





Alfred's Kitchen / Quai Zurich Campus

Monday, 26. September	Tuesday, 27. September	Wednesday, 28. September	Thursday, 29. September	Friday, 30. September
SOUP #Wanderlust Tel Aviv Tomato soup with semolina and coriander <i>approx 120.0 cal.</i>	SOUP #Wanderlust Tel Aviv Oriental chickpea soup with mint <i>approx 162.5 cal.</i>	SOUP #Wanderlust Tel Aviv Baked aubergine soup with lemon <i>approx 98.7 cal.</i>	SOUP #Wanderlust Tel Aviv Cauliflower tahini soup <i>approx 130.9 cal.</i>	SOUP #Wanderlust Tel Aviv Pumpkin and orange soup <i>approx 80.3 cal.</i>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL Coq au vin Braised chicken thigh with red wine, vegetables, silver onions and croutons White bread dumplings Broccoli <i>approx 911.9 cal. / Chicken: Switzerland</i>	TRADITIONAL Wiediker grilled sausage Onion sauce Lyon potatoes Green beans <i>approx 773.6 cal. / Pork: Switzerland</i>	TRADITIONAL Roasted breast of maize-fed poulard Pommery mustard sauce Gnocchi romaine Glazed pumpkin <i>approx 716.9 cal. / Chicken: France</i>	TRADITIONAL Tagliatelle Bolognese sauce Cacciatore with tomato sauce, chicken, olives, bell peppers and parsley Pistrella Cream sauce with spicy salami, chanterelles and lovage Lentil and vegetable bolognese <i>approx 1410.5 cal. / Beef: Switzerland</i> <i>Chicken: Switzerland</i> <i>Salami (Pork, Beef): Switzerland</i>	TRADITIONAL Venison stew Spaetzli Braised savoy cabbage <i>approx 791.5 cal. / Venison: Austria</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
TRADITIONAL SMART Coq au vin Braised chicken thigh with red wine, vegetables, silver onions and croutons Whole grain spaghetti Broccoli <i>approx 942.5 cal. / Chicken: Switzerland</i>	TRADITIONAL SMART Veal Bratwurst Onion sauce Tender wheat Green beans <i>approx 667.3 cal. / Sausage (Pork, Veal): Switzerland</i>	TRADITIONAL SMART Roasted breast of maize-fed poulard Pommery mustard sauce Bulgur with green lentils Glazed pumpkin <i>approx 808.7 cal. / Chicken: France</i>	TRADITIONAL SMART Spelt tagliatelle Bolognese sauce Cacciatore with tomato sauce, chicken, olives, bell peppers and parsley Pistrella Cream sauce with spicy salami, chanterelles and lovage Lentil and vegetable bolognese <i>approx 1365.7 cal. / Beef: Switzerland</i> <i>Chicken: Switzerland</i> <i>Salami (Pork, Beef): Switzerland</i>	TRADITIONAL SMART Venison stew Boiled potatoes Braised savoy cabbage <i>approx 624.1 cal. / Venison: Austria</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
KARMA #Wanderlust Tel Aviv Spicy shakshuka from the oven Toasted white bread Saffron rice with dates and almonds Watercress with sumac <i>approx 686.6 cal.</i>	KARMA #Wanderlust Tel Aviv Pita bread filled with falafel, sesame yoghurt, lettuce and red cabbage Oriental vegetable salad with mint and parsley <i>approx 663.7 cal.</i>	KARMA #Wanderlust Tel Aviv Stuffed aubergine with soya mince, cous cous, vegetables served with mint yoghurt, feta cheese, purslane, pomegranate and coriander <i>approx 417.9 cal.</i>	KARMA #Wanderlust Tel Aviv Shawarma with plant-based chicken, lemon dip, cucumber pickles, tomato, onions, parsley and iceberg lettuce served with jacket potatoes with zaatar <i>approx 891.7 cal.</i>	KARMA #Wanderlust Tel Aviv Baked cauliflower with tahini, smoked paprika and pomegranate Hummus Bulgur taboulé <i>approx 758.1 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 Shrimps Valess stripes Sesame and soy sauce Chicken breast strips Green Thai curry sauce Vegetables from the buffet Jasmin rice <i>approx 966.8 cal. / Shrimps: Vietnam</i> <i>Chicken: Switzerland</i>	WORLD BOWLS Marinated salmon fillet Thai basil sauce Onion confit Ramen noodles Pak-choi <i>approx 1099.5 cal. / Salmon: Norway</i>	WORLD BOWLS Phat kaphrao nuea Thai minced beef with basil, fried egg, jasmine rice, mung beans, chilli <i>approx 701.0 cal. / Beef: Switzerland</i>	WORLD BOWLS Sliced beef Plant-based chicken Soy ginger sauce Massaman curry sauce Vegetables from the buffet Jasmin rice <i>approx 890.5 cal. / Beef: Switzerland</i>	
12.90	12.90	12.90	12.90	

OVEN Nordic spirit bowl Graved Salmon, cranberry and beetroot salad, cucumber, poached egg, tender wheat and honey-dill sour cream <i>approx 437.5 cal. / Salmon: Norway</i>	 OVEN Veal kebab Cocktail or yoghurt sauce French fries Salad <i>approx 781.9 cal. / Veal: Switzerland</i>	OVEN Pumpkin and feta cheese tart Fennel and apple salad with tree nuts and honey <i>approx 697.3 cal.</i>	 OVEN Half pizza Lombardia with gorgonzola and spinach served with mixed salad Dressing of your choice <i>approx 597.6 cal.</i>	
13.90	10.80	10.80	12.90	
			OVEN VEGI  Half pizza Margherita with mozzarella, basil, tomatoes served with mixed salad Dressing of your choice <i>approx 464.5 cal.</i>	
			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