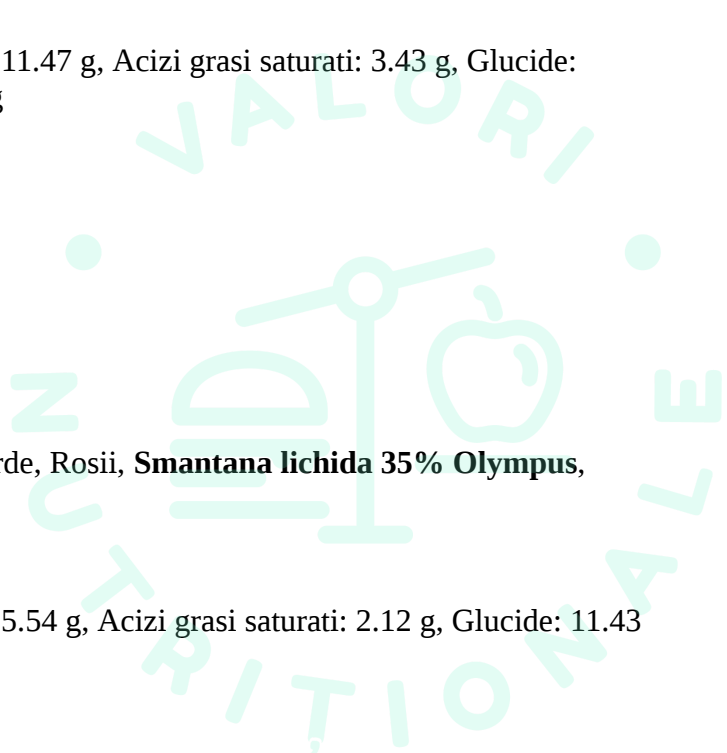
(0E | 0.06g sare | 0.39g zahar)/100g

OUA CONSUM, Paine integrala, Legume, Salata verde, Rosii, Smantana lichida 35% Olympus,

#### Valori nutritionale / 100g

Valoare energetica: 563.27 Kj /134.63 KCal , Grasimi: 5.54 g, Acizi grasi saturati: 2.12 g, Glucide: 11.43 g, Zaharuri: 0.39 g, Proteine: 9.12 g, Sare: 0.06 g

#### Alergeni



Oua, Gluten, Lapte

### **Oua ochiuri (320g)**

**(0E | 0.06g sare | 1.83g zahar)/100g**

**OUA CONSUM, Paine integrala, Avocado, Legume, Salata verde**

#### **Valori nutritionale / 100g**

Valoare energetica: 580.02 Kj /138.63 KCal , Grasimi: 7.08 g, Acizi grasi saturati: 1.52 g, Glucide: 11.11 g, Zaharuri: 1.83 g, Proteine: 8.65 g, Sare: 0.06 g

#### **Alergeni**

Oua, Gluten

### **Omleta (350g)**

**(0E | 0.33g sare | 0.33g zahar)/100g**

**OUA CONSUM, Paine integrala, Branza Cheddar, Bacon , Legume, Salata verde, Smantana lichida 35% Olympus**

#### **Valori nutritionale / 100g**

Valoare energetica: 689.56 Kj /164.81 KCal , Grasimi: 9.23 g, Acizi grasi saturati: 3.75 g, Glucide: 8.23 g, Zaharuri: 0.33 g, Proteine: 12.19 g, Sare: 0.33 g

#### **Alergeni**

Oua, Gluten, Lapte

### **Shakshuka (350g)**

**(0E | 0.19g sare | 0.59g zahar)/100g**

**OUA CONSUM, Paine integrala, Ardei gras, Rosii, Branza Feta, Ceapa rosie**

#### **Valori nutritionale / 100g**

Valoare energetica: 499.78 Kj /119.45 KCal , Grasimi: 4.91 g, Acizi grasi saturati: 1.98 g, Glucide: 10.16 g, Zaharuri: 0.59 g, Proteine: 8.89 g, Sare: 0.19 g

