**EK-1.2 YEMEK GRAMAJLARI**

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| **ET YEMEKLERİ** | | | | | | | | |
|  | DANA ROSTO (KEMİKSİZ BUT) | 100 GR |  | DANA ROSTO (KEMİKSİZ BUT) | 100 GR |  | DANA ROSTO (KEMİKSİZ) | 80 GR |
| DOMATES | 25 GR | DOMATES | 30 GR | DOMATES | 40 GR |
| HAVUÇ | 15 GR | KARA BİBER | 0,2 GR | HAVUÇ | 15 GR |
| KARA BİBER | 0,2 GR | MANTAR | 40 GR | KARA BİBER | 0,2 GR |
| KEKİK | 0,2 GR | MARGARİN | 5 GR | KEKİK | 0,2 GR |
| KONSERVE BEZELYE | 25 GR | MAYDANOZ | 0,01 DEMET | KONSERVE BEZELYE | 15 GR |
| KURU SOĞAN | 7 GR | PATLICAN | 100 GR | KURU SOĞAN | 3 GR |
| MARGARİN | 5 GR | PUL BİBER | 0,3 GR | MARGARİN | 5 GR |
| PATATES | 70 GR | SALÇA | 7 GR | PATLICAN | 50 GR |
| PUL BİBER | 0,3 GR | SARIMSAK | 1 GR | PUL BİBER | 0,3 GR |
| SALÇA | 7 GR | SIVI YAĞ | 15 GR | SALÇA | 7 GR |
| SIVI YAĞ | 5 GR | SİVRİ BİBER | 8 GR | SARIMSAK | 1 GR |
| TUZ | 2 GR | TUZ | 2 GR | SIVI YAĞ | 25 GR |
| UN TİP 1 | 2 GR | UN TİP 1 | 5 GR | SİVRİ BİBER | 10 GR |
|  |  |  |  | TAZE KABAK | 50 GR |
|  |  |  |  | TUZ | 2 GR |
|  |  |  |  | UN TİP 1 | 5 GR |

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| **ÇOBAN KAVURMA** | DANA ROSTO (KEMİKSİZ BUT) | 150 GR | **DANA ROSTO (HAŞLAMA PATATES GARNİLİ)** | DANA ROSTO (KEMİKSİZ BUT) | 150 GR | **DANA ROSTO (PÜRELİ)** | DANA ROSTO (KEMİKSİZ BUT) | 150 GR |
| DOMATES | 40 GR | AÇIK YOĞURT | 20 GR | AÇIK YOĞURT | 15 GR |
| KARA BİBER | 0,2 GR | DOMATES | 10 GR | DOMATES | 20 GR |
| KEKİK | 0,2 GR | HAVUÇ | 10 GR | KARA BİBER | 0,2 GR |
| KURU SOĞAN | 7 GR | KARA BİBER | 0,2 GR | KEKİK | 0,2 GR |
| MARGARİN | 5 GR | KEKİK | 0,2 GR | MARGARİN | 5 GR |
| PUL BİBER | 0,3 GR | MARGARİN | 5 GR | PATATES | 90 GR |
| SALÇA | 7 GR | PATATES | 90 GR | PUL BİBER | 0,3 GR |
| SARMISAK | 1 GR | PUL BİBER | 0,3 GR | SALÇA | 5 GR |
| SIVI YAĞ | 5 GR | SIVI YAĞ | 2 GR | SIVI YAĞ | 2 GR |
| SİVRİ BİBER | 10 GR | SİVRİ BİBER | 8 GR | SİVRİ BİBER | 8 GR |
| TUZ | 2 GR | TUZ | 2 GR | TUZ | 2 GR |
| UN TİP 1 | 2 GR | UN TİP 1 | 5 GR | UN TİP 1 | 5 GR |

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| **BAŞAMELLİ KEBAP** | DANA ROSTO (KEMİKSİZ BUT) | 100 GR | **ANKARA TAVA** | DANA ROSTO (KEMİKSİZ BUT) | 150 GR | **ALİ NAZİK KEBABI** | DANA KUŞBAŞI (KEMİKSİZ) | 60 GR |
| AÇIK SÜT | 30 GR | DEFNE YAPRAĞI | 0,05 GR | AÇIK YOĞURT | 100 GR |
| KAŞAR PEYNİRİ | 20 GR | DOMATES | 15 GR | AÇIK SÜT | 15 GR |
| KONSERVE BEZELYE | 20 GR | KARA BİBER | 0,1 GR | KARABİBER | 0,1 GR |
| MARGARİN | 5 GR | MARGARİN | 5 GR | LİMON | 25 GR |
| PATATES | 50 GR | MAYDONOZ | 0,01 DEMET | MAYDANOZ | 0,02 DEMET |
| SIVI YAĞ | 20 GR | PİRİNÇ | 60 GR | PATLICAN | 200 GR |
| TUZ | 2,5 GR | SIVI YAĞ | 5 GR | PUL BİBER | 0,1 GR |
| UN TİP 1 | 5 GR | SİVRİ BİBER | 3 GR | SALÇA | 5 GR |
|  |  | TUZ | 2 GR | SIVI YAĞ | 30 GR |
|  |  |  |  | TUZ | 1,5 GR |
|  |  |  |  | UN TİP 1 | 2,5 GR |

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| **ET KIZARTMA P**Ü**RELİ** | DANA ROSTO (KEMİKSİZ) | 150 GR | **ET KAVURMA** | DANA ROSTO (KEMİKSİZ) | 150 GR | **ET KIZARTMA** | DANA ROSTO (KEMİKSİZ) | 150 GR |
| DOMATES | 25 GR | DEFNE YAPRAĞI | 0,05 GR | DOMATES | 25 GR |
| KARA BİBER | 0,2 GR | DOMATES | 25 GR | KARA BİBER | 0,2 GR |
| MARGARİN | 5 GR | KARA BİBER | 0,2 GR | MARGARİN | 5 GR |
| PATATES | 100 GR | KEKİK | 0,2 GR | PATATES | 100 GR |
| SÜT | 20 GR | KURU SOĞAN | 7 GR | PUL BİBER | 0,3 GR |
| PUL BİBER | 0,3 GR | MARGARİN | 5 GR | SALÇA | 7 GR |
| SALÇA | 7 GR | PUL BİBER | 0,3 GR | SARIMSAK | 1 GR |
| SARIMSAK | 1 GR | SARIMSAK | 1 GR | SIVI YAĞ | 20 GR |
| SIVI YAĞ | 20 GR | SIVI YAĞ | 2,5 GR | SİVRİ BİBER | 5 GR |
| SİVRİ BİBER | 5 GR | SİVRİ BİBER | 10 GR | TUZ | 2 GR |
| TUZ | 2 GR | TUZ | 2 GR | UN TİP 1 | 5 GR |
| UN TİP 1 | 5 GR | UN TİP 1 | 0 GR |  |  |

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| **ET DÖNER/ SALATA GARNİLİ** | AYSBERG KIVIRCIK | 0,15 ADET | **ET KIZARTMA- DEMİ GLACE SOSLU** | DANA ROSTO (KEMİKSİZ BUT) | 150 GR | **ET SOTE** | DANA ROSTO (KEMİKSİZ BUT) | 150 GR |
| HAVUÇ | 30 GR | DEMİ GLACE SOS | 3 GR | DOMATES | 35 GR |
| HAZIR ET DÖNER | 150 GR | DOMATES | 30 GR | KARA BİBER | 0,2 GR |
| LİMON | 25 GR | KARA BİBER | 0,2 GR | KEKİK | 0,2 GR |
| MAYDANOZ | 0,01 DEMET | MARGARİN | 5 GR | KURU SOĞAN | 7 GR |
| SIVI YAĞ | 1 GR | PATATES | 100 GR | MARGARİN | 5 GR |
|  |  | PUL BİBER | 0,3 GR | PUL BİBER | 0,3 GR |
|  |  | SALÇA | 7 GR | SALÇA | 7 GR |
|  |  | SARIMSAK | 1 GR | SARIMSAK | 1 GR |
|  |  | SIVI YAĞ | 20 GR | SIVI YAĞ | 2 GR |
|  |  | SİVRİ BİBER | 8 GR | SİVRİ BİBER | 10 GR |
|  |  | TUZ | 2 GR | TUZ | 2 GR |
|  |  | UN TİP 1 | 5 GR | UN TİP 1 | 5 GR |

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| **İSLİM KEBABI** | DANA ROSTO (KEMİKSİZ BUT) | 100 GR | **KAĞIT KEBABI** | DANA ROSTO (KEMİKSİZ) | 125 GR | **MANTARLI ET SOTE** | DANAROSTO (KEMİKSİZ) | 100 GR |
| DOMATES | 25 GR | ÇARLİSTON BİBER | 10 GR | DOMATES | 50 GR |
| KARA BİBER | 0,2 GR | HAVUÇ | 20 GR | KARA BİBER | 0,2 GR |
| MARGARİN | 5 GR | KARA BİBER | 0,3 GR | KURU SOĞAN | 7 GR |
| PATLICAN | 150 GR | KONSERVE BEZELYE | 25 GR | MANTAR | 50 GR |
| PUL BİBER | 0,3 GR | KURU SOĞAN | 7 GR | MARGARİN | 5 GR |
| SALÇA | 7 GR | PATATES | 30 GR | PUL BİBER | 0,3 GR |
| SARIMSAK | 1 GR | PUL BİBER | 0,16 GR | SALÇA | 7 GR |
| SIVI YAĞ | 20 GR | SALÇA | 5 GR | SARIMSAK | 1 GR |
| SİVRİ BİBER | 8 GR | SIVI YAĞ | 13 GR | SIVI YAĞ | 2 GR |
| TUZ | 2 GR | TUZ | 2 GR | SİVRİ BİBER | 15 GR |
| UN TİP 1 | 5 GR |  |  | TUZ | 2 GR |
|  |  |  |  | UN TİP 1 | 2 GR |

