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

Pinsa Romana Margherita

*approx 701.7 cal.*

12.90

Half pizza Margherita  
with mozzarella, basil, tomatoes  
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