



**BEL CANTO**

**MENU**



## RESTAURANT

### Starters, salads, appetizers

Waiting time - 20'

RON

<b>Breaded olives</b>   150g  	27
<i>olives, bread crumbs, egg</i>	
<b>Caprese</b>   100/120g	31
<i>tomatoes, mozzarella</i>	
<b>Crispy onion rings with hot sauce</b>   200/50g  	25
<i>onion, bread crumbs, egg, sweet chili</i>	
<b>Stir fry with vegetables</b>   <b>Vegan</b>   350g	27
<i>bell pepper, mushrooms, zucchini, tomatoes, sweet chili</i>	
<b>Tempura shrimp with chili sauce</b>   180/50g   	49
<i>shrimp, chili sauce</i>	
<b>Salmon tartar</b>   150g   	79
<i>salmon, red onion, lemon, olive oil, parsley, egg, anchoise</i>	
<b>Gardener's salad</b>   <b>Vegan</b>   300g	29
<i>salad mix, cucumbers, tomatoes, bell pepper, mushrooms, onion</i>	
<b>Caesar salad</b>   300g  	39
<i>chicken breast, salad, Parmesan, toast, sardines, garlic</i>	
<b>Crispy chicken salad</b>   350g 	39
<i>mixed salad, cucumbers, bell peppers, mushrooms, crispy chicken</i>	
<b>Mediterranean salad with tuna</b>   250/80g  	37
<i>salad mix, cucumber, tomatoes, bell pepper, mushrooms, onion, tuna, corn, lemon</i>	
<b>Mashed eggplant and zacusca, 4 slices of toast</b>	41
<b>Homemade</b>   <b>Vegan</b>   300g 	
<i>eggplant, zacusca, tomatoes, onion, toast</i>	













### Soups, Creams - Waiting time - 10'

<b>Vegetable cream with croutons</b>   <b>Vegan</b>   300g   	21
<b>Boletus cream with croutons</b>   <b>Vegan</b>   300g   	27
<b>Potato and ham cream with croutons</b>   300g  	29
<b>Chicken soup with dumplings</b>   250/60g  	23
<b>Tripe soup</b>   400/60g	31
<b>Beef soup</b>   250/60g  	27
<b>Greek-style chicken soup</b>   250/60g  	29

### Pasta - Waiting time - 25'

<b>Spaghetti primavera</b>   250g   	33
<i>pasta, carrots, onion, bell pepper, zucchini, basil, oregano, cherry tomatoes, garlic, Parmesan</i>	
<b>Spaghetti carbonara</b>   250g   	35
<i>pasta, ham, bacon, Parmesan, cream</i>	
<b>Tagliatelle with beef</b>   250g   	43
<i>tagliatelle, tomatoes, garlic, onion, beef, butter, white wine, Parmesan</i>	
<b>Tagliatelle with seafood</b>   250g    	45
<i>tagliatelle, shrimp, calamari, vegetables</i>	
<b>Penne quattro fromaggi</b>   250g  	41
<i>penne, Parmesan, blue cheese, mozzarella, white cheese</i>	
<b>Tortellini al forno</b>   250g  	47
<i>cheese tortellini, boletus, bacon, garlic, blue cheese, Parmesan, mozzarella</i>	

### Traditional cuisine - Waiting time - 20'

<b>Stuffed cabbage rolls (sarmale) with polenta and hot pepper</b>   170/200g  	49
<i>pork meat, pickled cabbage, bacon, cream, hot pepper, on a wood platter</i>	
<b>Shepherd's polenta (bulz)</b>   350g   	39
<i>bacon, cornmeal, egg, cream, cheese, butter</i>	
<b>Ground meat rolls (mititei) with french fries</b>   150/200g    	35
<i>Meat rolls, fries</i>	
<b>Smoked meat with garnish and polenta</b>   300/150g   	53
<i>carne de porc, cârnați</i>	






