






















Alfred's Kitchen / Quai Zurich Campus

Monday, 28. November	Tuesday, 29. November	Wednesday, 30. November	Thursday, 01. December	Friday, 02. December
SOUP  <p>Sweet potato cream soup approx 139.0 cal.</p> <p>2.50</p>	SOUP  <p>Vegan carrot ginger soup approx 75.6 cal.</p> <p>2.50</p>	SOUP  <p>Indian lentil soup with spinach approx 115.0 cal.</p> <p>2.50</p>	SOUP  <p>Vegan porcini mushroom soup approx 112.3 cal.</p> <p>2.50</p>	SOUP  <p>Vegan vegetable soup approx 71.5 cal.</p> <p>2.50</p>
TRADITIONAL <p>Roast pork with crust Dark beer gravy Red cabbage Schupfnudeln</p> <p>approx 874.9 cal. / Pork: Switzerland</p>	TRADITIONAL <p>Chicken piccata Chicken escalope with egg and parmesan Tomato basil sauce Saffron risotto Courgettes Provençal style</p> <p>approx 819.8 cal. / Chicken: Switzerland</p>	TRADITIONAL <p>Braised beef Red wine gravy Oven polenta Baked two-coloured carrots</p> <p>approx 521.4 cal. / Beef: Switzerland</p>	TRADITIONAL <p>Pasta variation Penne with Bolognese, sugo con salsicca, mushroom cream sauce, aglio e olio and grana padano</p> <p>approx 883.9 cal. / Beef: Switzerland, Sausage (pork): Switzerland</p>	TRADITIONAL  <p>Sliced veal Zurich style with mushroom sauce Roesti Daily vegetable</p> <p>approx 612.3 cal. / Veal: Switzerland</p>
incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90
TRADITIONAL SMART  <p>Roast pork with crust Dark beer gravy Red cabbage Cereal mix</p> <p>approx 753.8 cal. / Pork: Switzerland</p>	TRADITIONAL SMART  <p>Turkey escalope Tomato basil sauce Saffron quinoa Courgettes Provençal style</p> <p>approx 533.5 cal. / Turkey: France</p>	TRADITIONAL SMART <p>Braised beef Red wine gravy Cereal mix Baked two-coloured carrots</p> <p>approx 519.1 cal. / Beef: Switzerland</p>	TRADITIONAL SMART <p>Pasta variation Wholemeal penne with Bolognese, sugo con salsicca, mushroom cream sauce, aglio e olio and grana padano</p> <p>approx 877.9 cal. / Beef: Switzerland, Sausage (pork): Switzerland</p>	TRADITIONAL SMART  <p>Tuna steak Pico de Gallo Leaf spinach with ginger and cumin Vegetable couscous</p> <p>approx 494.2 cal. / Tuna: Western Pacific Ocean</p>
incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90
KARMA  <p>Vegan chickpea curry "chana masala" Basmati rice Date chutney Papadum Marinated purslane</p> <p>approx 828.3 cal.</p>	KARMA  <p>Vegetarian mezze plate with falafel, hummus, baba ganoush, tomato salad, taboulé and pita bread</p> <p>approx 913.5 cal.</p>	KARMA  <p>Pumpkin and carrot ravioli White wine cream sauce Roasted pumpkin, rocket Grana Padano flakes and pumpkin seeds Microgreens</p> <p>approx 767.2 cal.</p>	KARMA  <p>Vegan quinoa and beetroot patty Dill yoghurt Winter vegetables with pears</p> <p>approx 457.5 cal.</p>	KARMA  <p>Vegan Thai green curry with plant-based chicken Jasmine rice Wok vegetables Red peperoncini</p> <p>approx 699.0 cal.</p>
incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90
WORLD BOWLS  <p>Sliced chicken Tikka Masala sauce Naan bread Makai Na Bharta</p> <p>approx 786.3 cal. / Chicken: Switzerland</p>	WORLD BOWLS  <p>Phat kaphrao nuea Thai minced beef with basil, fried egg, jasmine rice, mung beans, chilli</p> <p>approx 701.0 cal. / Beef: Switzerland</p>	WORLD BOWLS  <p>Sliced chicken Thai peanut sauce Egg fried rice Coconut sambal</p> <p>approx 788.8 cal. / Chicken: Switzerland</p>	WORLD BOWLS  <p>Panang Thai Curry with shrimps Jasmine rice Fried vegetables with wood ear mushrooms Mung bean sprouts and coriander</p> <p>approx 615.1 cal. / Shrimps: Vietnam</p>	
12.90	10.80	12.90	12.90	
OVEN <p>Pinsa with raw ham Parma style and rocket</p> <p>approx 865.0 cal. / Ham (pork): Italy</p>	OVEN  <p>Paradise Tuesday Vegan Pizza Melanzane with aubergines, cherry tomatoes and rocket</p> <p>approx 898.1 cal.</p>	OVEN <p>Chicken Kebab Filled flatbread with chicken, garlic and sesame dip, cucumber, tomato and white cabbage Lukewarm tabbouleh</p> <p>approx 1048.8 cal. / Chicken: Switzerland</p>	OVEN <p>Half pizza Bufala & Crudo with raw ham Typo Parma, buffalo mozzarella and basil served with mixed salad Dressing of your choice</p> <p>approx 532.4 cal. / Ham (pork): Italy</p>	
14.90	14.90	10.90	12.00	
OVEN VEGI  <p>Pinsa Romana Margherita</p>			OVEN VEGI  <p>Half pizza Margherita with mozzarella, basil, tomatoes</p>	

approx 701.7 cal.

12.90

served with mixed salad
Dressing of your choice
approx 464.5 cal.

10.90

Opening hours Alfred's Kitchen: Monday to Friday: 11.15 to 14.00

All prices in CHF incl. VAT

Legend Icons: Gluten free, lactose free, vegetarian (1leaf), vegan (2 leaves), Smart Eating