

DECLARAȚIE NUTRIȚIONALĂ exprimată per 100 g sau per 100 ml produs									
	Valoare energetică		Proteine	Total Glucide		Total Lipede		Fibre	Sare
				Glucide	din care: zaharuri	Lipide	din care: saturate		
	Kcal	Kj	Grame	Grame	Grame	Grame	Grame	Grame	Grame
<i>Denumire produs</i>									
PRODUSE MESOPOTAMIA									
Piatto mediu	272.96	1142.83	9.56	38.02	2.2	8.62	3.54	2.53	0.48
Box	240.67	1007.64	11.34	28.63	1.29	8.71	3.14	1.2	0.58
Roll Mediu	234.64	982.39	11.16	20.11	1.04	11.42	3.98	3.39	0.52
Donner Mediu	264.36	1106.82	13.08	35.43	3.09	7.44	3.21	1.68	0.63
Cartofi	306.76	1284.34	6.4	29.84	<0.8	17	2.7	4.4	0.41
Panini	277.91	1163.55	9.71	55.3	5.4	1.43	0.12	2.5	0.85
<i>Salate:</i>									
Salata Veggies	208.75	873.99	2.53	37.68	2.35	4.05	0.78	5.73	0.54
Salata Kebab	227.81	953.79	12.27	27.6	1.87	6.83	2.14	3.43	0.57
Salata sunca	187.6	786.07	4.7	31.21	2.07	3.85	0.82	4.64	0.97
Salata ton	204.59	856.57	6.3	30.7	1.9	5.04	0.89	4.64	0.76
<i>Sosuri:</i>									
Sos roșu	49.56	207.5	1.5	9.09	4.4	<0.7	0.1	1.8	0.72
Sos alb	295.42	1236.86	3.15	53.13	3.4	7.7	3.4	0.5	0.32
Sos roz	283.1	1186.2	3.2	51.2	3.2	7.6	3.3	0.5	0.33
Sos picant	58.28	244.19	2.7	9.34	5.3	<0.7	0.1	2.8	1.45
Sos usturoi	295.42	1236.86	3.15	53.13	3.4	7.7	3.4	0.5	0.32
<i>Pizza:</i>									
Pizza Margherita	270.36	1131.94	16.84	30	1.14	9	2.1	1	0.9
Pizza Prosciutto	279	1168.12	15.32	28.43	1.12	11	5.02	2.5	1.18
Pizza tonno e cipolla	234.63	982.35	16.62	26.18	1	6.27	2.12	3.5	1.12
Pizza Vegetala	187.12	783.43	9.76	24.7	1.36	4.32	1.72	5.2	0.86
Pizza prosciutto e funghi	268.92	1125.91	13.52	22.09	0.96	13.52	3.09	2.4	1.17
Pizza Dinamita	266.02	1113.77	15.37	26.49	1.02	10.42	3.11	2.4	1.12
Pizza Prosciutto e salami	255.83	1071.11	15.37	21.93	1.14	11.27	3.12	2.6	1.28
Pizza Mexicana	227.2	951.24	14.57	19.43	1.02	9.6	3.8	2.4	1.37
Pizza Quattro Formaggi	284.26	1190.14	13.01	39.14	1.17	8.14	3.32	1.2	1.29
Pizza Mesocapriciosa	237.86	995.87	13.6	28.26	0.96	7.18	3.1	2.9	1.16
Pizza Mesopotamia	231.53	969.37	15.99	24.04	1.02	7.29	3.15	2.9	1.09
Pizza Kebab	284.03	1189.18	15.96	25.69	0.88	12.43	4.87	2.78	1.34
Pizza Quatro Stagioni	237.86	995.87	13.6	28.26	0.96	7.18	3.1	2.9	1.16
Pizza Funghi	292	1226.4	19.94	30	1.14	9	2.1	2	0.9
Pizza Family standard	252.3	1057.15	15.23	24.98	1	9.54	3.56	2.79	1.21

