


























Alfred's Kitchen / Quai Zurich Campus

Monday, 25. September	Tuesday, 26. September	Wednesday, 27. September	Thursday, 28. September	Friday, 29. September
SOUP  <p>Leek cream soup approx 77.9 cal.</p> <p>2.50</p>	SOUP  <p>Vegan tomato soup approx 111.4 cal.</p> <p>2.50</p>	SOUP  <p>Fennel cream soup approx 76.6 cal.</p> <p>2.50</p>	SOUP  <p>Vegan broccoli soup approx 70.9 cal.</p> <p>2.50</p>	SOUP  <p>Vegetable cream soup approx 81.4 cal.</p> <p>2.50</p>
TRADITIONAL <p>Swiss Alpine macaroni with creamy cheese sauce, bacon, potatoes, onions and apple sauce approx 1006.1 cal. / Bacon (Pork): Switzerland</p>	TRADITIONAL <p>Pork escalope Forest mushroom cream sauce Brussels sprouts Spaetzli approx 1247.5 cal. / Pork: Switzerland</p>	TRADITIONAL  <p>Baked half chicken Herb red wine gravy Fried potatoes Daily organic vegetable approx 1185.8 cal. / Chicken: Switzerland</p>	TRADITIONAL  <p>Acts of Green One-Pot with broad beans, root vegetables, baked blue potatoes, smoked pork neck and savory approx 580.5 cal. / Smoked Ribs (Pork): Switzerland</p>	TRADITIONAL <p>Pork cordon bleu French fries Peas and carrots approx 861.3 cal. / Cordon bleu (Pork): Switzerland</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>Baked sea bass fillet with herbs, smoked salt and Noilly Prat Bulgur with green lentils Daily organic vegetable approx 568.4 cal. / Sea bass: Turkey</p>	TRADITIONAL SMART  <p>Championchip Menu 2023 Confit char fillet Basil snow Polenta batonnets Baked tomato approx 613.9 cal. / Char: Iceland</p>	TRADITIONAL SMART  <p>Fried red trout fillet Chervil salsa Tender wheat with vegetables Ratatouille approx 593.7 cal. / Trout: Turkey</p>	TRADITIONAL SMART  <p>Poached ice flounder fillet Piri-piri salsa Black quinoa Fried courgettes approx 428.0 cal. / Dab; Northeast Pacific</p>	TRADITIONAL SMART  <p>Marinated shrimps skewer with soy sake marinade Red rice Daily organic vegetable approx 506.9 cal. / Shrimps: Vietnam</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>Indian potato cauliflower curry Tomato coconut sauce Basmati rice Chilli, coriander Raita and papadam approx 652.3 cal.</p>	KARMA  <p>Championchip Menu 2023 Pad Thai sponge cake with poached egg, vegetable pickles, gel, peanuts and lime caviar approx 1008.3 cal.</p>	KARMA  <p>Spring rolls with vegetables Sweet chilli sauce Fried rice Pak choi with pineapple approx 734.2 cal.</p>	KARMA  <p>Spaghetti with 4 different sauces to choose from Quorn bolognese, tomato sauce, mushroom cream sauce and pesto Grated cheese approx 657.2 cal.</p>	KARMA  <p>Vegan ravioli with lentil and vegetable filling Tomato curry sauce Baked aubergines approx 653.0 cal.</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>Udon noodles Mongolian style with beef, onions, carrots, courgettes, garlic and oyster sauce approx 542.8 cal. / Beef: Switzerland</p>	WORLD BOWLS  <p>Red Thai curry with chicken Mie noodles Roasted vegetables with mu-err mushrooms Mung bean sprouts and coriander approx 709.8 cal. / Chicken: Switzerland</p>	WORLD BOWLS  <p>Char siu Cantonese barbecue pork Hoisin sauce Steam rice Stir fried vegetables approx 856.2 cal. / Pork: Switzerland</p>	WORLD BOWLS  <p>Katsu chicken Tonkatsu sauce Jasmine rice with spring onions Microgreens and sesame approx 751.0 cal. / Chicken: Switzerland</p>	
15.90	15.90	15.90	15.90	
OVEN <p>Pinsa with bacon and bell peppers approx 930.8 cal. / Bacon (Pork): Switzerland</p>	OVEN <p>Pizza Prosciutto e funghi with ham and mushrooms approx 953.7 cal. / Ham (pork): Switzerland</p>	OVEN <p>Pizza Gamberetti with shrimps, spinach and garlic approx 949.4 cal. / Shrimps: Vietnam</p>	OVEN <p>Pizza Toscana with spicy salami, bell peppers, olives and onions approx 1104.5 cal. / Salami (Pork, Beef): Switzerland</p>	
14.90	14.90	14.90	14.90	
OVEN VEGI  <p>Pinsa with goat cream cheese, courgettes and thyme approx 976.0 cal.</p>	OVEN VEGI  <p>Pizza Margherita Mozzarella, basil, tomato approx 886.2 cal.</p>	OVEN VEGI  <p>Pizza Margherita Mozzarella, basil, tomato approx 886.2 cal.</p>	OVEN VEGI  <p>Pizza Margherita Mozzarella, basil, tomato approx 886.2 cal.</p>	
12.90	12.90	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