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| **ORMAN KEBABI** | DANA ROSTO (KEMİKSİZ) | 125 GR | **PATLICAN KEBAP** | DANA KUŞBAŞI (KEMİKSİZ) | 100 GR | **PİLAV ÜSTÜ ET KAVURMA** | DANA ROSTO (KEMİKSİZ BUT) | 125 GR |
| DOMATES | 20 GR | ÇARLİSTON BİBER | 5 GR | DEFNE YAPRAĞI | 0,05 GR |
| KARA BİBER | 0,2 GR | DOMATES | 50 GR | DOMATES | 10 GR |
| KEKİK | 0,2 GR | KARA BİBER | 0,15 GR | KARA BİBER | 0,2 GR |
| KONSERVE BEZELYE | 20 GR | KURU SOĞAN | 3 GR | KEKİK | 0,2 GR |
| KURU SOĞAN | 7 GR | MARGARİN | 5 GR | KURU SOĞAN | 7 GR |
| MARGARİN | 2,5 GR | MAYDANOZ | 0,01 DEMET | MARGARİN | 5 GR |
| PATATES | 70 GR | PATLICAN | 200 GR | PİRİNÇ | 60 GR |
| PUL BİBER | 0,3 GR | PUL BİBER | 0,3 GR | PUL BİBER | 0,3 GR |
| SALÇA | 7 GR | SALÇA | 7 GR | SARIMSAK | 1 GR |
| SIVI YAĞ | 2,5 GR | SIVI YAĞ | 25 GR | SIVI YAĞ | 5 GR |
| SİVRİ BİBER | 3 GR | TUZ | 2 GR | SİVRİ BİBER | 10 GR |
| TUZ | 2 GR | UN TİP 1 | 5 GR | TUZ | 2 GR |
| UN TİP 1 | 5 GR |  |  |  |  |

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| **SAC KAVURMA** | DANA ROSTO (KEMİKSİZ BUT) | 150 GR | **SEBZELİ KEBAP** | DANA ROSTO (KEMİKSİZ BUT) | 80 GR | **TAS KEBABI** | DANA ROSTO (KEMİKSİZ BUT) | 125 GR |
| DEFNE YAPRAĞI | 0,2 GR | DOMATES | 25 GR | DOMATES | 25 GR |
| DOMATES | 40 GR | KARA BİBER | 0,2 GR | HAVUÇ | 10 GR |
| KARA BİBER | 0,2 GR | MARGARİN | 5 GR | KARABİBER | 0,2 GR |
| KEKİK | 0,2 GR | PATLICAN | 50 GR | KEKİK | 0,1 GR |
| KURU SOĞAN | 7 GR | PUL BİBER | 0,3 GR | KURU SOĞAN | 5 GR |
| MARGARİN | 3 GR | SALÇA | 7 GR | PATATES | 90 GR |
| PUL BİBER | 0,3 GR | SARIMSAK | 1 GR | PUL BİBER | 0,3 GR |
| SARIMSAK | 1 GR | SIVI YAĞ | 20 GR | SALÇA | 7 GR |
| SIVI YAĞ | 2,5 GR | SİVRİ BİBER | 8 GR | SIVI YAĞ | 15 GR |
| SİVRİ BİBER | 20 GR | TAZE FASÜLYE | 50 GR | SİVRİ BİBER | 5 GR |
| TUZ | 2 GR | TAZE KABAK | 50 GR | TUZ | 2 GR |
|  |  | TUZ | 2 GR | UN TİP 1 | 5 GR |
|  |  | UN TİP 1 | 5 GR |  |  |
| **KÖFTELİ YEMEKLER** | | | | | | | | |
| **ÇİFTLİK KÖFTE** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **DALYAN KÖFTE** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **İNEGÖL KÖFTE** | DANA KUŞBAŞI (KEMİKSİZ) | 100 GR |
| HAVUÇ | 15 GR | DOMATES | 35 GR | DOMATES | 75 GR |
| KİMYON | 0,1 GR | HAVUÇ | 15 GR | GALETE UNU | 5 GR |
| KÖFTE BAHARATI | 1 GR | KARA BİBER | 0,2 GR | KABARTMA TOZU | 2 GR |
| KONSERVE BEZELYE | 20 GR | KÖFTE BAHARATI | 1 GR | KARA BİBER | 0,2 GR |
| KURU SOĞAN | 7 GR | KONSERVE BEZELYE | 25 GR | KURU SOĞAN | 13 GR |
| MARGARİN | 2,5 GR | KURU SOĞAN | 13 GR | PUL BİBER | 0,3 GR |
| MAYDANOZ | 0,02 GR | MARGARİN | 2,5 GR | SARIMSAK | 0,25 GR |
| PATATES | 60 GR | PATATES | 100 GR | SIVI YAĞ | 2 GR |
| SALÇA | 7 GR | PUL BİBER | 0,5 GR | SİVRİ BİBER | 25 GR |
| SARMISAK | 1 GR | SALÇA | 7 GR | TUZ | 2 GR |
| SIVI YAĞ | 2,5 GR | SIVI YAĞ | 20 GR | YUMURTA | 0,03 ADET |
| TUZ | 2 GR | SİVRİ BİBER | 10 GR |  |  |
| UN TİP 1 | 5 GR | TUZ | 2 GR |  |  |
| YUMURTA | 0,03 GR | UN TİP 1 | 5 GR |  |  |
|  |  | YUMURTA | 0,03 ADET |  |  |

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| **İSLİM KÖFTE** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **İZMİR KÖFTE** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **KADINBUDU KÖFTE** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR |
| DOMATES | 40 GR | DOMATES | 10 GR | AÇIK SÜT | 30 GR |
| KARA BİBER | 0,1 GR | KARA BİBER | 0,2 GR | KARA BİBER | 0,2 GR |
| KEKİK | 0,1 GR | KÖFTE BAHARATI | 1 GR | KÖFTE BAHARATI | 1 GR |
| KÖFTE BAHARATI | 0,5 GR | KURU SOĞAN | 7 GR | KURU SOĞAN | 13 GR |
| KURU SOĞAN | 7 GR | MARGARİN | 5 GR | MAYDANOZ | 0,015DEMET |
| MARGARİN | 2,5 GR | MAYDANOZ | 0,01DEMET | PATATES | 80 GR |
| PATLICAN | 150 GR | PATATES | 100 GR | PİRİNÇ | 10 GR |
| PUL BİBER | 0,2 GR | SALÇA | 7 GR | PUL BİBER | 0,3 GR |
| SALÇA | 7 GR | SARIMSAK | 1 GR | SARIMSAK | 0,5 GR |
| SIVI YAĞ | 30 GR | SIVI YAĞ | 20 GR | SIVI YAĞ | 40 GR |
| SİVRİ BİBER | 5 GR | TUZ | 2 GR | TUZ | 1,5 GR |
| TUZ | 2 GR | UN TİP 1 | 5 GR | UN TİP 1 | 10 GR |
| UN TİP 1 | 5 GR | YUMURTA | 0,02 ADET | YUMURTA | 0,3 ADET |
| YUMURTA | 0,03 ADET |  |  |  |  |

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| **KADINBUDU KÖFTE (SÖĞÜŞ DOM. BİBER)** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **KADINBUDU KÖFTE- PATATES SALATA** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **KURU KÖFTE -PATATES KIZARTMASI** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR |
| DOMATES | 75 GR | DEREOTU | 0,02DEMET | KARA BİBER | 0,2 GR |
| KÖFTE BAHARATI | 1 GR | KARA BİBER | 0,2 GR | KEKİK | 0,1 GR |
| KURU SOĞAN | 13 GR | KÖFTE BAHARATI | 1 GR | KÖFTE BAHARATI | 0,2 GR |
| MAYDANOZ | 0,02DEMET | KURU SOĞAN | 13 GR | KURU SOĞAN | 7 GR |
| PİRİNÇ | 10 GR | LİMON | 15 GR | MAYDANOZ | 0,005 DEMET |
| PUL BİBER | 0,1 GR | MAYDANOZ | 0,02 DEMET | PATATES | 100 GR |
| SARIMSAK | 0,5 GR | PATATES | 80 GR | PUL BİBER | 0,1 GR |
| SIVI YAĞ | 40 GR | PİRİNÇ | 10 GR | SARIMSAK | 30 GR |
| SİVRİ BİBER | 25 GR | PUL BİBER | 0,3 GR | TUZ | 2 GR |
| TUZ | 1,5 GR | SARIMSAK | 0,5 GR | YUMURTA | 0,03 ADET |
| UN TİP 1 | 10 GR | SIVI YAĞ | 40 GR |  |  |
| YUMURTA | 0,3 AD. | TUZ | 2 GR |  |  |
|  |  | UN TİP 1 | 10 GR |  |  |
|  |  | YEŞİL SOĞAN | 5 GR |  |  |
|  |  | YUMURTA | 0,3 AD. |  |  |

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| **KURU KÖFTE - SÖĞÜŞ DOMATES - BİBER** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **PATLICANLI FIRIN KÖFTE** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **PATLICANLI MİNİ KÖFTE** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR |
| DOMATES | 75 GR | DOMATES | 35 GR | DOMATES | 25 GR |
| KARA BİBER | 0,1 GR | KARA BİBER | 0,2 GR | KEKİK | 0,1 GR |
| KEKİK | 0,1 GR | KEKİK | 0,1 GR | KÖFTE BAHARATI | 0,5 GR |
| KÖFTE BAHARATI | 0,2 GR | KİMYON | 0 GR | MARGARİN | 5 GR |
| KURU SOĞAN | 7 GR | KÖFTE BAHARATI | 0,5 GR | MAYDONOZ | 0,03 DEMET |
| MAYDANOZ | 0,005 DEMET | KURU SOĞAN | 7 GR | SALÇA | 7 GR |
| PUL BİBER | 0,3 GR | PATLICAN | 150 GR | SARIMSAK | 0,5 GR |
| SARIMSAK | 0,25 GR | PUL BİBER | 0,3 GR | SIVI YAĞ | 30 GR |
| SIVI YAĞ | 30 GR | SIVI YAĞ | 30 GR | SİVRİ BİBER | 10 GR |
| SİVRİ BİBER | 25 GR | TUZ | 0,2 GR | TUZ | 2 GR |
| TUZ | 2 GR | YUMURTA | 0,03 ADET | UN TİP 1 | 5 GR |
| YUMURTA | 0,03 ADET |  |  | YUMURTA | 0,03 ADET |
|  |  |  |  | PATLICAN | 150 GR |

