

# Bertakoa Restauration Lizardia

## ALLERGENES VALABLES UNIQUEMENT POUR LA CUISINE DE LIZARDIA

| Allergènes                           |  |  |  |  |  |                                                                         |  |  |  |  |  |  |  |  |  |
|--------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| LEGENDE                              | X                                                                                 | ALLERGENES PRINCIPAUX                                                             |                                                                                   |                                                                                   |                                                                                    | Des mesures sont en place pour réduire les risques de contamination croisée, cependant une garantie d'absence totale de traces ne pourra pas être fournie. |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                                      | X                                                                                 | TRACES D'ALLERGENES                                                               |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Menus                                |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Lundi 09 Mars                        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Crème Dubarry BIO au bleu            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Gratin de poisson MSC                |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |
| Brocolis BIO                         |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| ***                                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Emmental                             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Fromage blanc BIO                    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Mardi 10 Mars                        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Betteraves BIO et fromage de chèvre  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Emincé de dinde savora miel          | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |
| Blé BIO                              | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                  |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| ***                                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Fruit de saison                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Petit suisse nature                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Mercredi 11 Mars                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Soupe de légumes                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Sauté de porc 'Ferme des Acacias'    | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |
| Purée de patate douce                |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |
| ***                                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Carré frais                          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Compote pomme BIO 'Famille Teulet'   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Jeudi 12 Mars                        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Céleri aux pommes                    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Sauté de bœuf aux champignons        | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |
| Riz IGP cantonnais                   | X                                                                                 |                                                                                   | X                                                                                 |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Duo de haricots verts et champignons |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Fromage de brebis AZKORRIA           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Quartiers d'oranges BIO              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Vendredi 13 Mars                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Soupe Marocaine de légumes BIO       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |
| Couscous végétarien                  | X                                                                                 |                                                                                   | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| Semoule BIO                          | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                  |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Légumes couscous BIO                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |
| Yaourt à la greque                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Fruit de saison                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| VINAIGRETTE                          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                                      | X                                                                                 |                                                                                   | X                                                                                 |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

# Bertakoa Restauration LIZARDIA

## ALLERGENES VALABLES UNIQUEMENT POUR LA CUISINE DE LIZARDIA

| Allergènes                         |  |  |  |  |  |                                                                         |  |  |  |  |  |  |  |  |  |
|------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| LEGENDE                            | X                                                                                 | ALLERGENES PRINCIPAUX                                                             |                                                                                   |                                                                                   |                                                                                    | Des mesures sont en place pour réduire les risques de contamination croisée, cependant une garantie d'absence totale de traces ne pourra pas être fournie. |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Menus                              | X                                                                                 | TRACES D'ALLERGENES                                                               |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Lundi 09 Mars                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Poisson                            | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     |
| Purée de carottes BIO              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Purée de pomme HVE                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Fromage blanc BIO                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Mardi 10 Mars                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Dinde                              | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     |
| Purée de navet                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Purée de pêche HVE                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Petit suisse nature                |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Mercredi 11 Mars                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Porc                               | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   |
| Purée de petits pois BIO           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Compote pomme BIO 'Famille Teulet' |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Yaourt nature                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Jeudi 12 Mars                      |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Bœuf                               | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   |                                                                                     |
| Purée de patate douce              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Purée de coing                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Fromage blanc nature               |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Vendredi 13 Mars                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Veau                               | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                  | X                                                                                                                                                          |                                                                                     | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   | X                                                                                   |
| Purée de betteraves BIO            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Purée ananas                       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| Yaourt à la grecque                |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                                                                                          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |