





























# Alfred's Kitchen / Quai Zurich Campus

Monday, 20. March	Tuesday, 21. March	Wednesday, 22. March	Thursday, 23. March	Friday, 24. March
<b>SOUP</b>  <p>Curry pea soup approx 146.9 cal.</p> <p>2.50</p>	<b>SOUP</b>  <p>Tomato soup with basil approx 65.6 cal.</p> <p>2.50</p>	<b>SOUP</b>  <p>Sweet potato soup with ginger approx 101.0 cal.</p> <p>2.50</p>	<b>SOUP</b>  <p>Vegan lentil soup approx 133.2 cal.</p> <p>2.50</p>	<b>SOUP</b>  <p>Vegan vegetable soup approx 71.5 cal.</p> <p>2.50</p>
<b>TRADITIONAL</b>  <p>Sliced pork Pommery mustard gravy Mashed potatoes Green beans</p> <p>approx 460.7 cal. / Pork: Switzerland</p>	<b>TRADITIONAL</b>  <p><b>Fusion Food: Swiss-Mex</b> Rösti pasty filled with chili con carne sour cream and coriander Corn cob with herb butter</p> <p>approx 816.9 cal. / Beef: Switzerland</p>	<b>TRADITIONAL</b>  <p>Beef sauerbraten Red wine gravy Bramata polenta Steamed carrots Microgreens</p> <p>approx 539.2 cal. / Beef: Switzerland</p>	<b>TRADITIONAL</b>  <p><b>Fusion Food: Swiss-Mex</b> Cornmeal chicken cordon bleu filled with chili cheese Tomato salsa Baked potato with sour cream</p> <p>approx 675.9 cal. / Chicken Cordon bleu: Switzerland</p>	<b>TRADITIONAL</b>  <p>Caesar salad Iceberg and lettuce salad, croutons, parmesan and egg Fried chicken breast Ceasar dressing French fries approx 1167.2 cal. / Chicken: Switzerland, Anchovies: Spain</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
<b>TRADITIONAL SMART</b>  <p>Poached salmon trout fillet Chervil curd Venere rice Fennel</p> <p>approx 525.1 cal. / Trout: Italy</p>	<b>TRADITIONAL SMART</b>  <p>Steamed char fillet Cauliflower puree Freekeh Leaf spinach and carrots</p> <p>approx 546.3 cal. / Char: Iceland</p>	<b>TRADITIONAL SMART</b>  <p>Marinated pike perch fillet Couscous Ratatouille Marinated wild herbs</p> <p>approx 478.3 cal. / Pike-Perch: Kazakhstan</p>	<b>TRADITIONAL SMART</b>  <p>Turkey escalope Avocado and tomato dip Roesti galettes Daily vegetable</p> <p>approx 632.7 cal. / Turkey: France</p>	<b>TRADITIONAL SMART</b>  <p>Shrimp Toscana with Kalamata olives, olive oil, lemon juice, garlic, caper apples, diced tomatoes, lemon thyme Vegetable rice approx 870.3 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
<b>KARMA</b>  <p>Sweet potato falafel Tomato hummus Lemon couscous Roasted cauliflower Pine nuts approx 593.9 cal.</p>	<b>KARMA</b>  <p>Vegan chickpea curry "chana masala" Basmati rice Date chutney Papadum</p> <p>approx 805.1 cal.</p>	<b>KARMA</b>  <p><b>Fusion Food: Swiss-Mex</b> Alpine Macaroni Enchiladas gratinated with sour cream and alpine cheese Crispy onions Mexican bean salad</p> <p>approx 1269.8 cal.</p>	<b>KARMA</b>  <p>Vegan ravioli with ratatouille filling Yellow bell pepper coulis Baked vegetables Herb salsa</p> <p>approx 542.8 cal.</p>	<b>KARMA</b>  <p>Pad Thai Rice noodle dish with seitan, tamarind sauce, egg, vegetables, coriander and peanuts</p> <p>approx 840.6 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
<b>WORLD BOWLS</b>  <p>Fried rice with pineapple, chicken, carrots, edamame, mung beans, Thai basil and fried egg</p> <p>approx 735.4 cal. / Chicken: Switzerland</p> <p>12.50</p>	<b>WORLD BOWLS</b>  <p>Teriyaki salmon fillet Soba noodles Pak Choi with sesame and chilli</p> <p>approx 612.3 cal. / Salmon: Norway</p> <p>16.90</p>	<b>WORLD BOWLS</b>  <p>Create your own wok dish. Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet</p> <p>16.90</p>	<b>WORLD BOWLS</b>  <p>Tom ka phak Thai coconut and lemongrass soup with tofu, mushrooms, chilli and lime Jasmine rice Mung sprouts and coriander approx 619.6 cal.</p> <p>12.90</p>	
<b>OVEN</b>  <p>Beef Kofta Yoghurt sauce with chives Greek style tender wheat salad with feta, tomatoes, basil and olive oil Pita bread approx 1027.7 cal. / Beef: Switzerland</p> <p>14.90</p>	<b>OVEN</b>  <p>Pizza Prosciutto e funghi with ham and mushrooms</p> <p>approx 954.9 cal. / Ham (pork): Switzerland</p> <p>14.90</p>	<b>OVEN</b>  <p>Veal kebab Cocktail or yoghurt sauce French fries Salad</p> <p>approx 814.1 cal. / Veal: Switzerland</p> <p>12.90</p>	<b>OVEN</b>  <p>Gluten free pizza with spicy salami, bell peppers, olives and onions</p> <p>approx 1180.7 cal. / Salami (Pork, Beef): Switzerland</p> <p>15.90</p>	

**OVEN VEGI**

Pizza Margherita  
Mozzarella, basil, tomato  
*approx 887.4 cal.*



12.90

**OVEN VEGI**

Gluten free pizza with mozzarella, basil,  
tomatoes  
*approx 962.4 cal.*



13.90

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