

Calories /100 gr or /pce or /portion 1 kcal = 4,3 kjoule 1200 kcal/day =loos 4 à 5 kg /month + idem 1700 with great activity		
1 CS = 5 gr. 1 SS = 20 gr.	Cherry 70	Mushrooms other 15
Almond 640	Chestnut 90, 1 pce= 10	Mussels 60
Ananas 115	Chestnut sweet 240	Noodles chin. au poulet 130
Anguille 230	Chevreuil Sanglier Chasse 160	Noodles chin. aux légumes 120
Appel 72 /pce	Chicken (minced + curry) 125	Noodles chinoises 170
Appel Juice 120 per cup	Chicken (sliced) 140	Nuts Bréasil Cashew Grenobl 660
Appel puree 77	Chicken cuisset+peau 230	Octopus 86
Apricot 50 / 3 pces	Chicken Escalope 110	Œuf fried 90
Apricot dry 50	Chicken half with skin) 700	Oil olive 900 ou 40 /cc 5ml ou
Aquid 90	Chicken blanc 120	160 /cs(20ml)
Artichoke 115	Chicory 8	Oil végétale 930
Aspergus 60	Choco 560	Olive 6pce= 30
Avocado 170	Chocolat noir 520	Onion 34
Bacon 43 per slice	Chocolate Praline 50 /pce	Orange Juice 50 per cup
Bacon grilled 140 1slice= 45	Chotolate Nutella 530	Orange, mandarine 50
Bamboo shoots 100	Clementine Mandarine 35/pce	Oysters 42
Banana 100	Coca-Cola 25cl. 100	Pain complet 230, 90 /slice
Beans 75	Cognac, Camperi, Gin, Rhum 230	Palm Heart 44
Beans green 24	Cookies aperitif 480, 3pce= 100	Parsley 47
Beans red 93	Cookies butter 506 1pce= 75	Parsnip 75
Beef (sliced Stroganoff) 170	Cookies Speculoos sec 100	Pastry (puff) 380
Beef Carpaccio 280	Corn (fresh cooked) 80	Pastry Eclair chocolat 262/pce
Beef Entrecôte 160	Corn-flakes 390	Pastry Grape Snail 280
Beef Fillet 150	Crab, shell 80	Pastry big 100 à 400
Beef ground 200	Cracker 113 /pce	Peach 43
Beef Hamburger 260	Cream full 330	Peas 70
Beef Big Mac 500	Cream Light 170	Peppers 26
Beef Pie 140gr 320	Cream Vanilla 130	Perry 96 /pce
Beef Steak 120	Cress 12	Pizza 600 at 800
Beef Stew 200	Croissant butter 180 /pce 45gr	Popcorn 400
Beef Tartare 300	Croissant Ham 300	Porc (breaded slice) 290
Beef-Porc meat ball 180	Croque-Monsieur 290	Porc (roast) 230
Beet 44	Cynar 100	Porc Cordon bleu 163
Bier apero 25cl. 100	Delicatessen 450	Porc Filet mignon 170
Bier Duvel can 33cl 175	Dried Met 160	Porc Knuckle ossobuco 170
Bier Grimbergen can 33 180	Duck 240	Porc, steak without oil 170
Bier Guinness 500ml 150	Egg boiled, raw or cooked 70	Potato (Salad mayo) 140 cup=
Bier Leffe can 33cl 200	Eggplant 18	360
Blackberry 50	Fennel 16	Potato 85
Bounty Bar 250	Fig 37 /pce	Potato chips 425
Bounty Bar mini 130	Fish fresh 100	Potato Chips 550
Bread (milk) 120 /slice	Fish Omble Chevalier 160	Potato Frensh Frites 425
Bread (white baguette) 275	Fisk smoked 200	Potato Gratin dauphinois 120
Bretzel 240	Flour white 340	Potato Roesti 160
Broccoli 25	Flour wholemeal 370	Poultry Liver 155
Butter Peanut 620	Foie gras 480	Prune 30 /pce
Butter 760	French Frites 300, Home made	Prune dr 60 /3 pce
Cacao 230	400	Pumpkin 30
Cake Black Forest 450 /slice	Gazpacho 100	Pumpkin 30
Cake choco 460	Giblets (laugh, kidneys, muzzle	Quinoa 120
Cake cream 210 /slice	160 à 300	Rabbit 170
Cake Macaron 109 /pce	Ginger 20	Radish 15
