



Restaurant Pokeful

Intrarea Tudor Stefan nr 9, Bucuresti

Informatii Nutritionale si Alergeni



Informatii Nutritionale

Valoarea energetica si macronutrienti

Boluri Poke

Portie medie - 350g

Portie mare - 500g

Fiecare preparat bol poke este compus din baza (la alegere), sos (la alegere) si ingrediente principale.

Baza

Produs (Baza)	Portie medie (grame)	Calorii (kcal)	Proteina (g)	Carbohidrati (g)	Grasimi (g)	Portie mare (grame)	Calorii (kcal)	Proteina (g)	Carbohidrati (g)	Grasimi (g)
Orez sushi	140	182	3.36	40.6	0.28	180	234	4.32	52.2	0.36
Orez Integral	140	156.8	3.22	32.9	1.12	180	201.6	4.14	42.3	1.44
Quinoa	140	200.2	7	36.4	3.08	180	257.4	9	46.8	3.96
Salata	60	10.2	0.9	1.92	0.144	80	13.6	1.2	2.56	0.192
Cartofi dulci prajiti	120	339.6	1.92	27.6	25.2	140	396.2	2.24	32.2	29.4

Sosul

Produs	Portie medie (ml)	Calorii (kcal)	Proteina (g)	Carbohidrati (g)	Grasimi (g)	Portie mare (ml)	Calorii (kcal)	Proteina (g)	Carbohidrati (g)	Grasimi (g)
Sos de avocado	30	42	0.3	1.2	4.8	40	56	0.4	1.6	6.4
Sos de ierburi	30	225	0	1.05	27	40	300	0	1.4	36
Sos tahini	30	216	6	4.5	18.9	40	288	8	6	25.2
Sos Chipotle	30	195	0.3	0.9	3	40	260	0.4	1.2	4
Sriracha	30	24	0.6	4.8	0.15	40	32	0.8	6.4	0.2
Sriracha Mayo	30	84.3	0.3	7.8	5.7	40	112.4	0.4	10.4	7.6
Sos de iaurt si mustar	30	36	1.65	2.85	1.5	40	48	2.2	3.8	2
Sos unagi	15	31.3	0	7.5	0	20	41.8	0	10	0
Sos soia light	15	16.05	1.5	1.05	0	20	21.4	2	1.4	0
Chimichurri	30	225	0	1.2	27	40	300	0	1.4	36

1. Ocean Poke

Ingrediente: **Somon marinat** (100/120 g) - capere, marar, lamaie, ulei de masline, sare - (***peste**), **ton marinat** (100/120g) - sos de soia light, susan, ceapa verde, zahar brun, ghimbir - (***peste, soia, gluten, susan**), **alge wakame** (40/50g) (77% alge marine, 10% marinata (zahar, fructoza, ulei de susan, sare, otet de orez, sos soia), sos chili (chili, sare, ulei soia, ulei susan), chili, coloranti (E102, E133), 6% ciuperci uscate urechi de lemn, 6% agent de ingrosare AgarAgar, 1% susan) (***susan, soia, gluten**), **avocado** (30/40 g), **edamame** (25/50g) (***soia**), **rosii cherry** (35/50g), **ceapa verde** (10/15g), **mango** (30/50g), **ceapa crocanta** (10/15g) (ceapa, ulei de palmier, faina, sare) (***sulfiti, gluten**)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 498.8 kcal

Proteine 33.47 g

Carbohidrati 21.51 g

Grasimi 22.225 g

Portie mare

Calorii 720.8 kcal

Proteine 45.17 g

Carbohidrati 32.71 g

Grasimi 30.73 g

2. Tuna Poke

Ingrediente: **Ton marinat** (100/120g) - sos de soia light, susan, ceapa verde, zahar brun, ghimbir murat (ghimbir, apa, sare, sorbat de potasiu, acid citric, acid acetic, aspartan, sucraloza) - (***peste, soia, gluten, susan**), **avocado** (30/40 g), **castraveti** (20/30g), **spanac** (15/25g), **morcovi** (15/25g), **ghimbir murat** (15/25g), **ceapa verde** (10/15g), **icre tobiko** (5/10g) (85% icre de peste zburator, 5% icre de Lumpfish, 5% icre de hering, zahar, sare, sos de soia, mirin, otet, coloranti (E129, E110) (***soia, gluten**).

