

# fasting MENU



Sergiana AFI

## Fasting Snack Platter

700g (2E) \_\_\_\_ 55,00 lei  
eggplant and tomato salad, mashed beans, zacusca,  
black olives

*Calories (100g): 482.67 Kj, 116.36 kCal*

## Mashed beans

200/50g (0E) \_\_\_\_ 18,00 lei  
dried beans, water, white onion, sunflower oil,  
tomato paste, garlic, salt

*Calories (100g): 524.61 Kj, 125.86 kCal*

## Eggplant and Mushroom Zacusca

200g (0E) \_\_\_\_ 22,00 lei  
bell pepper, fresh eggplant, button mushrooms,  
white onion, sunflower oil, tomato paste,  
peppercorns, bay leaves, salt

*Calories (100g): 464.94 Kj, 112.24 kCal*

## Eggplant and Tomato Salad

150/70/30g (0E) \_\_\_\_ 24,00 lei  
fresh eggplant, cherry tomatoes, white onion,  
sunflower oil, salt

*Calories (100g): 346.28 Kj, 83.42 kCal*

## Vegetable Soup

400g (1E) \_\_\_\_ 20,00 lei \*3, 9  
tomatoes, potatoes, cabbage, green peas, pickled  
hot peppers, green beans, tomato paste, white onion,  
sunflower oil, bell pepper, carrot, celery,  
vinegar, green parsley

*Calories (100g): 213.31 Kj, 51.12 kCal*

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## Bean Soup

400g (1E) \_\_\_\_ 20,00 lei \*3, 9  
red onion salad, dried beans, tomatoes,  
bell pepper, tomato paste, white onion, celery, carrot,  
sunflower oil, pickled tarragon, vinegar  
*Calories (100g): 218.94 Kj, 52.05 kCal*

## Mushroom Stew with Polenta

300/200g (1E) \_\_\_\_ 30,00 lei \*3, 5, 9  
polenta, button mushrooms, porcini mushrooms \*,  
oyster mushrooms, tomatoes, white onion, sunflower  
oil, tomato paste, wine, flour, bell pepper, garlic, carrot,  
celery, green parsley, salt  
*Calories (100g): 439.60 Kj, 104.87 kCal*

## Oyster Mushroom Schnitzel

300g (OE) \_\_\_\_ 29,00 lei \*5  
oyster mushrooms, breadcrumbs, flour,  
sunflower oil, salt  
*Calories (100g): 500.57 Kj, 119.75 kCal*

## Braised Cabbage with Polenta

300/200g (OE) \_\_\_\_ 25,00 lei  
cabbage, tomatoes, tomato paste, sunflower oil,  
white onion, green dill, salt, polenta  
*Calories (100g): 432.58 Kj, 103.28 kCal*

## Baked Beans Stew with Pickled Cabbage

300/200g (1E) \_\_\_\_ 28,00 lei \*3, 5, 6, 8, 9, 10  
dried beans, tomatoes, onion, bell pepper, carrot,  
tomato paste, sunflower oil, garlic, salt,  
green parsley, pickled cabbage salad  
*Calories (100g): 333.30 Kj, 79.88 kCal*

## Breaded Button Mushrooms

300g (OE) \_\_\_\_ 27,00 lei \*5  
Button mushrooms, flour, breadcrumbs,  
sunflower oil, salt  
*Calories (100g): 558.39 Kj, 133.29 kCal*

## Apple Pie

150g (OE) \_\_\_\_ 16,00 lei \*5  
apples, flour, sugar, sunflower oil,  
baking soda, salt, ground cinnamon  
*Calories (100g): 351.55 Kj, 84.39 kCal*

### \*Allergens:

1. eggs | 2. milk | 3. celery | 4. fish | 5. gluten | 6. mustard | 7. soy | 8.  
tree nuts | 9. sulfur dioxide or sulfites | 10. sesame seeds

\* - from frozen product