### Specialties - waiting time - 35'

chicken, turkey, duck, beef, pork

RON

<b>Gourmet schnitzel</b>   350g   	47
<i>chicken breast, egg, bacon, cheese, mushrooms, panko bread crumbs</i>	
<b>Panko schnitzel</b>   350g   	33
<i>chicken breast, egg, panko</i>	
<b>Chicken bites with mushrooms &amp; cream</b>	37
<i>chicken breast, boletus mushrooms, cream, polenta</i>   200/200g  	
<b>Oven-cooked sauteed liver</b>   400/200g  	31
<i>chicken liver, bacon, mushrooms, sour cream, polenta</i>	
<b>Chicken wings with barbecue sauce</b>   300g  	33
<i>chicken wings, egg, bread crumbs, barbecue sauce</i>	
<b>Crispy strips with tomato sauce</b>   200g  	33
<i>chicken breast, corn flakes, egg, flour, tomato sauce</i>	
<b>Turkey in parmesan crust with sauteed broccoli</b>	47
<i>turkey, Parmesan, bell pepper pesto, broccoli</i>   180/130/50g  	
<b>Sesame crusted pork chop with rice &amp; mushrooms</b>	47
<i>pork chop, sesame, egg, garlic, panko, rice, boletus</i>   150/200g   	
<b>Baked marinated pork ribs, with wedges</b>   300/150g	59
<i>pork ribs, barbecue sauce, wedges potatoes</i>	
<b>Bavarian-style pork chop with braised cabbage</b>	79
<i>stinco pork chop, red cabbage, mashed potatoes, barbecue sauce</i>   250/100/200g 	
<b>Asian-style pork tenderloin</b>   250g  	41
<i>pork tenderloin, soy sauce, sweet chili, carrot, celery, zucchini, bell pepper, mushrooms</i>	
<b>Pork wing with mashed potatoes</b>   300/150g    	53
<i>degreased pork on the bone, salt, potatoes, butter, milk, spices</i>	
<b>Bavarian-style duck leg confit with cabbage</b>   150/250g	65
<i>duck leg confit, braised red/white cabbage</i>	
<b>Sheep pastrami with polenta 150g/300g</b>   	65
<i>sheep pastrami, oil, garlic, corn</i>	
<b>English-style beef tenderloin</b>   120/130/120/50g 	89
<i>beef tenderloin, garlic, bell peppers, zucchini, mushrooms</i>	


### Burgers - Waiting time - 35'

<b>Hamburger with fries</b>   350/200g  	39
<i>beef, fries, mayonnaise, ketchup, green salad</i>	
<b>Cheeseburger with fries</b>   350/200g  	41
<i>beef, fries, mayonnaise, ketchup, green salad, cheddar cheese</i>	
<b>Vegan burger with fries</b>   <b>Vegan</b>   350/200g 	39
<i>vegan burger, fries, mushrooms, zucchini, tomatoes, ketchup, mustard, vegetal mayonnaise</i>	

### Grills - Waiting time - 20'

<b>Chicken breast</b>   150g	31
<b>Turkey breast</b>   170g	35
<b>Pork neck</b>   180g	33
<b>Pork loin</b>   150g	33

### Indian Cuisine - Waiting Time - 30'

<b>Amazing veggie wrap (prantha)</b>   200g 	29
<i>flour, onion, carrots, bell peppers, tomatoes</i>	
<b>Chicken curry</b>   200g	31
<i>chicken breast, onion, tomatoes, paprika, curcuma, garam masala</i>	
<b>Pork curry</b>   200g	31
<i>pork, onion, tomatoes, paprika, curcuma, garam masala</i>	
<b>Chicken malai tikka</b>   150g  	33
<i>chicken breast, chickpea flour, yogurt, cheese, cream, curcuma, caju, lemon juice, garlic</i>	