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 169.29 kcal

Proteine 16.155 g

Carbohidrati 10.19 g

Grasimi 7.579 g

Portie mare

Calorii 239.40 kcal

Proteine 21.89 g

Carbohidrati 15.19 g

Grasimi 10.87 g

3. Salmon Poke

Ingrediente: **Somon marinat** (100/120 g) - capere, marar, lamaie, ulei de masline, sare - (***peste**), **edamame** (25/50g) (***soia**), **castraveti** (20/30g), **ridichi** (15/25g), **morcovi** (15/25g), **ceapa verde** (10/15g), **ardei iute** (5/10g), **mango** (30/50g), **susan** (5/10g) (***susan**)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 254.95 kcal

Proteine 19.51 g

Carbohidrati 14.41 g

Grasimi 14.43 g

Portie mare

Calorii 353.25 kcal

Proteine 26.48 g

Carbohidrati 21.77 g

Grasimi 19.56 g

4. Cooked Salmon Poke

Ingrediente: **Somon marinat** (100/120 g) - capere, marar, lamaie, ulei de masline, sare - (***peste**), **alge wakame** (40/50g) (77% alge marine, 10% marinata (zahar, fructoza, ulei de susan, sare, otet de orez, sos soia), sos chili (chili, sare, ulei soia, ulei susan), chili, coloranti (E102, E133), 6% ciuperci uscate urechi de lemn, 6% agent de ingrosare AgarAgar, 1% susan) (***susan, soia, gluten**), **spanac** (15/25g), **rosii cherry** (35/50g), **edamame** (25/50g) (***soia**), **avocado** (30/40g), **fulgi de migdale** (5/10g) (***nuci**)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 388.54 kcal

Proteine 20.48 g

Carbohidrati 13.43 g

Grasimi 19.285 g

Portie mare

Calorii 568.35 kcal

Proteine 27.975 g

Carbohidrati 20.36 g

Grasimi 26.78 g

5. Shrimp Poke

Ingrediente: **Creveti** (80/110g) (***crustacee**), **edamame** (25/50g) (***soia**), **alge wakame** (40/50g) (77% alge marine, 10% marinata (zahar, fructoza, ulei de susan, sare, otet de orez, sos soia), sos chili (chili, sare, ulei soia, ulei susan), chili, coloranti (E102, E133), 6% ciuperci uscate urechi de lemn, 6% agent de ingrosare AgarAgar, 1% susan) (***susan, soia, gluten**), **spanac** (15/25g), **ridichi** (15/25g), **ardei iute** (5/10g), **ananas** (25/50g), **susan** (5/10g) (***susan**)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 291.35 kcal

Proteine 19.18 g

Carbohidrati 14.75 g

Grasimi 7.45 g

Portie mare

Calorii 427.4 kcal

Proteine 25.03 g

Carbohidrati 23.07 g

Grasimi 9.94 g

6. Sticky Pork Poke

Ingrediente: **Porc lipicios** (90/140g) – sos de soia light, boia iute, zahar brun, ceapa verde, ghimbir, susan - (***soia, susan, gluten**), **edamame** (25/50g) (***soia**), **spanac** (15/25g), **morcovi** (15/25g), **ridichi** (15/25g), **castraveti** (20/30g), **ceapa verde** (10/15g), **ardei iute** (5/10g), **fulgi de migdale** (5/10g) (***nuci**)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 285.15 kcal

Proteine 17.61 g

Carbohidrati 11.37 g

Grasimi 20.06 g

Portie mare

Calorii 402.2 kcal

Proteine 24.87 g

Carbohidrati 16.56 g

Grasimi 28.11 g

7. Keto Poke

Ingrediente: **Pui la gratar** (50/70g), **halloumi** (50/70g) (lapte de vaca pasteurizat, sare, menta, cheag) (***lapte**), **mini omlete** (30/40g) (***ou**), **avocado** (30/40g), **alge wakame** (40/50g) (77% alge marine, 10% marinata (zahar, fructoza, ulei de susan, sare, otet de orez, sos soia), sos chili (chili, sare, ulei soia, ulei susan), chili, coloranti (E102, E133), 6% ciuperci uscate urechi de lemn, 6% agent de ingrosare AgarAgar, 1% susan) (***susan, soia, gluten**), **broccoli** (35/50g), **ceapa verde** (10/15g), **ardei iute** (5/10g), **bucatele de bacon** (5/10g) (93% carne de porc, sare, conservanti, lactat de potasiu, lauroil arginat de etil, nitrit de sodiu, stabilizatori, difosfati, trifosfati, dextroza, sirop de glucoza, antioxidanti)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 683.5 kcal