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| **PÜRELİ KÖFTE** | KUŞBAŞI (KEMİKSİZ DANA) | 80 GR | **SALÇALI KÖFTE** | KUŞBAŞI (KEMİKSİZ DANA) | 80 GR | **TEPSİ KÖFTE** | KUŞBAŞI (KEMİKSİZ DANA) | 80 GR |
| AÇIK SÜT | 30 GR | KEKİK | 0,1 GR | DOMATES | 20 GR |
| KARA BİBER | 0,2 GR | KÖFTE BAHARATI | 0,2 GR | KEKİK | 0,1 GR |
| KÖFTE BAHARATI | 0,1 GR | KURU SOĞAN | 13 GR | KÖFTE BAHARATI | 0,2 GR |
| KURU SOĞAN | 7 GR | MAYDONOZ | 0,2 DEMET | KURU SOĞAN | 7 GR |
| PATATES | 80 GR | PATATES | 50 GR | MARGARİN | 3 GR |
| PUL BİBER | 0,3 GR | SALÇA | 8 GR | MAYDONOZ | 0,01 DEMET |
| SALÇA | 7 GR | SARIMSAK | 0,5 GR | PATATES | 80 GR |
| SIVI YAĞ | 5 GR | SIVI YAĞ | 20 GR | PUL BİBER | 0,3 GR |
| TUZ | 2GR | TUZ | 2 GR | SALÇA | 7 GR |
| YUMURTA | 0,03 ADET | UN TİP 1 | 5 GR | SIVI YAĞ | 20 GR |
|  |  | YUMURTA | 0,03ADE T | SİVRİ BİBER | 10 GR |
|  |  |  |  | TUZ | 2 GR |
|  |  |  |  | UN TİP | 15 GR |
|  |  |  |  | YUMURTA | 0,03 ADET |

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| **TERBİYELİ KÖFTE** | AÇIK YOĞURT | 30 GR | **HASANPAŞA KÖFE** | AÇIK SÜT | 25 GR |
| DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR |
| KARABİBER | 0,2 GR | KARA BİBER | 0,2 GR |
| KURU NANE | 0,2 GR | KAŞAR PEYNİRİ | 20 GR |
| KURU SOĞAN | 7 GR | KÖFTE BAHARATI | 1 GR |
| LİMON | 15 GR | KURU SOĞAN | 7 GR |
| MAYDONOZ | 0,01 DEMET | MARGARİN | 5 GR |
| PATATES | 100 GR | PATATES | 80 GR |
| PİRİNÇ | 10 GR | PUL BİBER | 0,5 GR |
| PUL BİBER | 0,3 GR | SALÇA | 7 GR |
| SARIMSAK | 0,5 GR | SIVI YAĞ | 20 GR |
| SIVI YAĞ | 2 GR | TUZ | 2 GR |
| UN TİP | 15 GR | UN TİP 1 | 5 GR |
| YUMURTA | 0,03 ADET | YUMURTA | 0,03 ADET |

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| **TAVUK YEMEKLERİ** | | | | | | | | |
| **TAVUK ŞİŞ/ SEBZE GARNİLİ** | BROKOLİ | 40 GR | **TAVUKLU KABAK SANDAL SEFASI** | DOMATES | 15 GR | **AKDENİZ USULÜ TAVUK** | DOMATES | 30 GR |
| BRÜKSEL LAHANASI | 40 GR | KARABİBER | 0,1 GR | HAVUÇ | 20 GR |
| ÇARLİSTON BİBER | 15 GR | KİMYON | 0,1 GR | KARABİBER | 0,1 GR |
| DOMATES | 35 GR | KURU SOĞAN | 15 GR | KAŞAR PEYNİRİ | 20 GR |
| HAVUÇ | 20 GR | MARGARİN | 0 GR | KEKİK | 0,2 GR |
| KARABİBER | 0,1 GR | PUL BİBER | 0,1 GR | KEMİKSİZ TAVUK BUT | 175 GR |
| KIRMIZI BİBER | 15 GR | SIVI YAĞ | 5 GR | KÖRİ | 0,1 GR |
| PUL BİBER | 0,1 GR | SİVRİ BİBER | 10 GR | PUL BİBER | 0,1 GR |
| SIVI YAĞ | 30 GR | TAVUK FİLETO | 75 GR | SALÇA | 2 GR |
| TAVUK FİLETO | 125 GR | TAZE KABAK | 200 GR | SIVI YAĞ | 5 GR |
| TUZ | 2 GR | TUZ | 2 GR | SİVRİ BİBER | 15 GR |
|  |  |  |  | TUZ | 2 GR |

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| **HAŞLAMA TAVUK (BAGET-2adet tavuk baget)** | HAVUÇ | 20 GR | **HAŞLAMA TAVUK (BUT GÖĞÜS)** | DEFNE YAPRAĞI | 0,05 GR | **MANTARLI TAVUK SOTE** | DEFNE YAPRAĞI | 0,1 GR |
| KURU SOĞAN | 10 GR | HAVUÇ | 20 GR | DOMATES | 15 GR |
| LİMON | 15 GR | KARA BİBER | 0,1 GR | FESLEĞEN | 0,1 GR |
| MAYDANOZ | 0,01 DEMET | KEKİK | 0,2 GR | KARA BİBER | 0,1 GR |
| PATATES | 80 GR | MAYDANOZ | 0,01 DEMET | KEKİK | 0,2 GR |
| SIVI YAĞ | 3 GR | PATATES | 80 GR | KİMYON | 0,1 GR |
| TAVUK BAGET | 250 GR | PUL BİBER | 0,1 GR | KURU SOĞAN | 8 GR |
| TUZ | 2 GR | SALÇA | 7 GR | MANTAR | 50 GR |
| UN TİP 1 | 5 GR | SIVI YAĞ | 5 GR | PUL BİBER | 0,1 GR |
|  |  | TAVUK BUT GÖĞÜS | 250 GR | SALÇA | 7 GR |
|  |  | TUZ | 2 GR | SIVI YAĞ | 10 GR |
|  |  | UN TİP 1 | 5 GR | SİVRİ BİBER | 5 GR |
|  |  |  |  | TAVUK FİLETO | 175 GR |
|  |  |  |  | TUZ | 2 GR |
|  |  |  |  | UN TİP 1 | 5 GR |

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| **PARMAK TAVUK** | GALETE UNU | 15 GR | **PİLAV ÜSTÜ TAVUK KAVURMA** | KARA BİBER | 10 GR | **SEBZELİ TAVUK PİRZOLA (1 adet tavuk pirzola)** | HAVUÇ | 30 GR |
| KARA BİBER | 0,1 GR | KEKİK | 0,2 DEMET | KARA BİBER | 0,12 GR |
| KEKİK | 0,1 GR | KIRMIZI BİBER | 15 GR | KEKİK | 0,12 GR |
| PATATES | 100 GR | KURU SOĞAN | 5 GR | KIRMIZI BİBER | 25 GR |
| PUL BİBER | 0,1 GR | MARGARİN | 0 GR | PUL BİBER | 0,12 GR |
| SIVI YAĞ | 40 GR | PİRİNÇ | 60 GR | SALÇA | 7 GR |
| TAVUK FİLETO | 175 GR | SIVI YAĞ | 10 GR | SIVI YAĞ | 10 GR |
| TUZ | 2 GR | SİVRİ BİBER | 10 GR | SİVRİ BİBER | 15 GR |
| YUMURTA | 0,2 ADET | TAVUK FİLETO | 175 GR | TAVUK PİRZOLA | 150 GR |
|  |  | TUZ | 2 GR | TAZE KABAK | 100 GR |
|  |  |  |  | TUZ | 2 GR |

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| **SEBZELİ TAVUK BEŞAMELLİ** | AÇIK SÜT | 30 GR | **SEBZELİ TAVUK JULYEN** | ÇARLİSTON BİBER | 15 GR | **TAVUK BAGET (2 adet tavuk baget)** | KARABİBER | 0,1 GR |
| HAVUÇ | 15 GR | HAVUÇ | 20 GR | KEKİK | 0,2 GR |
| KAŞAR PEYNİRİ | 20 GR | KARABİBER | 0,12 GR | KURU SOĞAN | 10 GR |
| MARGARİN | 5 GR | KEKİK | 0,5 GR | PATATES | 80 GR |
| SIVI YAĞ | 20 GR | KIRMIZI BİBER | 25 GR | PUL BİBER | 0,1 GR |
| TAVUK FİLETO | 100 GR | KURU SOĞAN | 15 GR | SIVI YAĞ | 20 GR |
| TAZE FASÜLYE | 25 GR | SARIMSAK | 0,5 GR | TAVUK BAGET | 250 GR |
| TAZE KABAK | 30 GR | SIVI YAĞ | 20 GR | TUZ | 2 GR |
| TUZ | 2,5 GR | TAVUK FİLETO | 100 GR |  |  |
| UN TİP 1 | 5 GR | TAZE KABAK | 150 GR |  |  |
|  |  | TUZ | 2 GR |  |  |

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| **TAVUK BAGET (2 adet tavuk baget - SÖĞÜŞ DOMATES VE BİBER İLE)** | DOMATES | 75 GR | **TAVUK BAGET(2 adet tavuk baget- BROKOLİ GARNİLİ)** | BROKOLİ | 80 GR | **TAVUK KAVURMA** | KARABİBER | 0,1 GR |
| KARABİBER | 0,1 GR | HAVUÇ | 15 GR | KEKİK | 0,2 GR |
| KEKİK | 0,2 GR | KARABİBER | 0,1 GR | KIRMIZI BİBER | 15 GR |
| KURU SOĞAN | 10 GR | KEKİK | 0,2 GR | KURU SOĞAN | 5 GR |
| PUL BİBER | 0,1 GR | KIRMIZI BİBER | 20 GR | SIVI YAĞ | 5 GR |
| SIVI YAĞ | 5 GR | PATATES | 30 GR | SİVRİ BİBER | 10 GR |
| SİVRİ BİBER | 25 GR | PUL BİBER | 0,1 GR | TAVUK FİLETO | 175 GR |
| TAVUK BAGET | 250 GR | SIVI YAĞ | 5 GR | TUZ | 2 GR |
| TUZ | 2 GR | TAVUK BAGET | 250 GR |  |  |
|  |  | TUZ | 2 GR |  |  |

