

Bine ați venit!

Welcome!

# sara green

**your perfect plate**

Vă mulțumim pentru vizită și  
vă dorim si poftă bună!

Thank you for your visit and  
we wish you good appetite!

***Comanda se efectueaza la bar.***

***Please order at the bar.***

***Va multumim pentru intelegere.***

***Thank you for understanding.***

# Povestea noastra

## **2014 este anul in care se naste Sara.**

Tatal ei, Alex, inginer in industria alimentara, absolvent al Facultatii de Control si Expertiza Alimentara si masterand in Management al Calitatii, la momentul acela coordona departamentul de productie al produselor alimentare gata pregatite, la una dintre cele mai mari companii romanesti. Aceasta mai detinea si fabrici de procesare a carnilor, dar si fabrica de procesare a produselor lactate, magazine de desfacere si distribuia produsele in retail atat pe piata nationala, cat si internationala. Experienta si posibilitatea sa aiba acces si sa inteleaga toate procesele tehnologice din spatele rafturilor, l-au facut sa nu se mai regaseasca cu acest domeniu si a inceput sa isi puna intrebari despre cat de sanatoase si sustenabile sunt de fapt aceste produse.

In acelasi timp aproape, Black Friday 2014 ii aduce in maini cartea Studiul China, care "este o analiza foarte bine documentata a aberatiilor alimentatiei, a stilului de viata si alimentatiei moderne si a rezolvarilor rapide, care adeseori duc la esec. Lectiile din China ofera argumente convingatoare in favoarea unei alimentatii pe baza de plante in vederea promovarii sanatatii si a reducerii riscului pentru bolile abundentei." (Sushma Palmer, doctor in stiinte, fost director al catedrei de alimentatie si nutritie a Academiei Nationale de Stiinte, SUA).

Experienta personala impreuna cu aceasta carte produc o reactie in lant: cercetari mai aprofundate, carti de nutritie, carti de retete vegetariene, teste, probe, gatit si degustat acasa cu prietenii. Urmeaza la inceput de 2015 infiintarea societatii comerciale, dar si inceperea constructiei a unui Food Truck, care va constitui efectiv debutul in piata a produselor marca Sara Green, in vara lui 2015.

In anul 2017 a fost deschis micul si cochetul Bistro de langa Piata Victoriei, iar in 2018 deschiderea propriului laborator este pasul normal in evolutia companiei, astfel incat controlul asupra produselor, ingredientelor si proceselor tehnologice sa fie atent controlate si supravegheate.

Asa s-a putut indeplini dorinta lui Alex de a aduce in piata romaneasca produse „curate”, sanatoase, gustoase, fara aditivi, fara adjuvanti, fara ingrediente cu formule chimice ciudate si greu de citit. Doar produse naturale, condimente si combinatii de ingrediente care impreuna sa formeze cele mai gustoase si sanatoase produse, pentru tine, pentru mine, pentru noi si pentru copiii nostri, pentru Sara, de la Sara...Green, atunci cand dragostea se regaseste in mancare.

# Our story

## 2014 is the year Sara was born.

Her father, Alex, an engineer in the food industry, a graduate of the Faculty of Food Control and Expertise and a master's student in Quality Management, at that time coordinated the production department of ready-made food products at one of the largest Romanian companies. It also owned meat processing factories, but also a dairy processing factory, department stores and distributed retail products on both the national and international markets. The experience and the possibility to have access and to understand all the technological processes behind the shelves, made him no longer find himself with this field and he started to ask himself questions about how healthy and sustainable these products are in fact.

At about the same time, Black Friday 2014 brings to his hands the book *China Study*, which "is a very well-documented analysis of food aberrations, modern lifestyle and nutrition, and quick fixes, which often lead to failure. Lessons from China provide compelling arguments in favor of a plant based diet to promote health and reduce the risk of diseases of abundance." (Sushma Palmer, Ph.D., former director of the Department of Food and Nutrition at the National Academy of Sciences, USA).

Personal experience together with this book produce a chain reaction: more in-depth research, nutrition books, vegetarian recipe books, tests, trials, cooking and tasting at home with friends. The company will be established at the beginning of 2015, but also the construction of a Food Truck will begin, which will effectively be the debut in the market of Sara Green brand products, in the summer of 2015.

