



PRODUS	CALCULUL PE PORȚIE							VALOARE ENERGETICĂ KJ/100g	VALOARE ENERGETICĂ kcal/100g	VALOARE ENERGETICĂ kcal/100g	
	GRAMAJ TOTAL PRODUS	GRASIMI	ACIZI GRASII SATURATI	GLUCIDE	ZAHARURI	PROTEINE	SARE				
PIZZA VERANDA	450	82.6	34.6	150	13.2	99.9	8.9	1696.3	7947.3	E 330	
PIZZA VEGETARIANA	450	43.3	6.2	200.2	18.8	32.9	5.2	1300.4	5101.2	E 330	
PIZZA SALSICCIA	450	54.9	25.4	195.5	17.5	66.8	5.9	1511.3	6372.9	E 330	
PIZZA QUATRO STAGIONE	450	89.6	28.9	192.8	13.2	91.3	12	1926	7720.8	E 250, E 301, E 330	
PIZZA QUATRO FORMAGGI	400	79.8	37.1	182.2	3.9	85.2	6.7	1768	7425.5	E 330, E 509	
PIZZA PROSCIUTTO	450	76.3	34	190.8	14.7	84.7	10.5	1805.8	7600.3	E 250, E 1105, E 301, E 330	
PIZZA POLLO	450	73.4	28.7	197.3	17.2	99	6.6	1813.7	7638.9	E 330	
PIZZA MARGHERITA	400	69.9	27.7	188.5	12.5	65.8	5.8	1616.3	6801.5	E 330	
PIZZA DIAVOLO	450	69.9	27.7	190.3	12.5	66.1	5.9	1624.4	6835.9	E 330	
PIZZA CU SOMON	450	66.1	27.8	200.9	20	84.9	9.8	1698.3	7153.3	E 330	
PIZZA BUFFALA	450	35	5	188.5	11.9	29.5	4	1161.8	4897.1	E 330	
FOCACACCIA CU OREGANO	250	22.9	3.4	176.1	2.9	27.9	2	958.9	4221.9	-	
FOCACACCIA CU ULEI DE MASLINE SI PARMEZAN	250	26.8	7.4	175.4	2.9	36.1	2.5	1082.9	4572.1	-	
CALZONE	450	94	32.5	161.2	12.3	74.7	8.3	1799.6	7592.2	E 250, E 252, E 330, E 330	
<b>SOSURI</b>											
SOS DE PIPER VERDE	100	26.3	16.6	3.5	0.9	2.2	1.1	Gluten, Ouă, Lapte	282.8	1181.5	E 407, E 415
SOS DE GORGONZOLA	100	22.3	15.2	3	2.6	8.3	1.6	Lapte	247	1028.6	E 407, E 410
SOS MAIURI CU MAIONEZA	100	44.9	4.3	3.9	3.8	1.9	1.8	Ouă, Lapte, Mustar	428.2	1763.5	E 160 a, E 385
SOS MAIURI	100	50.8	6.7	3.1	2.6	1.9	0.3	Lapte	477.8	1987	-
SOS COCKTAIL	100	30.3	2.6	12.5	10.8	1.5	1.5	Ouă, Mustar	329.6	1360.1	E 160 a, E 330, E 385, E 415
SOS DE ROSII DULCE	100	10.5	1.4	10.2	8.8	1.1	2	-	140.2	581.7	-
SOS DE ROSII PICANT	100	10.5	1.4	10.2	8.8	1.1	2	-	140.2	581.7	-
<b>SUSHI MIRAI</b>											
BANZAI	220	23.9	7.6	79	11.3	21.3	3	Gluten, Peste, Soia, Lapte	613.1	2574.6	E 150 a, E 300, E 341, E 450, E 600, E 616, E 1404, E 1410
RED DRAGON	300	23.9	6.3	89.5	16.4	40.3	8.8	Gluten, Crustacee, Ouă, Peste, Soia, Lapte	736.9	3096.9	E516, E300, E420, E627, E631, E330, E129, E129, E150 a, E160 b, E296, E627, E631, E635, E300, E330, E341, E420, E450, E500, E516, E1404, E1410
HOT PHILADELPHIA	220	10.5	4.6	93.4	15.3	17.7	3.7	Gluten, Peste, Soia, Lapte	537.6	2269.4	E516, E300, E150 a, E300, E341, E450, E500, E516, E1404, E1410
YIN YANG	220	10.7	4.6	57.2	8	16.7	1.5	Peste, Lapte	390	1648.5	E 160, E202, E270, E330, E415, E621, E627, E631
GREEN MANGO	280	19.2	3.4	110.2	17.4	32.5	4.6	Gluten, Crustacee, Ouă, Peste, Soia, Lapte, Mustar	741	3125.4	E516, E300, E160 b, E202, E296, E621, E635, E300, E330, E341, E415, E621, E627, E631