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| **TAVUK KÖFTE - BROKOLİ GARNİLİ** | BROKOLİ | 50 GR | **TAVUK KÖFTE-TURŞU GARNİLİ** | BROKOLİ | 50 GR | **TAVUK KÜLBASTI / SEBZE GARNİLİ** | AÇIK SÜT | 5 GR |
| CEVİZ İÇİ | 5 GR | HAVUÇ | 15 GR | AÇIK YOĞURT | 20 GR |
| DONUK MISIR | 15 GR | KEKİK | 0,1 GR | ÇARLİSTON BİBER | 10 GR |
| HAVUÇ | 10 GR | KIRMIZI BİBER | 15 GR | HAVUÇ | 30 GR |
| KEKİK | 0,1 GR | KURU SOĞAN | 7 GR | KARABİBER | 0,1 GR |
| KIRMIZI BİBER | 15 GR | MAYDONOZ | 0,01 DEMET | KEKİK | 0,2 GR |
| KÖFTE BAHARATI | 0,2 GR | PUL BİBER | 0,3 GR | KURU SOĞAN | 20 GR |
| KURU SOĞAN | 7 GR | SARIMSAK | 0,25 GR | PUL BİBER | 0,1 GR |
| MAYDONOZ | 0,01 DEMET | SIVI YAĞ | 10 GR | SALÇA | 2 GR |
| PUL BİBER | 0,3 GR | TAVUK FİLETO | 100 GR | SARIMSAK | 0,25 GR |
| SARIMSAK | 0,25 GR | TUZ | 2 GR | SIVI YAĞ | 10 GR |
| SIVI YAĞ | 10 GR | YUMURTA | 0,03 ADET | TAVUK FİLETO | 150 GR |
| TAVUK FİLETO | 100 GR |  |  | TAZE FASÜLYE | 20 GR |
| TUZ | 2 GR |  |  | TAZE KABAK | 40 GR |
| YUMURTA | 0,03 ADET |  |  | TUZ | 2 GR |

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| **TAVUK PİRZOLA (2 adet tavuk pirzola-PATATES KIZARTMA)** | KARABİBER | 0,1 GR | **TAVUK PİRZOLA ŞİŞ** | BROKOLİ | 50 GR | **TAVUK PİRZOLA (SÖĞÜŞ DOMATES BİBER İLE)** | DOMATES | 75 GR |
| KEKİK | 0,2 GR | ÇARLİSTON BİBER | 15 GR | KARABİBER | 0,1 GR |
| KURU SAĞAN | 15 GR | HAVUÇ | 20 GR | KEKİK | 0,2 GR |
| PATATES | 80 GR | KARABİBER | 0,1 GR | KURU SOĞAN | 10 GR |
| PUL BİBER | 0,1 GR | KIRMIZI BİBER | 15 GR | PUL BİBER | 0,1 GR |
| SIVI YAĞ | 20 GR | PUL BİBER | 0,1 GR | SIVI YAĞ | 5 GR |
| TAVUK PİRZOLA | 250 GR | SIVI YAĞ | 30 GR | SİVRİ BİBER | 25 GR |
| TUZ | 2 GR | TAVUK PİRZOLA | 250 GR | TAVUK PİRZOLA | 250 GR |
|  |  | TUZ | 2 GR | TUZ | 2 GR |

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| **TAVUK ŞİNİTZEL** | DOMATES | 75 GR |
| KARABİBER | 0,1 GR |
| KEKİK | 0,2 GR |
| PUL BİBER | 0,1 GR |
| SIVI YAĞ | 30 GR |
| SİVRİ BİBER | 25 GR |
| TAVUK FİLETO | 175 GR |
| TUZ | 2 GR |
| YUMURTA | 0,2 ADET |
| GALETA UNU | 20 GR |

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| **BALIK YEMEKLERİ** | | | | | | | | |
| **ALABALIK KIZARTMA** | ALABALIK | 250 GR | **ÇUPRA-TERE ROKA** | ÇUPRA | 275 GR | **HAMSİ-TERE ROKA** | HAMSİ | 150 GR |
| ROKA | 0,25 DEMET | ROKA | 0,25 DEMET | ROKA | 0,25 DEMET |
| TERE | 0,25 DEMET | TERE | 0,25 DEMET | TERE | 0,25 DEMET |
| SIVI YAĞ | 30 GR | SIVI YAĞ | 30 GR | SIVI YAĞ | 30 GR |
| UN TİP 1 | 5 GR | TUZ | 1,5 GR | TUZ | 1,5 GR |

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| **ETLİ VE DİĞER YEMEKLER** | | | | | | | | |
| **BEŞAMELLİ PATATES** | AÇIK SÜT | 30 GR | **DOMATES SOSLU ŞAKŞUKA** | AÇIK YOĞURT | 100 GR | **ETLİ BAMYA** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR |
| KARA BİBER | 0,2 GR | ÇARLİSTON BİBER | 50 GR | DOMATES | 10 GR |
| KAŞAR PEYNİRİ | 30 GR | DOMATES | 50 GR | DONUK BAMYA | 125 GR |
| MANTAR | 60 GR | KURU SOĞAN | 3 GR | KARA BİBER | 0,2 GR |
| MARGARİN | 3 GR | PATLICAN | 150 GR | KURU SOĞAN | 5 GR |
| PATATES | 125 GR | SARIMSAK | 1 GR | LİMON | 20 GR |
| PUL BİBER | 0,3 GR | SIVI YAĞ | 30 GR | MARGARİN | 5 GR |
| SIVI YAĞ | 3 GR | TAZE KABAK | 75 GR | PUL BİBER | 0,3 GR |
| TUZ | 2 GR | TUZ | 1,5 GR | SALÇA | 7 GR |
| UN TİP 1 | 5 GR |  |  | SIVI YAĞ | 2 GR |
|  |  |  |  | SİVRİ BİBER | 10 GR |
|  |  |  |  | TUZ | 2 GR |
|  |  |  |  | UN TİP 1 | 2 GR |

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| **ETLİ DONUK FASULYE** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR | **ETLİ KURU FASÜLYE** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR | **ETLİ KURU NOHUT** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR |
| DOMATES | 15 GR | DOMATES | 10 GR | DOMATES | 10 GR |
| DONUK TAZE FASULYE | 125 GR | KARA BİBER | 0,2 GR | KARA BİBER | 0,2 GR |
| KARA BİBER | 0,2 GR | KURU FASULYE | 40 GR | KURU SOĞAN | 3 GR |
| KURU SOĞAN | 5 GR | KURU SOĞAN | 3 GR | MARGARİN | 5 GR |
| MARGARİN | 5 GR | MARGARİN | 5 GR | NOHUT | 40 GR |
| PUL BİBER | 0,3 GR | PUL BİBER | 0,3 GR | PUL BİBER | 0,3 GR |
| SALÇA | 7 GR | SALÇA | 8 GR | SALÇA | 8 GR |
| SIVI YAĞ | 2 GR | SIVI YAĞ | 2 GR | SIVI YAĞ | 2 GR |
| SİVRİ BİBER | 5 GR | SİVRİ BİBER | 5 GR | SİVRİ BİBER | 5 GR |
| TUZ | 2 GR | TUZ | 2 GR | TUZ | 2 GR |
| UN TİP 1 | 2 GR | UN TİP 1 | 5 GR | UN TİP 1 | 5 GR |

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| **ETLİ PIRASA** | DANA KUŞBAŞI (KEMİKSİZ DANA) | 40 GR | **ETLİ SEBZE GRATEN** | AÇIK SÜT | 30 GR | **ETSİZ KURU FASÜLYE** | DOMATES | 10 GR |
| DOMATES | 5 GR | BEYAZ LAHANA | 15 GR | KARA BİBER | 0,2 GR |
| KARA BİBER | 0,2 GR | BROKOLİ | 100 GR | KURU FASULYE | 60 GR |
| KURU SOĞAN | 15 GR | DANA KUŞBAŞI (KEMİKSİZ DANA) | 60 GR | KURU SOĞAN | 5 GR |
| MARGARİN | 2,5 GR | DEMİ GLACE SOS | 2 GR | MARGARİN | 5 GR |
| PIRASA | 200 GR | HAVUÇ | 10 GR | PUL BİBER | 0,3 GR |
| PİRİNÇ | 7 GR | KARA BİBER | 0,2 GR | SALÇA | 8 GR |
| PUL BİBER | 0,3 GR | KAŞAR PEYNİRİ | 20 GR | SIVI YAĞ | 2 GR |
| SALÇA | 7 GR | KIRMIZI BİBER | 20 GR | SİVRİ BİBER | 5 GR |
| SIVI YAĞ | 2,5 GR | MARGARİN | 5 GR | TUZ | 2 GR |
| SİVRİ BİBER | 3 GR | PATATES | 40 GR | UN TİP 1 | 5 GR |
| TUZ | 2 GR | PUL BİBER | 0,3 GR |  |  |
|  |  | SIVI YAĞ | 10 GR |  |  |
|  |  | TAZE KABAK | 40 GR |  |  |
|  |  | TUZ | 2 GR |  |  |
|  |  | UN TİP 1 | 5 GR |  |  |

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| **ETSİZ KURU NOHUT** | DOMATES | 10 GR | **İMAM BAYILDI** | DOMATES | 35 GR | **KABAK BAYILDI** | DEREOTU | 0,01 GR |
| KARA BİBER | 0,2 GR | KURU SOĞAN | 25 GR | DOMATES | 30 GR |
| KURU SOĞAN | 5 GR | PATLICAN | 200 GR | KARA BİBER | 0,1 GR |
| MARGARİN | 5 GR | SALÇA | 1 GR | KURU SOĞAN | 30 GR |
| NOHUT | 60 GR | SARIMSAK | 0,45 GR | MARGARİN | 5 GR |
| PUL BİBER | 0,3 GR | SIVI YAĞ | 40 GR | MAYDANOZ | 0,02 DEMET |
| SALÇA | 8 GR | TUZ | 1,5 GR | PUL BİBER | 0,1 GR |
| SIVI YAĞ | 2 GR |  |  | SALÇA | 5 GR |
| SİVRİ BİBER | 5 GR |  |  | SARIMSAK | 0,5 GR |
| TUZ | 2 GR |  |  | SIVI YAĞ | 30 GR |
| UN TİP 1 | 5 GR |  |  | SİVRİ BİBER | 10 GR |
|  |  |  |  | TAZE KABAK | 200 GR |
|  |  |  |  | TUZ | 2 GR |

