




























Alfred's Kitchen / Quai Zurich Campus

Monday, 15. August	Tuesday, 16. August	Wednesday, 17. August	Thursday, 18. August	Friday, 19. August
SOUP  <p>Beetroot cream soup <i>approx 90.2 cal.</i></p> <p>2.50</p>	SOUP  <p>Pea and linseed soup <i>approx 111.8 cal.</i></p> <p>2.50</p>	SOUP  <p>Tomato and courgette soup with coriander <i>approx 105.5 cal.</i></p> <p>2.50</p>	SOUP  <p>Black salsify cream soup <i>approx 98.6 cal.</i></p> <p>2.50</p>	SOUP  <p>Curry vegetable soup with yoghurt <i>approx 127.3 cal.</i></p> <p>2.50</p>
TRADITIONAL  <p>Lemon sole fillet Spicy Garlic-Lemon-Sauce Leaf spinach Sweet potato <i>approx 753.5 cal. / Lemon sole: Northeast Atlantic</i></p>	TRADITIONAL  <p>Turkey escalope Balsamic gravy Mashed potatoes and peas Oven carrots <i>approx 466.0 cal. / Turkey: France</i></p>	TRADITIONAL  <p>Piccana Roasted beef shank Chimichurri Mexican rice <i>approx 647.2 cal. / Beef: Switzerland</i></p>	TRADITIONAL  <p>Pasta variation Spirals with 4 sauces Bolognese, truffle butter cream sauce, Putanesca, pesto and Grana Padano <i>approx 786.8 cal. / Beef: Switzerland</i></p>	TRADITIONAL  <p>Baked half chicken Spicy Garlic-Lemon-Sauce Potatoes with rosemary White cabbage with cumin <i>approx 1303.3 cal. / Chicken 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	incl. Soup or Salad: 8.90
TRADITIONAL SMART  <p>Lemon sole fillet Pumpkin seed vinaigrette Lettuce salad with cucumber and tomatoes <i>approx 417.4 cal. / Lemon sole: Northeast Atlantic</i></p>	TRADITIONAL SMART  <p>Turkey escalope Lukewarm millet tabouleh <i>approx 411.6 cal. / Turkey: France</i></p>	TRADITIONAL SMART  <p>Piccana Roasted beef shank Chimichurri Mediterranean pasta salad with dried tomatoes and olives <i>approx 979.7 cal. / Beef: Switzerland</i></p>	TRADITIONAL SMART  <p>Pasta variation Original Spelt Spirals with 4 sauces Bolognese, truffle butter cream sauce, putanesca, pesto and grana padano <i>approx 802.8 cal. / Beef: Switzerland</i></p>	TRADITIONAL SMART  <p>Baked half chicken Lemon slice Chopped salad <i>approx 819.9 cal. / Chicken 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	incl. Soup or Salad: 8.90
KARMA  <p>Onion and ginger pakora Mango chili chutney Tomato vegetable ragout <i>approx 412.9 cal.</i></p>	KARMA  <p>Quinoa chili patty Green bell pepper chili salsa Bell peppers, pineapple and mango salad <i>approx 602.7 cal.</i></p>	KARMA  <p>Vegetable lasagne with summer vegetables, tomato sauce and gratinated with cheese <i>approx 517.3 cal.</i></p>	KARMA  <p>Roasted cauliflower Yoghurt dip with tahini Roasted chickpea salad with avocado and oriental spices Pomegranate seeds <i>approx 302.5 cal.</i></p>	KARMA  <p>Vegetable gyoza Rice vinegar dip Glass noodle salad with mushrooms, vegetables, peanuts and herbs <i>approx 788.0 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	incl. Soup or Salad: 8.90
WORLD BOWLS  <p>Panang Thai Curry with chicken Jasmine rice Fried vegetables with wood ear mushrooms Mung bean sprouts and coriander <i>approx 720.5 cal. / Chicken: Switzerland</i></p>	WORLD BOWLS  <p>Pho bo Vietnamese noodle soup with beef, rice noodles, carrots, Mu-Err mushrooms, Chinese cabbage, pak choi and lime <i>approx 466.4 cal. / Beef: Switzerland</i></p>	WORLD BOWLS  <p>Pork Belly Baked pork belly with ginger, soy sauce and rice vinegar Hoisin sauce Hirata bread Chinese cole slaw <i>approx 967.5 cal. / Pork: Switzerland</i></p>	WORLD BOWLS  <p>Chicken breast Peanut sauce Turmeric rice Cucumber-dill salad <i>approx 764.0 cal. / Chicken: Switzerland</i></p>	
15.90	15.90	15.90	15.90	
OVEN <p>Cannelloni with beef filling, tomato sauce, bechamel sauce, gratinated with cheese Chopped salad <i>approx 718.3 cal. / Beef: Switzerland</i></p>	OVEN <p>Veal kebab Cocktail or yoghurt sauce French fries Salad <i>approx 781.9 cal. / Veal: Switzerland</i></p>	OVEN <p>Pizza Antonia with ham, mascarpone and bell peppers <i>approx 1079.7 cal. / Ham (pork): Switzerland</i></p>	OVEN <p>Pizza Rustica piccante with spicy salami, onions, porcini mushrooms, garlic and rocket <i>approx 1087.3 cal. / Salami (Pork, Beef): Switzerland</i></p>	
14.90	14.90	14.90	14.90	
OVEN VEGI  <p>Cannelloni with ricotta and spinach filling, tomato sauce,</p>		OVEN VEGI  <p>Pizza Margherita Mozzarella, basil, tomato</p>	OVEN VEGI  <p>Pizza Margherita Mozzarella, basil, tomato</p>	

bechamel sauce, gratinated with cheese
Chopped salad
approx 718.3 cal.

approx 872.4 cal.

approx 872.4 cal.

12.90	12.90	12.90
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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