

























## Alfred's Kitchen / Quai Zurich Campus

Monday, 04. July	Tuesday, 05. July	Wednesday, 06. July	Thursday, 07. July	Friday, 08. July
<b>SOUP</b>  <p>Carrot cream soup <i>approx 85.4 cal.</i></p> <p>2.50</p>	<b>SOUP</b>  <p>Asparagus cream soup <i>approx 78.8 cal.</i></p> <p>2.50</p>	<b>SOUP</b>  <p>Indian green pea soup <i>approx 161.7 cal.</i></p> <p>2.50</p>	<b>SOUP</b>   <p>Tomato and courgette soup with coriander <i>approx 105.5 cal.</i></p> <p>2.50</p>	<b>SOUP</b>  <p>Vegetable cream soup <i>approx 82.0 cal.</i></p> <p>2.50</p>
<b>TRADITIONAL</b> <p>Braised beef roulade Red wine gravy Saffron risotto Broccoli</p> <p><i>approx 839.2 cal. / Roulade (Beef, Pork): Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>TRADITIONAL</b>   <p>Stuffed peppers with couscous, peas, dorrn fruits and soy mince Vegan salsa verde Fried radicchio</p> <p><i>approx 624.3 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>TRADITIONAL</b> <p>Chicken Cordon bleu Lemon slice French fries Peas and carrots</p> <p><i>approx 921.0 cal. / Chicken Cordon bleu: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>TRADITIONAL</b> <p>Pasta variation Wholemeal spirals with a choice of 4 different sauces Bolognese, al tonno, garlic and oil, cinque pi and grana padano <i>approx 777.3 cal. / Beef: Switzerland, Tuna: Thailand</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>TRADITIONAL</b>  <p>Chicken escalope Parisian style with egg and parsley Tomato basil sauce Lyon potatoes Leaf spinach with lime and sorrel <i>approx 754.0 cal. / Chicken: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>
<b>TRADITIONAL SMART</b> <p>Braised beef roulade Red wine gravy Tender wheat Broccoli</p> <p><i>approx 580.1 cal. / Roulade (Beef, Pork): Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>TRADITIONAL SMART</b>   <p>Stuffed peppers with couscous, peas, dorrn fruits and soy mince Vegan salsa verde Fried radicchio</p> <p><i>approx 624.3 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>TRADITIONAL SMART</b> <p>Chicken Cordon bleu Lemon slice Turkish shepherd's salad</p> <p><i>approx 643.0 cal. / Chicken Cordon bleu: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>TRADITIONAL SMART</b> <p>Pasta variation Wholemeal spirals with a choice of 4 different sauces Bolognese, with tuna, garlic and oil, cinque pi and grana padano <i>approx 759.2 cal. / Beef: Switzerland, Tuna: Thailand</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>TRADITIONAL SMART</b>  <p>Chicken escalope Parisian style with egg and parsley Avocado and tomato dip Lukewarm millet tabouleh</p> <p><i>approx 703.3 cal. / Chicken: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>
<b>KARMA</b>  <p>Penne Lemon Cream Sauce Fried green asparagus Confit cherry tomatoes Umami cress salad Organic cedar kernels <i>approx 658.8 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>KARMA</b>   <p>Organic tofu cubes Green Thai curry sauce Fried vegetables with black fungus Jasmin rice</p> <p><i>approx 671.5 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>KARMA</b>  <p>Samosa with potato and vegetable filling Lentil dal Naan bread Cucumber raita</p> <p><i>approx 603.8 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>KARMA</b>   <p>Tortilla with potatoes, onions and bell peppers served with buffalo mozzarella, marinated cicorino rosso and Catalan vegetables</p> <p><i>approx 474.9 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>KARMA</b>   <p>Bami Goreng Indonesian noodle dish with tofu, vegetables, soy sauce and sambal oelek</p> <p><i>approx 537.0 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>
<b>WORLD BOWLS</b> <p>Enchilada with chicken, courgette, mango and coriander Mexican salad with pepperoni, beans, corn and chilli dressing</p> <p><i>approx 711.6 cal. / Chicken: Switzerland</i></p> <p>10.90</p>	<b>WORLD BOWLS</b>  <p>Valess stripes Soy ginger sauce Fried vegetables with black fungus Mie noodles</p> <p><i>approx 559.1 cal.</i></p> <p>11.90</p>	<b>WORLD BOWLS</b> <p>Tuna steak Wasabi soy dressing Marinated purslane Bimi broccoli Sushi rice</p> <p><i>approx 707.6 cal. / Tuna: Western Pacific Ocean</i></p> <p>15.90</p>	<b>WORLD BOWLS</b>  <p>BBQ at the Quai Café Beef entrecôte Chicken thigh Hot &amp; Smokey Wiediker grilled sausage Plant-based chicken Various dipping sauces, mustard and ketchup Various warm side dishes, Fresh raw vegetable and leaf salads with various toppings and dressings <i>approx 1205.7 cal. / Beef: Switzerland Chicken: Switzerland Pork: Switzerland</i></p> <p>18.90 / 16.50 / 14.50 / 14.50</p>	
<b>OVEN</b>  <p>Gluten free pizza with bresaola, porcini mushrooms, rocket and Grana Padano flakes</p> <p><i>approx 1068.4 cal. / Bresaola (Beef): Italy</i></p>	<b>OVEN</b>  <p>Pizza Carciofi with artichokes and olives</p> <p><i>approx 937.5 cal.</i></p>	<b>OVEN</b> <p>Veal kebab Cocktail or yoghurt sauce French fries Salad <i>approx 781.9 cal. / Veal: Switzerland</i></p>		<b>OVEN</b> <p>Pizza Antonia with ham, mascarpone and bell peppers</p> <p><i>approx 1079.7 cal. / Ham (pork): Switzerland</i></p>

15.90		14.90		10.90		14.90	
<b>OVEN VEGI</b>		<b>OVEN VEGI</b>				<b>OVEN VEGI</b>	
Gluten free pizza with goat cream cheese, courgettes and thyme		Pizza Caprese with tomato slices, mozzarella slices and basil				Pizza Bruschetta with diced tomatoes, rocket and Grana Padano flakes	
<i>approx 1204.5 cal.</i>		<i>approx 950.2 cal.</i>				<i>approx 950.6 cal.</i>	
13.90		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