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| **KABAK DOLMA** | AÇIK YOĞURT | 100 GR | **KARNABA-HAR HAVUÇ HAŞLAMA** | AÇIK YOĞURT | 100 GR | **KARNABA-HAR KIZARTMA** | AÇIK YOĞURT | 100 GR |
| DANA KUŞBAŞI (KEMİKSİZ) | 40 GR | HAVUÇ | 50 GR | HAVUÇ | 50 GR |
| DEREOTU | 0,02 DEMET | KARNABAHAR | 180 GR | KARNABAHAR | 180 GR |
| DOMATES | 20 GR | SALÇA | 7 GR | SIVI YAĞ | 30 GR |
| KARA BİBER | 0,2 GR | SIVI YAĞ | 5 GR | TUZ | 1,5 GR |
| KEKİK | 0,2 GR |  |  | UN TİP 1 | 5 GR |
| KURU NANE | 0,5 GR |  |  | YUMURTA | 0,02 ADET |
| KURU SOĞAN | 7 GR |  |  |  |  |
| MARGARİN | 3 GR |  |  |  |  |
| MAYDANOZ | 0,015 DEMET |  |  |  |  |
| PİRİNÇ | 8 GR |  |  |  |  |
| PUL BİBER | 0,3 GR |  |  |  |  |
| SALÇA | 5 GR |  |  |  |  |
| SIVI YAĞ | 3 GR |  |  |  |  |
| TAZE KABAK | 200 GR |  |  |  |  |
| TUZ | 2 GR |  |  |  |  |

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| **KIYMALI BEZELYE** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR | **KIYMALI DOLMALIK BİBET** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR | **KIYMALI ISPANAK** | AÇIK YOĞURT | 100 GR |
| DEREOTU | 0,015 DEMET | DEREOTU | 0,01 DEMET | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR |
| DOMATES | 25 GR | DOLMA BİBER | 150 GR | DONUK ISPANAK | 130 GR |
| HAVUÇ | 20 GR | DOMATES | 20 GR | KARA BİBER | 0,2 GR |
| KARA BİBER | 0,2 GR | KARA BİBER | 0,1 GR | KURU SOĞAN | 10 GR |
| KONSERVE BEZELYE | 120 GR | KURU NANE | 0,2 GR | MARGARİN | 5 GR |
| KURU SOĞAN | 10 GR | KURU SOĞAN | 7 GR | PİRİNÇ | 5 GR |
| MARGARİN | 5 GR | MARGARİN | 3 GR | PUL BİBER | 0,3 GR |
| PATATES | 35 GR | MAYDANOZ | 0,01 DEMET | SALÇA | 7 GR |
| PUL BİBER | 0,3 GR | PİRİNÇ | 8 GR | SIVI YAĞ | 2 GR |
| SALÇA | 7 GR | PUL BİBER | 0,1 GR | TUZ | 2 GR |
| SIVI YAĞ | 2,5 GR | SALÇA | 5 GR | UN TİP 1 | 3 GR |
| SİVRİ BİBER | 5 GR | SIVI YAĞ | 3 GR |  |  |
| TUZ | 2 GR | TUZ | 2 GR |  |  |
| UN TİP 1 | 5 GR | UN TİP 1 | 5 GR |  |  |

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| **KIYMALI KARNABAHAR** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR | **KIYMALI KARNIYARIK** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR | **KIYMALI PATATES** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR |
| DOMATES | 25 GR | DOMATES | 30 GR | DOMATES | 15 GR |
| KARA BİBER | 0,2 GR | KARA BİBER | 0,2 GR | KARA BİBER | 0,2 GR |
| KARNABAHAR | 200 GR | KURU SOĞAN | 10 GR | KURU SOĞAN | 10 GR |
| KURU SOĞAN | 10 GR | MARGARİN | 5 GR | MARGARİN | 5 GR |
| MARGARİN | 5 GR | MAYDANOZ | 0,015 DEMET | PATATES | 200 GR |
| PUL BİBER | 0,3 GR | PATLICAN | 200 GR | PUL BİBER | 0,3 GR |
| SALÇA | 7 GR | PUL BİBER | 0,3 GR | SALÇA | 7 GR |
| SIVI YAĞ | 2,5 GR | SALÇA | 5 GR | SIVI YAĞ | 30 GR |
| SİVRİ BİBER | 10 GR | SIVI YAĞ | 30 GR | SİVRİ BİBER | 5 GR |
| TUZ | 2 GR | SİVRİ BİBER | 10 GR | TUZ | 2 GR |
| UN TİP 1 | 5 GR | TUZ | 2 GR | UN TİP 1 | 3 GR |
|  |  | UN TİP 1 | 5 GR |  |  |

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| **KIYMALI PIRASA** | KARA BİBER | 0,1 GR | **KIYMALI TAZE FASÜLYE** | DANA KUŞBAŞI (KEMİKSİZ) | 40 GR | **MANTI** | MANTI | 80 GR |
| KURU SOĞAN | 5 GR | DOMATES | 20 GR | AÇIK YOĞURT | 100 GR |
| MARGARİN | 5 GR | KARA BİBER | 0,2 GR | SALÇA | 5 GR |
| PIRASA | 150 GR | KURU SOĞAN | 7 GR | SIVI YAĞ | 3 GR |
| PİRİNÇ | 7 GR | MARGARİN | 5 GR |  |  |
| PUL BİBER | 0,1 GR | PUL BİBER | 0,3 GR |  |  |
| SALÇA | 7 GR | SALÇA | 7 GR |  |  |
| SIVI YAĞ | 2,5 GR | SIVI YAĞ | 2,5 GR |  |  |
| TUZ | 1,5 GR | SİVRİ BİBER | 10 GR |  |  |
|  |  | TAZE FASULYE | 150 GR |  |  |
|  |  | TUZ | 2 GR |  |  |
|  |  | UN TİP 1 | 5 GR |  |  |

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| **PATLICAN MUSAKKA** | DANA KUŞBAŞI (KEMİKSİZ DANA) | 40 GR | **SEBZE KIZARTMA PATETESLİ** | AÇIK YOĞURT | 100 GR | **ŞEHRİYELİ GÜVEÇ** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR |
| DOMATES | 25 GR | ÇARLİSTON BİBER | 30 GR | ARPA ŞEHRİYE | 50 GR |
| KARA BİBER | 0,2 GR | PATATES | 100 GR | DOMATES | 10 GR |
| KURU SOĞAN | 10 GR | TAZE KABAK | 100 GR | KARABİBER | 0,2 GR |
| MARGARİN | 5 GR |  |  | KEKİK | 0,2 GR |
| MAYDANOZ | 0,01 DEMET |  |  | MAYDANOZ | 0,01 DEMET |
| PATLICAN | 200 GR |  |  | PUL BİBER | 0,3 GR |
| PUL BİBER | 0,3 GR |  |  | SALÇA | 7 GR |
| SALÇA | 7 GR |  |  | SIVI YAĞ | 10 GR |
| SIVI YAĞ | 35 GR |  |  | SİVRİ BİBER | 5 GR |
| SİVRİ BİBER | 5 GR |  |  | TUZ | 2 GR |
| TUZ | 2 GR |  |  |  |  |
| UN TİP 1 | 5 GR |  |  |  |  |

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| **ZEYTİNYAĞLI BARBUNYA** | BARBUNYA | 45 GR | **ZEYTİNYAĞLI BİBER DOLMA** | DEREOTU | 0,01 DEMET | **SEBZE KIZARTMA** | AÇIK YOĞURT | 100 GR |
| HAVUÇ | 20 GR | DOLMA BİBER | 100 GR | ÇARLİSTON BİBER | 50 GR |
| KURU SOĞAN | 10 GR | DOLMALIK FISTIK | 1,5 GR | DOMATES | 50 GR |
| LİMON | 40 GR | DOMATES | 20 GR | PATLICAN | 150 GR |
| MAYDONOZ | 0,01 DEMET | KARABİBER | 0,01 GR | SIVI YAĞ | 20 GR |
| PATATES | 20 GR | KURU NANE | 0,01 GR | TAZE KABAK | 50 GR |
| SALÇA | 2 GR | KURU SOĞAN | 10 GR | TUZ | 1,5 GR |
| SARIMSAK | 0,2 GR | KUŞ ÜZÜMÜ | 1,5 GR |  |  |
| SIVI YAĞ | 10 GR | MAYDONOZ | 0,01 D. |  |  |
| TUZ | 1,5 GR | PİRİNÇ | 30 GR |  |  |
|  |  | SIVI YAĞ | 10 GR |  |  |
|  |  | TUZ | 2 GR |  |  |
|  |  | LİMON | 25 GR |  |  |

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| **ÇORBALAR** | | | | | | | | |
| **ABANT ÇORBA** | AÇIK YOĞURT | 60 GR | **ANADOLU ÇORBA** | AÇIK YOĞURT | 60 GR | **ARABAŞI ÇORBA** | KARA BİBER | 0,2 GR |
| AŞURELİK BUĞDAY | 15 GR | AŞURELİK BUĞDAY | 5 GR | LİMON | 30 GR |
| DONUK MISIR | 5 GR | KURU NANE | 0,1 GR | MARGARİN | 5 GR |
| PUL BİBER | 0,1 GR | MARGARİN | 2,5 GR | PUL BİBER | 0,3 GR |
| SIVI YAĞ | 5 GR | NOHUT | 10 GR | SALÇA | 8 GR |
| TAZE NANE | 0,01 GR | PUL BİBER | 0,3 GR | SIVI YAĞ | 2,5 GR |
| TUZ | 2 GR | SIVI YAĞ | 2,5 GR | TAVUK BUT GÖĞ. | 30 GR |
|  |  | TUZ | 2 GR | TUZ | 2 GR |
|  |  | UN TİP 1 | 3 GR | UN TİP 1 | 13 GR |

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| **ARPA ŞEHRİYE ÇORBA** | ARPA ŞEHRİYE | 8 GR | **ARPA ŞEHRİYELİ TAVUK ÇORBA** | ARPA ŞEHRİYE | 5 GR | **BEZELYE ÇORBA** | AÇIK SÜT | 20 GR |
| DOMATES | 3 GR | KARA BİBER | 0,2 GR | DERE OTU | 0,01 DEMET |
| LİMON | 30 GR | LİMON | 30 GR | KARA BİBER | 0,2 GR |
| MARGARİN | 3 GR | MARGARİN | 5 GR | KONSERVE BEZELYE | 20 GR |
| MAYDANOZ | 0,01 DEMET | MAYDANOZ | 0,01 DEMET | MARGARİN | 5 GR |
| SALÇA | 7 GR | PUL BİBER | 0,3 GR | PUL BİBER | 0,3 GR |
| SIVI YAĞ | 2,5 GR | SALÇA | 7 GR | SIVI YAĞ | 2,5 GR |
| SİVRİ BİBER | 1 GR | TAVUK FİLETO | 15 GR | TUZ | 2 GR |
| TUZ | 2 GR | TUZ | 2 GR | UN TİP 1 | 7 GR |
| UN TİP 1 | 8 GR | UN TİP 1 | 5 GR |  |  |