#### **Alergeni**

Oua, Gluten, Lapte

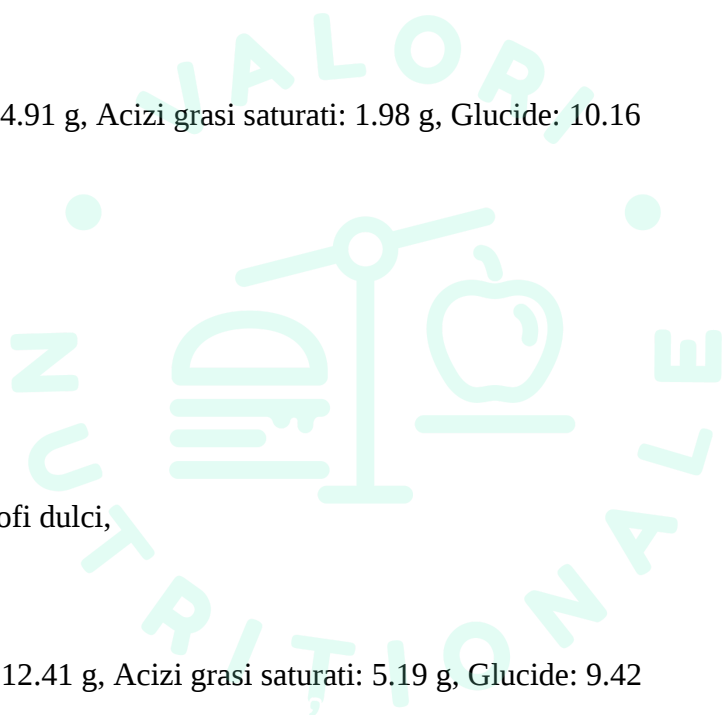
### **Salata halloumi (380g)**

**(0E | 0.71g sare | 3.86g zahar)/100g**

**Halloumi, Salata verde, Legume, Avocado, Naut, Cartofi dulci,**

#### **Valori nutritionale / 100g**

Valoare energetica: 774.21 Kj /185.04 KCal , Grasimi: 12.41 g, Acizi grasi saturati: 5.19 g, Glucide: 9.42 g, Zaharuri: 3.86 g, Proteine: 9.12 g, Sare: 0.71 g



## **Alergeni**

Lapte

### **Salata vegana (350g) (0E | 0.03g sare | 4.01g zahar)/100g**

Salata verde, Legume, Naut, Cartofi dulci, Avocado, Mix 4 semințe

#### **Valori nutritionale / 100g**

Valoare energetica: 492.64 Kj /117.74 KCal , Grasimi: 5.61 g, Acizi grasi saturati: 0.31 g, Glucide: 13.2 g, Zaharuri: 4.01 g, Proteine: 3.35 g, Sare: 0.03 g

### **Porridge cu fructe (320g) (0E | 0.16g sare | 5.16g zahar)/100g**

Ovaz, Lapte 3,5%, Capsuni, Banane, Afine,

#### **Valori nutritionale / 100g**

Valoare energetica: 575.04 Kj /137.44 KCal , Grasimi: 3.7 g, Acizi grasi saturati: 1.9 g, Glucide: 19.61 g, Zaharuri: 5.16 g, Proteine: 5.66 g, Sare: 0.16 g

## **Alergeni**

Lapte

### **Pancakes cu bacon și sirop de arțar (260g) (1E | 0.54g sare | 13.78g zahar)/100g**

Lapte batut, Faina, Bacon de porc feliat, Sirop de Artar Clarks, OUA CONSUM, UNT 82 %, Zahar

#### **Valori nutritionale / 100g**

Valoare energetica: 1164.3 Kj /278.27 KCal , Grasimi: 11.56 g, Acizi grasi saturati: 6.03 g, Glucide: 34.78 g, Zaharuri: 13.78 g, Proteine: 8.45 g, Sare: 0.54 g