## Fish & Seafood - Waiting time - 35' RON

<b>Crispy perch fillet on leek &amp; mushroom bed</b>	<b>53</b>
<i>perch fillet, leek, onion, cream, yellow cheese   150g/150g</i>	
<b>Salmon fillet with white sauce &amp; shrimp</b>	<b>63</b>
<i>Salmon fillet, shrimp, cream   120/50/30g</i>	
<b>Shrimp in white sauce with garlic</b>	<b>51</b>
<i>shrimp, garlic, butter, wine, herbs, cherry tomatoes   200/10/50/50g</i>	
<b>Mediterranean platter</b>	<b>63</b>
<i>breaded calamari, shrimp, breaded olives, halloumi cheese, salad mix, cherry tomatoes, cream sauce with garlic, hot sauce, tomatoes   450g</i>	
<b>Crispy calamari (with aioli &amp; lemon sauce)</b>	<b>43</b>
<i>Calamari rings, bread crumbs   150gr</i>	
<b>Paella with seafood   for 2 people</b>	<b>89</b>
<i>chicken breast, calamari, shrimp, garlic, rice, peas, cream, tomato sauce   1000g</i>	
<b>Grilled sea bream fillet</b>	<b>51</b>
<i>200g</i>	
<b>Grilled sea bass fillet</b>	<b>53</b>
<i>200g</i>	
<b>Grilled salmon fillet</b>	<b>63</b>
<i>180g</i>	
<b>Grilled perch fillet</b>	<b>45</b>
<i>200g</i>	
<b>Grilled trout fillet</b>	<b>45</b>
<i>200g</i>	

## Sides

<b>French fries with herbs</b>	<b>15</b>
<i>Vegan   250g</i>	
<b>Fries with garlic &amp; parmesan</b>	<b>23</b>
<i>250g</i>	
<b>Nobleman's potatoes</b>	<b>27</b>
<i>200g</i>	
<i>potatoes, leek, bacon, bell pepper, herbs</i>	
<b>Mashed potatoes with mushrooms</b>	<b>19</b>
<i>250g</i>	
<i>potatoes, boletus mushrooms, cream</i>	
<b>Mashed potatoes</b>	<b>19</b>
<i>250g</i>	
<i>potatoes, butter, milk</i>	
<b>Sautéed mushrooms with garlic and dill</b>	<b>23</b>
<i>250g</i>	
<i>mushrooms, butter, dill</i>	
<b>Potatoes au gratin</b>	<b>27</b>
<i>200g</i>	
<i>2 potatoes per portion, yellow cheese, emmentaler, sour cream, butter</i>	
<b>Grilled vegetables</b>	<b>23</b>
<i>Vegan   200g</i>	
<i>tomatoes, carrots, celery, zucchini, aubergines, onions and mushrooms</i>	
<b>Rice with mushrooms, carrot and leek</b>	<b>21</b>
<i>250g</i>	
<i>rice, leek, mushrooms, carrot, garlic, sour cream, cherry tomatoes</i>	
<b>Rice with mushrooms</b>	<b>31</b>
<i>250g</i>	
<i>rice, boletus mushrooms, cream</i>	

## Salads - Waiting time - 10' RON

<b>Coleslaw</b>	<b>19</b>
<i>250g</i>	
<i>cabbage, carrots, mayonnaise</i>	
<b>Baked bell pepper salad</b>	<b>21</b>
<i>Vegan   250g</i>	
<i>baked bell peppers, garlic</i>	
<b>Tomato salad</b>	<b>17</b>
<i>Vegan   200g</i>	
<b>Lettuce salad with lemon juice</b>	<b>21</b>
<i>Vegan   200g</i>	
<i>lettuce mix, lemon juice, olive oil</i>	
<b>Mixed salad</b>	<b>19</b>
<i>Vegan   200g</i>	
<i>lettuce, tomatoes, cucumbers, bell peppers</i>	
<b>Pickled cucumber/pepper salad</b>	<b>19</b>
<i>Homemade   220g</i>	

## Bread

<b>Sliced white/rye toast</b>	<b>2</b>
<i>50g</i>	
<b>Assorted buns*</b>	<b>2</b>
<i>40g   1 piece</i>	
<i>white, seed, rye - *from frozen product</i>	