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| **BROKOLİ ÇORBA** | AÇIK SÜT | 20 GR | **DOMATES ÇORBA** | AÇIK SÜT | 15 GR | **DOMATESLİ İRMİK ÇORBA** | AÇIK SÜT | 20 GR |
| BROKOLİ | 30 GR | MARGARİN | 8 GR | İRMİK | 10 GR |
| KARA BİBER | 0,1 GR | SALÇA | 12 GR | KARA BİBER | 0,1 GR |
| MARGARİN | 5 GR | TUZ | 2 GR | MARGARİN | 8 GR |
| PUL BİBER | 0,2 GR | UN TİP 1 | 13 GR | PUL BİBER | 0,1 GR |
| SIVI YAĞ | 2 GR |  |  | SALÇA | 8 GR |
| TUZ | 2 GR |  |  | SIVI YAĞ | 0 GR |
| UN TİP 1 | 8 GR |  |  | TUZ | 2 GR |
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| **DOMATESLİ PİRİNÇ ÇORBA** | DOMATES | 30 GR | **DÜĞÜN ÇORBA** | AÇIK SÜT | 15 GR | **EZOGELİN ÇORBA** | BULGUR | 3 GR |
| LİMON | 40 GR | DANA KUŞBAŞI(KEMİKSİZ) | 10 GR | KARA BİBER | 0,2 GR |
| MARGARİN | 10 GR | DEREOTU | 0,01 DEMET | KIRMIZI MERCİMEK | 15 GR |
| MAYDANOZ | 0,01 GR | KURUSOĞAN | 1 GR | KURU NANE | 0,15 GR |
| PİRİNÇ | 15 GR | MARGARİN | 7 GR | KURU SOĞAN | 2,5 GR |
| TUZ | 2 GR | TUZ | 2 GR | LİMON | 30 GR |
|  |  | UN TİP 1 | 13 GR | MARGARİN | 5 GR |
|  |  |  |  | PİRİNÇ | 3 GR |
|  |  |  |  | PUL BİBER | 0,3 GR |
|  |  |  |  | SALÇA | 7 GR |
|  |  |  |  | SIVI YAĞ | 1,5 GR |
|  |  |  |  | TUZ | 2 GR |
|  |  |  |  | UN TİP 1 | 5 GR |

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| **ISPANAK ÇORBA** | AÇIK SÜT | 20 GR | **KRIMIZI MERCİMEK ÇORBA** | KIRMIZI MERCİMEK | 20 GR | **KÖYLÜ ÇORBA** | MAKARNA(ER İŞTE) | 8 GR |
| ISPANAK(DONUK) | 30 GR | KURU SOĞAN | 5 GR | MARGARİN | 5 GR |
| MARGARİN | 5 GR | LİMON | 30 GR | SALÇA | 7 GR |
| PUL BİBER | 0,1 GR | MARGARİN | 8 GR | SIVI YAĞ | 2,5 GR |
| SIVI YAĞ | 2,5 GR | PUL BİBER | 0,3 GR | TUZ | 2 GR |
| TUZ | 2 GR | TUZ | 1,5 GR | UN TİP 1 | 5 GR |
| UN TİP 1 | 8 GR | UN TİP 1 | 8 GR | YEŞİL MERCİMEK | 10 GR |

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| **MANTAR ÇORBA** | AÇIK SÜT | 20 GR | **OBA ÇORBA** | AÇIK YOĞURT | 60 GR | **PATATES EZME ÇORBA** | AÇIK SÜT | 15 GR |
| KARA BİBER | 0,24 GR | AŞURELİK BUĞDAY | 10 GR | HAVUÇ | 10 GR |
| MANTAR | 20 GR | KURU FASULYE | 5 GR | MARGARİN | 5 GR |
| MARGARİN | 8 GR | NOHUT | 5 GR | PATATES | 30 GR |
| PUL BİBER | 0,34 GR | PUL BİBER | 0,3 GR | SIVI YAĞ | 2,5 GR |
| TUZ | 2 GR | SIVI YAĞ | 5 GR | TUZ | 2 GR |
| UN TİP 1 | 13 GR | TAZE NANE | 0,01 DEMET | UN TİP 1 | 5 GR |
|  |  | TUZ | 2 GR |  |  |

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| **PESKÜTAN ÇORBA** | AÇIK YOĞURT | 60 GR | **SALÇALI PİRİNÇ ÇORBA** | LİMON | 25 GR | **SEBZE ÇORBA (KIŞ)** | AÇIK SÜT | 15 GR |
| AŞURELİK BUĞDAY | 7 GR | MARGARİN | 10 GR | HAVUÇ | 10 GR |
| DANA KUŞBAŞI(KEMİKSİZ) | 10 GR | MAYDONOZ | 0,01 DEMET | KEREVİZ | 20 GR |
| KURU NANE | 0,2 GR | PİRİNÇ | 12 GR | KIRMIZI BİBER | 5 GR |
| MARGARİN | 2,5 GR | SALÇA | 7 GR | KURU SOĞAN | 5 GR |
| SIVI YAĞ | 2,5 GR | TUZ | 2 GR | MARGARİN | 8 GR |
| TUZ | 2 GR | UN TİP 1 | 8 GR | MAYDONOZ | 0,01DEMET |
| UN TİP | 13 GR |  |  | PATATES | 10 GR |
| YEŞİL MERCİMEK | 10 GR |  |  | PIRASA | 10 GR |
|  |  |  |  | TUZ | 2 GR |
|  |  |  |  | UN TİP 1 | 13 GR |

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| **SEBZE ÇORBA (YAZ)** | AÇIK SÜT | 15 GR | **ŞEHRİYELİ TAVUK ÇORBA** | KARABİBER | 0,2 GR | **TAZE FASÜLYE ÇORBA** | KARABİBER | 0,2 GR |
| HAVUÇ | 10 GR | LİMON | 30 GR | MARGARİN | 5 GR |
| KIRMIZI BİBER | 5 GR | MAKARNA | 5 GR | PİRİNÇ | 2 GR |
| KURU SOĞAN | 5 GR | MARGARİN | 5 GR | PUL BİBER | 0,3 GR |
| MARGARİN | 8 GR | MAYDONOZ | 0,01 DEMET | SALÇA | 5 GR |
| TAZE KABAK | 30 GR | PUL BİBER | 0,3 GR | SIVI YAĞ | 2,5 GR |
| TUZ | 2 GR | SALÇA | 7 GR | TAZE FASÜLYE | 20 GR |
| UN TİP 1 | 13 GR | TAVUK FİLETO | 15 GR | TUZ | 2 GR |
|  |  | TUZ | 2 GR | UN TİP 1 | 13 GR |
|  |  | UN TİP 1 | 5 GR |  |  |

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| **TEL ŞEHRİYE ÇORBA** | DOMATES | 3 GR | **TERBİYELİ TAVUK ÇORBA** | AÇIK YOĞURT | 30 GR | **UN ÇORBASI** | MARGARİN | 10 GR |
| LİMON | 30 GR | MARGARİN | 5 GR | TUZ | 2 GR |
| MAKARNA | 8 GR | PUL BİBER | 0,1 GR | UN TİP 1 | 15 GR |
| MARGARİN | 3 GR | SARIMSAK | 0,05 GR |  |  |
| MAYDONOZ | 0,01 DEMET | SIVI YAĞ | 2,5 GR |  |  |
| SALÇA | 7 GR | TAVUK FİLETO | 15 GR |  |  |
| SIVI YAĞ | 2,5 GR | TUZ | 2 GR |  |  |
| SİVRİ BİBER | 1 GR | UN TİP 1 | 5 GR |  |  |
| TUZ | 2 GR | YUMURTA | 0,015 ADET |  |  |
| UN TİP | 15 GR | LİMON | 10 GR |  |  |

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| **Y. TARHANA ÇORBASI** | AÇIK YOĞURT | 30 GR | **YAYLA ÇORBA** | AÇIK YOĞURT | 60 GR | **ŞAFAK ÇORBA** | AÇIK YOĞURT | 30 GR |
| DANA KUŞBAŞI (KEMİKSİZ DANA) | 10 GR | KURU NANE | 0,15 GR | ARPA ŞEHRİYE | 6 GR |
| KURU NANE | 0,2 GR | MARGARİN | 2,5 GR | KURU NANE | 0,2 GR |
| KURU SOĞAN | 2 GR | PİRİNÇ | 10 GR | KURU SOĞAN | 2 GR |
| MARGARİN | 5 GR | SIVI YAĞ | 1,5 GR | MARGARİN | 5 GR |
| SALÇA | 7 GR | TUZ | 2 GR | PUL BİBER | 0,3 GR |
| SARIMSAK | 0,5 GR | UN TİP 1 | 8 GR | SIVI YAĞ | 2,5 GR |
| SIVI YAĞ | 3 GR | YUMURTA | 0,03 ADET | TUZ | 2 GR |
| TUZ | 2 GR |  |  | UN TİP 1 | 5 GR |
| UN TİP 1 | 13 GR |  |  |  |  |

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| **PİLAVLAR** | | | | | | | | |
| **BEZELYE PİRİNÇ PİLAVI** | KONSERVE BEZELYE | 20 GR | **BULGUR PİLAVI** | BULGUR | 50 GR | **BÜRYAN PİLAVI** | DANA ROSTO (KEMİKSİZ BUT) | 100 GR |
| MARGARİN | 5 GR | DOMATES | 10 GR | DOMATES | 10 GR |
| PİRİNÇ | 50 GR | KARA BİBER | 0,3 GR | HAVUÇ | 10 GR |
| SIVI YAĞ | 5 GR | KURU NANE | 0,3 GR | KARA BİBER | 0,2 GR |
| TUZ | 2 GR | KURU SOĞAN | 10 GR | KURU SOĞAN | 7 GR |
|  |  | MARGARİN | 5 GR | MARGARİN | 5 GR |
|  |  | PUL BİBER | 0,3 GR | PİRİNÇ | 60 GR |
|  |  | SALÇA | 7 GR | SIVI YAĞ | 5 GR |
|  |  | SIVI YAĞ | 5 GR | TAZE NANE | 0,01 GR |
|  |  | SİVRİ BİBER | 5 GR | TUZ | 2 GR |
|  |  | TUZ | 1,5 GR | YEŞİL SOĞAN | 20 GR |

