

## Alfred's Kitchen / Quai Zurich Campus

| Monday, 30. May                                                                                                                                                                                                                                | Tuesday, 31. May                                                                                                                                                                                                                                         | Wednesday, 01. June                                                                                                                                                                                                                                                              | Thursday, 02. June                                                                                                                                                                                                                                                                                                | Friday, 03. June                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SOUP</b>  <p>Sweet potato cream soup<br/>approx 139.6 cal.</p> <p>2.50</p>                                                                                 | <b>SOUP</b>  <p>Tomato soup with basil<br/>approx 65.8 cal.</p> <p>2.50</p>                                                                                             | <b>SOUP</b>  <p>Curry pea soup<br/>approx 147.5 cal.</p> <p>2.50</p>                                                                                                                          | <b>SOUP</b>  <p>Prättigau wedding soup<br/>approx 220.5 cal.</p> <p>2.50</p>                                                                                                                                                   | <b>SOUP</b>  <p>Vegan palatine carrots soup<br/>approx 75.7 cal.</p> <p>2.50</p>                                                              |
| <b>TRADITIONAL</b> <p>Sliced beef<br/>Green pepper cream sauce<br/>Spaetzli<br/>Baked two-coloured carrots<br/>approx 701.8 cal. / Beef: Switzerland</p>                                                                                       | <b>TRADITIONAL</b>  <p>Sliced veal<br/>Curry cream sauce<br/>Long grain rice<br/>Romanesco<br/>approx 647.1 cal. / Veal: Switzerland</p>                                | <b>TRADITIONAL</b>  <p>Lemon chicken breast<br/>Caesar dressing<br/>Lettuce salad with cucumber and tomatoes<br/><br/>approx 674.7 cal. / Chicken: Switzerland<br/>Anchovies: Spain</p>       | <b>TRADITIONAL</b> <p>Spaghetti with 4 Sauces<br/>Bolognese, Pipistrella, Käserahmsauce, Tomaten-Pesto und Grana Padano<br/><br/>approx 997.5 cal. / Beef: Switzerland, Salami (Pork, Beef): Switzerland</p>                                                                                                      | <b>TRADITIONAL</b>  <p>Breaded pork escalope<br/>Fried potatoes<br/>Steamed snap peas<br/><br/>approx 712.0 cal. / Pork: 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>Sliced beef<br/>Green pepper sauce<br/>Barley Pilaw<br/>Baked two-coloured carrots<br/>approx 601.3 cal. / Beef: Switzerland</p> | <b>TRADITIONAL SMART</b>  <p>Sliced veal<br/>Fruit curry sauce<br/>Bulgur<br/>Romanesco<br/>approx 546.6 cal. / Veal: Switzerland</p>                                   | <b>TRADITIONAL SMART</b>  <p>Lemon chicken breast<br/>Olive oil and lemon dressing<br/>Lettuce salad with cucumber and tomatoes<br/><br/>approx 545.6 cal. / Chicken: Switzerland</p>         | <b>TRADITIONAL SMART</b> <p>Wholemeal spaghetti with 4 sauces<br/>Bolognese, Pipistrella, Käserahmsauce, Tomaten-Pesto und Grana Padano<br/><br/>approx 988.5 cal. / Beef: Switzerland, Salami (Pork, Beef): Switzerland</p>                                                                                      | <b>TRADITIONAL SMART</b>  <p>Breaded pork escalope<br/>Herb couscous<br/>Steamed snap peas<br/><br/>approx 742.6 cal. / Pork: 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>KARMA</b>  <p>Dal curry<br/>Lentil and spinach curry with paneer cheese<br/>Coconut sambal<br/><br/>approx 604.1 cal.</p>                                  | <b>KARMA</b>  <p>Turmeric Couscous Bowl<br/>Baked tofu, roasted chickpeas, cherry tomatoes, olives, dried apricots and soy lime dressing<br/><br/>approx 582.2 cal.</p> | <b>KARMA</b>  <p>Organic Tofu Steak<br/>Peanut sauce<br/>Acar salad<br/>Boiled potatoes<br/>approx 639.5 cal.</p>                                                                             | <b>KARMA</b>  <p>Vegetable gyoza<br/>Rice vinegar dip<br/>Glass noodle salad with mushrooms, vegetables, peanuts and herbs<br/>approx 788.0 cal.</p>                                                                           | <b>KARMA</b>  <p>Spinach falafel<br/>Yoghurt dip with tahini<br/>Turkish shepherd's salad<br/>Pomegranate seeds<br/>approx 538.5 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>Caramelised pork<br/>Bimi broccoli<br/>Soy ginger sauce<br/>Ramen noodles<br/>approx 778.2 cal. / Pork: Switzerland</p>                                                                                                  | <b>WORLD BOWLS</b>  <p>Fried sea bass fillet<br/>Fried vegetables<br/>Soy ginger sauce<br/>Egg noodles<br/>approx 660.4 cal. / Sea bass: Turkey</p>                     | <b>WORLD BOWLS</b>  <p>Pho bo<br/>Vietnamese noodle soup with beef, rice noodles, carrots, Mu-Err mushrooms, Chinese cabbage, pak choi and lime<br/>approx 466.4 cal. / Beef: Switzerland</p> | <b>WORLD BOWLS</b>  <p>My Home my Country<br/>Gai Yang Som Tam Khao Neow<br/>Thai BBQ chicken thigh with vegetable peanut salad and sticky rice<br/>Coriander and Peperoncini<br/>approx 763.5 cal. / Chicken: Switzerland</p> |                                                                                                                                                                                                                                  |
| 14.90                                                                                                                                                                                                                                          | 14.90                                                                                                                                                                                                                                                    | 13.90                                                                                                                                                                                                                                                                            | 15.90                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                  |
| <b>OVEN</b> <p>Pinsa with Salami Milano, Gorgonzola and spinach<br/><br/>approx 1182.4 cal. / Salami (pork, beef): Switzerland</p>                                                                                                             | <b>OVEN</b> <p>Pizza Valposchiavo with bacon, porcini mushrooms, onions and spinach<br/><br/>approx 1058.9 cal. / Bacon (Pork): Switzerland</p>                                                                                                          | <b>OVEN</b> <p>Veal kebab<br/>Cocktail or yoghurt sauce<br/>French fries<br/>Salad<br/>approx 781.9 cal. / Veal: Switzerland</p>                                                                                                                                                 | <b>OVEN</b>  <p>Gluten free pizza with ham, bacon and fried egg<br/><br/>approx 1257.1 cal. / Ham (pork): Switzerland, Bacon (Pork): Switzerland</p>                                                                         |                                                                                                                                                                                                                                  |
| 14.90                                                                                                                                                                                                                                          | 14.90                                                                                                                                                                                                                                                    | 10.90                                                                                                                                                                                                                                                                            | 14.90                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                  |
| <b>OVEN VEGI</b>  <p>Pinsa Romana Margherita<br/><br/>approx 625.6 cal.</p>                                                                                 | <b>OVEN VEGI</b>  <p>Vegan wholemeal pizza with broccoli, spinach et courgettes<br/>approx 999.4 cal.</p>                                                             |                                                                                                                                                                                                                                                                                  | <b>OVEN VEGI</b>  <p>Gluten free pizza with tomato slices, mozzarella slices and basil<br/>approx 1040.2 cal.</p>                                                                                                            |                                                                                                                                                                                                                                  |

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