## **Alergeni**

Lapte, Gluten, Fructe cu coajă lemnoasă, Oua

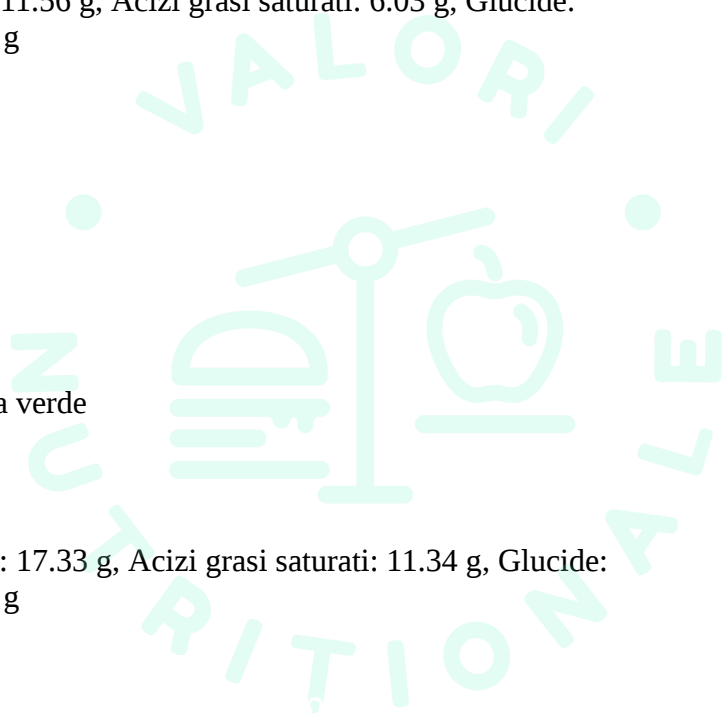
### **Sandwich cu prosciutto (190g) (0E | 1.83g sare | 2.78g zahar)/100g**

Croissant 24% unt, Gouda, Prosciutto Crudo, Salata verde

#### **Valori nutritionale / 100g**

Valoare energetica: 1152.81 Kj /275.53 KCal , Grasimi: 17.33 g, Acizi grasi saturati: 11.34 g, Glucide: 14.96 g, Zaharuri: 2.78 g, Proteine: 14.94 g, Sare: 1.83 g

## **Alergeni**



Lapte, Oua, Soia

**Sandwich cu mozzarella (170g)**  
**(0E | 0.52g sare | 2.98g zahar)/100g**

**Croissant 24% unt, Mozzarella, Rosii, Ulei aromatizat din ulei masline cu busuioc**

**Valori nutritionale / 100g**

Valoare energetica: 1164.76 Kj /278.38 KCal , Grasimi: 19.62 g, Acizi grasi saturati: 10.38 g, Glucide: 17.2 g, Zaharuri: 2.98 g, Proteine: 7.89 g, Sare: 0.52 g

**Alergeni**

Lapte, Oua

**Supa crema (350g)**  
**(0E | 0.13g sare | 2.45g zahar)/100g**

Legume, Crutoane, **SMANTANA VEGETALA**

**Valori nutritionale / 100g**

Valoare energetica: 376.68 Kj /90.03 KCal , Grasimi: 2.97 g, Acizi grasi saturati: 1.2 g, Glucide: 12.18 g, Zaharuri: 2.45 g, Proteine: 2.8 g, Sare: 0.13 g

**Alergeni**

Soia

## Snack

**Banana bread (70g)**  
**(0E | 0.57g sare | 13.32g zahar)/100g**

Banane, **FAINA**, **Unt 82%** , **OUA CONSUM**, Zahar, Ulei de masline, **Nuci**, Sare

**Valori nutritionale / 100g**

Valoare energetica: 1570.49 Kj /375.36 KCal , Grasimi: 25.14 g, Acizi grasi saturati: 10 g, Glucide: 34.3 g, Zaharuri: 13.32 g, Proteine: 5.82 g, Sare: 0.57 g

