

Alfred's Kitchen / Quai Zurich Campus

Monday, 26. May	Tuesday, 27. May	Wednesday, 28. May	Thursday, 29. May	Friday, 30. May
SOUP  <p>Vegan carrot soup</p> <p><i>approx 75.5 cal.</i></p>	SOUP  <p>Cream of broccoli soup</p> <p><i>approx 85.8 cal.</i></p>	SOUP  <p>Vegan cauliflower soup</p> <p><i>approx 96.2 cal.</i></p>	SOUP <p>Due to a public holiday the restaurant will be closed today.</p>	SOUP  <p>Cream of vegetable soup</p> <p><i>approx 83.4 cal.</i></p>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL <p>Viennese fried chicken Remoulade sauce Potato salad Watercress</p> <p><i>approx 1252.6 cal. / Anchovies: Spain, Chicken: Switzerland</i></p>	TRADITIONAL <p>Oven-baked Fleischkäse (Swiss meatloaf) Fried egg Fried potatoes Creamed spinach</p> <p><i>approx 781.1 cal. / Swiss meat loaf (pork): Switzerland</i></p>	TRADITIONAL <p>Züri G'schnätzlets Zurich-style sliced pork in mushroom sauce Rösti potatoes</p> <p><i>approx 523.4 cal. / Pork: Switzerland</i></p>		TRADITIONAL <p>Caesar Chicken Burger Chicken burger, brioche bun, iceberg lettuce, fried egg, onions, tomatoes, Parmesan, Caesar dip French fries</p> <p><i>approx 1346.5 cal. / Burger (chicken): Switzerland, Bun: Switzerland</i></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
POP-UP  <p>Vegetarian gyro dumplings in pita bread with yoghurt sauce, cabbage, onions and cos lettuce served with Greek salad</p> <p><i>approx 620.3 cal.</i></p>	POP-UP  <p>Arancini risotto balls with Mediterranean vegetables and mozzarella Herb salsa and Tuscan bread salad</p> <p><i>approx 555.5 cal. / Bread: Switzerland</i></p>	POP-UP <p>Chicken souvlaki Tzatziki Kritharaki Aubergine salad with olives</p> <p><i>approx 698.8 cal. / Chicken: Switzerland</i></p>		POP-UP  <p>Perch fillet in beer batter Tartar sauce Boiled potatoes</p> <p><i>approx 783.4 cal. / Perch: Estonia</i></p>
8.90	8.90	8.90		8.90
KARMA  <p>Seitan schnitzel in panko crust Thai glass noodle salad with peanuts, carrots and sesame-soy dressing Sweet chilli sauce</p> <p><i>approx 1090.2 cal.</i></p>	KARMA  <p>Protein bowl with baked tempeh, oven beetroot, lentils, spinach and cashew coconut dressing</p> <p><i>approx 715.8 cal.</i></p>	KARMA  <p>Wholegrain fusilli Lentil and vegetable Bolognese Rocket salad</p> <p><i>approx 684.9 cal.</i></p>		KARMA  <p>Deep-fried tofu Chana Masala chickpea curry Couscous Date chutney Papadum</p> <p><i>approx 824.1 cal.</i></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
WORLD BOWLS <p>Rock the Wok Create your own wok dish.</p>	WORLD BOWLS <p>Mongolian Udon Noodles with beef, onions, carrots,</p>	WORLD BOWLS  <p>Korean Chicken Bao Steamed bao with crispy</p>		

Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet

courgettes, garlic and oyster sauce

approx 548.9 cal. / Beef: Switzerland

chicken thigh steak, cucumber, sesame and gochujang sauce
Pickled vegetables
Rainbow Chinese cabbage slaw
approx 635.7 cal. / Bun: Vietnam, Chicken: Switzerland

13.90

13.90

13.90

OCEAN & OVEN

Cannelloni filled with beef, tomato sauce, béchamel sauce, gratinated with cheese

approx 659.1 cal. / Beef: Switzerland

OCEAN & OVEN

Rainbow potato salad
Spring onions, beans, olives, yellow carrots and coriander
Fried trout fillet
Tomato and chilli salsa

approx 564.8 cal. / Trout: Italy



OCEAN & OVEN

Steamed catfish fillet
Wasabi crème
Matcha rice
Fermented red cabbage
Coriander and chilli

approx 595.3 cal. / Catfish: Germany



incl. Soup or Salad: 14.90

incl. Soup or Salad: 14.90

incl. Soup or Salad: 14.90

STREET EATS



Seafood Caesar salad
Cos lettuce with salmon, shrimps, croutons, Grana Padano
and garlic baguette

approx 856.6 cal. / Salmon: Norway, Shrimps: Vietnam

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