In 2017, the small and chic Bistro near Victoriei Square was opened, and in 2018 the opening of its own laboratory is the normal step in the evolution of the company, so that the control over the products, ingredients and technological processes to be carefully controlled and supervised.

This was how Alex's wish to bring to the Romanian market "clean", healthy, tasty products, without additives, without adjuvants, without ingredients with strange chemical formulas and difficult to read, could be fulfilled. Only natural products, spices and combinations of ingredients that together form the tastiest and healthiest products, for you, for me, for us and for our children, for Sara, from Sara ... Green, when Food meets Love.

# CAFEAUA NATIEI - COFFEE



Cafea de specialitate, single origin, Ethiopia Uruga, cu aciditate ridicata, aroma foarte fructata, note puternice de cirese, fructe de padure, mure, lamaie, ceai negru si caramel.

*Specialty coffee, single origin, Ethiopia Uruga, with high acidity, very fruity aroma, strong notes of cherries, berries, blackberries, lemon, black tea and caramel.*

Espresso shot (20 ml) - 6 lei  
Double Espresso (50 ml)- 9 lei  
Americano (150 ml) - 10 lei  
Cappucino (150 ml) - 12 lei  
Flat White (150 ml)- 14 lei  
Latte (300 ml) - 15 lei

Alege: bautura de soia, ovaz sau orez  
*Choose: Soy, Oat or Rice Drink*

# BAUTURI - DRINKS



Limonada Goji (330ml) - 14 lei  
*Goji Lemonade (330 ml) - 14 lei*

Limonada Ghimbir (330ml) - 14 lei  
Ginger Lemonade (330 ml) - 14 lei

Limonada Menta (330ml) - 14 lei  
Mint Lemonade (330 ml) - 14 lei

Tonic Blend Kombucha - Apple & Cinnamon (330ml) - 18 lei  
Tonic Blend Kombucha - Lemon & Ginger - (330ml) - 18 lei  
Tonic Blend Kombucha - Pomegranate - (330ml) - 18 lei  
Yoko Ceai Matcha - (330ml) - 18 lei

Bere Zaganu Blonde (500ml) - 15 lei  
Fritz Cola / Mellow (330 ml) - 15 lei

# Meniu - Menu



Meniuul zilei - 37 lei

*Menu of the day - 37 lei*

Supa zilei - 17 sau 20 lei

*The soup of the day - 17 or 20 lei*

**Intreaba un coleg ce avem astazi, te rog!**  
***Please ask a colleague what we have for today!***

*\*pentru lista completa a ingredientelor va rugam sa accesati site-ul nostru [www.saragreen.ro/meniu](http://www.saragreen.ro/meniu) sau cereti colegilor dosarul cu lista completa a ingredientelor si alergenilor*

*\*for the complete list of ingredients please access our website [www.saragreen.ro/meniu](http://www.saragreen.ro/meniu) or ask your colleagues for the file with the complete list of ingredients and allergens*

# Mr. „Cheeseburger“

330 grame - 34 lei



**Unul din cei mai apreciati burgeri vegani din Bucuresti, finalistul nostru in Vegan Burger Challenge.**

*Ingrediente: Chiftea Vegetala (naut, fasole rosie, **nuca**, **ciuperci**, fulgi de ovaz, patrunjel, condimente), „cheddar“ pe baza de ulei de **cocos**, rosii, castraveti murati in saramura, salata verde, sos „barbeque“ (rosii pasate, condimente), sos mayo (ulei de rapita, suc de lamaie, seminte de floarea soarelui, turmeric), chifla cu spanac, spirulina si susan.*

**One of the most appreciated vegan burgers in Bucharest, our finalist in Vegan Burger Challenge.**

*Ingredients: vegan patty(chickpeas, red beans, **walnuts**, **mushrooms**, oatmeal, parsley, spices), "cheese" type "cheddar" based on **coconut** oil, tomatoes, pickles, lettuce, "barbeque" sauce (mashed tomatoes, spices), mayo sauce (rapeseed oil, lemon juice, sunflower seeds, turmeric), spinach bun, spirulina and sesame.*

# Bully's Vegan Burger

330 grame - 34 lei



## Castigatorul Vegan Burger Challenge 2019

*Ingrediente: Chiftea Bully (tofu, fulgi de ovaz, baby spanac, busuoc, **gluten**, patrunjel, condimente) „cheddar” (baza de ulei de **cocos**) castraveti murati in saramura, salata verde, sos „barbeque” (rosii pasate, condimente), sos usturoi (lapte de **soia**, ulei de masline, suc de lamaie, **mustar, usturoi**), chifla cu spanac, spirulina si susan.*

