


































Alfred's Kitchen / Quai Zurich Campus

Monday, 16. May	Tuesday, 17. May	Wednesday, 18. May	Thursday, 19. May	Friday, 20. May
SOUP    Vegan carrot orange soup <i>approx 96.3 cal.</i>	SOUP  Chicken cream soup with vegetables <i>approx 113.0 cal.</i>		SOUP  Hot and sour fish soup with pineapple, tomatoes, and branch celery <i>approx 106.9 cal. / Salmon: Norway</i>	SOUP   Vegetable cream soup <i>approx 82.0 cal.</i>
2.50	2.50		2.50	2.50
TRADITIONAL Veal Bratwurst Potato salad Mustard <i>approx 785.1 cal. / Sausage (Veal, Pork): Switzerland</i>	TRADITIONAL Sliced pork Zurich style with mushroom sauce Noodles Spring vegetables <i>approx 671.5 cal. / Pork: Switzerland</i>	TRADITIONAL   Beef goulash Hungarian style Paprika sauce with bell peppers Fried potatoes Two-coloured beans <i>approx 449.1 cal. / Beef: Switzerland</i>	TRADITIONAL Pasta variation Orecchiette with a choice of 4 different sauces Veal bolognese, tomato mascarpone, ricotta and egg sponge sauce, pesto and Grana Padano cheese <i>approx 752.3 cal. / Veal: Switzerland</i>	TRADITIONAL Beef steak with bacon Peperonata Potato croquettes <i>approx 686.4 cal. / Steak (Beef), Bacon (Pork): Switzerland</i>
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 Veal Bratwurst Lettuce salad with cucumber and tomatoes Mustard <i>approx 527.9 cal. / Sausage (Veal, Pork): Switzerland</i>	TRADITIONAL SMART  Sliced pork Zurich style with mushroom sauce Rice Spring vegetables <i>approx 655.6 cal. / Pork: Switzerland</i>	TRADITIONAL SMART   Beef goulash Hungarian style Paprika sauce with bell peppers Two-coloured beans Vegetable buckwheat <i>approx 474.2 cal. / Beef: Switzerland</i>	TRADITIONAL SMART Pasta variation Wholemeal fusilli with a choice of 4 different sauces Veal bolognese, tomato mascarpone, ricotta chanterelle sauce, pesto and grana padano <i>approx 733.2 cal. / Veal: Switzerland</i>	TRADITIONAL SMART  Beef steak with bacon Peperonata Lukewarm tabbouleh <i>approx 592.1 cal. / Steak (Beef), Bacon (Pork): Switzerland</i>
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  Tortelloni with ricotta and spinach filling, sage butter, roasted radicchio and hazelnuts <i>approx 688.7 cal.</i>	KARMA   Smart Eating Peru Stuffed sweet potato with bean puree, portobello mushrooms, feta and pickled red onions Pico de Gallo Spinach salad with puffed amaranth <i>approx 511.9 cal.</i>	KARMA   Red vegetable curry with baked coconut-mango slices, cashew nuts and coriander Jasmine rice <i>approx 684.5 cal.</i>	KARMA  Phat kaphrao tao hoo Tofu with Thai basil, fried egg, jasmine rice, mung beans and chillies <i>approx 651.2 cal.</i>	KARMA   Spinach barley patty Spring vegetables Tomato and chili salsa <i>approx 325.0 cal.</i>
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   Smart Eating Peru Lomo Saltado Fried beef strips with baked potatoes, chillies, tomatoes, peperoncini and coriander Whole rice <i>approx 491.0 cal. / Beef: Switzerland</i>	WORLD BOWLS    Smart Eating Peru Prawn ceviche Mango leche de tigre with chillies, onions, corn, celery and avocado Baked sweet potatoes <i>approx 405.6 cal. / Shrimps: Vietnam</i>	WORLD BOWLS    Smart Eating Peru Quinoa with coco beans Grilled chicken breast Aji amarillo sauce Banana chip <i>approx 464.3 cal. / Chicken: Switzerland</i>	WORLD BOWLS    Smart Eating Peru Colourful potato salad Spring onions, beans, olives, carrots and coriander Fried trout fillet Tomato chilli salsa <i>approx 568.7 cal. / Trout: Turkey</i>	
15.90	15.90	15.90	15.90	
OVEN Pinsa with bresaola, porcini mushrooms, rocket and Grana Padano flakes <i>approx 992.4 cal. / Bresaola (Beef): Italy</i>	OVEN Pizza Sole mio with ham, asparagus and fried egg <i>approx 1017.9 cal. / Ham (pork): Switzerland</i>	OVEN Veal kebab Cocktail or yoghurt sauce French fries Salad <i>approx 782.1 cal. / Veal: Switzerland</i>	OVEN  Gluten free pizza with chicken strips, feta, cherry tomatoes, avocado and corn <i>approx 1189.7 cal. / Chicken: Switzerland</i>	OVEN Pinsa with drie-cured ham and fried egg <i>approx 1073.9 cal. / Ham (pork): Switzerland</i>

14.90	14.90	10.90	14.90	14.90
OVEN VEGI	 OVEN VEGI		OVEN VEGI	  OVEN VEGI
Pinsa Romana Margherita <i>approx 625.6 cal.</i>	 Pizza Margherita Mozzarella, basil, tomato <i>approx 872.4 cal.</i>		Gluten free pizza with buffalo mozzarella and basil <i>approx 1092.7 cal.</i>	  Pinsa Romana Margherita <i>approx 625.6 cal.</i>
12.90	12.90	12.90	12.90	12.90

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