

Alfred's Kitchen / Quai Zurich Campus

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

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