

**TABLE OF INGREDIENTS, NUTRITIONAL INFORMATION, ALLERGENS (according to ANPC Order 201/2022)
SALADS AND SOUPS**

Product name / Ingredients / 100g of product	Net quantity	NUTRITIONAL INFORMATION / 100g									ALLERGENS													
		Energetic value		Fat	of which Satu rated fat acids	Carbohydrate	of which Sugar	Fiber	Protein	Salt	Cereals containing gluten	Crustaceans and derived products	Eggs and derived products	Fish and derived products	Peanuts and derived products	Soy and derived products	Milk and derived products	Nuts	Celery and derived products	Mustard	Sesame seeds	Sulphur dioxide and sulphites	Lupine and derived products	Molluscs and derived products
		kJ	kcal	g	g	g	g	g	g	g														
Turkey salad with baby spinach, cashew and Hambar dressing Ingredients: baby spinach 40.11%, turkey breast 27.81% (from frozen product), cherry tomatoes, cashews 5.35%, mustard dressing (extra virgin olive oil, 49.9%, fine mustard 24.95% (mustard seeds 18%, alcohol vinegar, sugar, salt, spices, colouring: beta-carotene), white sugar, apple vinegar, fine salt, ground black pepper), microgreens, fine salt, dried thyme, ground black pepper, extra virgin olive oil	350 g	444	106	5.7	1.3	4.2	1.6	1.8	8.5	1.1							x		x					
Caprese salad with buffalo mozzarella and basil Ingredients: tomatoes 40.10%, buffalo mozzarella 32.58% (pasteurized buffalo's milk , rennet, salt), extra virgin olive oil, rocket, mustard dressing [extra virgin olive oil, 49.9%, fine mustard 24.95% (mustard seeds 18%, alcohol vinegar, sugar, salt, spices, colouring: beta-carotene), white sugar, apple vinegar, fine salt, ground black pepper]], valerian, lollo rosa salad, lollo bionda salad, fresh basil 0.75%, fine salt, microgreens, black salt	350 g	785	189	15.6	6.6	3.0	2.2	0.7	9.0							x			x					

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		kJ	kcal	g	g	g	g	g	g	g															
Hambar salad with salmon Ingredients: Salmon 32.97%, mixed salad 20.44% (lollo rosa salad, lollo bionda salad, frisse salad, rocket, valerian), grapefruit, orange, mustard dressing (extra virgin olive oil, 49.9%, fine mustard 24.95 % (18% mustard seeds , alcohol vinegar, sugar, salt, spices, colouring: beta-carotene), white sugar, apple vinegar, fine salt, ground black pepper), goat's milk cheese with pineapple/ almonds (pasteurized goat's milk cheese , lactic cultures, rennet, dried pineapple (dried pineapple, cane sugar), almonds , salt), goat's milk cheese with cranberries (pasteurized goat's milk , lactic cultures, rennet, dried cranberry 54% (dried cranberries, cane sugar)), goat's milk cheese with herbs (pasteurized goat's milk , lactic cultures, rennet, herbs de Provence 0.54%, salt), extra virgin olive oil, fine salt, pumpkin seeds, sunflower seeds, microgreens	350 g	636	153	11.7	2.0	3.9	2.9	0.7	7.8	2.0				x			x	x		x					

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		kJ	kcal	g	g	g	g	g	g	g															
Marinated Halloumi salad Ingredients: Halloumi cheese 32.16% (pasteurized cow's, goat's, sheep's milk , salt, rennet, mint), tomatoes, cucumbers, kalamata olives, bell pepper, red onion, valerian, extra virgin olive oil, lollo rosa salad, lollo bionda salad, mint fresh, fine salt, microgreens, ground black pepper	400 g	777	187	15.1	4.1	5.1	1.9	0.7	7.5	2.0															
Beef salad Ingredients: mixed salad 21.95% (lollo rosa salad, lollo bionda salad, frisse salad, rocket, valerian), Charolaise beef tenderloin 19.03%, cherry tomatoes, cucumbers, Caesar croutons (toast bread 88.85% (white wheat flour , water, baker's yeast, white wine vinegar, refined rapeseed oil, sugar, iodized salt, baking improver: white wheat flour , antioxidant: ascorbic acid, dextrose, enzymes, wheat yeast , preservative: calcium propionate), extra virgin olive oil, salt, oregano), teriyaki sauce (water, soy sauce (water, soy, wheat , salt), sugar, salt, wine vinegar, colour: ammonium caramel, yeast extract, acidity regulator: acid lactic acid), extra virgin olive oil, salt, microgreens, black sesame, white sesame	350 g	522	125	6.8	1.3	9.2	2.8	1.4	6.0	3.1	x				x						x				

