

CAFÉ · BRASSERIE



December Edition, 2023

# APPETIZERS FINGER FOOD

## CHICKEN FINGERS 250G/40G

32 LEI

Gólden-crumbed strips of chicken breast (200g) served with a delicious garlic mayonnaise (40g), BBQ or mustard (40g) and honey dip (40g). ALLERGENS: GLUTEN, EGG, SULPHITE, MUSTARD.

CALORIES: 273 P 18,6G C 16,1G S 1,1G F 14G SF 3,6G SA 285MG E.1

## LABNEH 220G

**25 LEI** 

A fine yogurt cream (150g), served with olives, cherry tomatoes, chickpeas and pita (55g).

ALLERGENS: MILK, GLUTEN, SESAME

CALORIES: 240 P 11G C 19,1G S 1G F 6,1G SF 2G SA 112MG



## FALAFEL 120G

**25 LEI** 

Chickpea rissoles (150g) served with a sesame sauce (35g) and with Arabian flat bread.

ALLERGENS: GLUTEN, SESAME, MILK.

CALORIES: 244 P 7,6G C 26G S 2G F 12,4G SF 2G SA 260MG



## TABBOULEH 120G

**22 LEI** 

Refreshing salad with an intense taste of parsley leaves (85g), lemon and mint, served with Arabian flat bread (55g).

ALLERGENS: GLUTEN.

CALORIES: 164 P 4G C 21G S 2G F 6G SF 0,6G SA 280MG



## **HUMMUS** 220G

**29 LEI** 

Chickpea puree (150g) with sesame paste and lemon juice, served with hot peppers, pickled onions, baked chickpeas and pita (55g).
ALLERGENS: SESAME, GLÜTEN.

CALORIES: 268 P 9G C 23G S 1G F 16.5G SF 2G SA 127MG



## BAKED EGGPLANT AND GOAT CHEESE 180G

**30 LEI** 

Baked eggplant (115g) served with tahini sauce (70g), goat cheese (30g), and Harissa sauce.

ALLERGENS: MILK, SESAME.

CALORIES: 150 P 7,6G C 26G S 2G F 6G SF 0,8G SA 260MG



### BABA GHANOUSH 150G

**32 LEI** 

Eggplant salad\* (150g) lavoured with olive oil and sesame paste, served with fresh tomatoes and toast (140g).

ALLERGENS: GLUTEN, SESAME.

CALORIES: 375 P 7G C 25G S 5,5G F 32G SF 4,5G SA 560MG



## **GRILLED CAULIFLOWER WITH TAHINI 200G**

25 LEI

Baked cauliflower (150g) served with tahini sauce (50g), roasted pistachios and pomegranate seeds.

ALL FRGENS: SUSAN.

CALORIES: 210 P 7G C 25G S 1,2G F 4,57G SF 2G SA 260MG

## **LOADED FRIES 350G**

**33 LEI** 

A mix of fried potatoes (200g) with pancetta (30g), Cheddar cheese sauce (60g), jalapenos roasted in the oven with 2 types of cheese (40g) and a mac sauce (40g).

ALLERGENS: GLUTEN, MILK, EGG, MUSTARD CALORII: 312 P 18,6G C 15,2G S 2,1G SF 3,8G SA 295MG E1



## **EGGPLANT SALAD 150G**

**32 LEI** 

Eggplant salad\* (150g) with mayonnaise (40g), served with fresh tomatoes (50g) and toast (140g).

ALLERGENS: GLUTEN, EGG.

CALORIES: 415 P 7G C 25G S 5.5G F 32G SF 4.5G SA 560MG



## **ARABIAN PLATE 600G**

70 I FI

Hummus (125g), falafel (150g), tabbouleh (50g), baba ghanoush (70g), muhammara (50g), labneh (50g), baked cauliflower (50g), olives (30g) served with Arabic paste (110g).

ALLERGENS: GLUTEN, NUTS, SESAME, MILK.