## Dessert - Waiting time - 10' RON

<b>Bel Canto pancakes</b>	<b>29</b>
<i>200g</i>	
<i>cottage cheese, cream, pineapple, raisins</i>	
<b>Pancakes with chocolate sauce/jam</b>	<b>25</b>
<i>150g</i>	
<i>chocolate/jam - nutella/strawberry jam</i>	
<b>Homemade cake</b>	<b>27</b>
<i>200g</i>	
<i>butter, cocoa, eggs, walnuts, sugar</i>	
<b>Snow White</b>	<b>25</b>
<i>105g</i>	
<i>coconut cream, milk chocolate, waffle</i>	
<b>Berries yogurt mousse</b>	<b>25</b>
<i>100g</i>	
<i>yogurt cream, marshmallow, forest fruits, milk, eggs, sugar</i>	
<b>Lava cake</b>	<b>25</b>
<i>120/50g</i>	
<i>cocoa, chocolate, ice cream, vanilla sauce</i>	
<b>Cheese cake</b>	<b>25</b>
<i>125g</i>	
<i>cream cheese, biscuits, sugar, Bavarian cream, egg, butter</i>	
<b>Fruit salad</b>	<b>21</b>
<i>Vegan   250g</i>	
<i>seasonal fruit mix</i>	
<b>Assorted ice cream</b>	<b>25</b>
<i>250g</i>	
<i>chocolate, vanilla, forest fruit, rum &amp; raisins, strawberries</i>	

## BAR

Soft Drinks		RON
<b>Aqua Carpatica</b>		<b>15</b>
<i>Still (1000 ml), sparkling (1500 ml)</i>		
<b>Aqua Carpatica</b>	<i>500 ml</i>	<b>11</b>
<i>still, sparkling</i>		
<b>Pepsi Range</b>	<i>250 ml</i>	<b>13</b>
<i>pepsi max / zero sugar / pepsi / mirinda orange / 7UP</i>		
<b>Lipton Ice Tea</b>	<i>250ml</i>	<b>13</b>
<i>lemon / peach / green tea</i>		
<b>Prigat Range</b>	<i>250ml</i>	<b>13</b>
<i>strawberry-banana / peach / orange</i>		
<b>Evervess tonic water</b>	<i>250ml</i>	<b>13</b>
<i>Tonic / Bitter Lemon</i>		
<b>Rockstar Original</b>	<i>250ml</i>	<b>13</b>
<i>Energy drink</i>		
<b>Fresh</b>	<i>300 ml</i>	<b>21</b>
<i>orange, grapefruit, mixed</i>		
<b>Lemonade</b>	<i>300 ml</i>	<b>19</b>
<i>classic, melon</i>		

## Coffee / Tea

<b>Espresso</b>	<i>100 ml</i>	<b>11</b>
<b>Cappuccino</b>	<i>180 ml</i>	<b>16</b>
<i>espresso, milk, milk foam</i>		
<b>Cafe Latte</b>	<i>200 ml</i>	<b>16</b>
<i>espresso, milk, milk foam</i>		
<b>Cafe Frappe</b>	<i>210 ml</i>	<b>16</b>
<i>espresso, milk, sugar, ice, topping, whipped cream</i>		
<b>Hot chocolate</b>	<i>220 ml</i>	<b>16</b>
<i>dark chocolate</i>		
<b>House tea</b>	<i>180 ml</i>	<b>16</b>
<i>forest fruit, black, mint, green, lemon</i>		

## Allergens

	<b>Celery</b>		<b>Milk</b>		<b>Sesame</b>
	<b>Crustaceans</b>		<b>Gluten</b>		<b>Soy</b>
	<b>Eggs</b>		<b>Mollusks</b>		<b>Sulphur Dioxide</b>
	<b>Fish</b>		<b>Mustard</b>		<b>Hazelnuts</b>
	<b>Lupine</b>		<b>Peanuts</b>		

Beer		
<b>Bucur, craft beer</b> 5.3% alc, bottle	300 ml	19
<b>Ciuc</b> 5% alc, bottle	500 ml	17
<b>Tuborg</b> 5% alc, bottle	500 ml	17
<b>Tuborg non-alcohol</b> 0% alc, bottle	500 ml	17
<b>Carlsberg</b> 5.2% alc, bottle	500 ml	19
<b>Corona</b> 4.6% alc, bottle	330 ml	23

Liquor		RON
<b>Disaronno</b> 28% alc	50 ml	23
<b>Cointreau</b> 40% alc	50 ml	25
<b>Baileys Irish Cream</b> 17% alc	50 ml	24
<b>Jagermeister</b> 40% alc	50 ml	19
<b>Courvoisier VS</b> 40% alc	50 ml	39
<b>Cognac Martell VSOP</b> 40% alc	50 ml	39
<b>Vin Ars Jidvei VSOP</b> 43% alc	50 ml	23