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		kJ	kcal	g	g	g	g	g	g	g															
Caesar salad Ingredients: chicken breast 36.24% (from frozen product), iceberg salad 25.09%, Caesar dressing [(mayonnaise 44.69% (sunflower oil 75.83%), fine mustard (mustard seeds) 18%, alcohol vinegar, sugar, salt, spices, colouring: beta-carotene), eggs , lemon, fine salt), cream 42.70%, parmesan (raw cow's milk , salt, rennet, preservative: lysozyme from egg), anchovy fillets, fine mustard (mustard seeds) 18 %, alcohol vinegar, sugar, salt, spices, colouring: beta-carotene), capers in vinegar, salt, garlic, black pepper)], parmesan (raw cow's milk , salt, rennet, preservative: lysozyme from egg), Caesar croutons [(toast bread 88.85% (white wheat flour , water, baker's yeast, white wine vinegar, refined rapeseed oil, sugar, iodized salt, baking improver: white wheat flour , antioxidant: ascorbic acid, dextrose, enzymes, wheat yeast , preservative: calcium propionate), extra virgin olive oil, salt, oregano)], sunflower oil, microgreens, fine salt, ground black pepper, dry thyme	350 g	859	207	15.0	4.9	5.2	1.3	0.8	12.3	1.1	x		x	x			x		x						

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		kJ	kcal	g	g	g	g	g	g	g															
Tomato soup Ingredients: tomato sauce (Napoli) 76.73% (whole peeled tomatoes 65%, yellow onion, extra virgin olive oil, red bell pepper, carrot, celery root, celery , garlic, fine salt, white sugar, fresh basil), baguette bread white (white wheat flour , sourdough (white wheat flour , water), yeast, salt, water), Philadelphia cream cheese (whole milk, cream, whey permeate, salt, stabilizers: carob gum, acidifier: citric acid, lactic cultures), Pesto sauce (fresh basil, extra virgin olive oil, pine buds, parmesan (raw cow's milk , salt, rennet, preservative: egg lysozyme), fine salt, garlic), radish, extra virgin olive oil, microgreens, fine salt	350 g	444	106	5.7	1.3	4.2	1.6	1.8	8.5	1.1	x		x				x								
Onion soup Ingredients: Gruyere cheese 28.93% (raw cow's milk , lactic enzymes, coagulant, salt), yellow onion, butter , toast bread (white wheat flour , water, baker's yeast, white wine vinegar, refined rapeseed oil, sugar, iodized salt, baking improver: white wheat flour , antioxidant: ascorbic acid, dextrose, enzymes, wheat yeast , preservative: calcium propionate), white wine (contains sulphites), extra virgin olive oil, fine salt, microgreens, ground black pepper, ground coriander	240 g	1525	368	31.4	17.1	9.2	1.6	1.2	9.4	1.7	x					x						x			

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		kJ	kcal	g	g	g	g	g	g	g														
Hambar fish soup Ingredients: tomato sauce (Napoli) 25.45% (whole peeled tomatoes 65%, yellow onion, extra virgin olive oil, red bell pepper, carrot, <u>celery root</u> , <u>celery</u> , garlic, fine salt, white sugar, fresh basil), <u>fish</u> stock (water, carrots, yellow onion, <u>cream (cow's milk cream)</u> , stabilizer: carrageenan), <u>celery root</u> , white wine (contains <u>sulphites</u>), <u>celery</u> , extra virgin olive oil, <u>salmon</u> carcass, <u>shrimp</u> heads, garlic), <u>squid</u> , <u>butter</u> , <u>mussels</u> , extra virgin olive oil, <u>octopus</u> (from frozen product), <u>salmon</u> , <u>shrimp</u> 31/40 and 16/20 (from frozen product), garlic, fine salt, chili flakes, fresh mint, fresh basil, microgreens, ground black pepper	350 g	834	201	16.7	7.0	3.8	1.4	1.7	8.1	1.3		x		x		x		x				x		x

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		kJ	kcal	g	g	g	g	g	g	g															
Pumpkin soup Ingredients: pumpkin 31.83%, puff pastry (frozen product) (wheat flour , margarine (refined palm oil, water, refined sunflower oil, salt, acidity regulator: citric acid, emulsifiers: soy lecithin, mono and diglycerides of fat acids, preservative: potassium sorbate, flavours, colouring: carotenes, antioxidant: alpha-tocopherol), water, wheat gluten , vinegar, salt, wheat starch , corn starch, flour treatment agents: ascorbic acid, enzymes, flavours), Mascarpone cheese (pasteurized cream , acidity corrector: lactic acid), fresh potatoes, carrot, yellow onion, bacon, extra virgin olive oil, pumpkin oil, radishes, fine salt, pumpkin seeds	350 g	891	215	17.4	6.6	10.9	2.1	0.8	3.2	1.1	x				x	x									

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