CALORIES: 209 P 5,5G C 15,5G S 1,5G F 14,5G SF 2G SA 261MG

## CHEESE PLATE (FOR TWO) 400G

120 LEI

Camembert (70g), Grana Padano (50g), Gorgonzola dolce (50g), goat chéese (70g), walnuts (20g), dried apricots (20g), apple and grapes (130g).

ALLERGENS: MILK, NUTS.

CALORIES: 320 P 13G C 12G S 10,25G F 24G SF 11G SA 343MG

## ITALIAN PLATE (FOR TWO) 500G

**120 LEI** 

A delicious Italian plate with Prosciutto crudo (35g), Grana Padano (40g), Ventricina salami (100g), Milano salami (50g), Pancetta (50g), Buffala cheese (60g), măsline (100g), rucola, cherry tomatoes and Bruschetta (150g).

ALLERGENS: GLUTEN, MILK.

CALORIES: 356 P 20G C 21G S 3G F 23G SF 9G SA 860MG

P PROTEINS C CARBOHYDRATES S SUGAR F FAT SF SATURATED FAT SA SALT

\* FROZEN PRODUCT

MUSIQUE de DESIRE

## HOT STARTERS

## **CHICKEN QUESADILLA 340G**

**49 LEI** 

Flour tortilla (80g) filled with Mozzarella (20g) and Cheddar (20g), tomatoes (50g), chicken (100g) grilled and served with a salsa sauce (40g), guacamole (40g) and sour cream (40g).

ALLERGENS: GLUTEN, MILK.

CALORIES: 293 P 16G C 14G S 2,1G F 20G SF 6,5G SA 462MG E3



## **CHILLI SHRIMPS** 200G

**44 LEI** 

Shrimps\* (80g) in a white wine and chilli sauce, garlic and parsley, served with toast (100g).

ALLERGENS: SULPHITE, SHELLFISH, GLUTEN.

CALORIES:152 P 7G C 7.1G S 2G F 12,5G SF 4G SA 149MG

## **SMASHED BEEF QUESADILLA** 500G

**49 LEI** 

Flour tortilla (100g) filled with freshly minced beef (160g), Cheddar cheese (40g), onions, cucumbers, iceberg lettuce (30g), tomatoes (50g) served with fries (250g) and Mac sauce.

ALLERGENS: GLUTEN, MILK, EGG, MUSTARD.

CALORIES:304 P 12,5G C 22G S 5,75G F 18,7G SF 6G SA 356MG E2

## FISH & CHIPPS 450G

**45 LEI** 

Cod fish\* (200g) in a beer batter, served with fried potatoes (200g) and tartar sauce (50g).

ALLERGENS: FISH, GLUTEN, EGG, MUSTARD.

CALORIES: 242 P 16G C 16G S 1,2G F 19,3G SF 6G SA 264MG E2

## soufs



## GOULASH SOUP 400G

**32 LEI** 

Soup with beef cubes, potatoes, onions, caraway seeds and paprika (320g), served with mayo bread (80g).

ALLERGENS: GLUTEN.

CALORIES: 111 P 4,7G C 16G S 2,1G F 1,58G SF 0,6G SA 277MG

## DAILY SOUP 300G

**25 LEI** 

Ask the waiter for our selection.

# PASTA



## SPICY MUSHROOM TAGLIATELLE 250G

**34 LEI** 

Tagliatelle (100g), with olive oil, garlic, pepperoncini and sautéed mushrooms (200g).

ALLERGENS: GLUTEN, EGG, SULPHITE.

CALORIES: 182 P 5G C 24G S 1G F 7G SF 1G SA 292MG

## **TAGLIATELLE QUATRO FORMAGI** 250G & PROSCIUTTO

**49 LEI** 

Pasta (100g) with a sauce from four kinds of fine cheeses, cooked with Prosciutto (40g), and served with rucola and Parmigiano (20g).

ALLERGENS: GLUTEN, EGG, MILK.

