

"Çok Seçenek Çok Lezzet..." / "Full of Alternatives, Full of Taste..."

Menüler hazırlanırken hizmet verilen müşterinin günlük kalori tüketimi göz önüne alınmaktadır. Çalışma koşulları, harcanan kalori değerini değiştirmekle birlikte, bir öğün, kişi başına ortalama 1.100 - 1.300 kalori olarak hesaplanmaktadır.

The daily calorie consumption of the customer is taken into account during the preparation of the menus. Although the given calorie values may change according to the working conditions, one portion meal is estimated as 1.100-1.300 calories pro person.

YEMEKLERE GİREN BESİN MADDELERİ GRAMAJ LİSTESİ / WEIGHT LIST OF NUTRIENTS IN MEALS

Her çeşit Sebze ve Bakliyat Yemeği 200 Gr. / In every type of vegetable and pulse dish of 200 gr.

ETLER MEAT	ÇİĞ ET MİKTARI WHEIGHT OF RAW MEAT	PİŞMİŞ ET MİKTARI WEIGHT OF COOKED MEAT	BİRİM YEMEK AĞIRLIĞI WEIGHT OF MEAL
Tavuk (Kemikli) / Chicken(with bones)	250-300 gr.	200-250 gr.	200 gr.
Tavuk (Şnitzel) / Chicken (Schnitzel)	100 gr.	80 gr.	200 gr.
Tas Kebap / Kebab in Bowl	100 gr.	80 gr.	200 gr.
Biftek / Steak	90-100 gr.	80-88 gr.	200 gr.
Et sote / Sautéed Meat	100-110 gr.	80-88 gr.	200 gr.
Dana kızartma / Fried Veal	90-100 gr.	80-88 gr.	200 gr.
Dana haşlama / Boiled Veal	90-100 gr.	80-88 gr.	200 gr.
Filiz kebab / Sprig Kebab	80 gr.	72 gr.	200 gr.
Orman kebab / Forest Kebab	80 gr.	72 gr.	200 gr.
Bahçivan kebab / Gardener Kebab	80 gr.	72 gr.	200 gr.
Çiftlik kebab / Farm Kebab	80 gr.	72 gr.	200 gr.
Patlıcan kebab / Aubergine Kebab	80 gr.	72 gr.	200 gr.
Sebzeli kebab / Vegetable Kebab	80 gr.	72 gr.	200 gr.
Sosis kızartma / Fried Sausage	90 gr.	72 gr.	200 gr.

SEBZELER VEGETABLES

Ispanak / Spinach	180 gr.
Lahana / Cabbage	200 gr.
Pırasa / Leek	200 gr.
Patates / Potato	200 gr.
Taze fasulye / Fresh Beans	175 gr.
Bezelye / Peas	180 gr.
Karnabahar / Cauliflower	200 gr.
Karniyarik / Aubergines with meat filling	1 adet orta boy
Biber dolma / Stuffed Pepper	2 adet orta boy
Patlıcan musakka / Aubergine Mousaka	200 gr.
Karışık kızartma / Mixed Fried Vegetables	200 gr.
Patlıcan kebab / Aubergine Kebab	200 gr.
Çiftlik kebab / Farm Kebab	200 gr.
Bahçivan kebab / Gardener Kebab	200 gr.

KIYMALAR MINCE MEAT

Her çeşit köfte / Sorts of Meatball	80 gr.
Kadınbudu köfte / Meat and Rice Croquettes	70 gr.
Sebzeli köfte / Meatball with Vegetables	70 gr.
Terbiyeli köfte / Seasoned Meatballs	70 gr.
Kıymalı yumurta / Eggs with Mince Meat	60 gr.
Biber dolma / Stuffed Pepper	40 gr.
Karniyarik / Aubergines with Meat Filling	50 gr.
Patlıcan musakka / Aubergine Mousaka	40 gr.
Patates musakka / Potato Mousaka	40 gr.
Börek / Börek	20 gr.

BAKLIYATLAR PULSES

Kuru fasulye / Dried Beans	60 gr.
Nohut / Chickpeas	60 gr.
Barbunya / Kidney Beans	60 gr.
Yeşil mercimek / Green Lentil	60 gr.
Pirinç / Rice	80 gr.
Bulgur / Bulgur	70 gr.

SÜTLÜ TATILAR MILK DESSERTS

Sütlaç / Rice Pudding	120 gr.
Muhallebi / Milk Pudding	120 gr.
Krem Şokola / Creme Chocolate	120 gr.
Keşkül / Milk Pudding with coconut	120 gr.
Tavuk Göğsü / Chicken Breast	120 gr.
Puding / Pudding	120 gr.

HAZIR TATILAR OTHER DESSERTS

Baklava / Baklava	100 gr.
Bülbül yuvası / Nightingale Nest	100 gr.
Sarı burma / Yellow Spire	100 gr.
Şöbiyet / Şöbiyet	100 gr.
Tulumba / Pump Dessert	100 gr.
Tahin helva / Sesame Halva	80 gr.(paket)

MEYVELER FRUITS

Elma / Apple	150 gr.
Armut / Pearl	150 gr.
Portakal / Orange	150 gr.
Şeftali / Peach	150 gr.
Mandalina / Mandarin	150 gr.
Karpuz / Melon	400 gr.
Kavun / Honey melon	300 gr.
Üzüm / Grapes	150 gr.
Çilek / Strawberry	150 gr.
Kiraz / Cherry	150 gr.
Kayısı / Apricot	150 gr.

BALIKLAR FISH

Alabalık / Red fish	200 gr.
Mezgit fileto / Haddock Fillet	110 gr.

PİRİNÇ RICE

Kadınbudu köfte / Meat and Rice Croquettes	10 gr.
Etili biber dolma / Stuffed Pepper with Meat	20 gr.
Sütlaç / Rice Pudding	7 gr.