

Relais&Chateaux Le Bistrot Francais

Ingredientele ingrosate contin alergeni (consultati meniul desfasurat)

*Ingredientele marcate cu * provin din ingrediente congelate*

Numarul de aditivi din preparat este marcat prin "E"

Quelques produits d'exception

Jamon iberico de Bellota (155g)

(3E | 1.35g sare | 3.91g zahar)/100g

jamon, Rosii deshidratate, ardei kapia copt, Ardei iute, Ulei de masline

Valori nutritionale / 100g

Valoare energetica: 1088.84 Kj/260.24 Kcal, Grăsimi: 11.19g, Grăsimi saturate: 2.62g, Glucide: 17.57g, Zaharuri: 3.91g, Proteine: 14.46g, Sare: 1.35g

Cecina de Leon Jose Gordon (155g)

(3E | 1.35g sare | 3.91g zahar)/100g

jamon, Rosii deshidratate, ardei kapia copt, Ardei iute, Ulei de masline

Valori nutritionale / 100g

Valoare energetica: 1088.84 Kj/260.24 Kcal, Grăsimi: 11.19g, Grăsimi saturate: 2.62g, Glucide: 17.57g, Zaharuri: 3.91g, Proteine: 14.46g, Sare: 1.35g

Brie a la truffle (204g)

(3E | 1.57g sare | 4.8g zahar)/100g

Brie , Salata, Bagheta frantuzeasca, Miez de nuca, smantana lichida, Crema de branza, Mascarpone, Mustar Dijon, Ulei de masline, Sare, Zahar

Valori nutritionale / 100g

Valoare energetica: 1304.85 Kj/311.87 Kcal, Grăsimi: 21.64g, Grăsimi saturate: 2.68g, Glucide: 20.73g, Zaharuri: 4.8g, Proteine: 8.78g, Sare: 1.57g

Alergeni

Lapte, Fructe cu coajă lemnoasă, Mustar

Foie gras de rata (223g)

(2E | 1.09g sare | 6.28g zahar)/100g

Foie gras, paine, Capsuni, Ananas, Zahar, Sare,

Valori nutritionale / 100g

Valoare energetică: 1152.41 Kj/275.43 Kcal, Grăsimi: 14.28g, Grăsimi saturate: 4.48g, Glucide: 27.09g, Zaharuri: 6.28g, Proteine: 7.27g, Sare: 1.09g

Alergeni

Gluten

Les Entrees

Millefeuille de legume (248g) (4E | 1.71g sare | 1.52g zahar)/100g

Zucchini, Masline, **smantana lichida**, Anghinare, **Branza capra chevre**, Ardei kapia intreg marinat, Rosii, **OREZ**, **parmezan**, Ulei de masline, **Caju**, Sare

Valori nutritionale / 100g

Valoare energetică: 548.54 Kj/131.1 Kcal, Grăsimi: 9.05g, Grăsimi saturate: 3.28g, Glucide: 6.47g, Zaharuri: 1.52g, Proteine: 3.18g, Sare: 1.71g

Alergeni

Lapte, Gluten, Fructe cu coajă lemnoasă

Pizzeta a la Bistrot (123g) (0E | 4.34g sare | 2.43g zahar)/100g

Faina 550, **Mozzarella**, Rosii cherry, **Stracciatella**, Anghinare, Jamon de bellota, Ulei de masline, Zahar,

Valori nutritionale / 100g

Valoare energetică: 1088.63 Kj/260.19 Kcal, Grăsimi: 12.37g, Grăsimi saturate: 6.34g, Glucide: 23.37g, Zaharuri: 2.43g, Proteine: 13.62g, Sare: 4.34g

Alergeni

Gluten, Lapte

Carpaccio langustine (135g) (3E | 1.55g sare | 11.87g zahar)/100g

Langustine, **smantana lichida**, Piure Yuzu, **Lapte**, **Mascarpone**, Ulei de masline, Floare de sare,

Valori nutritionale / 100g

Valoare energetică: 777.04 Kj/185.72 Kcal, Grăsimi: 10.4g, Grăsimi saturate: 4g, Glucide: 12.76g, Zaharuri: 11.87g, Proteine: 10.16g, Sare: 1.55g

Alergeni

Crustacee, Lapte

Oul Perfect (195g)

(1E | 0.49g sare | 0.57g zahar)/100g

Radacina de telina, Paine Briosă, Unt, smantana lichida, Branza Comte, parmezan, Faina 550