SASHIMI ROLL	190	24.4	7.9	26.7	4.9	24.5	2.8	Gluten, Crustacee, Ouă, Peste, Soia, Lapte, Mustar, Susan	422.6	1772.3	E420, E627, E631, E330, E129, E102, E129, E133, E160 b, E202, E296, E621, E631, E635, E300, E330, E341, E420, E450, E500, E516, E1404, E1410
OSAKA	220	24	8.8	36.9	5.5	26	3.9	Gluten, Crustacee, Ouă, Peste, Soia, Lapte, Mustar	515.8	2153.5	E516, E300, E420, E627, E631, E330, E129, E129, E150 a, E160 b, E296, E627, E631, E635, E300, E330, E341, E420, E450, E500, E516, E1404, E1410
NGIRI SET	165	10.4	2.3	33.2	8.9	18.3	3.2	Gluten, Crustacee, Ouă, Peste, Soia, Lapte, Moluste	296.7	1248.6	E420, E627, E631, E330, E129, E150 a, E160 b, E296, E627, E631, E635, E300, E330, E341, E420
TATAKI TUNA	200	22.8	3	12	5.4	26.7	2.1	Gluten, Crustacee, Ouă, Peste, Arahide, Soia, Mustar, Susan	368	1540.2	E621, E631, E260, E330, E415, E160c, E627, E631, E330, E129, E102, E133, E160 c, E202, E290, E330, E415, E420, E621, E627, E631
CALIFORNIA	215	12.1	0.8	50.1	6.3	13.6	2.1	Gluten, Crustacee, Ouă, Soia, Mustar	359.5	1522.1	E420, E627, E631, E330, E129, E129, E420, E621, E627, E631
CANADA	225	28.4	8.1	52.5	8.8	17.9	1.8	Gluten, Peste, Soia, Lapte	531.2	2227.6	E150a
PHILADELPHIA	220	20.2	6.2	48.5	5.9	19.6	1.6	Peste, Lapte	449.9	1891.4	E211
SALMON VULCAN	220	19.6	2.3	49.2	6.9	14.5	1.5	Gluten, Ouă, Peste, Soia, Mustar	425.8	1796.4	E160 c, E202, E270, E330, E415, E621, E627, E631
TUNA VULCAN	220	17.7	1.4	56.7	8.3	16.5	1.2	Peste	367.5	1507.1	E202, E330, E440
TOKID	250	17.4	1	79.1	6.6	18.3	3.1	Gluten, Crustacee, Ouă, Peste, Soia, Mustar	569.2	2405.2	E516, E300, E160 c, E202, E270, E330, E300, E341, E415, E1404, E450, E500, E516, E621, E627, E631, E1410
VEGAN ROLL	230	13.1	1.9	67.9	7.7	12.1	2	Gluten, Soia, Susan	428	1803.8	E575, E509, E180 c, E202, E270, E330, E575, E341, E509, E621, E627, E631, E1410
EBY HOT ROLL	220	6.4	3.7	77.6	7.4	17.3	2.9	Gluten, Crustacee, Peste, Soia, Lapte	436.2	1845.2	E516, E300, E420, E627, E631, E330, E129, E341, E450, E500, E516, E621, E627, E631, E1404, E1410
SALMON HOT ROLL	230	15.4	5.4	77.3	7.2	17.7	2.3	Gluten, Peste, Lapte	515	2170.1	E516, E300, E341, E450, E500, E516, E1404, E1410
PLANTHOUSE	220	4.8	0.7	69.4	7.9	7.6	2	Gluten	344.5	1454.5	E341, E450, E500, E1404, E1410
MIX FOR TWO	697.5	63.8	18.3	150.5	20.9	58.9	8.1	Gluten, Crustacee, Ouă, Peste, Soia, Lapte, Susan	1402.8	5891.6	E420, E627, E631, E330, E129, E102, E133, E160 c, E202, E270, E280, E296, E330, E415, E420, E621, E627, E631
<b>SALAD &amp; SOUP &amp; TEMPURA</b>											
EDAMAME SPYCE	215	13	4	35	7.1	17.9	4.3	Gluten, Soia	310.5	1293.9	E150a, E150 d, E160 c, E202, E270, E280, E270, E330, E330, E415, E621, E627, E631