CALORIES: 334 P 15G C 18G S 1G F 23G SF 13G SA 454MG E.3

## **ZUCCHINI CARBONARA** 300G

**42 LEI** 

Penne pasta (100g), in a clasic sauce with bacon, zucchini and freshly Grana Padano (80g).

ALLERGENS: GLUTEN, EGG, MILK.

CALORIES: 351 P 13G C 25G S 1,3G F 22G SF 10G SA 663MG E3



P PROTEINS C CARBOHYDRATES S SUGAR F FAT SF SATURATED FAT SA SALT \* FROZEN PRODUCT

## **SPAGHETTI BOLOGNESE** 250G

**39 LEI** 

Spaghetti pasta (100g) served with Bolognese sauce made from beef and vegetables (100g) and Grana Padano (50g).

ALLERGENS: GLUTEN, MILK.

CALORIES: 230 P 7,7G C 25G S 4G F 10G SF 3,7G SA 306MG E2



## SPAGHETTI POMODORO 250G

**34 LEI** 

Spaghetti pasta (100g) served in a tomato sauce (100g) with a mixture of breadcrumbs with basil and Grana Padano.

ALLERGENS: GLUTEN, MILK.

CALORIES: 153 P 4G C 21G S 3,6G F 4G SF 0,2G SA 229MG

## **TORTELLINI AL FORNO 250G**

**34 LEI** 

Tortellini pasta\* (160g) filled with cheese, oven-grated in a tomato sauce with Grana Padano (100g).

ALLERGENS: GLUTEN, MILK.

CALORIES: 121 P 2,8G C 16G S 0,31G F 5,3G SF 3,1G SA 85MG



## BURGERS & SANDWICHES



## FALAFEL BURGER 400G

**40 LEI** 

A delicious burger with hummus (20g), falafel (120g), tabbouleh, tahini with yogurt (20g), served in a soft sesame bun (75g) with potato chips\* (200g).

ALLERGENS: GLUTEN, SESAME, MILK.

CALORIES: 185 P 3,5G C 10,5G S 1,5G F 7,5G SF 2G SA 261MG



## BEYOND® BURGER 400G

57 LEI

A delicious plant-based burger\* (113g), overed with a vegan mayonnaise (20g), onion, fresh tomato and cucumber, served in a vegan bun\* (75g) with French fries.\* (200g).

ALLERGENS: GLUTEN, SESAME.

CALORIES: 304 P 8G C 41G S 5G F 14G SF 2G SA 489MG E2

## SPECIAL TOULOUSE BURGER 450G

**57 LEI** 

Freshly minced beef (160g) cooked as ordered, topped with Cheddar cheese (20g) and crispy bacon, served in sesame seeded bun\*(75g) with Coleslaw salad (180g) and French fries\* (200g).

ALLERGENS: GLUTEN, SESAME, EGG, MUSTARD.

CALORIES: 281 P 12,5G C 32G S 5,75G F 16G SF 6G SA 356MG E1

## **MEXICAN BURGER** 450G

**57 LEI** 

Fresh beef (160g) cooked as desired, covered with Cheddar cheese, (20g), Jalapeños, guacamole, salsa sauce, served in sesame seeded bun\* (75g) and French fries.\* (200g).

ALLERGENS: GLUTEN, SESAME, SULPHITE.

CALORIES: 311 P 11,5G C 22G S 3,5G F 18,7G SF 5,2G SA 507MG E1

### BIG BLUE BURGER 450G

**57 LEI** 

A delicious burger with beef (160g), with Gorgonzola (40g), covered with caramelized onions, (20g), tomatoes, served in sesame seeded bun\* (75g) with mustard sauce, Coleslaw salad (180g) and French fries\* (200g).

ALLERGENS: GLUTEN, SESAME, MILK, EGG, MUSTARD.