Valori nutritionale / 100g

Valoare energetică: 924.67 Kj/221 Kcal, Grăsimi: 14.49g, Grăsimi saturate: 6.9g, Glucide: 16.5g, Zaharuri: 0.57g, Proteine: 5.05g, Sare: 0.49g

Alergeni

Telina, Seminte de susan, Lapte, Gluten

Crema parmezan (160g)

(1E | 0.8g sare | 2.21g zahar)/100g

PAINE, Lapte, smantana lichida, Rosii, parmezan, Sardine, ardei kapia marinat, Avocado, Crema de branza, Unt, Ulei de struguri, Mustar Dijon, Ulei de masline,

Valori nutritionale / 100g

Valoare energetică: 899.29 Kj/214.94 Kcal, Grăsimi: 15.56g, Grăsimi saturate: 5.74g, Glucide: 10.96g, Zaharuri: 2.21g, Proteine: 4.66g, Sare: 0.8g

Alergeni

Seminte de susan, Lapte, Peste, Mustar

Ceapa in 3 texturi (202g)

(1E | 0.17g sare | 0.57g zahar)/100g

Ceapa uscata, smantana lichida, Unt, Faina 550, parmezan,

Valori nutritionale / 100g

Valoare energetică: 901.13 Kj/215.38 Kcal, Grăsimi: 15.72g, Grăsimi saturate: 9.54g, Glucide: 12.06g, Zaharuri: 0.57g, Proteine: 2.87g, Sare: 0.17g

Alergeni

Lapte, Gluten

Tartar de lup cu gambas (160g)

(3E | 1.41g sare | 0.99g zahar)/100g

Lup de mare - peste, smantana lichida, Unt, Castraveti, Creveti Gambas, parmezan, Faina 550, Maioneza, Lapte, Mascarpone, Ulei de masline, Sare,

Valori nutritionale / 100g

Valoare energetică: 951.82 Kj/227.49 Kcal, Grăsimi: 15.38g, Grăsimi saturate: 6.73g, Glucide: 5.68g, Zaharuri: 0.99g, Proteine: 9.04g, Sare: 1.41g

Alergeni

Peste, Lapte, Crustacee, Gluten, Oua, Mustar

Crab Royal (140g)

(6E | 0.18g sare | 3.91g zahar)/100g

Carne de crab, Dovleac placintar, smantana lichida, Morcovi, Mascarpone, Maioneza, Unt,

Valori nutritionale / 100g

Valoare energetica: 901.65 Kj/215.5 Kcal, Grăsimi: 17.07g, Grăsimi saturate: 5.37g, Glucide: 8.16g, Zaharuri: 3.91g, Proteine: 7.86g, Sare: 0.18g

Alergeni

Crustacee, Peste, Lapte, Oua, Mustar

Briose cremoase de malai (140g)

(3E | 0.95g sare | 1.74g zahar)/100g

Smantana 32%, Lapte batut, Malai, pancetta, cascaval afumat, Branza Burduf, Ulei de struguri,

Valori nutritionale / 100g

Valoare energetica: 1129.31 Kj/269.91 Kcal, Grăsimi: 18.99g, Grăsimi saturate: 9.83g, Glucide: 14.81g, Zaharuri: 1.74g, Proteine: 8.5g, Sare: 0.95g

Alergeni

Lapte

Salata du Bistrot (230g)

(0E | 0.19g sare | 0.69g zahar)/100g

Ou fiert, Fenicul, PAINE, Sparanghel, Zucchini, Salata frisee mix, Salata rosie creata, Salata creata, Salata mix, Branza Comte, Ulei de struguri,

Valori nutritionale / 100g

Valoare energetica: 380.62 Kj/90.97 Kcal, Grăsimi: 4.79g, Grăsimi saturate: 0.22g, Glucide: 7.18g, Zaharuri: 0.69g, Proteine: 4.43g, Sare: 0.19g

Alergeni

Oua, Seminte de susan, Telina, Lapte

Les Plats

Lup de mare gatit in stil basc (260g)

(2E | 0.15g sare | 0.87g zahar)/100g

Lup de mare - peste, Ou fiert, Sparanghel, Morcov, Zucchini, Pesmet panko, Vinete, Ulei de masline, Ulei de struguri, Faina, Unt

Valori nutritionale / 100g

Valoare energetică: 809.29 Kj/193.43 Kcal, Grăsimi: 13.5g, Grăsimi saturate: 1.62g, Glucide: 8.86g, Zaharuri: 0.87g, Proteine: 9.18g, Sare: 0.15g

