

Alfred's Kitchen / Quai Zurich Campus

Monday, 20. January	Tuesday, 21. January	Wednesday, 22. January	Thursday, 23. January	Friday, 24. January
SOUP 	SOUP 	SOUP 	SOUP 	SOUP 
Chestnut puree soup <i>approx 185.0 cal.</i>	Tomato soup with basil <i>approx 65.5 cal.</i>	Cream of sweet potato soup <i>approx 139.6 cal.</i>	Curried pea soup <i>approx 147.5 cal.</i>	Cream of vegetable soup <i>approx 83.4 cal.</i>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL	TRADITIONAL	TRADITIONAL	TRADITIONAL	TRADITIONAL
Sliced pork Stroganoff sauce Noodles Broccoli	Homemade Swedish köttbullar meatballs Cream sauce Mashed potatoes Cranberries Peas and carrots	Lasagne Verdi al Forno with beef, béchamel sauce and grated cheese	Bratwurst sausage from Thurgau apple-fed pig Onion gravy Fried potatoes Brussels sprouts	Pulled pork in a bun Pineapple coleslaw French fries
<i>approx 660.3 cal. / Pork: Switzerland</i>	<i>approx 771.0 cal. / Beef: Switzerland, Veal: Switzerland</i>	<i>approx 661.7 cal. / Beef: Switzerland</i>	<i>approx 857.2 cal. / Sausage: Switzerland</i>	<i>approx 1020.7 cal. / Bun: Switzerland, 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	POP-UP	POP-UP	POP-UP  	POP-UP
Cevapcici in flatbread Garlic dip and iceberg lettuce served with Shopska salad	Moroccan platter with marinated chicken breast, tabbouleh, hummus, roasted vegetables and yoghurt raita	Gyro dumplings with chicken Tzatziki Pita bread Greek salad	Pita bread filled with falafel and sesame sauce Oriental vegetable salad with parsley, mint and lemon	Zereshk Polo Morgh Persian barberry rice with chicken, vegetables and tomato and saffron sauce
<i>approx 1098.1 cal. / Bread: Switzerland, Cevapcici (beef, lamb): Switzerland</i>	<i>approx 737.5 cal. / Chicken: Switzerland</i>	<i>approx 693.2 cal. / Chicken: Switzerland</i>	<i>approx 789.2 cal.</i>	<i>approx 826.9 cal. / Chicken: Switzerland</i>
10.80	10.80	10.80	10.80	10.80
KARMA  	KARMA 	KARMA 	KARMA 	KARMA 
Veganuary Vegetable pakora fritters on sweet potato and cacao bean curry with basmati rice	Veganuary Vegan puff pastry vol-au- vents Mushroom sauce with smoked tofu Vegetable rice Steamed peas Organic daily vegetables	Veganuary Protein bowl with baked tempeh, oven beetroot, lentils, spinach and cashew coconut dressing	Veganuary Baked organic beetroot Plant-based butter with black garlic and roasted cashew nuts Beluga lentils Marinated beetroot leaves with chervil	Veganuary Tandoori aubergine Raita Naan bread Aloo Gobi Basmati rice
<i>approx 708.8 cal.</i>	<i>approx 871.9 cal.</i>	<i>approx 715.1 cal.</i>	<i>approx 767.3 cal.</i>	<i>approx 990.6 cal.</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
WORLD BOWLS	WORLD BOWLS	WORLD BOWLS	WORLD BOWLS 	WORLD BOWLS
Rock the Wok	Thai Massaman curry with	Pork Katsu Curry	Salmon Poke Bowl	Whole fried sirloin

Create your own wok dish. Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet	chicken Jasmine rice Fried vegetables with Mu-Err mushrooms Peanuts <i>approx 817.1 cal. / Chicken: Switzerland</i>	Pork schnitzel in Panko breadcrumbs Katsu curry sauce with potatoes Sushi rice Spring onions <i>approx 852.7 cal. / Pork: Switzerland</i>	with sushi rice, mango, cucumber, sesame, ginger, wasabi and soy sauce <i>approx 631.8 cal. / Salmon: Norway</i>	Chimichurri Jacket potato Catalan vegetables <i>approx 596.3 cal. / Beef: Switzerland</i>
13.90	13.90	13.90	13.90	13.90
OCEAN & OVEN   Marinated redfish fillet Herb vinaigrette Fennel with oranges and tomatoes Red quinoa with herbs <i>approx 619.6 cal. / Redfish: Northeast Atlantic</i>	OCEAN & OVEN Fried lemon sole fillet Pumpkin seed pesto Tender wheat risotto Fried courgettes <i>approx 968.8 cal. / Lemon sole: Northeast Atlantic</i>	OCEAN & OVEN Fried dorade fillet Beetroot vinaigrette Sweet potatoes Organic daily vegetables <i>approx 725.0 cal. / Gilthead: Turkey</i>	OCEAN & OVEN  Fish stew with shrimps Chervil quark Vegetable of the day Cereal mix <i>approx 553.2 cal. / Salmon: Norway, Shrimps: Vietnam Lemon sole: Northeast Atlantic</i>	OCEAN & OVEN  Pizza Parma with Parma ham and mascarpone <i>approx 1092.5 cal. / Ham (pork): Italy</i>
incl. Soup or Salad: 10.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 14.00
	STREET EATS  Pho Bo Vietnamese noodle soup with beef, rice noodles, carrots, Mu-Err mushrooms, Chinese cabbage, pak choi and lime <i>approx 465.1 cal. / Beef: Switzerland</i>		STREET EATS  Homemade egg pasta Lobster sauce Shrimps Marinated baby spinach Stewed tomatoes <i>approx 657.8 cal. / Lobster: Northwest Atlantic Shrimps: Vietnam</i>	
	incl. Soup or Salad: 13.90		incl. Soup or Salad: 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