Cocktails		
<b>Campari Orange</b> campari bitter, orange juice	250 ml	29
<b>Cuba Libre</b> baccardi white rum, coca-cola	250 ml	29
<b>Hugo</b> prosecco, elderflower liqueur, lemon, 7Up	250 ml	34
<b>Tequila Sunrise</b> tequila, orange juice, grenadine	250 ml	31
<b>Gin Tonic</b> classic, lime, raspberry	250 ml	31
<b>Cocktail Non Alcoholic</b> fruit juice, grenadine syrup, sparkling water	250 ml	24

Spirits		
<b>Finlandia/Absolut Vodka</b> 40% alc	50 ml	19
<b>Chivas Regal Whiskey - 12 yrs</b> 40% alc	50 ml	31
<b>Johnnie Walker Black Label Whiskey-12 yrs</b> 43% alc	50 ml	33
<b>Johnnie Walker Red Label Whiskey</b> 40% alc	50 ml	27
<b>Jack Daniel's Whiskey</b> 40% alc	50 ml	27
<b>Ballantine's Whiskey</b> 40% alc	50 ml	23
<b>Beefeater/Gordon's Gin</b> 40% alc	50 ml	21
<b>Martini White Vermouth</b> 15% alc	50 ml	21
<b>Bacardi Rum</b> 37.5% alc	50 ml	21
<b>Tequila Sauza Blanco</b> 40% alc	50 ml	23
<b>Palinka (local plum spirit)</b> 50% alc	50 ml	37

Red Wine		RON
<b>Purcari   Rară Neagră</b> Purcari, dry, 13% alc	750 ml 350 ml	89 49
<b>Promessa   Fetească Neagră &amp; Syrah 2013</b> Aurelia Vişinescu, dry, 14% alc	750 ml	99
<b>Tenuta Ulisse   Montepulciano D'abruzzo DOP</b> Tenuta, dry, 14.0% alc	750 ml	119
<b>House Wine   Mini</b> dry, 13.5% alc	187 ml	23

Rose Wine		RON
<b>Purcari</b> Purcari, dry, 13.5% alc	750 ml 375 ml	89 49
<b>Promessa</b> Aurelia Vişinescu, dry, 13% alc	750 ml	99
<b>Tenuta Ulisse   Sarica Unico Rose</b> Tenuta, dry, 14.0% alc	750 ml	119
<b>House Wine   Mini</b> dry, 12.5% alc	187 ml	23

White Wine		RON
<b>Purcari   Pinot Grigio</b> Purcari, dry, 12% alc	750 ml 375 ml	89 49
<b>Promessa   Chardonnay</b> Aurelia Vişinescu, dry, 14% alc	750 ml	99
<b>Tenuta Ulisse   Pinot Grigio</b> Tenuta, dry, 13.0% alc	750 ml	119
<b>House Wine   Mini</b> dry, 12.5% alc	187 ml	23

Sparkling Wine		RON
<b>Prosecco</b> 11% alc.	750 ml	87
<b>Prosecco Mini</b> 11% alc.	200 ml	29
<b>Rhein Extra Rose</b> 12,5% alc.	750 ml	91





# Nutritional Values

## Starters, salads, appetizers - Waiting time - 20'

Breaded olives   150g	Calories: 416.0, Fats: 31.1g, Proteins: 8.2g, Carbohydrates: 29.7g
Caprese   100/120g	Calories: 354, Fats: 25g, Proteins: 23.4g, Carbohydrates: 10.3g
Crispy onion rings with hot sauce   200/50g	Calories: 336.4, Fats: 16.9g, Proteins: 4.8g, Carbohydrates: 41.1g
Stir fry with vegetables   Vegan   350g	Calories: 119, Fats: 1.75 g, Proteins: 9.1g, Carbohydrates: 14.7
Tempura shrimp with chili sauce   180/50g	Calories: 336.4, Fats: 16.9g, Proteins: 4.8g, Carbohydrates: 41.1g
Salmon tartar   150g	Calories: 134, Fats: 10g, Proteins: 10g, Carbohydrates: 1g
Graved Lax   150g	Calories: 134, Fats: 8g, Proteins: 9g, Carbohydrates 1g
Gardener's salad   Vegan   300g	Calories: 400, Fats: 9.75g, Proteins: 18.09g, Carbohydrates 79.2g
Caesar salad   300g	Calories: 1732, Fats 18g, Proteins: 36.9g, Carbohydrates: 34.5g
Crispy chicken salad   350g	Calories: 420.3, Fats 25.6g, Proteins: 31.6g, Carbohydrates 20.3g
Mediterranean salad with tuna   250/80g	Calories: 300, Fats 6.5g, Proteins: 40g, Carbohydrates 25g
Mashed eggplant and zacuscă, 4 slices of toast   Homemade   Vegan   300g	Calories: 449 Fats 11.5g, Proteins: 11.9g, Carbohydrates 65.6g