Alergeni

Peste, Oua, Gluten, Lapte

Piept de porc mangalita (250g) (1E | 2.41g sare | 1.05g zahar)/100g

Cartofi, porc mangalita, **Lapte**, **Unt**, **smantana lichida**, **Castraveti Murati**, Ridiche, Sfecla rosie, Morcovi, **Crema de branza**, Ulei de masline, **Capere**, Ulei de struguri,

Valori nutritionale / 100g

Valoare energetică: 764.52 Kj/182.73 Kcal, Grăsimi: 12.99g, Grăsimi saturate: 5.9g, Glucide: 7.14g, Zaharuri: 1.05g, Proteine: 9.49g, Sare: 2.41g

Alergeni

Lapte, Mustar, Dioxidul de sulf si sulfiții

Supreme de pui de Bresse (260g) (1E | 3.66g sare | 0.55g zahar)/100g

piept pui bresse, Cartofi, **smantana lichida**, **Ou**, **semola**, Foie gras, **Unt**, Ulei de struguri

Valori nutritionale / 100g

Valoare energetică: 692.69 Kj/165.56 Kcal, Grăsimi: 10.53g, Grăsimi saturate: 3.37g, Glucide: 6.97g, Zaharuri: 0.55g, Proteine: 9.99g, Sare: 3.66g

Alergeni

Lapte, Oua, Gluten

Peste Saint Pierre cu calamari (260g) (0E | 0.15g sare | 2.11g zahar)/100g

Peste, Anghinare, **Unt**, **Calamari**, Patrunjel verde, ardei kapia marinat, Rosii, **Alune de padure**, Ulei de masline,

Valori nutritionale / 100g

Valoare energetică: 664.36 Kj/158.79 Kcal, Grăsimi: 11.11g, Grăsimi saturate: 4.35g, Glucide: 8.86g, Zaharuri: 2.11g, Proteine: 6.43g, Sare: 0.15g

Alergeni

Peste, Lapte, Moluste, Fructe cu coajă lemnoasă

Homar de Bretagne rotisat (260g)

(1E | 0.27g sare | 0.93g zahar)/100g

Homar, Zucchini, Malai, Fenicul, **Lapte** , smantana lichida, parmezan, **Unt**,

Valori nutritionale / 100g

Valoare energetică: 741.11 Kj/177.13 Kcal, Grăsimi: 9.48g, Grăsimi saturate: 5.38g, Glucide: 10.93g, Zaharuri: 0.93g, Proteine: 8.73g, Sare: 0.27g

Alergeni

Crustacee, Peste, Lapte

Miez de Saint Jacques (235g)

(2E | 0.68g sare | 0.77g zahar)/100g

scoici saint jacques, Dovleac placintar, Clementine, Morcovi, **Unt**,

Valori nutritionale / 100g

Valoare energetică: 363.29 Kj/86.81 Kcal, Grăsimi: 5.23g, Grăsimi saturate: 3.55g, Glucide: 7.19g, Zaharuri: 0.77g, Proteine: 4.26g, Sare: 0.68g

Alergeni

Crustacee, Lapte

File de vita Simmental (260g)

(1E | 0.04g sare | 0.66g zahar)/100g

Vita file, Sparanghel, Ciuperci morilles, **smantana lichida**, **Branza Comte**, Ulei de struguri,

Valori nutritionale / 100g

Valoare energetică: 662.5 Kj/158.34 Kcal, Grăsimi: 9g, Grăsimi saturate: 2.47g, Glucide: 2.63g, Zaharuri: 0.66g, Proteine: 14.5g, Sare: 0.04g

Alergeni

Lapte

File de vita Wagyu (200g)

(0E | 0.01g sare | 0.4g zahar)/100g

File de vita, Porumb, Morcovi, Zucchini, **Unt**, Ulei de struguri

Valori nutritionale / 100g

Valoare energetică: 534.97 Kj/127.86 Kcal, Grăsimi: 6.39g, Grăsimi saturate: 1.89g, Glucide: 2.59g, Zaharuri: 0.4g, Proteine: 14.66g, Sare: 0.01g

Alergeni

Lapte

Antricot de vita Angus (300g) **(0E | 0g sare | 0g zahar)/100g**

Antricot de vita, Unt, Ulei de struguri

Valori nutritionale / 100g

Valoare energetică: 1084.44 Kj/259.19 Kcal, Grăsimi: 21.46g, Grăsimi saturate: 8.33g, Glucide: 0g, Zaharuri: 0g, Proteine: 16.53g, Sare: 0g

