

Alfred's Kitchen / Quai Zurich Campus

Monday, 03. March	Tuesday, 04. March	Wednesday, 05. March	Thursday, 06. March	Friday, 07. March
SOUP  Vegan artichoke soup <i>approx 52.4 cal.</i>	SOUP  Cream of celery soup <i>approx 79.2 cal.</i>	SOUP  Cream of tomato soup <i>approx 125.7 cal.</i>	SOUP  Cream of cauliflower soup <i>approx 114.4 cal.</i>	SOUP  Cream of vegetable soup <i>approx 83.4 cal.</i>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL Pork steak fried as a whole Marsala sauce Risotto Broccoli <i>approx 677.0 cal. / Pork: Switzerland</i>	TRADITIONAL   Sliced quorn Soy protein Stroganoff with bell peppers, mushrooms, spinach and gherkins Basmati rice Organic daily vegetables <i>approx 796.8 cal.</i>	TRADITIONAL Favorite Swiss cuisine: Bern Bernese platter Pork neck ribs, bacon and blood tongue Mustard Boiled potatoes Sauerkraut and dried beans <i>approx 644.4 cal. / Bacon (pork): Switzerland, Pork: Switzerland, Sausage (pork, beef): Switzerland</i>	TRADITIONAL Köttbullar meatballs Cream sauce Mashed potatoes Cranberries Romanesco <i>approx 750.8 cal. / Meatballs (beef): Switzerland</i>	TRADITIONAL Vaudois pork cordon bleu French fries Glazed rainbow carrots Lemon slice <i>approx 853.5 cal. / Cordon bleu (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 Paella Spanish rice with chicken, seafood, saffron, vegetables and aioli <i>approx 976.2 cal. / Chicken: Switzerland, Shrimps: Bangladesh, Squid: Western Pacific Ocean, Calamari: Southwest Atlantic, Calamari in batter: Southeast Pacific</i>	POP-UP  Vegetable quesadilla gratinated with cheddar cheese Tomato salad with onions and coriander Guacamole <i>approx 858.0 cal.</i>	POP-UP Moroccan platter with marinated chicken breast, tabbouleh, hummus, roasted vegetables and yoghurt raita <i>approx 1145.1 cal. / Chicken: Switzerland</i>	POP-UP Gyro dumplings with chicken Tzatziki Pita bread Greek salad <i>approx 1179.1 cal. / Chicken: Switzerland</i>	POP-UP Chicken breast Chimichurri Ratatouille Tricolour quinoa with herbs <i>approx 655.1 cal. / Chicken: Switzerland</i>
9.80	8.90	9.80	9.80	8.90
KARMA   Roasted cauliflower with tahini, smoked paprika and pomegranate seeds Hummus Bulgur tabbouleh <i>approx 966.9 cal.</i>	KARMA   Vegan pea protein meatballs Wild mushroom sauce Penne Marinated rocket <i>approx 740.7 cal.</i>	KARMA   Onion and ginger pakora fritters Mango and chilli chutney Chickpea and lentil dal Papadum and herb salad <i>approx 818.5 cal.</i>	KARMA   Korean fried tofu Soy and chilli sauce Jasmine rice Pak choi <i>approx 899.5 cal.</i>	KARMA   Vegan Spaghetti Carbonara with smoked tofu, onions, garlic and parsley <i>approx 706.8 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 Rock the Wok Create your own wok dish. Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet	WORLD BOWLS   Phat Kaphrao Tao Hoo Tofu with Thai basil, fried egg, jasmine rice, mung beans and peperoncini <i>approx 761.9 cal.</i>	WORLD BOWLS Thai Massaman curry with beef Jasmine rice Fried vegetables with Mu-Err mushrooms Peanuts <i>approx 817.6 cal. / Beef: Switzerland</i>	WORLD BOWLS Rock the Wok Create your own wok dish. Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet	WORLD BOWLS Thai green curry with shrimps, aubergine, courgettes, chilli, lime and sweet basil <i>approx 329.4 cal. / Shrimps: Bangladesh</i>
13.90	8.90	13.90	13.90	13.90
OCEAN & OVEN  Steamed barramundi fillet Vegetable vinaigrette Pearl couscous Organic daily vegetables <i>approx 628.5 cal. / Sea Bass: Vietnam</i>	OCEAN & OVEN Pizza Quattro Formaggi with Gorgonzola, Taleggio, mozzarella and Grana Padano <i>approx 1224.3 cal.</i>	OCEAN & OVEN Marinated char fillet Mustard and horseradish dip Tricolour quinoa with vegetables <i>approx 684.0 cal. / Char: Iceland</i>	OCEAN & OVEN  Marinated halibut fillet Tomato and basil sauce Sweet potatoes Pak choi <i>approx 2122.3 cal. / Halibut: Northwest Atlantic</i>	OCEAN & OVEN Pizza Parma with Parma ham and mascarpone <i>approx 1107.2 cal. / Ham (pork): Italy</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: 14.90
	STREET EATS   Khao Soi curry with organic tempeh, coconut milk, mie noodles, coriander, chilli, lime and mung bean sprouts <i>approx 923.9 cal.</i>		STREET EATS   Homemade organic pasta con salsiccia e funghi with salsiccia, mushrooms, onions, garlic, parsley and olive oil <i>approx 713.7 cal. / Salsiccia (pork): Switzerland</i>	
	incl. Soup or Salad: 8.90		incl. Soup or Salad: 10.90	

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