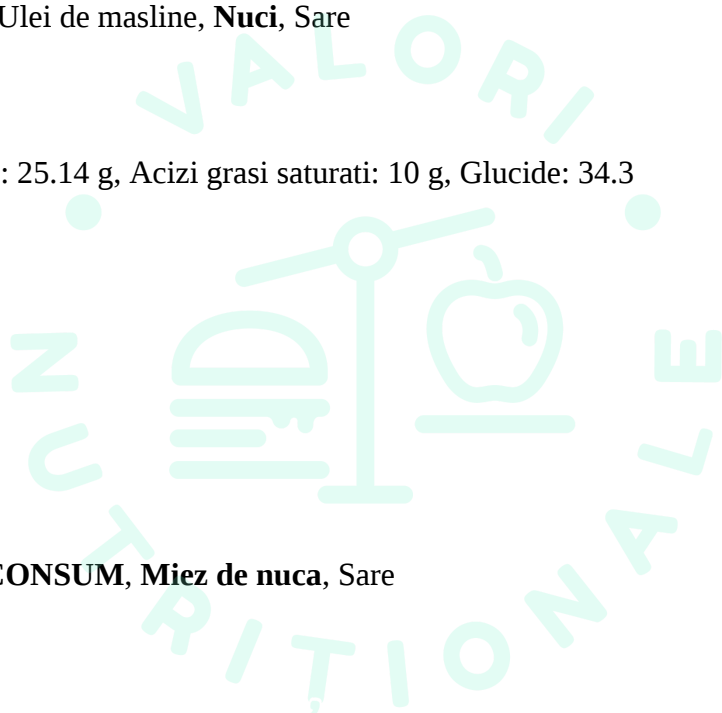
**Alergeni**

Gluten, Lapte, Oua, Fructe cu coajă lemnoasă

**Carot cake (100g)**  
**(0E | 0.3g sare | 21.3g zahar)/100g**

Morcovi, Zahar, Ulei floarea soarelui, **FAINA**, **OUA CONSUM**, **Miez de nuca**, Sare

**Valori nutritionale / 100g**



Valoare energetica: 1568.92 Kj /374.98 KCal , Grasimi: 23.92 g, Acizi grasi saturati: 2.17 g, Glucide: 36.58 g, Zaharuri: 21.3 g, Proteine: 4.44 g, Sare: 0.3 g

### **Alergeni**

Gluten, Oua, Fructe cu coajă lemnoasă

### **Brownie (100g)**

**(1E | 1.1g sare | 33.98g zahar)/100g**

Zahar, OUA CONSUM, Unt 82% , Ciocolata callebaut 54.5%, FAINA, Unt arahide McKennedy, Arahide, Cacao pudra, Sare maldon,

### **Valori nutritionale / 100g**

Valoare energetica: 1843.76 Kj /440.67 KCal , Grasimi: 25.89 g, Acizi grasi saturati: 13.54 g, Glucide: 45.55 g, Zaharuri: 33.98 g, Proteine: 8.67 g, Sare: 1.1 g

### **Alergeni**

Oua, Lapte, Soia, Gluten, Arahide

### **Orange cake (200g)**

**(0E | 0.3g sare | 13.82g zahar)/100g**

Portocale, OUA CONSUM, Zahar, faina de migdale, Iaurt grecesc 10%, Miere Poliflora, Sare

### **Valori nutritionale / 100g**

Valoare energetica: 813.37 Kj /194.4 KCal , Grasimi: 8.94 g, Acizi grasi saturati: 1.43 g, Glucide: 24.22 g, Zaharuri: 13.82 g, Proteine: 5.77 g, Sare: 0.3 g

### **Alergeni**

Oua, Fructe cu coajă lemnoasă, Lapte

### **Pancakes cu fructe (260g)**

**(0E | 1.04g sare | 7.91g zahar)/100g**

Faina, Banane, Mascarpone, Lapte batut, Arahide, Unt arahide McKennedy, Sirop de Artar Clarks, OUA CONSUM, UNT 82 %, Zahar, Sare