Alergeni

Lapte

Les Accompagnements

Cartofi prajiti taiati grosi (150g) **(0E | 5.29g sare | 0g zahar)/100g**

Cartofi, Ulei floarea soarelui

Valori nutritionale / 100g

Valoare energetică: 719.41 Kj/171.94 Kcal, Grăsimi: 11.83g, Grăsimi saturate: 1.06g, Glucide: 15.44g, Zaharuri: 0g, Proteine: 1.76g, Sare: 5.29g

Piure de cartofi a la Bistrot (180g) **(0E | 3.36g sare | 1g zahar)/100g**

Cartofi, Lapte , Unt

Valori nutritionale / 100g

Valoare energetică: 784.73 Kj/187.56 Kcal, Grăsimi: 15.28g, Grăsimi saturate: 10.44g, Glucide: 10.72g, Zaharuri: 1g, Proteine: 1.96g, Sare: 3.36g

Alergeni

Lapte

Legume a la plancha (170g) **(0E | 0g sare | 1.39g zahar)/100g**

Ardei gras, Zucchini, Ceapa rosie, Ulei de masline

Valori nutritionale / 100g

Valoare energetică: 294.36 Kj/70.35 Kcal, Grăsimi: 6.05g, Grăsimi saturate: 0.04g, Glucide: 3.58g, Zaharuri: 1.39g, Proteine: 1.02g, Sare: 0g

Salata sucrine cu dressing de nuci coapte (130g) **(0E | 0.24g sare | 2.94g zahar)/100g**

Salata creata rosie si verde, Salata sucrine, Miez de nuca, Ulei de masline, Mustar Dijon,

Valori nutritionale / 100g

Valoare energetică: 541.04 Kj/129.32 Kcal, Grăsimi: 11.48g, Grăsimi saturate: 0.09g, Glucide: 4.13g, Zaharuri: 2.94g, Proteine: 3.51g, Sare: 0.24g

Alergeni

Telina, Fructe cu coajă lemnoasă, Mustar

Ardei Padron (150g) (0E | 0g sare | 1.22g zahar)/100g

Ardei Padron,

Valori nutritionale / 100g

Valoare energetică: 105.91 Kj/25.31 Kcal, Grăsimi: 0.72g, Grăsimi saturate: 0.16g, Glucide: 4.78g, Zaharuri: 1.22g, Proteine: 0.84g, Sare: 0g

Les Desserts

Brioche perdue (190g) (1E | 0.08g sare | 14.64g zahar)/100g

Ou, smantana lichida, Lapte , Zahar, Unt, FAINA,

Valori nutritionale / 100g

Valoare energetică: 1052.22 Kj/251.49 Kcal, Grăsimi: 15.89g, Grăsimi saturate: 8.88g, Glucide: 21.4g, Zaharuri: 14.64g, Proteine: 5.35g, Sare: 0.08g

Alergeni

Oua, Lapte, Gluten

Ciocolata (170g) (2E | 0.12g sare | 28.45g zahar)/100g

smantana lichida, Lapte , Zahar, ciocolata cu lapte, CIOCOLATA NEAGRA, Unt, FAINA,

Valori nutritionale / 100g

Valoare energetică: 1258.02 Kj/300.67 Kcal, Grăsimi: 17.78g, Grăsimi saturate: 11.19g, Glucide: 31.41g, Zaharuri: 28.45g, Proteine: 3.36g, Sare: 0.12g

Alergeni

Lapte, Soia, Gluten

Tarta de lamaie kalamansi (180g) (1E | 0.07g sare | 14.69g zahar)/100g

Ou, Grapefruit, Zahar, FAINA, Smantana, smantana lichida, Lapte , Unt,

Valori nutritionale / 100g

Valoare energetică: 995.64 Kj/237.97 Kcal, Grăsimi: 12.35g, Grăsimi saturate: 6.09g, Glucide: 25.74g, Zaharuri: 14.69g, Proteine: 5.65g, Sare: 0.07g

Alergeni

Oua, Gluten, Lapte

Crema de topinambur (150g) (1E | 0.06g sare | 22.78g zahar)/100g

smantana lichida, Topinambur, Zahar, **Alune de padure**, Ciocolata alba, **FAINA**, **Unt**,

Valori nutritionale / 100g

Valoare energetică: 1432.94 Kj/342.48 Kcal, Grăsimi: 22.83g, Grăsimi saturate: 9.73g, Glucide: 30.73g, Zaharuri: 22.78g, Proteine: 4.9g, Sare: 0.06g

Alergeni

Lapte, Fructe cu coajă lemnoasă, Gluten