## **The winner of the Vegan Burger Challenge 2019**

*Ingredients: vegan bully patty ((**tofu**, oatmeal, baby spinach, basil, **gluten**, parsley, spices)), "cheddar" based on **coconut** oil, tomatoes, pickles, lettuce, "barbeque" sauce (mashed tomatoes, spices), garlic sauce (**soy** milk, olive oil, lemon juice, **mustard, garlic**), spinach bun, spirulina and sesame.*

# Pulled Jack No-Pork Burger

330 grame - 35 lei



**Cel mai bun gust de pulled-pork...**

**Din plante**

*Ingrediente: Pulled Jack No-Pork (jackfruit marinat, **soia**, unt de **arahide**, sos de **soia**) salata verde, castraveti murati, sos barbeque, "maioneza" de usturoi (lapte de **soia**, ulei de masline, sare, piper, **usturoi**), chifla cu spanac si spirulina*

**The best pulled-pork taste...**

**Plant based**

*Ingredients: Pulled Jack No-Pork (marinated jackfruit, **soy**, **peanut** butter, **soy** sauce) lettuce, pickles, barbeque sauce, garlic "mayonnaise" (**soy** milk, olive oil, salt, pepper, **garlic**), spinach bun and spirulina*

# Super Quinoa Burger

330 grame - 34 lei



**Pe cat de sanatos pe atat de gustos.  
Crunchy, fresh, aromat, curcubeu pe cerul gurii.  
Este un must Vurger.**

*Ingrediente: Chiftea "Super Quinoa" (**quinoa**, dovlecel, fulgi de ovaz, naut, condimente), rosii, castraveti murati in saramura, salata verde, sos usturoi, sos bbq, chifla cu spanac si spirulina*

**As healthy as it is tasty. Crunchy, fresh, fragrant,  
rainbow in your mouth. It's a must Vurger**  
*Ingredients: "Super Quinoa" Patty (**quinoa**, zucchini, oatmeal, chickpeas, spices), tomatoes, pickled cucumbers in brine, lettuce, garlic sauce, bbq sauce, spinach bun with spirulina*

# Happy Cow Burger

330 grame - 30 lei



**Mama burgerilor vegani din Romania,  
din 2016.**

*Ingrediente: Chiftea Happy Cow (naut, sfecla rosie, andive, **susan**, fulgi de **ovaz**, miez de **floarea soarelui**, patrunjel, condimente), rosii, castraveti murati in saramura, salata verde, sos mayo (ulei de rapita, suc de lamaie, **seminte de floarea soarelui**, turmeric), chifla cu spanac, spirulina si **susan**.*

***The mother of vegan burgers in Romania,  
since 2016.***

*Ingredients: Happy Cow Meatball (chickpeas, beets, endives, **sesame**, **oatmeal**, **sunflower seeds**, parsley, spices), tomatoes, pickled cucumbers, lettuce, mayo sauce (rapeseed oil, lemon juice, **sunflower seeds**, turmeric), spinach bun, spirulina and **sesame**.*

# Smiley Pig Burger

330 grame - 30 lei



## **Tatal burgerilor vegani din Romania, din 2016.**

*Ingrediente: Chiftea Smiley Pig (naut, fasole rosie, **nuca**, **ciuperci**, fulgi de **ovaz**, patrunjel, condimente), rosii, castraveti murati in saramura, salata verde, sos mayo (ulei de rapita, suc de lamaie, seminte de floarea soarelui, turmeric), chifla cu spanac, spirulina si **susan**.*

## **The father of vegan burgers in Romania, since 2016.**

*Ingredients: Smiley Pig Patty (chickpeas, red beans, **walnuts**, **mushrooms**, **oatmeal**, parsley, spices), tomatoes, pickled cucumbers, lettuce, mayo sauce, rapeseed oil, lemon juice, sunflower seeds, turmeric), spinach bun, spirulina and **sesame**.*

# Gluten Free Burger

## The Special Happy Cow

300 grame - 45 lei



### **Primul burger special, pentru oameni speciali**

*Ingrediente: chifla fara gluten Dr. Schar (75g), chiftea Happy Cow fara gluten (naut, sfecla rosie, andive, susan, fulgi de ovaz fara gluten\* certificati, miez de floarea soarelui, patrunjel, condimente), rosii, castraveti murati in saramura, salata verde, sos barbeque, sos maioneza cu usturoi*