Cake Madeleine 112	Grapefruit 41	Rave cabbage 30
Candy Cuberdon 50 /pce	Grapes 70	Ravioli fried chinese 54/pce
Caramel creame 400 ou 40 /pce	Ham (crude) 240	Ravioli speam chinese 40/pce
Cardoon 13	Ham cooked 110 ou 34 /pce	Red Cabbage 32
Carrot cooked 25	Horse 110	Rhubarb 20
Carrot raw 30	Horseradish 48	Rice 110
Cauliflower 20	Ice Cream Magnum 240	Rissole with meat 280
Celery branch/apple 18	Ice cream Scoop 140	Roe 80
Cheese Ball Malakoff 730 /pce	Ice Cream Vacherin glacé 130	Saint-Jacques 80
Cheese Bleu de Bresse 350	Ice Cream 180 /125ml	Salad (green) 12
Cheese Brie de Meaux 350	Jam 300	Salami 480
Cheese Camembert 280	Kiwi 56	Salmon (fresh) 140
Cheese Croquette 430	Krupuk or Kroepoek 500	Salmon (smoked or marinated)
Cheese Emmental 370	Lamb chops 270	170
Cheese Epi d'Or 255, 54 /pce	Lamb fat 300	Salsify 27
Cheese Fondue 380	Lamb shoulder 100	Salted Peanut 613
Cheese Gorgonzola 360	Leeks 35	Sandwich cheese Ham 250
Cheese Gouda light 260 or 80	Lemon 30	Sandwich chicken 175
/slice	Lentils (fer) 90	Sardine (oil) 240
Cheese Gruyère 414	Lettuce 12	Sardine (water) 200
Cheese Leerdammer light 270	Liver pate 280	Sauce Black Pepper 90 /portion
Cheese Leerdammer light 70 /	Lobster Bellevue 100	Sauce chocolate 285
slice	Lobster Soup 90	Sauce salad light 143 and 43
Cheese Mascarpone 380	Margarine 730	/30gr
Cheese Mozzarella 280	Margarine light 360	Sauce salae 290 and 85 /30gr
Cheese Mozzarella light 160	Mayonnaise 1 spoon= 60	Sausage à rôtir 260
Cheese Philadelphia light 150	Mayonnaise 760	Sausage aux choux 330
Cheese Raclette 370	Melon 34	Sausage de veau 340
Cheese Ramekin 260	Mich 65	Sausage de Vienne 130 /pce
Cheese Tomme 300	Miel 340	Sausage Saucisson vaudois 380
Cheese Tomme light 200	Mojito cocktail 160	Sausages de 300 à 600
Cheese Vacherin Mont d'Or 290	Mortadelle 370	Sea Food 100
Cheese white 0% = 44	Muesli Bar 530	Sea Food Saint-Jacques 80
Cheese white 40% = 120	Mushrooms of Paris 5	Seaweed 43
		Shell all 80 à 100
		Shrimp Croquette 170
		Shrimp grey 80
		Shrimp pink 100
		Smoked Halibut 150
		Snickers Bar 470
		Soja 13
		Soja shoots 30
		Sorbet 104 /125ml
		Soup Mushroom 37
		Soupe vegetable 25
		Spaghetti 350
		Spaghettis or other 350
		Spätzli without butter 360
		Spinach 17
		Spirits 2cc. 350
		Spring Roll with Chicken 65/p
		Stick bretzel aperitif 340
		Strawberry 40
		Sugar 400
		Tart Prune 570/slice
		Terrine 140
		Tomato 40
		Tripe 100
		Trout (smoked) 140
		Tuna (fresh) 184
		Tuna (oil) 230
		Turkey (breast) 130
		Turnip 17
		Veal (breaded slice) 270
		Veal Kidneys 140
		Veal Liver 140
		Veal Sweetbread 125
		Waffle mini with chocolate 190
		Waffle 300
		Wheat grains Ebly 340
		Whisky 230 /100 ml ou 10 cl
		Wienerli 130 per pce
		Wienerli pâte feuilleté 960 /p
		Wieners 360
		Williamine, Abricotine 500
		Wine (red) 1dl. 70
		Wine (white) 1dl. 60
		Yogurt grek 150 / 125gr
		Yogurt light 0% 50
		Yogurt with fruit 113
		Zucchini cooked 15
		Zwieback Knäckebröt 50
		Zwieback sucrée 100
		Zwieback Wasa 50 et light 32