Proteine 56.77 g

Carbohidrati 11.09 g

Grasimi 36.23 g

Portie mare

Calorii 1041.69 kcal

Proteine 83.32 g

Carbohidrati 17.63 g

Grasimi 55.06 g

8. Crispy Chicken Poke

Ingrediente: **Pui crocant** (80/100g) (ou, faina, drojdie, sare) (***ou, gluten**), **avocado** (30/40g), **edamame** (25/50g) (***soia**), **morcovi** (15/25g), **rosii cherry** (35/50g), **spanac** (15/25g), **ananas** (25/50g), **bucatele de bacon** (5/10g) (93% carne de porc, sare, conservanti, lactat de potasiu, lauroil arginat de etil, nitrit de sodiu, stabilizatori, difosfati, trifosfati, dextroza, sirop de glucoza, antioxidanti)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 417.4 kcal

Proteine 27.33 g

Carbohidrati 39.31 g

Grasimi 16.76 g

Portie mare

Calorii 586.45 kcal

Proteine 37.86 g

Carbohidrati 56.69 g

Grasimi 23.3 g

9. Chicken Poke

Ingrediente: **Pui la gratar** (80/100g), **hummus cu ardei copt** (70/100g) (naut, ulei de masline, zeama de lamaie, sare, piper, tahini, praf de usturoi, ardei copti (ardei copti si decojiti, apa, sare, otet, stabilizator: clorura de calciu, usturoi, indulcitor: zaharina) (***susan, sulfiti**), **edamame** (25/50g) (***soia**), **broccoli** (35/50g), **rosii cherry** (35/50g), **ceapa verde** (10/15g), **mango** (30/50g), **icre tobiko** (5/10g) (85% icre de peste zburator, 5% icre de Lumpfish, 5% icre de herring, zahar, sare, sos de soia, mirin, otet, coloranti (E129, E110) (***soia, gluten**)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 408.45 kcal

Proteine 37.47 g

Carbohidrati 21.82 g

Grasimi 20.83 g

Portie mare

Calorii 584.3 kcal

Proteine 52.78 g

Carbohidrati 32.32 g

Grasimi 29.78 g

10. Vegan Poke

Ingrediente: **Tofu** (65/90g) (apa, soia boabe, fum, saramura (apa, sare) (***soia**), **hummus cu ardei copti** (70/100g) (naut, ulei de masline, zeama de lamaie, sare, piper, tahini, praf de usturoi, ardei copti (ardei copti si decojiti, apa, sare, otet, stabilizator: clorura de calciu, usturoi, indulcitor: zaharina) (***susan, sulfiti**), **edamame** (25/50g) (***soia**), **avocado** (30/40g), **broccoli** (35/50g), **spanac** (15/25g), **ridichi** (15/25g), **fulgi de migdale** (5/10g) (***nuci**)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 428.75 kcal

Proteine 21.60 g

Carbohidrati 21.52 g

Grasimi 31.31 g

Portie mare

Calorii 653.1 kcal

Proteine 34.35 g

Carbohidrati 32.01 g

Grasimi 47.175 g

11. Hummus & Halloumi Poke

Ingrediente: **Halloumi** (70/90g) (lapte de vaca pasteurizat, sare, menta, cheag) (***lapte**), **hummus cu ardei copti** (70/100g) (naut, ulei de masline, zeama de lamaie, sare, piper, tahini, praf de usturoi, ardei copti (ardei copti si decojiti, apa, sare, otet, stabilizator: clorura de calciu, usturoi, indulcitor: zaharina) (***sulfiti, susan**), **castraveti** (20/30g), **rosii cherry** (35/50g), **spanac** (15/25g), **ceapa verde** (10/15g), **rodie** (20/35g), **susan** (5/10g) (***susan**)