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| **DOMATESLİ PİRİNÇ PİLAVI** | DOMATES | 15 GR | **MENGEN PİLAVI** | DANA ROSTO (KEMİKSİZ) | 70 GR | **MERCİMEKLİ BULGUR PİLAVI** | BULGUR | 50 GR |
| MARGARİN | 5 GR | DEREOTU | 0,1 DEMET | DOMATES | 10 GR |
| PİRİNÇ | 60 GR | DOMATES | 20 GR | KURU SOĞAN | 5 GR |
| SIVI YAĞ | 2,5 GR | KARA BİBER | 0,2 GR | MARGARİN | 5 GR |
| TUZ | 1,5 GR | KEKİK | 0,1 GR | SIVI YAĞ | 5 GR |
|  |  | KURU SOĞAN | 7 GR | SİVRİ BİBER | 2 GR |
|  |  | MANTAR | 30 GR | TUZ | 2 GR |
|  |  | MARGARİN | 2,5 GR | YEŞİL MERCİMEK | 10 GR |
|  |  | PİRİNÇ | 60 GR |  |  |
|  |  | SALÇA | 1 GR |  |  |
|  |  | SIVI YAĞ | 5 GR |  |  |
|  |  | TUZ | 2 GR |  |  |

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| **NEVRUZ PİLAVI** | DANA ROSTO (KEMİKSİZ DANA) | 125 GR | **NOHUTLU BULGUR PİLAVI** | BULGUR | 50 GR | **NOHUTLU PİRİNÇ PİLAVI** | MARGARİN | 5 GR |
| DEREOTU | 0,01 DEMET | KURU NANE | 0,1 GR | NOHUT | 7 GR |
| HAVUÇ | 20 GR | KURU SOĞAN | 5 GR | PİRİNÇ | 60 GR |
| KARA BİBER | 0,2 GR | MARGARİN | 5 GR | SIVI YAĞ | 2,5 GR |
| MARGARİN | 5 GR | NOHUT | 7 GR | TUZ | 1,5 GR |
| PİRİNÇ | 50 GR | SIVI YAĞ | 5 GR |  |  |
| SIVI YAĞ | 5 GR | TUZ | 2 GR |  |  |
| TUZ | 2 GR |  |  |  |  |

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| **ÖZBEK PİLAVI** | DANA KUŞBAŞI (KEMİKSİZ) | 80 GR | **PATLICANLI BULGUR PİLAVI** | BULGUR | 50 GR | **PİLAV İÇİ** | DEREOTU | 0,005 DEMET |
| DEREOTU | 0,01 DEMET | KURU SOĞAN | 5 GR | KARA BİBER | 0,1 GR |
| HAVUÇ | 7 GR | MARGARİN | 5 GR | KUŞ ÜZÜMÜ | 2,5 GR |
| KARA BİBER | 0,2 GR | PATLICAN | 15 GR | MARGARİN | 5 GR |
| KUŞ ÜZÜMÜ | 2 GR | SIVI YAĞ | 7 GR | PİRİNÇ | 70 GR |
| MARGARİN | 5 GR | TUZ | 2 GR | SIVI YAĞ | 2,5 GR |
| PİRİNÇ | 60 GR |  |  | TUZ | 2 GR |
| SIVI YAĞ | 5 GR |  |  | DOLMALIK FISTIK | 2,5 GR |
| SİVRİ BİBER | 2 GR |  |  |  |  |
| TOZ TARÇIN | 1 GR |  |  |  |  |
| TUZ | 2 GR |  |  |  |  |

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| **PİLAV PİRİNÇ** | MARGARİN | 5 GR | **SEBZELİ BULGUR PİLAVI** | BULGUR | 50 GR | **SEBZELİ PİRİNÇ PİLAVI** | DEREOTU | 0,01 DEMET |
| PİRİNÇ | 60 GR | ÇARLİSTON BİBER | 2,5 GR | HAVUÇ | 10 GR |
| SIVI YAĞ | 2,5 GR | HAVUÇ | 5 GR | KONSERVE BEZELYE | 15 GR |
| TUZ | 1,5 GR | KARA BİBER | 0,2 GR | MARGARİN | 5 GR |
|  |  | KURU SOĞAN | 5 GR | PİRİNÇ | 50 GR |
|  |  | MANTAR | 5 GR | SIVI YAĞ | 5 GR |
|  |  | MARGARİN | 5 GR | TUZ | 2 GR |
|  |  | SIVI YAĞ | 7 GR |  |  |
|  |  | TAZE KABAK | 10 GR |  |  |
|  |  | TUZ | 2 GR |  |  |
|  |  | YEŞİL SOĞAN | 5 GR |  |  |

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| **ŞEHİRYELİ PİLAV** | ARPA ŞEHRİYE | 8 GR | **TEL ŞEHRİYELİ BULGUR PİLAVI** | BULGUR | 45 GR |
| MARGARİN | 5 GR | MAKARNA | 10 GR |
| PİRİNÇ | 60 GR | MARGARİN | 5 GR |
| SIVI YAĞ | 5 GR | SIVI YAĞ | 5 GR |
| TUZ | 1,5 GR | TUZ | 2 GR |
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| **MAKARNA VE ERİŞTELER** | | | | | | | | |
| **DOMATES SOSLU MAKARNA** | DOMATES | 40 GR | **FIRIN MAKARNA** | AÇIK SÜT | 30 GR | **KEKİKLİ ERİŞTE** | KEKİK | 2 GR |
| MAKARNA | 45 GR | KARA BİBER | 0,2 GR | ERİŞTE | 50 GR |
| MARGARİN | 2 GR | KAŞAR PEYNİRİ | 30 GR | MARGARİN | 3 GR |
| MAYDANOZ | 0,01 GR | MAKARNA | 45 GR | SIVI YAĞ | 3 GR |
| SALÇA | 5 GR | MARGARİN | 2 GR | TUZ | 2 GR |
| SIVI YAĞ | 5 GR | PUL BİBER | 0,3 GR |  |  |
| SİVRİ BİBER | 5 GR | SIVI YAĞ | 5 GR |  |  |
| TUZ | 2 GR | TUZ | 2 GR |  |  |
|  |  | UN TİP 1 | 5 GR |  |  |
|  |  | YUMURTA | 0,1 ADET |  |  |

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| **MANTARLI MAKARNA** | MAKARNA | 45 GR | **PEYNİRLİ ERİŞTE** | BEYAZ PEYNİR | 15 GR | **PEYNİRLİ MAKARNA** | BEYAZ PEYNİR | 15 GR |
| MANTAR | 30 GR | MAKARNA | 50 GR | MAKARNA | 45 GR |
| MARGARİN | 2 GR | MARGARİN | 3 GR | MARGARİN | 2 GR |
| SALÇA | 7 GR | MAYDONOZ | 0,01 DEMET | MAYDONOZ | 0,01 DEMET |
| SIVI YAĞ | 5 GR | PUL BİBER | 0,01 GR | SIVI YAĞ | 5 GR |
| TUZ | 2 GR | SIVI YAĞ | 3 GR | TUZ | 2,5 GR |
|  |  | TUZ | 2 GR |  |  |

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| **SOSLU MAKARNA** | MAKARNA | 45 GR | **ERİŞTE KAVRULMUŞ** | MAKARNA | 50 GR |
| MARGARİN | 1 GR | MARGARİN | 3 GR |
| SALÇA | 7 GR | MAYDANOZ | 0,01 DEMET |
| SIVI YAĞ | 5 GR | PUL BİBER | 0,01 GR |
| TUZ | 2 GR | SIVI YAĞ | 3 GR |
|  |  | TUZ | 2 GR |

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| **ZEYTİN YAĞLILAR** | | | | | | | | |
| **ZEYTİNYAĞLI BARBUNYA** | BARBUNYA | 45 GR | **ZEYTİN YAĞLI BİBER DOLMA** | DEREOTU | 0,01 DEMET | **ZEYTİNYAĞLI BROKOLİ** | BROKOLİ | 150 GR |
| HAVUÇ | 20 GR | DOLMA BİBER | 100 GR | HAVUÇ | 30 GR |
| KURU SOĞAN | 10 GR | DOLMALIK FISTIK | 1,5 GR | KURU SOĞAN | 6 GR |
| LİMON | 40 GR | DOMATES | 20 GR | LİMON | 30 GR |
| MAYDONOZ | 0,01 DEMET | LİMON | 25 GR | SIVI YAĞ | 10 GR |
| PATATES | 20 GR | KURU NANE | 0,01 GR | TOZ ŞEKER | 0,1 GR |
| SALÇA | 2 GR | KURU SOĞAN | 10 GR | TUZ | 1,5 GR |
| SARIMSAK | 0,2 GR | KUŞ ÜZÜMÜ | 1,5 GR |  |  |
| SIVI YAĞ | 10 GR | MAYDONOZ | 0,01 DEMET |  |  |
| TUZ | 1,5 GR | PİRİNÇ | 30 GR |  |  |
|  |  | SIVI YAĞ | 10 GR |  |  |
|  |  | TUZ | 2 GR |  |  |

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| **ZEYTİN YAĞLI PIRASA** | HAVUÇ | 40 GR | **ZEYTİNYAĞLI TAZE FASÜLYE (DONUKTAN)** | DOMATES | 35 GR | **ZEUTİNYAĞLI FASÜLYE (TAZEDEN)** | DOMATES | 35 GR |
| LİMON | 40 GR | DONUK TAZE FASÜLYE | 130 GR | KURU SOĞAN | 15 GR |
| PIRASA | 150 GR | KURU SOĞAN | 15 GR | SALÇA | 2 GR |
| PİRİNÇ | 7 GR | SALÇA | 2 GR | SIVI YAĞ | 10 GR |
| SIVI YAĞ | 10 GR | SIVI YAĞ | 10 GR | TAZE FASULYE | 150 GR |
| TOZ ŞEKER | 0,1 GR | TUZ | 1,5 GR | TUZ | 1,5 GR |
| TUZ | 1,5 GR |  |  |  |  |