CALORIES: 281 P 512,5G C 32G S 5,75G F 16G SF 6G SA 356MG E1

## **CROQUE-MONSIEUR** 450G

**40 LEI** 

A French classical sandwich of toast bread (50g), Emmentaler (20g), Mozzarella (40g) and ham (40g) coated in egg mixture and fried, served with Coleslaw salad (180g) and French fries\* (150 g).

ALLERGENS: MILK, EGG, GLUTEN, MUSTARD: CALORIES: 331 P 16G C 12G S 3G F 21G SF 10G SA 646MG

## **CROQUE-MADAME** 450G

40 LEI

A French classical sandwich of toast bread (50g), Emmentaler (20g) and ham (40 g), fried and served with a fried egg (45g), on top with Coleslaw salad (180g) and French fries\* (150g).

ALLERGENS: MILK, EGG, GLUTEN, MUSTARD.

CALORIES: 334 P 12,6G C 2G \$ 2,3G F 23,1G SF 10G SA 702MG

## SALADS

## DUCK SALAD 350G

55 LEI

A mixture of lettuce (40g), duck confit (180g), Gorgonzola (50g), pears (30g) and tomatoes (40g), served with walnut and red wine vinegar vinaigrette (20g).

ALLERGENS: MUSTARD, NUTS, SULPHITE.

CALORIES: 337 P 16,3G C 16G S 4,6G F 26G SF 6,2G SA 540MG

## CAESAR SALAD 350G

**49 LEI** 

Crunchy lettuce (50g) dressed with Caesar classical sauce (40g), served with croutons (20g), Grana Padano (20g) and grilled chicken breast (150g).

ALLERGENS: MILK, FISH, GLUTEN.

CALORIES: 142 P 12G C 4G S 1G F 9G SF 2G SA 350MG E3

## GREEK SALAD 300G

39 LEI

A mixture of tomatoes (50g), cucumbers (70g), onions (20g), peppers (70g), olives (40g) served with feta cheese (40g), dressed with a specific sauce of olive oil and lemon juice and seasoned with oregano in the Mediterranean style.

ALLERGENS: MILK.

CALORIES: 281 P 12,5G C 32G S 5,75G SF 16G SF 6G SA 356MG



## LABNEH DIP WITH ROASTED VEGETABLES 300G 25 LEI

A mix of cooked vegetables, cauliflower (70g), sweet potato, carrot, broccoli (30g), beetroot (30g), served with Labneh, pickled onions and pomegranate seeds.

ALLERGENS: GLUTEN, MILK.

CALORIES: 191 P 5,3G C 14G S 1,2G F 4,5G SF 0,8G SA 161MG

## **BUDDHA BOWL 250G**

**45 LEI** 

Salad mix, pea puree\* (60g), cherry tomatoes (20g), beetroot (20g), broccoli (20g), fried chickpeas (20g) and avocado (40g).

ALLERGENS: N/A.

CALORIES: 106 P 3,25G C 14G S 2G F 4,5G SF 0,8G SA 163MG



# MAIN COURSE

## **BEEF SHORT RIBS** 700G

85 LEI

Beef ribs\* sous vide (550g) finished in the oven, served with garlic mashed potatoes (200g).

ALLERGENS: MILK

CALORIES: 283 P 44.2G C 37G S 2G F 43G SF 21G SA 362MG E1

## **GARLIC CHICKEN BREAST** 500G

**57 LEI** 

Chicken breast (250g), cooked in the oven, served with baked potatoes (250g), broccoli (60g) and cream sauce with paprika and garlic (50g).

ALLERGENS: MILK, GLUTEN.

CALORIES: 257 P 14G C 24G S 0.5G F 11G SF 2G SA 319MG

## PORK SIRLOIN FORESTIER 400G

**59 LEI** 

Pork sirloin (250g) served with a mushroom sauce (60g), hot potatoes salad (250g) with onion and Pancetta.

ALLERGENS: MILK.