Valori ingrediente principale (la care se adauga baza si sosul in functie de alegerea facuta):

Portie medie

Calorii 478.7 kcal

Proteine 24.67 g

Carbohidrati 17.16 g

Grasimi 37.055 g

Portie mare

Calorii 727.6 kcal

Proteine 38.45 g

Carbohidrati 24.97 g

Grasimi 56.22 g

Alte preparate

1. Broccoli & Cheddar Cheese Soup 300 ml

Ingrediente: **unt** (5g) (*lapte), **ceapa, usturoi, morcovi, broccoli** (50g), **apa, faina** (10g) (*gluten), **lapte** (100 ml) (*lapte), **branza cheddar** (30g) (*lapte), **smantana (30g)** (*lapte), **sare, piper, nucsoara, foi de dafin, crutoane** (30g) (faina, ulei de masline 12%, drojdie, sare, malt din faina de grau) (*gluten)

Valori nutritionale medii

Calorii 390 kcal

Proteine 15 g

Carbohidrati 12 g

Grasimi 31.5 g

2. Sweet potato fries 150 g

Ingrediente: **cartofi dulci prajiti** (150g) (87% cartofi dulci, ulei de floarea soarelui, amidon de porumb, amidon de cartofi, faina de orez, dextrina, sare, agenti de afanare (E500, E450))

Valori nutritionale medii

Calorii 425 kcal

Proteine 2.4 g

Carbohidrati 34.5 g

Grasimi 31.5 g

3. Salmon Bao 300 g

Ingrediente: **Chifle bao** (120g) (55% faina, apa, zahar, ulei de palmier, antioxidant (E307b), amidon din porumb, praf de copt (E500ii, E341i, E450i), drojdie, sare, ulei de soia) (*gluten, soia), **somon marinat** (70g) - capere, marar, lamaie, ulei de masline, sare - (*peste), **avocado** (35g), **edamame** (35g) (*soia), **mango** (30g), **ceapa prajita** (5g) (ceapa, ulei de palmier, faina, sare) (*sulfiti, gluten)

Valori nutritionale medii

Calorii 493 kcal

Proteine 19.3 g

Carbohidrati 62.2 g

Grasimi 20 g

4. Shrimp Bao 300 g

Ingrediente: **Chifle bao** (120g) (55% faina, apa, zahar, ulei de palmier, antioxidant (E307b), amidon din porumb, praf de copt (E500ii, E341i, E450i), drojdie, sare, ulei de soia) (***gluten, soia**), **creveti** (70g) (***crustacee**), **alge wakame** (40g) (77% alge marine, 10% marinata (zahar, fructoza, ulei de susan, sare, otet de orez, sos soia), sos chili (chili, sare, ulei soia, ulei susan), chili, coloranti (E102, E133), 6% ciuperci uscate urechi de lemn, 6% agent de ingrosare AgarAgar, 1% susan) (***susan, soia, gluten**), **ridichi** (35g), **edamame** (35g) (***soia**), **susan** (5g) (***susan**)

Valori nutritionale medii

Calorii 562 kcal
Proteine 26.7 g
Carbohidrati 62 g
Grasimi 11.4 g

5. Crispy Chicken Bao 300 g

Ingrediente: **Chifle bao** (120g) (55% faina, apa, zahar, ulei de palmier, antioxidant (E307b), amidon din porumb, praf de copt (E500ii, E341i, E450i), drojdie, sare, ulei de soia) (***gluten, soia**), **pui crocant** (80g) (ou, faina, drojdie, sare) (***ou, gluten**), **avocado** (35g), **rosii cherry** (40g), **ceapa verde** (15g), **bucatele de bacon** (10g) (93% carne de porc, sare, conservanti, lactat de potasiu, lauroil arginat de etil, nitrit de sodiu, stabilizatori, difosfati, trifosfati, dextroza, sirop de glucoza, antioxidanti)