**\*NU RECOMANDAM PERSOANELOR CU ALERGII SEVERE**

### **The 1<sup>st</sup> Special burger, for special people**

*Ingredients: Dr. Schar gluten-free bun, Happy Cow gluten-free bun (chickpeas, beetroot, endives, sesame, certified gluten-free\* oat flakes, sunflower kernels, parsley, spices), tomatoes, pickled cucumbers in brine, green salad, barbeque sauce, garlic mayonnaise sauce*

**\*WE DON'T RECOMMEND FOR PEOPLE WITH SEVERE ALLERGIES.**

# Gluten Free Burger The Mushroom King 300 grame - 45 lei



## The King of Agaricus

*Ingrediente: chifla fara gluten Dr. Schar (75g), chiftea mushroom fara. gluten (naut, ciuperci brune, ciuperci champignon, linte verde, fulgi de ovaz, marar, condimente), rosii, castraveti murati in saramura, salata verde, sos maioneza cu usturoi*

**\*NU RECOMANDAM PERSOANELOR CU ALERGII SEVERE**

*Ingredients: Dr. Schar gluten-free bun, mushroom patty without. gluten (chickpeas, brown mushrooms, champignon mushrooms, green lentils, oat flakes, dill, spices), tomatoes, pickled cucumbers in brine, green salad, garlic mayonnaise sauce*

**\*WE DON'T RECOMMEND FOR PEOPLE WITH SEVERE ALLERGIES.**

# Gluten Free Burger

## The QueenOA

300 grame - 45 lei



### The Queen of Chenopodium

*Ingrediente: chifla fara gluten Dr. Schar (75g), chiftea fara gluten din quinoa (quinoa, dovlecel, fulgi de ovaz, naut, condimente), rosii, castraveti murati in saramura, salata verde, sos usturoi, sos barbeque*

**\*NU RECOMANDAM PERSOANELOR CU ALERGII SEVERE**

*Ingredients: Dr. Schar gluten-free bun, gluten-free quinoa patty (quinoa, zucchini, oat flakes, chickpeas, spices), tomatoes, pickled cucumbers in brine, green salad, garlic sauce, barbeque sauce*

**\*WE DON'T RECOMMEND FOR PEOPLE WITH SEVERE ALLERGIES.**

# Rainbow Delight Wrap

330 grame - 33 lei



## **Curcubeul din mana ta.**

*Ingrediente: **tofu** copt cu pasta de ardei, avocado, ardei gras in trei culori (verde, rosu, galben), castravete, salata verde, sos **tahini**, lipie cu **faina integrala***

## **The rainbow in your hand.**

*Ingredients: baked tofu with pepper paste, avocado, bell pepper in three colors (green, red, yellow), cucumber, green salad, tahini sauce, wholemeal flour paste*

# Amazing Veggie Wrap

330 grame - 26 lei



**Primul Veggie Wrap din Romania, din 2015, este in continuare ALL TIME STAR Sara Green. Este cel mai comandat preparat atat online, cat si in locatiile noastre.**

*Ingrediente: chiftele de linte cu **susan**, rosii cubulete, castraveti murati in saramura, salata verde, sos **tahini**, lipie cu **faina integrala***

***The first Veggie Wrap in Romania, since 2015, is still ALL TIME STAR Sara Green. And it is the best selling dish both online and in our locations.***

*Ingredients: lentil meatballs with **sesame**, diced tomatoes, pickled cucumbers in brine, lettuce, **tahini** sauce, **wholemeal flour** flatbread*

# Hummus Wrap

330 grame - 26 lei



**Un mix de 11 arome orientale intr-o pasta fina de naut si tahini, impreuna cu o combinatie legume murate si fresh, in cea mai buna lipie libaneza.**

*Ingrediente: Hummus Moon, rosii cubulete, castraveti murati in saramura, salata verde, lipie cu **faina integrala***

***A mix of 11 oriental flavors in a fine chickpea and tahini paste, along with a combination of pickled and fresh vegetables, in the best Lebanese flatbread.***

*Ingredients: Hummus Moon, diced tomatoes, pickled cucumbers, lettuce, **wholemeal flour***