CALORIES: 206 P 9.4G C 12.6G S 1.6G F 13G SF 5.6G SA 312MG E2

## CHICKEN FAJITA 350G

**50 LEI** 

Mexican specialty of chicken (200g), and vegetables stir fried in a pan (220g), and served on a hot platter with a salsa sauce (40g), a guacamole dip (40g), Mozzarella (30g), Jalapeño peppers and sour cream (40g).

ALLERGENS: GLUTEN, MILK.

CALORIES: 281 P 12.5G C 32G S 5.75G F 16G SF 6G SA 356MG E3

### PORK BELLY AND SWEET POTATOES 400G

60 LEI

Pork belly\* sous vide (180g) flavored with spices, baked in the oven, served with a sweet potato cream (250g) and fried onions.

ALLERGENS: MILK.

CALORIES: 203 P 8,9G C 11,2G S 1,8G F 13G SF 5,6G SA 302MG



## **VEGGIE FAJITA 250G**

45 LEI

Vegetarian specialty with bell peppers (80g), onions (100g), zucchini (80g), mushrooms (200g), chilly, roasted in olive oil and served on a hot plate with salsa (40g), Jalapeño and guacamole sauce (40g).

ALLERGENS: GLUTEN, MILK.

CALORIES: 144 P 4G C 16,3G S 2,7G F 7,7G SF 1G SA 183MG E3

## **COTTAGE PIE 350G**

**45 LEI** 

Minced beef slowly cooked with vegetables (150g), covered with mashed potatoes and gratin in the oven.

ALLERGENS: MILK, EGG.

CALORIES: 281 P 42,5G C 32G S 1G F 46G SF 22G SA 356MG

## WIENER SCHNITZELL 400G

**50 LEI** 

Chicken or pork schnitzel (200g) served with French fries\* (200g).

ALLERGENS: GLUTEN, EGG.

CHICKEN CALORIES: 257 P 14G C 24G S 0,5G F 11G SF 2G SA 319MG E1
PORK CALORIES: 302 P 14G C 25G S 0,5G F 17,7G SF 5,2G SA 400MG E1

## CASSOULET 400G

40 LEI

French specialty cooked in the oven from white beans (200g) and pork sausage (100g), tomato sauce, garlic, carrot and spices, served with toasted bread (100g)

ALLERGENS: GLUTEN.

CALORIES: 292 P 44,2G C 31G S 1,8G F 43G SF 21G SA 292MG

## **BEEF TARTAR 380G**

**56 LEI** 

The famous steak tartare made from freshly minced beef (180g), seasoned and served raw with green salad (20g), capers, pickled, gherkins and potato chips (200g).

ALLERGENS: GLUTEN, SULPHITE.

CALORIES: 281 P 12,5G C 32G S 5,75G F 16G SF 6G SA 356MG

## SLOW COOKED BEEF CHEEKS 500G

80 I FI

Beef cheeks\* sous vide (250g) cooked with vegetables, served with mashed potatoes (250g) and wine sauce.

ALLERGENS: MILK, SULFITES.

CALORIES: 283 P 44,2G C 37G S 2G F 43G SF 21G SA 362MG E1

## MADEMOISELLE BUTTERFLY DUCK LEG 300G 60 LEI

Duck leg (180g) confit in duck fat, served with red cabbage (175g) and potato croquettes.\* (40g).

ALLERGENS: GLUTEN, EGG.

CALORIES: 241 P 10G C 8G S 8G F 19G SF 6G SA 229MG



## PINK SALMON STEAK 400G

92 LEI

Grilled pink salmon fillet\* (250g), served with delicious lemon sauce (40g), parsley and capers, alongside potatoes (200g).

ALLERGENS: FISH, MILK.

CALORIES: 284 P 14G C 16G S 1G F 19G SF 6G SA 264MG

## WHISKEY GLAZED RIBS 680G

**70 LEI** 

Pork ribs\* (450g) marinated and cooked in the oven in a honey and whiskey sauce, served with wedges\* (200g) and Coleslaw salad (150g).

ALLERGENS: EGG, SULPHITE.