Valori nutritionale medii

Calorii 528 kcal
Proteine 20 g
Carbohidrati 70 g
Grasimi 18.5 g

6. Hummus & Halloumi Bao 300 g

Ingrediente: **Chifle bao** (120g) (55% faina, apa, zahar, ulei de palmier, antioxidant (E307b), amidon din porumb, praf de copt (E500ii, E341i, E450i), drojdie, sare, ulei de soia) (***gluten, soia**), **halloumi** (70g) (lapte de vaca pasteurizat, sare, menta, cheag) (***lapte**), **hummus** (50g) (naut, ulei de masline, zeama de lamaie, sare, piper, tahini, praf de usturoi, ardei copti (ardei copti si decojiti, apa, sare, otet, stabilizator: clorura de calciu, usturoi, indulcitor: zaharina) (**sulfiti, susan**), **spanac** (15g), **rosii cherry** (40g), **susan** (5g) (***susan**)

Valori nutritionale medii

Calorii 631 kcal
Proteine 22.7 g
Carbohidrati 64.5 g
Grasimi 33.8 g

7. Salmon Wrap 200 g

Ingrediente: **Lipie** (60 g) (66% faina de grau, apa, ulei de palmier, stabilizatori, glycerol, guma guar, sodiu, celuloza carboximetilica, agent de crestere, sare, acidifiant: acid malic, emulsifiant: mono si digliceride din acizi grasi, dextroza, conservanti: propionate de calciu, sorbat de potasiu, agent de tratare a fainii: L-cisteina) (***gluten**), **somon marinat** – (50g) capere, marar, lamaie, ulei de masline, sare - (***peste**), **cartofi dulci prajiti** (40g) (87% cartofi dulci, ulei de floarea soarelui, amidon de porumb, amidon de cartofi, faina de orez, dextrina, sare, agenti de afanare (E500, E450), **alge wakame** (25g) (77% alge marine, 10% marinata (zahar, fructoza, ulei de susan, sare, otet de orez, sos soia,)) , sos chili (chili, sare, ulei soia, ulei susan), chili, coloranti (E102, E133), 6% ciuperci uscate urechi de lemn, 6% agent de ingrosare AgarAgar, 1% susan) (***susan, soia, gluten**), **ridichi** (10g), **edamame** (15g) (***soia**)

Valori nutritionale medii

Calorii 562 kcal

Proteine 21.5 g

Carbohidrati 48.9 g

Grasimi 19.8 g

8. Crispy Chicken Wrap 250 g

Ingrediente: **Lipie** (60 g) (66% faina de grau, apa, ulei de palmier, stabilizatori, glycerol, guma guar, sodiu, celuloza carboximetilica, agent de crestere, sare, acidifiant: acid malic, emulsifiant: mono si digliceride din acizi grasi, dextroza, conservanti: propionate de calciu, sorbat de potasiu, agent de tratare a fainii: L-cisteina) (***gluten**), **pui crocant** (70g) (ou, faina, drojdie, sare) (***ou, gluten**), **cartofi dulci prajiti** (40g) (87% cartofi dulci, ulei de floarea soarelui, amidon de porumb, amidon de cartofi, faina de orez, dextrina, sare, agenti de afanare (E500, E450), **avocado** (30g), **ceapa verde** (10g), **rosii cherry** (20g), **castraveti** (20g)

Valori nutritionale medii

Calorii 498 kcal

Proteine 17.2 g

Carbohidrati 59.7 g

Grasimi 19.5 g

9. Sticky Pork Wrap 200 g

Ingrediente: **Lipie** (60 g) (66% faina de grau, apa, ulei de palmier, stabilizatori, glicerol, guma guar, sodiu, celuloza carboximetilica, agent de crestere, sare, acidifiant: acid malic, emulsifiant: mono si digliceride din acizi grasi, dextroza, conservanti: propionate de calciu, sorbat de potasiu, agent de tratare a fainii: L-cisteina) (***gluten**), **porc lipicios** (50g) – sos de soia light, boia iute, zahar brun, ceapa verde, ghimbir, susan - (***soia, susan, gluten**), **cartofi dulci prajiti** (40g) (87% cartofi dulci, ulei de floarea soarelui, amidon de porumb, amidon de cartofi, faina de orez, dextrina, sare, agenti de afanare (E500, E450), **ghimbir murat** (10g) (ghimbir, apa, sare, sorbat de potasiu, acid citric, acid acetic, aspartan, sucraloza), **baby spanac** (10 g), **castraveti** (20g), **ceapa verde** (10g)

