



In accordance with the provisions of the European Union Regulation 1169/2011, we bring to your attention the **LIST OF SUBSTANCES OR PRODUCTS THAT CAUSE ALLERGIES OR INTOLERANCES**. These substances may be contained in the final products included in the menu of Alpin restaurants. If you have allergies or intolerances to these substances, please ask the authorized staff in the restaurant for details.

1. Cereals containing gluten, namely: wheat, rye, barley, oats, spelled wheat, durum wheat or their hybrids

and derived products, except:

- a) glucose syrups obtained from wheat, including dextrose ;
- b) maltodextrins obtained from wheat ;
- c) glucose syrups obtained from barley;
- d) cereals used for the manufacture of distillates or ethyl alcohol of agricultural origin.

2. Crustaceans and derived products.

3. Eggs and derived products.

4. Fish and derived products, except:

- a) fish gelatin used as a support substance for vitamin or carotenoid preparations;
- b) fish gelatin or ichthyocol used in clarifying beer or wine.

5. Peanuts and derived products.

6. Soya and derived products, except:

- a) fully refined soybean oil and fat (1);
- b) natural mixtures of tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, natural D-alpha tocopherol succinate, obtained from soya;
- c) phytosterols and phytosterol esters derived from vegetable oils, obtained from soya;
- d) vegetable stanol ester made from vegetable oil sterols obtained from soybeans.

7. Milk and derived products (including lactose), except:

- a) whey used for the manufacture of distillates or ethyl alcohol of agricultural origin;
- b) lactitol.

8. Nuts: almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts and

Queensland nuts, as well as derived products, except nuts used for the manufacture of distillates or ethyl alcohol of agricultural origin.

9. Celery and derived products.

10. Mustard and derived products.

11. Sesame seeds and derived products.

12. Sulfur dioxide and sulfites in concentrations above 10 mg/kg or 10 mg/liter, expressed in SO₂

13. Lupine and derived products.

14. Molluscs and derived products.



BREAKFAST MENU

The nutritional values included in the restaurant menu are calculated according to the nutritional standards established and approved by the Ministry of Health, based on tables with nutritional values for raw materials and in accordance with the requirements of EU Reg. 1169/2011 and Order ANPC no. 201/2022.

Clarifications:

- The nutritional values mentioned in the menu may vary depending on the quality and quantity of raw materials and ingredients used.
- The nutritional values mentioned in the menu may vary depending on the additions made by the customer.
- Nutritional values for composed culinary preparations are added together.
- THESE NUTRITIONAL GUIDELINES CANNOT REPLACE THE NUTRITIONAL GUIDELINES OF A DOCTOR!
- The amount of added salt varies depending on the specific dish but not more than 3g/100g.

Kcal- kilocalories

P- protein

Gr- fat

GS- saturated fats

Gl- carbohydrates

Z- sugar

S- salt

A- allergens

Values are expressed in grams / 100 grams of culinary product!