## Soups, Creams - Waiting time - 10'

Vegetable cream with croutons   Vegan   300g	Calories: 153, Fats: 5.4g, Proteins: 3 g, Carbohydrates: 23.1g
Boletus cream with croutons   Vegan   300g	Calories: 126, Fats: 7.5g, Proteins: 3.9g, Carbohydrates 9.3g
Potato and ham cream with croutons   300g	Calories: 160, Fats: 7.5g, Proteins: 3.5g, Carbohydrates 19g
Chicken soup with dumplings   250/60g	Calories: 130.61, Fats: 3.7g, Proteins: 9g, Carbohydrates: 16.5g
Tripe soup   400/60g	Calories: 292, Fats: 10.4g, Proteins: 36g, Carbohydrates 16.5g
Beef soup   250/60g	Calories: 134.25, Fats: 8.3g, Proteins: 6.8g, Carbohydrates 8.3g
Greek-style chicken soup   250/60g	Calories: 181.1, Fats: 6.7g, Proteins: 16.9g, Carbohydrates 13.3g

## Pasta - Waiting time - 25'

Spaghetti primavera   250g	Calories: 835, Fats: 5g, Proteins: 30g, Carbohydrates: 167.5g
Spaghetti carbonara   250g	Calories: 837.77, Fats: 51g, Proteins: 30.4g, Carbohydrates: 66.3g
Tagliatelle with beef   250g	Calories: 837.77, Fats: 51g, Proteins: 30.4g, Carbohydrates: 66.3g
Tagliatelle with seafood   250g	Calories: 264, Fats: 5.8 g, Carbohydrates: 45g, Proteins: 14.7g
Penne quattro fromaggi   250g	Calories: 463, Fats: 23.85g, Proteins: 23.3g, Carbohydrates: 33.23g
Tortellini al forno   250g	Calories: 286, Fats: 11g, Proteins: 12g, Carbohydrates: 34g

## Traditional cuisine - Waiting time - 20'

Stuffed cabbage rolls (sarmale) with polenta and hot pepper   170/200g	Calories: 457 Fats: 20.7g, Proteins: 18.3g, Carbohydrates: 48.2g
Shepherd's polenta (bulz)   350g	Calories: 246.8, Fats: 5.5g, Proteins: 10g, Carbohydrates: 38.9g
Ground meat rolls (mititei) with french fries   150/200g	Calories: 1133, Fats: 79g, Proteins: 30.5g, Carbohydrates: 76g