### **Valori nutritionale / 100g**

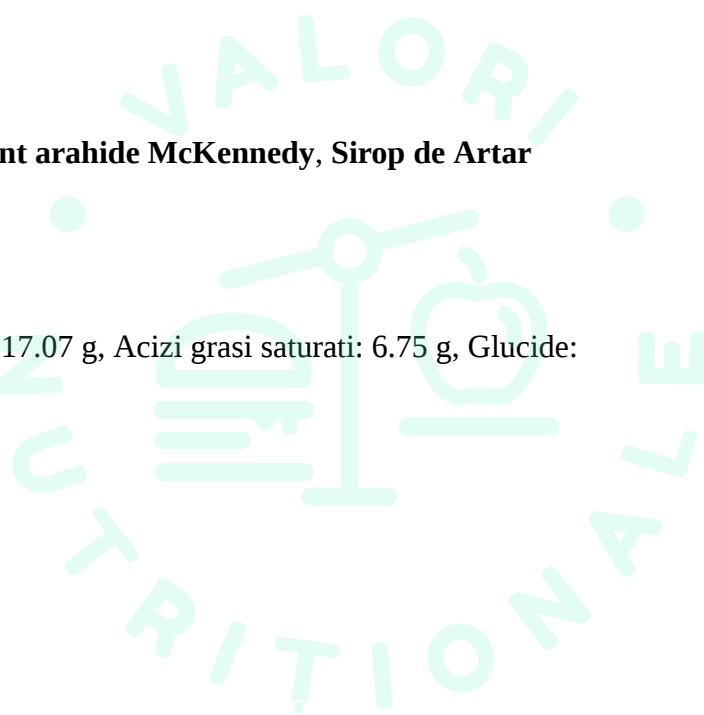
Valoare energetica: 1334.61 Kj /318.98 KCal , Grasimi: 17.07 g, Acizi grasi saturati: 6.75 g, Glucide: 33.53 g, Zaharuri: 7.91 g, Proteine: 8.31 g, Sare: 1.04 g

### **Alergeni**

Gluten, Lapte, Arahide, Fructe cu coajă lemnoasă, Oua

### **Granola (250g)**

**(0E | 0g sare | 0.4g zahar)/100g**



**Iaurt grecesc 10%**, Fulgi de hrisca, Afine, Capsuni,

**Valori nutritionale / 100g**

Valoare energetica: 644.08 Kj /153.94 KCal , Grasimi: 6.46 g, Acizi grasi saturati: 3.6 g, Glucide: 18.38 g, Zaharuri: 0.4 g, Proteine: 5.53 g, Sare: 0 g

**Alergeni**

Lapte

**Ciocolata de casa (80g)  
(0E | 0.63g sare | 57g zahar)/100g**

Lapte praf, Zahar, Cacao pudra, Sare

**Valori nutritionale / 100g**

Valoare energetica: 1566.43 Kj /374.38 KCal , Grasimi: 13.3 g, Acizi grasi saturati: 7.85 g, Glucide: 65.31 g, Zaharuri: 57 g, Proteine: 15.3 g, Sare: 0.63 g

**Croissant (70g)  
(0E | 1g sare | 5.7g zahar)/100g**

**Croissant cu Unt Bridor**

**Valori nutritionale / 100g**

Valoare energetica: 1531.33 Kj /366 KCal , Grasimi: 20 g, Acizi grasi saturati: 13 g, Glucide: 38 g, Zaharuri: 5.7 g, Proteine: 7.5 g, Sare: 1 g

**Alergeni**

Gluten, Lapte, Oua

**Pain ou chocolate (75g)  
(0E | 0.91g sare | 10g zahar)/100g**

**Pain au Chocolat Bridor**

**Valori nutritionale / 100g**

Valoare energetica: 1564.83 Kj /374 KCal , Grasimi: 20 g, Acizi grasi saturati: 13 g, Glucide: 40 g, Zaharuri: 10 g, Proteine: 7.31 g, Sare: 0.91 g

**Alergeni**

Gluten, Lapte, Oua, Soia

