


























Alfred's Kitchen / Quai Zurich Campus

Monday, 27. March	Tuesday, 28. March	Wednesday, 29. March	Thursday, 30. March	Friday, 31. March
SOUP  <p>Leek cream soup approx 77.9 cal.</p>	SOUP  <p>Vegan carrot soup approx 75.1 cal.</p>	SOUP  <p>Vegan broccoli soup approx 70.9 cal.</p>	SOUP  <p>Corn cream soup approx 125.0 cal.</p>	SOUP  <p>Vegan vegetable soup approx 71.3 cal.</p>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL <p>Turkey escalope Pepper cream sauce Spaetzli Brussels sprouts</p> <p>approx 740.5 cal. / Turkey: France</p>	TRADITIONAL  <p>Pork neck roast Port wine gravy Gnocchi Daily vegetable</p> <p>approx 857.9 cal. / Pork: Switzerland</p>	TRADITIONAL  <p>Poultry fricassee White wine sauce with carrots, peas and mushrooms Mashed potatoes Roasted broccoli</p> <p>approx 575.3 cal. / Chicken: Switzerland</p>	TRADITIONAL <p>Penne with 4 different sauces to choose from Carbonara, tomato cream sauce, Cacciatore sauce and pesto Grana Padano *also available with gluten-free pasta on request approx 753.9 cal. / Bacon (Pork): Switzerland, Chicken: Switzerland</p>	TRADITIONAL <p>The Mexican chicken burger Chicken patty, corn bun, chilli cheese, cucumber, tomato, lettuce, coriander, onion rings and chipotle sauce Deep fried potato slices</p> <p>approx 1181.3 cal. / Burger (Chicken): 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>Steamed pike-perch fillet, basil oil Artichoke peperonata Beluga lentils Romanesco</p> <p>approx 478.1 cal. / Pike-Perch: Kazakhstan</p>	TRADITIONAL SMART  <p>Fish stew Saffron sauce Red Camargue rice Leaf spinach with walnut oil</p> <p>approx 514.6 cal. / Pollock, Hoki, Wild salmon: Northeast Pacific</p>	TRADITIONAL SMART  <p>Steamed cod fillet Wild garlic vinaigrette Tricolor quinoa Baked beetroot Steamed snap peas</p> <p>approx 606.6 cal. / Cod: Northeast Atlantic</p>	TRADITIONAL SMART  <p>Sea bass fillet with herbs and smoked salt Fennel with oranges and tomatoes Venere rice Marinated purslane</p> <p>approx 558.9 cal. / Sea bass: Turkey</p>	TRADITIONAL SMART  <p>Yaki Udon with chicken Udon noodles with chicken, shiitake mushrooms, broccoli, pak choi and spring onions</p> <p>approx 640.8 cal. / Chicken: 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
KARMA  <p>Roasted cauliflower with tofu Kolhapuri sauce Basmati rice Coriander, black sesame and naan bread</p> <p>approx 834.9 cal.</p>	KARMA  <p>Vegan spaghetti carbonara with smoked tofu, onions, garlic and parsley</p> <p>approx 739.9 cal.</p>	KARMA  <p>Samosa with potato and vegetables filling Lentil dal Roti bread Vegan cucumber raita</p> <p>approx 638.7 cal.</p>	KARMA  <p>Grainmade Lasagne with barley protein bolognese, Béchamel Sauce and Grana Padano</p> <p>approx 734.2 cal.</p>	KARMA  <p>Baked vegetables Chimichurri White wine risotto Marinated rocket and walnuts</p> <p>approx 657.8 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>Panang Thai Curry with shrimps Jasmine rice Fried vegetables with wood ear mushrooms Mung bean sprouts and coriander</p> <p>approx 645.1 cal. / Shrimps: Vietnam</p>	WORLD BOWLS  <p>Gai Yang Som Tam Khao Neow Thai BBQ chicken thigh with vegetable peanut salad and sticky rice Coriander and Peperoncini</p> <p>approx 763.5 cal. / Chicken: Switzerland</p>	WORLD BOWLS  <p>Char siu Cantonese barbecue pork Hoisin sauce Steam rice Stir fried vegetables</p> <p>approx 864.9 cal. / Pork: Switzerland</p>	WORLD BOWLS  <p>Korean Chicken Bao Crispy chicken breast, gochujang sauce, steam bun, onions, sesame seeds and cucumbers. Jasmine rice Coloured coleslaw Pizza Margherita Mozzarella, basil, tomato</p> <p>approx 1847.8 cal. / Chicken: Switzerland</p>	
13.90	13.90	13.90	13.90	
OVEN <p>Swiss Alpine macaroni with creamy cheese sauce, bacon, potatoes, onions and apple sauce</p> <p>approx 1011.7 cal. / Bacon (Pork): Switzerland</p>	OVEN <p>Pizza Hawaii with ham and pineapple</p> <p>approx 971.6 cal. / Ham (pork): Switzerland</p>	OVEN <p>Veal kebab Cocktail or yoghurt sauce French fries Salad</p> <p>approx 814.1 cal. / Veal: Switzerland</p>	OVEN  <p>Vegan Pizza Capri with aubergine, olives, capers and cherry tomatoes</p> <p>approx 981.1 cal.</p>	
12.90	14.90	12.90	14.90	
OVEN VEGI  <p>Vegetarian Älplermagronen</p>	OVEN VEGI  <p>Pizza Margherita</p>		OVEN VEGI  <p>Pizza Margherita</p>	

Swiss Alpine macaroni with creamy cheese sauce, potatoes, onions and apple sauce
approx 885.0 cal.

Mozzarella, basil, tomato
approx 887.4 cal.

Mozzarella, basil, tomato
approx 887.4 cal.

11.90

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