Valori nutritionale medii

Calorii 410 kcal
Proteine 13.5 g
Carbohidrati 46 g
Grasimi 18 g

10. Hummus & Halloumi Wrap 250 g

Ingrediente: **Lipie** (60 g) (66% faina de grau, apa, ulei de palmier, stabilizatori, glicerol, guma guar, sodiu, celuloza carboximetilica, agent de crestere, sare, acidifiant: acid malic, emulsifiant: mono si digliceride din acizi grasi, dextroza, conservanti: propionate de calciu, sorbat de potasiu, agent de tratare a fainii: L-cisteina) (***gluten**), **halloumi** (50g) (lapte de vaca pasteurizat, sare, menta, cheag) (***lapte**), **cartofi dulci prajiti** (40g) (87% cartofi dulci, ulei de floarea soarelui, amidon de porumb, amidon de cartofi, faina de orez, dextrina, sare, agenti de afanare (E500, E450), **hummus cu ardei copti** (50g) (naut, ulei de masline, zeama de lamaie, sare, piper, tahini, praf de usturoi, ardei copti (ardei copti si decojiti, apa, sare, otet, stabilizator: clorura de calciu, usturoi, indulcitor: zaharina) (***susan, sulfiti**), **rosii cherry** (25g), **morcovi** (15g), **rodie** (10g)

Valori nutritionale medii

Calorii 672 kcal
Proteine 23 g
Carbohidrati 60 g
Grasimi 38 g

Deserturi

1. Coconut rice 200g

Ingrediente: **orez** (50g), **lapte de cocos** (150ml) (70% extract de nuca de cocos, apa, emulsifiant (E435), **zeama de lime** (5g), **zahar** (20 g), **esenta de vanilie** (2ml)

Valori nutritionale medii

Calorii 456 kcal

Proteine 7 g

Carbohidrati 60 g

Grasimi 22 g

Se pot adauga pana la 60 de grame din urmatoarele fructe, la alegere:

Produs	Portie (grame)	Calorii (kcal)	Proteine (g)	Carbohidrati (g)	Grasimi (g)
Afine	20	11.4	0.14	2.9	0.06
Mango	20	12	0.2	3	0.1
Rodie	20	14	0.19	3.43	0.06
Ananas	20	10	0.1	3	0
Avocado	20	32	0.4	1.8	3
Kiwi	20	12.2	0.2	2.94	0.1

2. Chia Pudding 220g

Ingrediente: **seminte de chia** (50g), **lapte de cocos** (110ml) (70% extract de nuca de cocos, apa, emulsifiant (E435), **afine** (20g), **rodie** (20g), **sirop de agave** (15ml), **nuca de cocos** (5g)

Valori nutritionale medii

Calorii 333.5 kcal

Proteine 4.5 g

Carbohidrati 24.6 g

Grasimi 25.3 g

3. Greek Yogurt, Honey, and Peanuts Bao 170 g

Ingrediente: **Chifla Bao** (60g) (55% faina, apa, zahar, ulei de palmier, antioxidant (E307b), amidon din porumb, praf de copt (E500ii, E341i, E450i), drojdie, sare, ulei de soia) (***gluten, soia**), **iaurt grecesc** (40g) (***lapte**), **miere** (10g), **alune** (5g) (***nuci**)

Valori nutritionale medii

Calorii 367kcal

Proteine 6.3 g

Carbohidrati 38.5 g

Grasimi 29.3 g

Se pot adauga pana la 30 de grame din urmatoarele fructe, la alegere:

Produs	Portie (grame)	Calorii (kcal)	Proteine (g)	Carbohidrati (g)	Grasimi (g)
Afine	20	11.4	0.14	2.9	0.06
Mango	20	12	0.2	3	0.1
Rodie	20	14	0.19	3.43	0.06
Ananas	20	10	0.1	3	0
Avocado	20	32	0.4	1.8	3
Kiwi	20	12.2	0.2	2.94	0.1