PRODUSE MESO'S

Băuturi:									
Ice latte	48.52	203.14	2.6	5.93	4.1	1.6	1	<0.5	<0.2
Cappuccino	49.22	206.07	2.8	5.68	4.5	1.7	1.1	<0.5	<0.2
Mocha Ice	55.92	234.13	3	5.16	3.78	3.2	1.2	<0.5	<0.2
Ciocolată caldă	71.2	298.1	1	16.8	15.96	<0.7	<0.1	0.5	0.2
Cappuccino Vienez	71.01	297.6	2.73	6.02	4.95	4	2.73	<0.5	<0.2
Cappuccino Flavor - caramel	108.07	454.3	2.15	21.9	21	1.3	0.846	20.5	<0.2
Cappuccino Flavor - mentă	108.07	454.3	2.15	21.9	21	1.3	0.846	20.5	<0.2
Cappuccino Flavor - scorțisoară	108.07	454.3	2.15	21.9	21	1.3	0.846	20.5	<0.2
Cappuccino Flavor - alune	108.07	454.3	2.15	21.9	21	1.3	0.846	20.5	<0.2
Latte macchiato	49.22	206.07	2.8	5.68	4.5	1.7	1.1	20.5	<0.2
Caffe Latte	49.22	206.07	2.8	5.68	4.5	1.7	1.1	20.5	<0.2
Flat White	49.3	206.5	2.58	3.46	3.46	2.73	1.53	0	<0.1
Tonic Cafe	33.25	139.31	<0.1	7.9	7.9	<0.2	<0.2	0	0
Coffee ice	96.38	403.8	2.9	14.04	14.04	3.08	1.76	0	<0.1
Espresso Macchiato	32.75	137.22	1.7	2.25	2.25	1.72	1	0	<0.1
Espresso Con Panna	145.5	609.6	1.15	4.75	4.75	13.6	13.6	0	<0.1
Espresso Doppio	4	16.76	0.2	0	0	0.4	0	0	0
Espresso	2	8.38	0.1	0	0	0.2	0	0	0
Ristretto	2	8.38	0.1	0	0	0.2	0	0	0
Decaffeinato	9	37.71	0.1	1.69	0	0.18	0	0	14
Limonade:									
Limonada	62.48	261.59	<1	15.62	15.5	<0.7	<0.1	<0.5	<0.2
Mint Lemonade									
Cherry Lemonade									
Passion Fruit Lemonade									
Mango Lemonade									
Fresh-uri:									
Fresh Măr	12.56	52.55	<1	3.14	1.04	<0.7	<0.1	<0.5	<0.2
Fresh Ananas	13.28	55.56	<1	2.27	1.07	<0.7	<0.1	<0.5	<0.2
Fresh grapefruit	24.76	103.6	<1	5.14	1.7	<0.7	<0.1	2.1	<0.2
Fresh Portocale	44.68	186.94	<1	10.12	8	<0.7	<0.1	2.1	<0.2
Fresh Ananas-Portocală	28.98	121.25	<1	6.235	4,535	<0.7	<0.1	1.3	<0.2
Fresh Grapefruit-Ananas	19.02	79.58	<1	3.7	1.385	<0.7	<0.1	1.3	<0.2
Fresh Măr-Ananas	12.92	54.05	<1	2.7	1.05	<0.7	<0.1	<0.5	<0.2
Fresh Portocale Lamâie	34.84	145.9	<1	9.56	5	<0.7	<0.1	1.05	<0.2
Fresh Portocale-Ananas-Lămâie	26.99	113.08	<1	7.6	3.26	<0.7	<0.1	0.65	<0.2
Fresh Portocale-Grapefruit-Ananas	27.57	115.36	<1	5.84	3.59	<0.7	<0.1	1.56	<0.2
Fresh Portocale-Grapefruit	34.76	145.27	<1	7.63	4.85	<0.7	<0.1	2.1	<0.2
Fresh Portocale-Măr	28.62	119.74	<1	6.63	4.52	<0.7	<0.1	1.3	<0.2

Fresh Portocale-Măr-Ananas	23.5	98.46	<1	5.17	3.37	<0.7	<0.1	1	<0.2
Desert:									
Crepes	265.68	1111.6	10.5	33.87	26	9.8	5.4	<0.5	0.5
Crepes - cireșe amare	386	1609.3	10.84	63.55	48.16	9.8	5.4	20.5	0.55
Crepes - Zmeură de pădure	377.5	1579.5	10.68	61.01	44.8	9.8	5.4	20.5	0.55
Crepes - Mure de pădure	378.87	1585.15	10.67	61.48	45.53	9.8	5.4	20.5	0.55
Crepes - Afine	372.78	1561	10.8	60.35	45.66	9.8	5.4	20.5	0.55
Crepes - Fructe de pădure	368.85	1543.15	10.81	58.77	45.78	9.8	5.4	20.5	0.55
Crepes - Vișine	377.8	1580.6	10.83	61.45	51.4	9.8	5.4	20.5	0.55
Crepes - cireșe albe vanilate	379.3	1586.9	10.66	62	50.1	9.8	5.4	20.5	0.55
Crepes - Căpșuni	377.6	1579.5	10.68	61.01	44.8	9.8	5.4	20.5	0.55
Crepes - Gutui	355.98	1495.5	10.51	56.38	46.78	9.8	5.4	20.5	0.55
Crepes - Coacăze negre	369.4	1545.6	10.71	59.5	45.53	9.8	5.4	20.5	0.55
Crepes - Coacăze roșii	372.6	1558.9	10.74	60.24	46.3	9.8	5.4	20.5	0.55
Crepes - Nutella	454.33	1894.8	12.7	53.99	45.7	20.6	9.11	20.5	0.55
Crepes - Nutella și banană	485.48	2039	13.08	61.97	45.7	20.6	9.11	20.5	0.55