

























Alfred's Kitchen / Quai Zurich Campus

Monday, 02. October	Tuesday, 03. October	Wednesday, 04. October	Thursday, 05. October	Friday, 06. October
SOUP  <p>Cauliflower cream soup <i>approx 114.8 cal.</i></p>	SOUP  <p>Pea cream soup <i>approx 130.6 cal.</i></p>	SOUP  <p>Alpkuhpatenschaft - Alpkäse Prättigau wedding soup <i>approx 220.0 cal.</i></p>	SOUP  <p>Pumpkin cream soup <i>approx 121.7 cal.</i></p>	SOUP  <p>Vegetable cream soup <i>approx 81.4 cal.</i></p>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL  <p>Pork steak Pommery mustard gravy Polenta Broccoli</p> <p><i>approx 570.4 cal. / Pork: Switzerland</i></p>	TRADITIONAL  <p>Tortilla with potatoes, onions and bell peppers Aioli Saffron rice Tomato salad with pistachios</p> <p><i>approx 944.9 cal.</i></p>	TRADITIONAL  <p>Pasta variation Wholemeal spirals with a choice of 5 different sauces Bolognese, with tuna, garlic and oil, cinque pi, pesto and grated cheese *also available with gluten-free pasta on request <i>approx 834.4 cal. / Beef: Switzerland, Tuna: Thailand</i></p>	TRADITIONAL  <p>Alpkuhpatenschaft - Alpkäse Eldora Alpine Cheeseburger Beef patty, Eldora alpine cheese, ciabatta bun, cocktail BBQ sauce, iceberg lettuce, tomato, pickles, fried onions</p> <p><i>approx 740.0 cal. / Burger (beef): Switzerland</i></p>	TRADITIONAL  <p>Breaded pork escalope Lemon slice Roesti croquettes Daily organic vegetable</p> <p><i>approx 691.2 cal. / Pork: 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>Fried redfish fillet Gremolata Mashed potatoes with peas Baked courgettes <i>approx 499.2 cal. / Redfish: Northeast Atlantic</i></p>	TRADITIONAL SMART  <p>Ravioli with chanterelle filling Chanterelles cream sauce Brussels sprouts</p> <p><i>approx 562.8 cal.</i></p>	TRADITIONAL SMART  <p>Red trout fillet Pumpkin seed vinaigrette Bulgur Baked beetroot <i>approx 588.0 cal. / Trout: France</i></p>	TRADITIONAL SMART  <p>Marinated halibut fillet Lemon sauce Fried potatoes Leaf spinach with lime and sorrel <i>approx 620.7 cal. / Halibut: Northwest Atlantic</i></p>	TRADITIONAL SMART  <p>Fried salmon fillet Jalapeno coriander salsa Salsify and pumpkin vegetables Red rice <i>approx 836.0 cal. / Salmon: Faroe (Islands)</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>Welt Vegi Tag 2023 Pulled Mushroom Burger Corn chilli bun with pulled oyster mushrooms, BBQ sauce, cole slaw and fried onions. Potato wedges and sour cream</p> <p><i>approx 821.6 cal.</i></p>	KARMA  <p>Indian vegetable samosas Mango chili chutney Basmati rice Pumpkin and savoy cabbage curry</p> <p><i>approx 781.3 cal.</i></p>	KARMA  <p>Whole cauliflower from the oven with tahini, smoked paprika and za'atar Garlic sesame dip Freekeh and vegetable salad</p> <p><i>approx 619.1 cal.</i></p>	KARMA  <p>Puff pastry Chickpea and vegetable ragout with tomato cream sauce Long grain rice with peas</p> <p><i>approx 606.1 cal.</i></p>	KARMA  <p>Korean Bibimbap Marinated tofu, vegetable papaya, baked carrots, konjac noodles, spinach leaves and fried egg with gochujang sauce, chilli and coriander <i>approx 496.3 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>Create your own wok dish. Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet</p>	WORLD BOWLS  <p>Miso soup with rice noodles, tofu, shiitake and vegetables</p> <p><i>approx 390.6 cal.</i></p>	WORLD BOWLS  <p>Chicken breast Peanut sauce Naan bread Acar salad</p> <p><i>approx 734.9 cal. / Chicken: Switzerland</i></p>	WORLD BOWLS  <p>Fried curry noodles with chicken, courgettes, aubergine, Chinese beans, coriander and coconut sambal</p> <p><i>approx 615.1 cal. / Chicken: Switzerland</i></p>	
13.90	13.90	13.90	13.90	
OVEN <p>Pinsa Eldora with porcini mushrooms, leeks and Eldora Alpine cheese <i>approx 877.8 cal.</i></p>	OVEN  <p>Alpkuhpatenschaft - Alpkäse Alpine Roesti with mushrooms, onions, leek and Eldora alpine cheese <i>approx 490.7 cal.</i></p>	OVEN <p>Alpkuhpatenschaft - Alpkäse Swiss alpine pasta with bacon, Eldora Alpine cheese, potatoes and fried onions <i>approx 1071.0 cal. / Bacon (Pork): Switzerland</i></p>	OVEN <p>Pizza Tonno with tuna, onions and rocket</p> <p><i>approx 1048.4 cal. / Tuna: Thailand</i></p>	

14.90	14.90	14.90	14.90
OVEN VEGI Pinsa Romana Margherita <i>approx 700.5 cal.</i>		OVEN VEGI Pizza Margherita Mozzarella, basil, tomato <i>approx 886.2 cal.</i>	
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