

Alfred's Kitchen / Quai Zurich Campus

Monday, 06. January	Tuesday, 07. January	Wednesday, 08. January	Thursday, 09. January	Friday, 10. January
SOUP Cream of tomato soup <i>approx 120.8 cal.</i> 2.50	 SOUP Vegan parsnip soup <i>approx 91.1 cal.</i> 2.50	 SOUP Cream of corn soup <i>approx 125.6 cal.</i> 2.50	 SOUP Sweet potato and ginger soup <i>approx 100.9 cal.</i> 2.50	 SOUP Vegan vegetable soup <i>approx 71.7 cal.</i> 2.50
TRADITIONAL Wiediker barbecue bratwurst sausage Mustard and horseradish dip French fries Organic daily vegetables <i>approx 1222.8 cal. / Sausage (pork): Switzerland</i> incl. Soup or Salad: 8.90	 TRADITIONAL Vegetarian Älplermagronen (Swiss Alpine macaroni) with creamy cheese sauce, potatoes, onions and apple sauce <i>approx 881.9 cal.</i> incl. Soup or Salad: 8.90	TRADITIONAL Fried breast of corn-fed poulard Creamy paprika sauce Tagliatelle Organic daily vegetables <i>approx 878.0 cal. / Chicken: France</i> incl. Soup or Salad: 8.90	TRADITIONAL Pork steak Hunter's sauce Spätzli Roasted cauliflower <i>approx 722.6 cal. / Pork: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Alfred's Schnitzel Viennese pork schnitzel Fried potatoes <i>approx 553.5 cal. / Pork: Switzerland</i> incl. Soup or Salad: 8.90
POP-UP Larb Lukewarm Thai minced chicken salad Coconut rice <i>approx 742.0 cal. / Chicken: Switzerland</i> 8.90	 POP-UP Soft cheese baked in breadcrumbs Quark dip with chives Fried potatoes with rocket Oven-baked aubergine <i>approx 761.2 cal.</i> 8.90	POP-UP Pulled pork burger Pulled pork, ciabatta bun, coleslaw, onions and cos lettuce Chilli fries <i>approx 903.9 cal. / Bun: Switzerland, Pork: Switzerland</i> 8.90	POP-UP Texas Chilli Dog Beef chilli, chicken Vienna sausage, bun, cheddar cheese, gherkins, fried onions Country fries <i>approx 974.3 cal. / Bun: Switzerland, Sausage (chicken): Switzerland, Beef: Switzerland</i> 8.90	POP-UP Marinated red trout fillet Chimichurri Lemon and vegetable couscous Organic daily vegetables <i>approx 653.4 cal. / Salmon trout: Italy</i> 8.90
KARMA Veganuary Sliced soy protein Vegan braising sauce Bramata polenta Organic daily vegetables <i>approx 657.7 cal.</i> incl. Soup or Salad: 8.90	 KARMA Veganuary Thai Panang curry with mushrooms, onions, bell peppers, aubergine, peas, chilli, coriander and peanuts Red rice <i>approx 561.3 cal.</i> incl. Soup or Salad: 8.90	 KARMA Veganuary Onion bhaji nuggets Mango chutney Aloo Gobi Herb salad Papadum <i>approx 629.9 cal.</i> incl. Soup or Salad: 8.90	 KARMA Veganuary Edamame and quinoa patty Miso aioli Freekeh cereal pilaf Pak choi <i>approx 845.3 cal.</i> incl. Soup or Salad: 8.90	 KARMA Veganuary Empanadas verdura Ratatouille <i>approx 292.3 cal.</i> incl. Soup or Salad: 8.90
WORLD BOWLS Beef flank steak Chimichurri	 WORLD BOWLS Pad Thai Rice noodles with organic tofu, fried egg, tamarind	WORLD BOWLS Marinated pork brisket Hoisin sauce	WORLD BOWLS Chicken Biryani Rice with chicken, cumin,	WORLD BOWLS Thai green curry with chicken Jasmine rice

Baked potatoes Black bean salad <i>approx 763.9 cal. / Beef: Switzerland</i>	sauce, vegetables and peanuts <i>approx 885.0 cal.</i>	Fried rice with rice wine omelet <i>approx 1086.2 cal. / Pork: Switzerland</i>	carrots, peas, sultanas, fried onions and raita <i>approx 712.6 cal. / Chicken: Switzerland</i>	Fried vegetables with Mu-Err mushrooms <i>approx 729.7 cal. / Chicken: Switzerland</i>
13.90	10.90	13.90	13.90	12.00
OCEAN & OVEN 	OCEAN & OVEN 	OCEAN & OVEN 	OCEAN & OVEN	OCEAN & OVEN
Jamaican Jerk salmon Mango and lime vinaigrette Lemon and vegetable couscous Organic carrots <i>approx 608.7 cal. / Salmon: Norway</i>	Spicy shakshuka from the oven Toasted white bread Saffron rice with dates and almonds Watercress with sumac <i>approx 693.7 cal. / Bread: France</i>	Sea bass fillet with onion marmalade Oven-baked sweet potatoes Organic daily vegetables <i>approx 584.9 cal. / Sea bass: Turkey</i>	Roasted turkey breast Cranberry barbecue sauce White quinoa Baked Brussels sprouts <i>approx 608.7 cal. / Turkey: France</i>	Pizza Quattro Stagioni with shoulder of ham, artichokes, mushrooms and olives <i>approx 994.6 cal. / Ham (pork): Switzerland</i>
incl. Soup or Salad: 10.90	incl. Soup or Salad: 10.90	incl. Soup or Salad: 10.90	incl. Soup or Salad: 10.90	incl. Soup or Salad: 14.00
	STREET EATS  		STREET EATS	
	Laksa Lemak Spicy-hot turmeric and coconut soup with crispy tofu, rice noodles, mushrooms and vegetables Lime, coriander and peperoncini <i>approx 615.2 cal.</i>		Bami Mu Daeng Thai soup with chicken and shrimp wonton dumplings, red pork belly, egg noodles and Bimi broccoli <i>approx 799.2 cal. / Pork: Switzerland, Chicken: Switzerland, Shrimps: Vietnam</i>	
	incl. Soup or Salad: 10.90		incl. Soup or Salad: 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