# Buddha Bowl

450 grame - 35 lei



## **Combinatia bolului perfect.**

*Ingrediente: avocado, **tofu** copt cu sos de **soia**, fasole rosie, naut, rosii uscate in ulei, ardei kapia rosu, ceapa rosie, patrunjel, salata verde, dressing (ulei de masline, suc de lamaie, sare roz neiodata)*

## **The perfect bowl combination.**

*Ingredients: avocado, baked **tofu** with **soy** sauce, red beans, chickpeas, dried tomatoes in oil, red pepper, red onion, parsley, lettuce, dressing (olive oil, lemon juice, pink salt)*

# Spaghete integrale cu sos caju, avocado si rosii cubulete Wholegrain Pasta with cashew sauce, avocado and diced tomatoes

350 grame - 32 lei



**...momentul acela cand nu poti descrie  
bucuria gustului.**

*Ingrediente: spaghete cu faina integrala de  
**grau**, sos **caju**, avocado cubulete, rosii  
cubulete.*

**... that moment when you can't describe  
the joy of taste.**

*Ingredients: **wholegrain** spaghetti, **cashew**  
sauce, diced avocado, diced tomatoes*

# **Salata cu rucola, baby spanac si dressing de busuioc**

## **Rucola salad baby spinach and basil dressing**

200 grame - 24 lei



**Daca credeati ca ati mancat cea mai aromata salata ever, ei bine, v-ati inselat! Aceasta este cea mai aromata si fresh salata, all time.**

*Ingrediente: Rucola, baby spanac, rosii cherry, caju crud, miez de floarea soarelui crud, topping de busuioc (busuioc fresh, caju, ulei de rapita).*

**If you thought you ate the most flavorful salad ever, well, you were wrong! This is the most flavorful and fresh salad, all time.**

*Ingredients: Rucola, baby spinach, cherry tomatoes, raw cashews, raw sunflower kernels, basil topping (fresh basil, cashews, rapeseed oil).*

# Salata de Cruditati cu dressing de Avocado Vegetable salad with Avocado dressing

250 grame - 22 lei



**Cea mai complexa combinatie, consistenta,  
fresh, aromata, colorata.**

*Ingrediente: Morcov, **telina**, sfecla rosie, maioneza de avocado (avocado, ulei de rapita, suc de lamaie).*

**The most complex combination, consistent,  
fresh, aromatic, colorful.**

*Ingredients: Carrot, **celery**, beetroot, avocado mayonnaise (avocado, rapeseed oil, lemon juice).*

# Salata Tabouleh

## Tabouleh salad

200 grame - 20 lei



### **Un cocktail oriental, de vitamina C.**

*Ingrediente: Patrunjel, rosii cubulete, ceapa rosie, fulgi de **ovaz fara gluten**, suc de lamaie, ulei de rapita presat la rece.*

### **An oriental cocktail of vitamin C.**

*Ingredients: Parsley, diced tomatoes, red onions, **oat** bran without gluten, lemon juice, cold pressed rapeseed oil.*

# Hummus Sun

200 grame - 22 lei



**Un Hummus aromat, picant si cu rosii cubulete.  
O delicata pentru toti iubitorii „spicy”.**

*Ingrediente: naut, pasta de **susan**, suc de lamaie,  
ulei vegetal, pasta de ardei iute,  
rosii cubulete, mix de 11 condimente*

**A fragrant, spicy Hummus with diced tomatoes.  
A delicacy for all "spicy" lovers.**

*Ingredients: chickpeas, **sesame** paste, lemon  
juice, vegetable oil, hot pepper paste,  
diced tomatoes, mix of 11 spices*

# Hummus Moon

200 grame - 19 lei



**Mixul nostru de 11 arome orientale intr-o salata fina de naut si tahini.**

*Ingrediente: naut, pasta de **susan**, suc de lamaie, ulei vegetal, mix de 11 condimente*

**Our mix of 11 oriental flavors in a fine salad of chickpeas and tahini.**

*Ingredients: chickpeas, **sesame** paste, lemon juice, vegetable oil, mix of 11 spices*

# Crackers

100 grame - 11 lei



***Crackers integrali, cu seminte de in, susan si floarea soarelui, crescuti cu maia naturala 100%.***

*Ingrediente faina de **grau** integrala, maia din faina integrala, seminte de in, **susan**, floarea soarelui, apa, sare*