## Specialties - waiting time - 35' chicken, turkey, duck, beef, pork

Gourmet schnitzel   350g	Calories: 400, Fats: 14g, Proteins: 16g, Carbohydrates: 8.9g
Panko schnitzel   350g	Calories: 945, Fats: 31.4g, Proteins: 47.3g, Carbohydrates: 117.3g
Chicken bites with mushrooms & cream	Calories: 504.6, Fats: 42.9g, Proteins: 19.2 g, Carbohydrates 10.4 g
Oven-cooked sauteed liver   400/200g	Calories: 192, Fats: 5.3 g, Proteins: 20g, Carbohydrates: 16g
Chicken wings with barbecue sauce   300	Calories: 633, Fats: 27.6g, Proteins: 90.3g, Carbohydrates: 0g
Crispy strips with tomato sauce   200g	Calories: 329.53, Fats: 18.2g, Proteins: 38.5g, Carbohydrates: 3.5g
Turkey in parmesan crust with sauteed broccoli	Calories: 600, Fats: 29g, Proteins: 60g, Carbohydrates: 5.1g
Sesame crusted pork chop with rice & mushrooms	Calories: 690, Fats: 37.345g, Proteins: 50.21g, Carbohydrates: 33.52 g
Baked marinated pork ribs, with wedges   300/150g	Calories: 720, Fats: 50g, Proteins: 60.3g, Carbohydrates: 2g
Bavarian-style pork chop with braised cabbage	Calories: 842, Fats: 90g, Proteins: 40g, Carbohydrates: 1.2g
Asian-style pork tenderloin   250g	Calories: 300, Fats: 20g, Proteins: 60g, Carbohydrates: 40g
Bavarian-style duck leg confit with cabbage   150/250g	Calories: 350, Fats: 5g, Proteins: 11g, Carbohydrates: 10g
Herbs-crusted lamb chops served with mushy peas	Calories: 424, Fats: 30 g, Proteins: 22.8g, Carbohydrates: 13g
English-style beef tenderloin   120/130/120/50g	Calories: 192, Fats: 9.7g, Proteins: 26g
Matured beef sparrow stake   200 g	Calories: 129, Fats: 4.21g, Proteins: 21.3g

## Burgers - Waiting time - 35'

Hamburger with fries   350/200g	Calories: 600, Fats 29g, Proteins: 35g, Carbohydrates: 60g
Cheeseburger with fries   350/200g	Calories: 800, Fats: 44.5g, Proteins: 20g, Carbohydrates: 100g
Vegan burger with fries   Vegan   350/200g	Calories: 720, Fats: 44g, Proteins: 10.9g, Carbohydrates: 10g

## Grills - Waiting time - 20'

Chicken breast   150g	Calories: 131, Fats: 3.6g, Proteins: 22g, Carbohydrates: 2.4g
Turkey breast   170g	Calories: 135, Fats: 0.7 g, Proteins: 30.1g
Pork neck   180g	Calories: 225, Fats: 14.3g, Proteins: 24.2g
Pork loin   150g	Calories: 140, Fats: 5.5 g, Proteins: 20.9g, Carbohydrates: 1.5 g
Fresh sausage   150g	Calories: 300 ,Fats: 25g, Proteins: 17.7g, Carbohydrates: 1.57g
Lamb chops   220g	Calories: 227, Fats: 13.8g, Proteins: 25.7g

## Indian Cuisine - Waiting Time - 30'

Amazing veggie wrap (prantha)   200g	Calories: 265, Fats: 6.7g, Proteins: 10.9g
Chicken curry   200g	Calories: 400, Fats: 60g, Proteins: 5.2g, Carbohydrates: 30g
Pork curry   200g	Calories: 520, Fats: 77g, Proteins: 7.2g, Carbohydrates: 45g
Chicken malai tikka   150g	Calories: 200, Fats: 8g, Proteins: 30g, Carbohydrates: 4g
Potatoes with mint, caraway & pita   250g	Calories: 520, Fats: 32g, Proteins: 7g, Carbohydrates: 76g

## Fish & Seafood - Waiting time - 35'

Crispy perch fillet on leek & mushroom bed	Calories: 428, Fats: 22g, Proteins: 20g, Carbohydrates: 36g
Salmon fillet with white sauce & shrimp	Calories: 500, Fats: 51.1g, Proteins: 40g, Carbohydrates: 4g
Shrimp in white sauce with garlic   200/10/50/50g	Calories: 295, Fats: 26.4g, Proteins: 12.4g, Carbohydrates: 0.8g
Mediterranean platter   450g	Calories: 1120, Fats: 140g, Proteins: 60g, Carbohydrates: 80g
Crispy calamari (with aioli & lemon sauce)   150gr	Calories: 456, Fats: 15.8g, Proteins: 17.6g, Carbohydrates: 59.6g
Paella with seafood   for 2 people   1000g	Calories: 990, Fats: 24g, Carbohydrates: 137g, Proteins: 51g
Grilled sea bream fillet   200g	Calories: 170, Fats: 1.8g, Proteins: 36g
Grilled sea bass fillet   200g	Calories: 190, Fats: 4g, Proteins: 40g
Grilled salmon fillet   180g	Calories: 240, Fats: 10g, Proteins: 34g, Carbohydrates: 2g
Grilled perch fillet   200g	Calories: 180, Fats: 3g, Proteins: 40g
Grilled trout fillet   200g	Calories: 280, Fats: 12g, Proteins: 20g