CHUKA SALAD	205	22.9	2.3	27.5	16.5	6.9	3.4	Gluten, Peste, Arahide, Soia, Susan	351.7	1463.8	E420, E627, E631, E330, E129, E102, E129, E133, E202, E330, E420, E621, E627, E631
TOM YUM	362	23.7	16.8	12.5	8	20.2	2	Crustacee, Soia, Telina, Suflet	337.9	1417.2	E160 c, E211, E223, E330, E407, E412, E466, E472, E621, E627, E631
MISO SOUP	300	4.7	0.7	9.1	4	5.6	5.1	Gluten, Crustacee, Peste, Soia, Susan, Peste, continine urme de Moluste	101.7	401.9	E202, E621, E631, E635, E575, E509, E202, E509, E575, E621, E631, E635
SHRIMP SHABU SHABU	750	11.4	1.5	82.2	19.2	43	10.2	Gluten, Crustacee, Peste, Arahide, Soia, Susan	598.3	2504	E202, E621, E631, E635, E202, E330, E621, E631, E635
MEAT SHABU SHABU	750	30.7	8.1	86.6	21.9	40.6	8.7	Gluten, Peste, Arahide, Soia, Susan	783.8	3266.6	E202, E621, E631, E635, E102, E133, E330, E621, E627, E631, E635
SHRIMP TEMPURA	220	26.8	0.9	68.4	6.4	24.7	5	Gluten, Crustacee, Ouă, Soia, Mustar, Susan	610.2	2571.8	-
VEGETABLES TEMPURA	150	0.40	0.35	62.2	5.35	12.2	1.2	Gluten, Ouă, Soia	316.1	1261.1	-
<b>NOIRI &amp; SASHIMI</b>											
NGHIRI SET	165	10.4	2.3	33.2	8.9	18.3	3.2	Gluten, Crustacee, Ouă, Peste, Soia, Lapte, Moluste	296.7	1248.6	E420, E627, E631, E330, E129, E129, E150 a, E160 b, E296, E627, E631, E635, E300, E330, E341, E420
TUNA SASHIMI	100	0.5	0	1.2	0	19.4	0.6	Peste	86.0	338.6	-
SASHIMI SALMON	100	14.0	1.003	0.2	0	20.0	0.6	Peste	213.0	826.9	-
SHRIMP NGHIRI	100	0.7	0.1	23.6	3	14.3	1.7	Crustacee	157.2	668.3	-
EEL NGHIRI	100	6.3	1.4	24.1	3	11.1	1	Peste	198.1	826.9	-
TUNA NGHIRI	100	2.3	0.6	23.6	3	11.9	0.6	Peste	162.2	587.4	-
SALMON NGHIRI	100	6	1.3	23.6	3	10.1	0.6	Peste	187.7	792.7	-
<b>MIRAI - NOODLES</b>											
NOODLES BEEF	483	51.4	15	93.9	10.4	61.9	2	Gluten, Ouă, Soia, Susan	1070.7	4480.7	E150 a, E160 c, E202, E270, E330, E415, E621, E627, E631
NOODLES SHRIMP	416	21.6	4.1	102.2	16.1	34.4	3.7	Gluten, Crustacee, Ouă, Soia, Telina, Susan	724.4	3046.2	E150 a, E160 c, E202, E270, E330, E415, E621, E627, E631
NOODLES VEGGIES	423	34.4	5.3	102	16	24.2	3.8	Gluten, Ouă, Soia, Susan	744.5	3335.1	E150 a, E160 c, E202, E270, E330, E415, E621, E627, E631
THAI CHICKEN	300	32.2	13.3	92.3	14.6	29.3	3.8	Gluten, Soia, Nucii, Susan, Suflet	769.9	3231.6	E150a, E150 d, E223, E341, E407, E412, E466, E1410, E450, E500, E516, E1404, E472, E472
SHRIMP FRIED RICE	457	32.9	6.3	90.2	20.2	29.3	3.9	Gluten, Crustacee, Ouă, Soia, Telina, Susan	761.8	3209.3	E150 a, E160 c, E202, E270, E330, E415, E621, E627, E631
CHIKEN FRIED RICE	517	36.3	6.4	90.2	20.2	57.4	3.6	Gluten, Ouă, Soia, Telina, Susan	905.8	3809.3	E150 a, E160 c, E202, E270, E330, E415, E621, E627, E631
DENUMIRE E-URI		DESCRIEREA E-URI									