***Whole crackers, with flax seeds, sesame and sunflower, grown with 100% natural leaven.***

*Ingredients: wholemeal **flour**, wholemeal flour leaven,, flax seeds, **sesame**, sunflower, water, salt*

# Tort raw vegan cu portocale si fructe de padure - fara zahar si fara gluten

Raw vegan cake - gluten free & sugar free

Orange & forest fruits raw cake

150 grame - 25 lei



## Echilibrul perfect intre portocale si fructe de padure

Ingrediente: blat: **migdale**, curmale, **smochine**, fulgi de **cocos**, sare neiodata, crema portocale: caise deshidratate, **caju**, suc de portocale, ulei de cocos, must din struguri, goji, ulei esential bio de portocala, crema de fructe de padure: mix de fructe de padure (afine, coacaze rosii, coacaze negre, capsuni, visine, zmeura), caju, must din struguri, ulei de cocos, fructe de padure intregi (afine, coacaze rosii, coacaze negre, capsuni, visine, zmeura)

## The perfect balance between orange and forest fruits

Ingredient: **almonds**, dates, **figs**, **coconut** flakes, non-iodized salt, orange cream: dried apricots, **cashews**, orange juice, **coconut** oil, grape must, goji, organic orange essential oil, forest fruit cream : mixed berries (blueberries, red currants, black currants, strawberries, cherries, raspberries), cashews, grape must, coconut oil, whole berries (blueberries, red currants, black currants, strawberries, cherries, raspberries )

**Tort raw vegan cu lamaie si seminte de chia -  
fara zahar si fara gluten  
Raw vegan cake - gluten free & sugar free  
Lemon & Chia raw cake  
150 grame - 25 lei**



**Easy peasy, lemon squeezy**

*Ingrediente: blat: **migdale**, curmale, **smochine**, fulgi de **cocos**, sare neiodata, crema lamaie: caju, suc de lamaie, ulei de cocos, must din struguri, seminte de chia, seminte de mac, ulei esential bio de lamaie, turmeric*

**Easy peasy, lemon squeezy**

*Ingredient: **almonds**, dates, **figs**, **coconut** flakes, non-iodized salt, lemon cream: **cashew**, lemon juice, **coconut** oil, grape must, **chia** seeds, poppy seeds, organic lemon essential oil, turmeric)*

**Tort raw vegan cu ciocolata si visine -  
fara zahar si fara gluten  
Raw vegan cake - gluten free & sugar free  
Chocolate and cherry  
150 grame - 25 lei**



**Cherry, cherry... Cake\_e 😊**

*Ingrediente: blat: curmale, **migdale**, **smochine**, cacao naturala, crema: banane, **caju**, ulei de **cocos**, cacao naturala, must din struguri, suc de portocale, visine*

**Cherry, cherry... Cake\_e 😊**

*ingredients: countertop: dates, **almonds**, **figs**, natural **cocoa**, cream: bananas, **cashews**, **coconut** oil, natural **cocoa**, grape must, orange juice, cherries*

# Oat Brownie

200 grame - 25 lei



## **Magia dintre gustos si sanatos.**

*Ingrediente: lapte de **cocos**, fulgi de **ovaz** fara gluten, must de struguri, unt de **arahide**, masa de **cacao**, cacao naturala, nectar de cocos, faina din **seminte de in**, ulei essential de portocale, praf de copt*

## **The magic between tasty and healthy.**

*Ingredients: **coconut** milk, gluten-free **oatmeal**, grape must, **peanut butter**, **cocoa** mass, natural cocoa, coconut nectar, **flaxseed** flour, orange essential oil, baking powder*

# **Tort de ciocolata cu zmeura** **Chocolate cake with raspberries**

150 grame - 25 lei



## **Nirvana iubitorilor de ciocolata.**

*Crema de ciocolata din lapte de **cocos** cu ciocolata belgiana si foarte putin zahar brut, blat din vegan brownie cu banane, portocale, **nuci**, faina alba de **grau**, zahar brut, cacao si ciocolata belgiana, zmeura*

## **Nirvana of chocolate lovers.**

*Coconut milk chocolate cream with Belgian chocolate and very little raw cane sugar, vegan brownie top with bananas, oranges, **nuts**, white **wheat** flour, raw sugar, cocoa and Belgian chocolate, raspberries*