## Sides

French fries with herbs   Vegan   250g	Calories: 638, Fats: 34g, Proteins: 8g, Carbohydrates: 76g
Fries with garlic & parmesan   250g	Calories: 720, Fats: 39.2, Proteins: 8g, Carbohydrates: 81g
Nobleman's potatoes   200g	Calories: 240, Fats: 11g, Proteins: 8g, Carbohydrates: 28g
Mashed potatoes with mushrooms   250g	Calories: 360, Fats: 15g, Proteins: 1g, Carbohydrates: 39g
Mashed potatoes   250g	Calories: 330, Fats: 15g, Proteins: 4g, Carbohydrates: 32g
Sautéed mushrooms with garlic and dill   250g	Calories: 280, Fats: 21g, Proteins: 15g, Carbohydrates: 18g
Potatoes au gratin   200g	Calories: 280, Fats: 24g, Proteins: 7g, Carbohydrates: 25g
Grilled vegetables   Vegan   200g	Calories: 65, Fats: 0.2g, Proteins: 4.8g, Carbohydrates: 4.8g
Rice with mushrooms, carrot and leek   250g	Calories: 180, Fats: 4g, Proteins: 2g, Carbohydrates: 35g
Rice with mushrooms   250g	Calories: 180, Fats: 1.2g, Proteins: 7g, Carbohydrates: 36g

## Salads - Waiting time - 10'

Coleslaw   250g	Calories: 150, Fats: 5g, Proteins: 3g, Carbohydrates: 24g
Baked bell pepper salad   Vegan   250g	Calories: 100, Fats: 6, Proteins: 1.6g, Carbohydrates: 10g
Tomato salad   Vegan   200g	Calories: 200, Fats: 12g, Proteins: 4g, Carbohydrates: 16g
Lettuce salad with lemon juice   Vegan   200g	Calories: 100, Fats: 10g, Proteins: 2g, Carbohydrates: 6g
Mixed salad   Vegan   200g	Calories: 320, Fats: 6.5g, Proteins: 12g, Carbohydrates: 50g
Pickled cucumber/pepper salad   Homemade   220g	Calories: 44, Fats: 2g, Proteins: 1.4g, Carbohydrates: 6g

## Bread

Sliced white/rye toast   50g	Calories: 237, Fats: 1g, Proteins: 8g, Carbohydrates: 49g,
Assorted buns*   40g   1 piece	Calories: 140, Fats: 3.8g, Proteins: 3.8g, Carbohydrates: 29.5g

## Dessert - Waiting time - 10'

Bel Canto pancakes   200g	Calories: 490, Fats: 38g, Proteins: 30g, Carbohydrates: 9.8g
Pancakes with chocolate sauce/jam   150g	Calories: 590, Fats: 30g, Proteins: 3g, Carbohydrates: 72g
Homemade cake   200g	Calories: 500, Fats: 20g, Proteins: 6g, Carbohydrates: 70g
Carrot cake   100g	Calories: 418, Fats: 17g, Proteins: 10.8g, Carbohydrates: 50.2g
Snow White   105g	Calories: 429, Fats: 18.5g, Proteins: 11.3g, Carbohydrates: 51g
Berries yogurt mousse   100g	Calories: 435, Fats: 18g, Proteins: 11.8g, Carbohydrates: 51g
Lava cake   120/50g	Calories: 475, Fats: 29.79g, Proteins: 5.95g, Carbohydrates: 43.31g
Cheese cake   125g	Calories: 288, Fats: 12.67 g, Proteins: 11.8g, Carbohydrates: 35.43g
Fruit salad   Vegan   250g	Calories: 120, Proteins: 1.4g, Carbohydrates: 26g
Assorted ice cream   250g	Calories: 40, Fats: 140g, Proteins: 5, Carbohydrates: 60g