- BELL PEPPER - Kcal -24/ P- 1g / Gr-0g / GS - 0g / GI -5g / Z - 0g/ S- 0g
- BACON - Kcal -555/ P-28g / Gr-71g / GS -1g / GI -1g / Z - 0g / S-2g
- MIXED CHEESES - A=7, Kcal -309/P- 20g/Gr-25g/GS - 5g/GI-1g/Z - 1g/ S- 2g
- SAUSAGES - Kcal -374/ P-14g / Gr-32g / GS -12g / GI -0g / Z -0g /S-2g
- TRIANGLE POTATOES - Kcal -211/ P-21g / Gr- 11g / GS-2g / GL-6g / Z-1g /S-2g
- CUCUMBERS - Kcal -16/ P- 1g / Gr-0g / GS - 0g / GI -3g / Z - 0g/ S- 0g
- CEREALS - A=1, Kcal -361/ P- 9g / Gr-1g / GS-0g / GL-76g / Z-0g /S-2g
- BUNS - A=1, Kcal- 201/ P-3g / Gr-5g / GS-0g / GL-36g / Z-0g /S-2g
- SAUTÉED MUSHROOMS - Kcal- 72 / P- 2g / Gr-4g / GS - 0g / GI - 7g / Z - 0g/ S- 2g
- APRICOT COMPOTE - Kcal -84 / P- 1g / Gr-0g / GS-0g / GL-20g / Z-13g /S-2g
- PLUM COMPOTE - Kcal -84 / P- 1g / Gr-0g / GS-0g / GL-20g / Z-13g /S-2g
- AVOCADO CREAM - Kcal - 94/ P- 3g / Gr- 6g / GS - 3g / GI - 7g / Z -0g/ S- 2g
- CHOCOLATE CREAM - Kcal -545/P- 3g / Gr-35g / GS-0g/GL-55g/Z-44g /S-2g
- CREAM SAUSAGE - Kcal- 322 / P-10g / Gr- 26g / GS-2g / GL-12g /Z-3g /S-2g
- CROISSANTS - A=1,7 , Kcal -288/ P- 6g / Gr-12g / GS-3g / GL-39g / Z-0g /S-2g
- CANDIED FRUITS - Kcal -345/ P- 1g / Gr-1g / GS-0g / GL-83g / Z-63g /S-2g
- FRESH FRUITS (average) - Kcal -52/P-1g/Gr-0g/GS-0g/GL -12g/Z - 0g/S- 0g
- JAM - Kcal -244/ P- 1g / Gr-0g / GS-0g / GL-60g / Z-45g /S-2g
- SEMOLINA WITH MILK - A=1,7 , Kcal- 90 / P-4g / Gr-2g / GS-0g / GL-14g / Z-3g /S-1g
- HUMMUS - Kcal - 164 / P- 8g / Gr-4g / GS -0g / GI - 24g /Z -0g/ S- 2g
- 2% YOGURT - A=7, Kcal -54/ P- 3g / Gr-2g / GS-0g / GL-6g / Z-0g /S-2g
- CARP ROE - A=4, Kcal - 645/ P- 5g / Gr-69g / GS -8g /GI -1g / Z - 0g/ S- 2g
- HAM - Kcal -324/ P-18g / Gr-27g / GS -8g / GI -1g / Z - 0g / S-2g
- KETCHUP - Kcal- 128 / P-11g / Gr-0g / GS-0g / GL-21g / Z-7 g /S-2g
- MAYONNAISE - Kcal- 720 / P-0g / Gr-80g / GS-0g / GL-0g / Z-0g /S-2g
- OLIVES - Kcal -127/ P- 1g / Gr-11g / GS -0g / GI -6g / Z - 0g/ S- 0g
- MIXED COLD CUTS - Kcal -334/ P- 24g / Gr-22g / GS - 6g / GI-10g / Z -1g/ S- 2g
- HONEY - Kcal -332/ P- 1g / Gr-0g / GS-0g / GL-82g / Z-0g /S-2g
- CARROTS - Kcal- 44 / P- 1g / Gr-1g / GS - 0g / GI - 10g / Z - 0g/ S- 2g
- OMELETTE - A=3, Kcal -203/ P-12g / Gr-15g / GS-8g / GL-5g / Z-1g /S-2g
- RICE PUDDING - A=7, Kcal- 118/ P-3g / Gr-2g / GS-0g / GL-23g / Z-3g /S-1g
- BOILED EGGS - A=3, Kcal- 168 / P-14g / Gr- 12g / GS-1g / GL-1g / Z-0g /S-2g
- FRIED EGGS - A=3, Kcal -213/ P-14g / Gr- 17g / GS-2g / GL-1g / Z-0g /S-2g
- SPRING ROLLS - Kcal -238/P- 4g/Gr-14g/GS-6g/GI-24g/Z-0g/S-1g
- HOMEMADE BREAD - A=1, Kcal- 257/ P-7g / Gr-1g / GS-0g / GL-55g / Z-0g /S-2g
- SLICED BREAD - A=1, Kcal- 241/ P-10g / Gr-1g / GS-0g / GL-48g / Z-0g /S-2g
- SWEET PASTRY - A=1,7, Kcal -399/ P- 11g /Gr-23g/GS-8g/GL-35g/Z-0g /S-2g
- SAVORY PASTRY - A=1,7, Kcal -349/P- 10g/Gr-21g/GS-8g/GL-30g/Z-0g /S-2g
- CORN - Kcal - 78/ P- 3g / Gr-2g / GS-0g / GL-12g / Z-0g /S-2g
- MIXED PASTRIES - A=1,7/Kcal- 276/ P-3g / Gr-16g /GS-3g/GL-33g/Z-12g/S-0g
- TOMATOES - Kcal -20/ P- 1g / Gr-0g / GS - 0g / GI -4g / Z - 0g/ S- 0g
- MIXED SALAD - Kcal - 33 / P- 2g / Gr-1g / GS - 0g / GI - 6g / Z - 0g/ S- 2g
- PUMPKIN SEEDS - Kcal -395/ P- 17g / Gr-7g / GS-0g /GL-66g/Z-0g /S-2g
- SUNFLOWER SEEDS - Kcal -395/P-17g/Gr-7g/GS-0g/GL-66g/S-2g
- SWEET CHILI SAUCE - Kcal- 82 / P-5g / Gr-2g / GS-1g / GL-11g / Z-7 g /S-2g
- CELERY - A=9, Kcal - 33 / P- 2g / Gr-1g / GS - 0g / GI - 6g / Z - 0g/ S- 2g
- TUNA - A=4, Kcal -352/ P- 25g / Gr-28g / GS-0g / GL-0g / Z-0g /S-2g
- 80% BUTTER - A=7, Kcal - 724/ P- 1g / Gr-80g / GS-22g / GL- 0g / Z-0g /S-2g
- ZACUSCA - Kcal -257 / P-1g / Gr-25g / GS -0g / GI -7g / Z - 0g / S-2g