# **Cheesecake cu caramel sarat**

## **Cheesecake with salted caramel**

100 grame - 22 lei



### ***Cheesecake-ul care te lasa fara cuvinte.***

*Ingrediente: crema - frisca de **cocos**, **tofu**, **caju**, sirop de struguri, ulei **cocos**, drojdie inactiva, esenta bio de lamiae, sare roz de Himalaya, caramel sarat - frisca de **cocos**, sirop de curmale, **tahina**, rom, sare roz de Himalaya, blat din biscuiti fara zahar*

### ***The Cheesecake that takes your breath***

*Ingredients: cream - **coconut** cream, **tofu**, **cashews**, grape syrup, **coconut** oil, inactive yeast, organic lemon essence, Himalayan pink salt, salted caramel - **coconut** cream, date syrup, **tahini**, rum, pink salt Himalayas, sugar-free biscuit top*

# **Praline cu whiskey**

## **Praline with whiskey**

80 grame - 17 lei



**Whiskey cremos, invelit in ciocolata.**

*Ingrediente: **caju**, unt de **arahide**, ulei de **cocos**, sirop de struguri, whiskey*

**Creamy whiskey, wrapped in chocolate.**

*Ingredients: **cashews**, **peanut** butter, **coconut** oil, grape syrup, whiskey*

# Bomboane energizante cu cocos si rodie

## Energizing candies with coconut and pomegranate

100 grame - 17 lei



### **Bilutele tale cu energie.**

*Ingrediente: Miez de **floarea soarelui** crud, curmale, sirop de struguri, rodie, stafide, carob, fulgi de **cocos***

### **Your energy balls.**

*Ingredients: **Raw sunflower seeds** dates, grape syrup, pomegranate, raisins, carob, **coconut** flakes*

# Raw Brownie

80 grame - 16 lei



**Mic si puternic. Consistent si cremos.**

*Ingrediente: Miez de **floarea soarelui** crud, sirop de struguri, rodie, stafide, cacao raw bio, carob, ulei de cocos).*

***Creamy and consistent***

*Ingredients: Raw **sunflower seeds**, grape syrup, pomegranate, raisins, organic raw cocoa, carob, coconut oil).*

# Salam de viscuiti

100 grame - 15 lei



## **Salamul de biscuiti, vegan.**

*Ingrediente: banane, portocale, **nuci, faina** alba, zahar brut, cacao si ciocolata belgiana, merisor, stafide de corint, coacaze negre, stafide, rom (0,01%)*

## **Viscuit salami**

*Ingredients: bananas, oranges, **nuts, white flour**, raw sugar, cocoa and Belgian chocolate, cranberry, currants, blackcurrants, raisins, rum (0.01%)*

# Vegan Brownie

100 grame - 15 lei



**Negresa de odinioara a bunicii,  
dar mai buna.**

*Ingrediente: Banane, lapte de **soia**, zahăr brut, semințe de chia, ulei de **cocos**, ulei de floarea soarelui, **făină** albă de grâu, **nucă**, cacao, ciocolata belgiana, portocale, praf de copt, bicarbonat de sodiu, sare roz de Himalaya.*

**Like grandma's brownie,  
but better.**

*Ingredients: Bananas, soy milk, raw sugar, chia seeds, coconut oil, sunflower oil, white wheat flour, walnut, cocoa, Belgian chocolate, oranges, baking powder, baking soda, Himalayan pink salt .*

# Banana Bread

100 grame - 13 lei



## **Alegerea perfecta la cafea sau gustare.**

*Ingrediente: Banane, lapte de **soia**, zahăr brut, semințe de chia, ulei de **cocos**, ulei de floarea soarelui, **făină albă** de **grâu**, **nucă**, portocale, praf de copt, bicarbonat de sodiu, sare roz de Himalaya.*

## **The perfect choice for coffee or snack.**

*Ingredients: Bananas, **soy** milk, raw sugar, chia seeds, **coconut** oil, sunflower oil, white **wheat flour**, **walnuts**, oranges, baking powder, baking soda, Himalayan pink salt.*

# Dulceata fara zahar adaugat



***Dulceata Sara Green fara zahar adaugat este alegerea perfecta pentru un mic dejun sanatos, pentru asezonarea prajiturilor sau clatitelor, pregatite cu drag pentru cei de acasa.***

