













Alfred's Kitchen / Quai Zurich Campus

Monday, 14. July	Tuesday, 15. July	Wednesday, 16. July	Thursday, 17. July	Friday, 18. July
SOUP  Black bean soup <i>approx 158.6 cal.</i>	SOUP  Tomato soup with basil <i>approx 65.5 cal.</i>	SOUP  Cream of chicken soup with diced vegetables <i>approx 114.8 cal.</i>	SOUP  Vegan sweet potato soup <i>approx 116.7 cal.</i>	SOUP  Cream of vegetable soup <i>approx 83.4 cal.</i>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL Riz Casimir Sliced chicken Curry sauce Rice Fruit and almonds Broccoli <i>approx 670.6 cal. / Chicken: Switzerland</i>	TRADITIONAL Pork steak Pommery mustard sauce Potato gratin Vegetable of the day <i>approx 706.7 cal. / Pork: Switzerland</i>	TRADITIONAL Pork ribs with honey and thyme Port wine sauce Lemon risotto Ratatouille <i>approx 717.8 cal. / Pork: Switzerland</i>	TRADITIONAL Pasta Powwow Wholegrain fusilli with a choice of 4 sauces Bolognese, tuna, garlic and oil, cinque pi Grated cheese <i>approx 799.7 cal. / Beef: Switzerland, Tuna: Thailand</i>	TRADITIONAL English Pub Food Texas Burger Beef patty, brioche bun, iceberg lettuce, cheddar, fried onions, honey-glazed bacon, tomato, mayonnaise and barbecue sauce French fries <i>approx 1402.7 cal. / Burger (beef): Switzerland, Bun: Switzerland, 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
POP-UP  Marinated halibut fillet Mustard and horseradish dip Spiced bulgur Spinach <i>approx 821.2 cal. / Halibut: Northwest Atlantic</i>	POP-UP  English Pub Food Fish and chips Cod in batter Mayonnaise Jumbo fries Mashed peas <i>approx 1084.4 cal. / Cod: Northeast Atlantic</i>	POP-UP  English Pub Food Philly Cheesesteak Wheat roll filled with beef steak, provolone cheese, jalapenos, fried onions and mushrooms Oven-baked potatoes <i>approx 749.0 cal. / Bread: Switzerland, Beef: Switzerland</i>	POP-UP  English Pub Food Bangers and Mash Pork bratwurst sausage Onion gravy Mashed potatoes Peas <i>approx 785.2 cal. / Sausage (pork, veal): Switzerland</i>	POP-UP  Salmon fillet Mango and chilli chutney Black quinoa Organic daily vegetables <i>approx 700.9 cal. / Salmon: Norway</i>
8.90	9.80	9.80	9.80	8.90
KARMA  Smoked organic tofu cubes Power salad with loose leaf lettuce, quinoa, mushrooms, sweet potatoes, avocado, tomatoes and corn Dressing of your choice	KARMA  Vegan tortelloni filled with quinoa and spinach Chickpea and vegetable ragout with tomato sauce	KARMA  Indian vegetable samosas Chana Masala chickpea curry Basmati rice Date chutney Papadum	KARMA  Aubergine stuffed with plant protein, couscous and vegetables	KARMA  Steamed gyoza dumplings Thai green chickpea curry Jasmine rice

<i>approx 510.2 cal.</i>	<i>approx 584.7 cal.</i>	<i>approx 1038.5 cal.</i>	<i>approx 399.7 cal.</i>	<i>approx 637.4 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 Char Siu Cantonese barbecue pork neck Ramen noodles Bimi broccoli <i>approx 573.8 cal. / Pork: Switzerland</i>	WORLD BOWLS Nyonya Malaysian chicken curry Coconut rice Aubergine curry <i>approx 811.1 cal. / Chicken: Switzerland</i>		WORLD BOWLS Beef Hokkien Mee with sliced beef, hokkien noodles, pak choi, carrots, snow peas and broccoli <i>approx 727.9 cal. / Beef: Switzerland</i>	WORLD BOWLS Roasted turkey breast Cranberry sauce Oven-baked sweet potatoes Carrots with maple syrup <i>approx 499.6 cal. / Turkey: France</i>
13.90	13.90		13.90	13.90
OCEAN & OVEN English Pub Food Shepherd's pie Potato casserole with lamb, root vegetables, cheese and glazed peas <i>approx 776.7 cal. / Lamb: Switzerland</i>	OCEAN & OVEN Marinated char fillet Tender wheat Spinach <i>approx 449.6 cal. / Char: Iceland</i>	 OCEAN & OVEN Poached St. Pierre fillet Toscana salsa Tomato, olives, capers and lemon thyme Lemon and vegetable couscous Organic daily vegetables <i>approx 634.6 cal. / St.Pierre: Southwest Pacific</i>	OCEAN & OVEN Fried sea bass fillet Chervil quark Parsley potatoes Steamed carrots <i>approx 536.5 cal. / Sea bass: Turkey</i>	 OCEAN & OVEN Pizza Don Pedro with bacon, spinach and fried egg <i>approx 1104.5 cal. / Bacon (pork): Switzerland</i>
incl. Soup or Salad: 8.90	incl. Soup or Salad: 12.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 12.90
	STREET EATS Create your bowl Choose protein, carbohydrates, vegetables/salad and sauce and put together your own favourite bowl incl. Soup or Salad: 16.90	STREET EATS The summer grill is open and offers a selection of meat, fish and vegetarian grilled dishes incl. Soup or Salad: 10.90	STREET EATS Create your bowl Choose protein, carbohydrates, vegetables/salad and sauce and put together your own favourite bowl incl. Soup or Salad: 16.90	

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