CALORIES: 191 P 12G C 62G S 2G F 12G SF 3G SA 288MG

## SWEET POTATO AND CHICKPEA CURRY 350G 45 L

A vegan chickpea curry sauce (280g), sweet potato (60g), green peas (50g), rice (30g) and coconut milk, served with Naan bread (80g).

ALLERGENS: GLUTEN.

CALORIES: 117 P 3,66G C 16G S 4,39G F 3,66G SF 2,2G SA 177MG



# SIDES

## FRIED POTATOES\* 200G 12 LEI

CALORIES: 212 P 2G C 7,5G S 0G F 22G SF 2,5G SA 362MG

## FRIED SWEET POTATOES\* 200G 17 LEI

CALORIES: 212 P 2G C 27,5G S 0G F 11G SF 2,5G SA 362MG E2

## **MASHED POTATO 200G 12 LEI**

CALORIES: 210 P 2,5G C 25G S 1G F 12G SF 7G SA 340MG

## POTATO CHIPS 120G 12 LEI

CALORIES: P 12,5G C 32G S 5,75G F 16G SF 6G SA 356MG E1

## **GRILLED VEGETABLES 200G 19 LEI**

CALORIES: 40 P 2,5G C 8,5G S 4,5G F 0,5G SF 0G SA 6MG



P PROTEINS C CARBOHYDRATES S SUGAR F FAT SF SATURATED FAT SA SALT \* FROZEN PRODUCT

# DESERT

26 LEI

140G

Delicious homemade apple pie (140g) with runtz, served warm, with vanilla ice cream (70g) and caramel sauce.

ALLERGENS: MILK, GLUTEN.

CALORIES: 305 P 3G C 37G S 26G F 17G SF 8G SA 135MG

140G

140G The delicious Italian dessert of mascarpone cream (90g) and pistachio cream, eggs (20g), sugar (20g), served with Amaretti and pistachio biscuits.

ALLERGENS: MILK, GLUTEN.

CALORIES: 246 P 4G C 20G S 2G F 6G F 0,1G A 280MG

## VEGAN BROWNIE

140G

140G Negresa with cocoa powder (100g), peanut butter and berries, served with fruit sorbet.

ALLERGENS: GLUTEN, PEANUTS. CALORIES: 306 P 4,1G C 57G S 39,5G F 10,9G SF 1,3G SA 222MG

140G

140G Chocolate fondant (60g), served with vanilla ice cream (70g) and chocolate sauce.

ALLERGENS: MILK, GLUTEN, EGG.

CALORIES: 358 P 7G C 61G S 30G F 10G SF 2G SA 325MG

### ALLERGEN LIST

As per Directive 2000/13/EC of the European Parliament and of the Council of 20 March 2000 food related allergens fall under the following categories:

- 1. Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats and derivates;
- 2. Crustaceans and derivates;
- 3. Eggs and derivates;
- 4. Fish and derivates:
- 5. Peanuts and derivates;
- 6. Soybeans and derivates:
- 7. Milk (including lactose) and derivates;
- 8. Nuts; namely almonds (Amydalus communis L.), hazelnuts (Corylus avellana), walnuts (luglas regia), cashews (Anacardium occidentale), pecan nuts [Caraya illinoiesis (Wangenh.) K. Koch)], Brazilian nuts (Bertholletia excelsa), pistachio nuts (Pistacia vera), macadamia or Queensland (Macadamia ternifolia) nuts and derivates;
- 9. Celery and derivates;
- 10. Mustard and derivates;
- 11. Sesame seeds and derivates:
- 12. Sulphur dioxide/sulphites, where added and at a level above 10mg/kg or 10mg/L in the finished product. This can be used as a preservative in dried fruit;
- 13. Lupin and derivates;
- 14. Molluscs and derivates.

Products derived from frozen products: Green beans, French fries.







PIAȚA UNIRII 12 CLUJ-NAPOCA - 40015 - RO --REZERVĂRI: +4(0)730 112 354 WWW.TOULOUSE.RO