**Dulceata de nuci verzi - 225 g - 21 lei**

**Dulceata de cirese negre - 225 g - 21 lei**

**Dulceata de afine - 225 g - 21 lei**

**Dulceata de zmeura - 225 g - 21 lei**

**Dulceata de capsuni - 225 g - 19 lei**

**Dulceata de mure - 225 g - 19 lei**

**Dulceata de fructe de padure- 225 g - 19 lei**

**Dulceturile sunt produse din fructe romanesti, de la producatori locali.**

**Acestea sunt indulcite cu concentrat din suc de mere, pudra de mere si conservat cu suc natural de lamaie.**

# Jam without added sugar



***Sara Green jam without added sugar is the perfect choice for a healthy breakfast, for seasoning cakes or pancakes, gladly prepared for those at home.***

- Green walnut jam - 225 g - 21 lei**
- Black cherry jam - 225 g - 21 lei**
- Cranberry jam - 225 g - 21 lei**
- Raspberry jam - 225 g - 21 lei**
- Strawberry jam - 225 g - 19 lei**
- Blackberry jam - 225 g - 19 lei**
- Berries jam - 225 g - 19 lei**

**The jams are made from Romanian fruits,  
from local producers.**

**They are sweetened with apple juice concentrate,  
apple powder and preserved with natural lemon juice.**

# Specialitati vegetale Filgud

## Filgud - Vegetable specialties

**Tartinabil cu ceapa si marar - 200g - 23 lei**

**Pasta de amarant cu ceapa rosie - 200g - 23 lei**

**Specialitate din caju tip „feta” - 100g - 35 lei**

**Filgud - Delicatesa din alge negre - 100 g - 21 lei**

**Filgud - delicatesa din alge rosii - 100 g - 21 lei**

**Spreadable with onion and dill - 200g - 23 lei**

**Amaranth paste with red onion - 200g - 23 lei**

**"Feta" type cashew specialty - 100g - 35 lei**

**Filgud - Delicacy from black algae - 100 g - 21 lei**

**Filgud - Red seaweed delicacy - 100 g - 21 lei**





**Iti multumim pentru vizita!**  
***Thank you for visiting!***

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**[www.saragreen.ro](http://www.saragreen.ro)**

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TripAdvisor, HappyCow sau oriunde iti doresti 😊**

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TripAdvisor, HappyCow or wherever you want 😊**

**Iti dorim o zi frumoasa si te asteptam  
cu drag sa revii!**  
**We wish you a great day and we look  
forward to see you again!**

# Alergeni / Allergens

**Informare cu privire la alergenii potențiali pe care i-ati putea consuma în locația noastră.**

Conform Directivei 2000/13/CE A PARLAMENTULUI EUROPEAN ȘI A CONSILIULUI din 20 martie 2000, alergenii din alimente se pot încadra în principal în următoarele grupe:

Cereale care conțin gluten (adică grâu, seară, orz, ovăz, grâu spelt, grâu mare sau hibridi ai acestora) și produse derivate

Arahide și produse derivate

Soia și produse derivate

Fructe cu coajă, adică migdale (*Amygdalus communis* L.), alune de pădure (*Corylus avellana*), nuci (*Juglans regia*), anacarde (*Anacardium occidentale*) nuci Pecan [*Carya illinoensis* (Wangenh.) K. Koch], nuci de Brazilia (*Bertholletia excelsa*), fistic (*Pistacia vera*), nuci de macadamia și nuci de Queensland (*Macadamia ternifolia*) și produse derivate

Țelină și produse derivate

Muștar și produse derivate

Semințe de susan și produse derivate

Lupin și produse derivate

**În cazul în care suferiți de o alergie, vă rugăm să solicitați informații suplimentare înainte de efectuarea comenzii. Vă mulțumim pentru înțelegere!**

Information on potential allergens that you may be consuming at our location.

According to Directive 2000/13 / EC OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 20 March 2000, food allergens can mainly fall into the following groups:

Cereals containing gluten (ie wheat, rye, barley, oats, spelled wheat, whole wheat or hybrids thereof) and derived products

Peanuts and derived products

Soybeans and derived products

Nuts, almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*) pecans (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts ( *Bertholletia excelsa*), pistachios (*Pistacia vera*), macadamia nuts and Queensland nuts (*Macadamia ternifolia*) and derived products

Celery and derived products

Mustard and derived products

Sesame seeds and derived products

Lupine and derived products

**If you suffer from an allergy, please request additional information before placing your order. Thank you for understanding!**