




# Alfred's Kitchen / Quai Zurich Campus

Monday, 24. March	Tuesday, 25. March	Wednesday, 26. March	Thursday, 27. March	Friday, 28. March
<b>SOUP</b>  <p>Cream of wild garlic soup <i>approx 103.2 cal.</i></p> <p>2.50</p>	<b>SOUP</b>  <p>Popcorn soup <i>approx 200.1 cal.</i></p> <p>2.50</p>	<b>SOUP</b>  <p>Cream of romanesco soup <i>approx 76.2 cal.</i></p> <p>2.50</p>	<b>SOUP</b>  <p>Vegan carrot soup <i>approx 75.5 cal.</i></p> <p>2.50</p>	<b>SOUP</b>  <p>Cream of vegetable soup <i>approx 83.4 cal.</i></p> <p>2.50</p>
<b>TRADITIONAL</b> <p>Züri G'schnätzlets Zurich-style sliced pork in mushroom sauce Noodles Romanesco</p> <p><i>approx 678.8 cal. / Pork: Switzerland</i></p>	<b>TRADITIONAL</b> <p>Roast pork neck with dried apples Mashed potatoes Braising sauce Organic daily vegetables</p> <p><i>approx 688.1 cal. / Pork: Switzerland</i></p>	<b>TRADITIONAL</b> <p>Pasta Powwow Penne with Bolognese, sugo con salsiccia, creamy mushroom sauce, aglio e olio Grated cheese</p> <p><i>approx 890.4 cal. / Beef: Switzerland, Sausage (pork): Switzerland</i></p>	<b>TRADITIONAL</b> <p>Chicken piccata Chicken schnitzel with egg and grated cheese Tomato sauce Spaghetti Organic daily vegetables <i>approx 809.6 cal. / Chicken: Switzerland</i></p>	<b>TRADITIONAL</b> <p>Pork cordon bleu with wild garlic cream cheese French fries Organic daily vegetables</p> <p><i>approx 918.9 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
<b>POP-UP</b> <p>Jamaican lamb curry Rice with peas Flatbread and banana chips</p> <p><i>approx 944.4 cal. / Bread: Switzerland, Lamb: Switzerland</i></p> <p>9.80</p>	<b>POP-UP</b>  <p>Backpackers: Africa</p> <p>Kuku wa Ukwaju Swahili Poulet Stew Tamarind Pineapple Sauce Okra with Tomatoes Chapati Bread</p> <p><i>approx 960.0 cal. / Chicken: Switzerland, Bread: Singapore</i></p> <p>9.80</p>	<b>POP-UP</b>  <p>Backpackers: Africa</p> <p>Jollof Rice Senegalese Tomato Rice Fried Sea Bream Fillet Colorful Spring Salad with Carrot and Cabbage</p> <p><i>approx 643.6 cal. / Gilthead: Turkey</i></p> <p>9.80</p>	<b>POP-UP</b>  <p>Backpackers: Africa</p> <p>Chakalaka &amp; Putu Pap South African vegetable stew with baked beans and root vegetables Maize porridge Pickled vegetables <i>approx 649.8 cal.</i></p> <p>9.80</p>	<b>POP-UP</b>  <p>Fried sea bass fillet with Harissa paste Pearl couscous Organic daily vegetables</p> <p><i>approx 559.1 cal. / Sea bass: Turkey</i></p> <p>8.90</p>
<b>KARMA</b>  <p>Vegetable spring rolls Sweet chilli sauce Asian salad with glass noodles, pak choi, edamame, broccoli, peperoncini and coriander <i>approx 665.7 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>KARMA</b>  <p>Indian chickpea and lentil dal Basmati rice Raita Papadum</p> <p><i>approx 740.1 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>KARMA</b>  <p>Indian vegetable samosas Raita Fried curried vegetables Basmati rice</p> <p><i>approx 680.2 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>KARMA</b>  <p>Plant-based nuggets Ratatouille Sweet potatoes</p> <p><i>approx 606.2 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<b>KARMA</b>  <p>Sweet potato strudel Tajine with pumpkin, plums and chickpeas</p> <p><i>approx 427.0 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>
<b>WORLD BOWLS</b>  <p>Salmon fillet with Tom Yum marinade Thai green curry sauce with</p>	<b>WORLD BOWLS</b>  <p>Sliced duck Massaman curry sauce</p>	<b>WORLD BOWLS</b> <p>Beef Chow Fun Cantonese rice noodle dish with</p>	<b>WORLD BOWLS</b> <p>Larb Lukewarm Thai minced pork salad Coconut rice</p>	<b>WORLD BOWLS</b> <p>Nyonya Malaysian chicken curry Chicken stew</p>

mango, Bimi broccoli, baby spinach and Thai basil Jasmine rice <i>approx 862.9 cal. / Salmon: Faroe (Islands)</i>	Jasmine rice Pak choi with pineapple and chilli <i>approx 828.4 cal. / Duck: Hungary</i>	beef, soy sprouts and spring onions <i>approx 756.3 cal. / Beef: Switzerland</i>	<i>approx 720.8 cal. / Pork: Switzerland</i>	Coconut sambal Basmati rice Asian pickled vegetables <i>approx 990.1 cal. / Chicken: Switzerland</i> <i>Chicken: Switzerland</i>
13.90	13.90	13.90	13.90	13.90
<b>OCEAN &amp; OVEN</b> Gnocchi al forno with beef Bolognese, mascarpone, mozzarella and grated cheese <i>approx 861.9 cal. / Beef: Switzerland</i>	<b>OCEAN &amp; OVEN</b> Marinated red trout fillet Radish vinaigrette Bulgur wheat with green lentils Organic daily vegetables <i>approx 749.9 cal. / Salmon trout: Italy</i>	 <b>OCEAN &amp; OVEN</b> Lemon chicken breast Wild garlic vinaigrette Black quinoa Brussels sprouts <i>approx 601.4 cal. / Chicken: Switzerland</i>	 <b>OCEAN &amp; OVEN</b> Fried cod fillet Glazed beetroot Tender wheat <i>approx 465.3 cal. / Cod: Northeast Atlantic</i>	 <b>OCEAN &amp; OVEN</b> Pizza Mamma Mia with spicy salami and Gorgonzola <i>approx 1172.9 cal. / Chorizo (pork): Switzerland</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: 12.90
	<b>STREET EATS</b> Pasta ai Gamberoni e Pesto Rosso Homemade organic pasta with shrimps, tomato pesto and rocket  <i>approx 1048.7 cal. / Shrimps: Vietnam</i>		<b>STREET EATS</b> Whole fried sirloin Chimichurri Mediterranean bread salad with plum tomatoes, mozzarella, bell peppers, onions and rocket <i>approx 734.9 cal. / Beef: Switzerland</i> <i>Bread: Switzerland</i>	
	incl. Soup or Salad: 12.90		incl. Soup or Salad: 13.80	

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