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| **TATLILAR** | | | | | | | | |
| **AŞURE** | AŞURELİK BUĞDAY | 18 GR | **GÜLLAÇ** | AÇIK SÜT | 130 GR | **İRMİK HELVASI** | AÇIK SÜT | 10 GR |
| CEVİZ İÇİ | 5 GR | CEVİZ İÇİ | 30 GR | DOLMALIK FISTIK | 2,5 GR |
| FINDIK İÇİ | 10 GR | GÜLLAÇ YAPRAĞI | 30 GR | İRMİK | 50 GR |
| KURU FASULYE | 5 GR | NAR | 10 GR | MARGARİN | 10 GR |
| KURU İNCİR | 5 GR | TOZ ŞEKER | 40 GR | SIVI YAĞ | 15 GR |
| KURU KAYISI | 5 GR |  |  | TOZ ŞEKER | 40 GR |
| KURU ÜZÜM | 10 GR |  |  |  |  |
| NAR | 25 GR |  |  |  |  |
| NOHUT | 5 GR |  |  |  |  |
| PORTAKAL | 10 GR |  |  |  |  |
| TOZ ŞEKER | 25 GR |  |  |  |  |
| TOZ TARÇIN | 1 GR |  |  |  |  |

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| **KABAK TATLISI** | BALKABAK | 350 GR | **KEŞKÜL** | AÇIK SÜT | 200 GR | **SUP** | AÇIK SÜT | 200 GR |
| HİNDİSTAN CEVİZİ | 3 GR | NİŞASTA | 10 GR | HİNDİSTAN CEVİZİ | 1 GR |
| TOZ ŞEKER | 40 GR | TOZ ŞEKER | 35 GR | KAKAO | 6 GR |
|  |  | TOZ TARÇIN | 1 GR | NİŞASTA | 15 GR |
|  |  | VANİLYA | 1 GR | TOZ ŞEKER | 35 GR |
|  |  | YUMURTA | 0,03 ADET | VANİLYA | 2 GR |
|  |  |  |  | YUMURTA | 0,03 ADET |

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| **SÜTLAÇ** | AÇIK SÜT | 200 GR | **SÜTLÜ İRMİK TATLISI** | AÇIK SÜT | 180 GR | **UN HELVASI** | DOLMALIK FISTIK | 1 GR |
| NİŞASTA | 5 GR | İRMİK | 12 GR | MARGARİN | 15 GR |
| PİRİNÇ | 10 GR | NİŞASTA | 8 GR | TOZ ŞEKER | 35 GR |
| TOZ ŞEKER | 40 GR | TOZ ŞEKER | 40 GR | UN TİP | 140 GR |
| YUMURTA | 0,03 ADET | TOZ TARÇIN | 1 GR |  |  |
|  |  | VANİLYA | 1 GR |  |  |
|  |  | YUMURTA | 0,03 ADET |  |  |

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| **KOMPOSTOLAR** | | | | | | | | |
| **KOMPOSTO AYVA** | AYVA | 75 GR | **KOMPOSTO ÇİLEK** | ÇİLEK | 40 GR | **KOMPOSTO ERİK** | MÜRDÜM ERİK | 50 GR |
| TOZ ŞEKER | 35 GR | TOZ ŞEKER | 35 GR | TOZ ŞEKER | 35 GR |
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| **KOMPOSTO ELMA** | ELMA | 50 GR | **KOMPOSTO DONUK VİŞNE** | DONUK VİŞNE | 30 GR | **KOMPOSTO TAZE VİŞNE** | TOZ ŞEKER | 40 GR |
| TOZ ŞEKER | 35 GR | TOZ ŞEKER | 35 GR | VİŞNE | 30 GR |

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| **SALATA, CACIK VE PİYAZLAR** | | | | | | | | |
| **AYSBERK SALATA** | AYSBERK KIVIRCIK | 0,5 GR | **BARBUNYA PİYAZI** | BARBUNYA | 40 GR | **BROKOLİ SALATA** | BROKOLİ | 150 GR |
| DONUK MISIR | 5 GR | DOMATES | 15 GR | DONUK MISIR | 10 GR |
| HAVUÇ | 30 GR | KARA BİBER | 0,1 GR | KIRMIZI BİBER | 10 GR |
| LİMON | 25 GR | KIRMIZI BİBER | 5 GR | LİMON | 25 GR |
| MAYDANOZ | 0,02 GR | KURU SOĞAN | 10 GR | SIVI YAĞ | 7 GR |
| SIVI YAĞ | 5 GR | LİMON | 25 GR | SALATALIK | 10 GR |
| TERE | 0,07 GR | MAYDANOZ | 0,01 GR | TUZ | 1,5 GR |
| TUZ | 2 GR | PUL BİBER | 0,2 GR |  |  |
|  |  | SIVI YAĞ | 5 GR |  |  |
|  |  | SİVRİ BİBER | 5 GR |  |  |
|  |  | TAZE NANE | 0,01 GR |  |  |
|  |  | TUZ | 2 GR |  |  |
|  |  | YEŞİL SOĞAN | 5 GR |  |  |

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| **CACIK** | AÇIK YOĞURT | 125 GR | **ÇARLİSTON SALATA** | AÇIK YOĞURT | 100 GR | **ÇOBAN SALATA** | DOMATES | 125 GR |
| DEREOTU | 0,01 GR | ÇARLİSTON BİBER | 150 GR | LİMON | 25 GR |
| SALATALIK | 30 GR | KIRMIZI BİBER | 50 GR | MAYDANOZ | 0,15 DEMET |
| SIVI YAĞ | 0,5 GR | KURU SOĞAN | 5 GR | SALATALIK | 30 GR |
| TUZ | 2 GR | LİMON | 25 GR | SIVI YAĞ | 3 GR |
|  |  | SIVI YAĞ | 5 GR | SİVRİ BİBER | 15 GR |
|  |  | TUZ | 1,5 GR | TAZE NANE | 0,01 DEMET |
|  |  |  |  | TUZ | 1,5 GR |

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| **DOMATS SALATASI** | DOMATES | 150 GR | **HAVUÇ SALATASI** | HAVUÇ | 135 GR | **KARIŞIK SALATA** | DOMATES | 60 GR |
| LİMON | 25 GR | LİMON | 25 GR | LİMON | 25 GR |
| MAYDANOZ | 0,01 DEMET | SIVI YAĞ | 6 GR | MARUL | 22 GR |
| SIVI YAĞ | 6 GR | TUZ | 1 GR | MAYDANOZ | 0,01DE MET |
| TAZE NANE | 0,01 DEMET | MAYDONOZ | 0,15 DEMET | SALATALIK | 50 GR |
| TUZ | 1 GR |  |  | SIVI YAĞ | 7,5 GR |
|  |  |  |  | TUZ | 1 GR |

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| **KIRMIZI LAHANA SALATASI** | KIRMIZI LAHANA | 100 GR | **KIVIRCIK SALATA** | KIVIRCIK | 0,1 ADET | **MARUL SALATA** | LİMON | 25 GR |
| LİMON | 25 GR | LİMON | 25 GR | MARUL | 0,05 ADET |
| SIVI YAĞ | 6 GR | SIVI YAĞ | 7,5 GR | SIVI YAĞ | 5 GR |
| TUZ | 0,8 GR | TUZ | 0,8 GR | TUZ | 1 GR |
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| **KURU 9 PİYAZI (TURŞULU)** | KARA BİBER | 0,1 GR | **KURU FASÜLYE PİYAZI** | DOMATES | 15 GR | **MEVSİM SALATA** | AYSBERG KIVIRCIK | 0,1 ADET |
| KIRMIZI BİBER | 5 GR | KARA BİBER | 0,1 GR | HAVUÇ | 50 GR |
| KURU FASULYE | 40 GR | KIRMIZI BİBER | 5 GR | KIRMIZI LAHANA | 50 GR |
| KURU SOĞAN | 10 GR | KURU FASULYE | 40 GR | LİMON | 25 GR |
| LİMON | 25 GR | KURU SOĞAN | 10 GR | MAYDANOZ | 0,01 DEMET |
| MAYDANOZ | 0,01 DEMET | LİMON | 25 GR | SIVI YAĞ | 5 GR |
| PUL BİBER | 0,2 GR | MAYDANOZ | 0,01DE MET | TUZ | 1 GR |
| SIVI YAĞ | 5 GR | PUL BİBER | 0,2 GR | AÇIK SÜT | 20 GR |
| TAZE NANE | 0,01 GR | SIVI YAĞ | 5 GR | DEREOTU | 0,01 DEMET |
| TURŞU SALATALIK | 20 GR | SİVRİ BİBER | 5 GR | DONUK MISIR | 15 GR |
| TUZ | 1 GR | SİYAH ZEYTİN | 5 GR | MARGARİN | 5 GR |
|  |  | TAZE NANE | 0,005 GR | PUL BİBER | 0,1 GR |
|  |  | TUZ | 2 GR | SIVI YAĞ | 2,5 GR |
|  |  | YEŞİL SOĞAN | 5 GR | TUZ | 2 GR |
|  |  | YUMURTA | 0,15 ADET | UN TİP 1 | 5 GR |

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| **PATATES SALATASI** | KARA BİBER | 0,1 GR | **ROKA SALATASI** | AYSBERG KIVIRCIK | 0,07 ADET | **SEMİZ OTLU CACIK** | AÇIK YOĞURT | 125 GR |
| KURU SOĞAN | 5 GR | DOMATES | 40 GR | SEMİZOTU | 0,03 ADET |
| LİMON | 25 GR | LİMON | 25 GR | SIVI YAĞ | 2 GR |
| MAYDANOZ | 0,02 DEMET | MAYDONOZ | 0,01 DEMET | TUZ | 2 GR |
| PATATES | 150 GR | SIVI YAĞ | 3 GR |  |  |
| PUL BİBER | 0,1 GR | TUZ | 1,5 GR |  |  |
| SIVI YAĞ | 7 GR | ROKA | 0,1 ADET |  |  |
| SİVRİ BİBER | 5 GR |  |  |  |  |
| TAZE NANE | 0,02DEMET |  |  |  |  |
| TUZ | 2 GR |  |  |  |  |
| YEŞİL SOĞAN | 5 GR |  |  |  |  |

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| **YEŞİL MERCİMEK PİYAZI** | DOMATES | 20 GR | **YOĞURTLU KEREVİZ** | AÇIK YOĞURT | 100 GR |
| KARABİBER | 0,1 GR | KEREVİZ | 50 GR |
| KIRMIZI BİBER | 10 GR | SIVI YAĞ | 3 GR |
| LİMON | 15 GR |  |  |
| PUL BİBER | 0,1 GR |  |  |
| SIVI YAĞ | 5 GR |  |  |
| SİVRİ BİBER | 5 GR |  |  |
| TAZE NANE | 0,02 DEMET |  |  |
| TUZ | 2 GR |  |  |
| YEŞİL MERCİMEK | 40 GR |  |  |
| YEŞİL SOĞAN | 10 GR |  |  |