

Informatii nutritionale privind produsele Fragilistic Coffee Shop										
Produs	Cantitate (ml/g)	Valoare energetica (KJ)	Valoare energetica (kcal)	Grasimi (g)	Din care saturate (g)	Carbohidrati (g)	Din care zaharuri (g)	Fibre (g)	Proteine (g)	Sare (g)
Espresso	20ml	22	5	0.1	0	0.5	0.1	0.1	0.5	0.03
Double Espresso	40ml	44	10	0.2	0	1	0.1	0.2	1	0.06
Long Black	90ml	44	10	0.2	0	1	0.1	0.2	1	0.06
V60	200ml	96	24	1.2	0.2	1	0.2	1.2	1.4	0.3
Cortado	80ml	181.6	43.1	2.2	1.2	3.2	2.8	0.1	2.48	0.09
Cappucino	180ml	447.6	106.6	5.7	3.2	7.7	7.3	0.1	5.78	0.19
Flat White	180ml	416.4	98.9	5.1	2.8	7.3	6.5	0.2	5.62	0.2
Latte	300ml	735.6	175.1	9.3	5.2	12.7	11.9	0.2	9.58	0.32
Caffe Mocha	300ml	585.2	139.7	11.5	6.6	16	15.1	0.4	8.96	0.3
Freddo Espresso	100ml	22	5	0.1	0	0.5	0.1	0.1	0.5	0.03
Freddo Cappuccino	300ml	576	137	7.2	4	10	9.2	0.2	7.6	0.26
Iced Latte	300ml	576	137	7.2	4	10	9.2	0.2	7.6	0.26
Cold brew on the rocks	100ml	68	16	1	0.2	0	0	1	1.2	0.26
Cold brew latte	300ml	600	143	8	4.2	9	9	1	7.8	0.46
Cold brew tonic	300ml	384	90	1	0.2	17.8	17.8	1	1.2	0.26
Ciocolata calda belgiana	300ml	1528	365	22.1	13.2	30.3	29.9	0.8	10.06	0.3
Green Matcha Latte	300ml	639.75	152.75	7.7	4.4	13.09	13.08	0	7.75	0.22
Banana Bread	/100g	1364	326	17	9	35	15	3	4.3	0
Biscuiti cu lamaie si vanilie	/100g	1802	430	19.58	8.93	56.18	25.35	0	6.5	0.06
Biscuiti cu ciocolata neagra, scortisoara si cacao	/100g	1837	439	20.67	9.69	56.77	25.01	0	7.35	0.07
Extra shot espresso	20ml	22	5	0.1	0	0.5	0.1	0.1	0.5	0.03
Lapte vegetal ovaz	100ml	256	61	3	0.3	7.1	3.4	0.8	1.1	0.1
Lapte vegetal mazare	100ml	170	40	2.7	0.2	2	1.8	0	2.1	0.05