












Alfred's Kitchen / Quai Zurich Campus

Monday, 10. July	Tuesday, 11. July	Wednesday, 12. July	Thursday, 13. July	Friday, 14. July
SOUP  <p>Indian green pea soup <i>approx 161.1 cal.</i></p> <p>2.50</p>	SOUP  <p>Tomato cream soup <i>approx 121.1 cal.</i></p> <p>2.50</p>	SOUP  <p>Vegan lentil soup <i>approx 133.2 cal.</i></p> <p>2.50</p>	SOUP  <p>Potato and leek soup <i>approx 100.4 cal.</i></p> <p>2.50</p>	SOUP  <p>Vegetable cream soup <i>approx 81.4 cal.</i></p> <p>2.50</p>
TRADITIONAL  <p>St. Gallen Olma Bratwurst Onion sauce Roesti Green beans</p> <p><i>approx 809.7 cal. / Sausage (Pork, Veal): Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	TRADITIONAL <p>Chicken piccata Chicken escalope with egg and parmesan Tomato sauce Spaghetti Romanesco</p> <p><i>approx 729.9 cal. / Chicken: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	TRADITIONAL  <p>Sliced pork Zurich style with mushroom sauce Rice Fried courgettes</p> <p><i>approx 647.4 cal. / Pork: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	TRADITIONAL <p>Lasagne verdi al forno with beef, béchamel sauce and grated cheese</p> <p><i>approx 683.5 cal. / Beef: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	TRADITIONAL  <p>Breaded pork escalope Daily vegetable French fries</p> <p><i>approx 921.5 cal. / Pork: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>
TRADITIONAL SMART  <p>Udon Bowl Baked tofu, cucumbers, udon noodles, kombu seaweed, pak choi, sesame seeds, cilantro and rice soy dressing</p> <p><i>approx 496.7 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	TRADITIONAL SMART  <p>Flatbread filled with pulled jackfruit Vegan coleslaw salad Crispy sweet potato fries</p> <p><i>approx 932.9 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	TRADITIONAL SMART  <p>Fried sea bass fillet Orange dill sauce Couscous with saffron and turmeric Roasted cauliflower</p> <p><i>approx 624.3 cal. / Sea bass: Turkey</i></p> <p>incl. Soup or Salad: 8.90</p>	TRADITIONAL SMART  <p>Taboulé Chicken Bowl Marinated chicken breast, roasted bell peppers, bulgur, mini lettuce, pomegranate seeds, mint and blood orange dressing</p> <p><i>approx 499.8 cal. / Chicken: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	TRADITIONAL SMART  <p>Jamaican jerk salmon Watermelon and rocket salad with feta and honey-orange dressing</p> <p><i>approx 536.6 cal. / Salmon: Norway</i></p> <p>incl. Soup or Salad: 8.90</p>
KARMA  <p>Samosa with potato and vegetable filling Lentil dal Naan bread Cucumber raita</p> <p><i>approx 606.7 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	KARMA <p>Crepe au gratin filled with ratatouille, goat cheese sauce, savoy cabbage and hazelnuts</p> <p><i>approx 497.6 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	KARMA  <p>Vegetable gyoza Teriyaki lemongrass sauce Jasmine rice Wok vegetables</p> <p><i>approx 752.5 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	KARMA  <p>Vietnamese vegetable curry Baked seitan with mint Mie Noodles Vegetable pickles</p> <p><i>approx 617.1 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	KARMA  <p>Korean fried tofu Soy chilli sauce Jasmine rice Pak Choi</p> <p><i>approx 929.7 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>
WORLD BOWLS  <p>Phat kaphrao nuea Thai beef mince with Thai basil</p> <p><i>approx 298.0 cal. / Beef: Switzerland</i></p> <p>12.50</p>		WORLD BOWLS  <p>Katsu chicken Tonkatsu sauce Tonkatsu sauce Hirata bread Japanese cabbage salad</p> <p><i>approx 830.6 cal. / Chicken: Switzerland</i></p> <p>12.50</p>		
OVEN <p>Grisons capuns</p> <p><i>approx 536.6 cal. / Beef, pork: Switzerland</i></p> <p>12.50</p>	OVEN BBQ Quai Café <p>Green Egg BBQ Wiediker sausage, chicken thigh steak or Angus beef mince steak Various dipping sauces, mustard and ketchup Various hot side dishes Fresh raw vegetable and leaf salads with various toppings and dressings</p> <p><i>approx 942.3 cal. / Pork: Switzerland, Beef: Switzerland, Chicken: Switzerland</i></p> <p>14.90</p>	OVEN <p>Pizza Rustica with bacon, mushrooms, onions and bell peppers</p> <p><i>approx 1036.8 cal. / Bacon (Pork): Switzerland</i></p> <p>13.90</p>	OVEN BBQ Quai Café <p>Various dipping sauces, mustard and ketchup Various hot side dishes Fresh raw vegetable and leaf salads with various toppings and dressings Green Egg BBQ Wiediker sausage, chicken thigh steak or pink grilled beef hanging tender</p> <p><i>approx 941.9 cal. / Pork: Switzerland, Chicken: Switzerland, Beef: Switzerland</i></p> <p>14.90</p>	

OVEN VEG!  Vegetarian Grisons capuns with diced vegetables, milk broth and gratinated with mountain cheese <i>approx 456.0 cal.</i>	OVEN VEG!  BBQ Quai Café soy protein sausage Various dipping sauces, mustard and ketchup Various hot side dishes Fresh raw vegetable and leaf salads with various toppings and dressings <i>approx 863.7 cal.</i>	OVEN VEG!   Pizza Margherita Mozzarella, basil, tomato <i>approx 886.2 cal.</i>	OVEN VEG!  BBQ Quai Café Soy protein burger Various dipping sauces, mustard and ketchup Various hot side dishes Fresh raw vegetable and leaf salads with various toppings and dressings <i>approx 939.0 cal.</i>	 
12.50	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