



































Alfred's Kitchen / Quai Zurich Campus

Monday, 05. August	Tuesday, 06. August	Wednesday, 07. August	Thursday, 08. August	Friday, 09. August
SOUP  <p>Potato and parsley soup <i>approx 113.4 cal.</i></p> <p>2.50</p>	SOUP   <p>Tomato soup with basil <i>approx 65.6 cal.</i></p> <p>2.50</p>	SOUP   <p>Black bean soup <i>approx 158.2 cal.</i></p> <p>2.50</p>	SOUP   <p>Vegan cauliflower soup <i>approx 96.2 cal.</i></p> <p>2.50</p>	SOUP   <p>Mediterranean vegetable soup <i>approx 51.6 cal.</i></p> <p>2.50</p>
TRADITIONAL <p>Sliced pork with mushrooms Cream sauce Roesti galettes Daily vegetable</p> <p><i>approx 623.1 cal. / Pork: Switzerland</i></p>	TRADITIONAL  <p>Pasta-Plausch vegetarian Pasta with a choice of sauces Grated cheese</p>	TRADITIONAL <p>Coq au vin Braised chicken thigh with red wine, vegetables, silver onions and croutons Tagliatelle</p> <p><i>approx 852.7 cal. / Chicken: Switzerland</i></p>	TRADITIONAL <p>Chicken piccata Chicken escalope with egg and grated cheese Mediterranean pasta salad with dried tomatoes and olives Marinated rocket <i>approx 943.2 cal. / Chicken: Switzerland</i></p>	TRADITIONAL <p>Italian Burger Beef burger, brioche bun, smoked mozzarella, tomato, rocket, basil pesto and Grana Padano mayonnaise French fries</p> <p><i>approx 1197.4 cal. / Burger (beef): 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>Pan-fried char fillet Blanc battu with smoked paprika Tricolour quinoa salad with antipasti vegetables and herb vinaigrette</p> <p><i>approx 444.6 cal. / Char: Iceland</i></p>	TRADITIONAL SMART  <p>Vegetarian Hachi Parmentier Field bean and vegetable casserole with mashed potatoes and cheese au gratin Tomato and bell peppers salad</p> <p><i>approx 464.9 cal.</i></p>	TRADITIONAL SMART   <p>Tortilla with potatoes, bell peppers and onions Chervil curd Tomato salad with pistachios Marinated rocket <i>approx 407.5 cal.</i></p>	TRADITIONAL SMART  <p>Fried gilthead fillet Sauce Vierge Black rice Ratatouille and herb salad</p> <p><i>approx 642.1 cal. / Gilthead: Turkey</i></p>	TRADITIONAL SMART  <p>Roesti pouches with cream cheese filling Caesar salad with lettuce, egg, croutons and Grana Padano cheese</p> <p><i>approx 465.2 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
KARMA   <p>Basmati chia croquettes Aloo Gobi Cucumber raita</p> <p><i>approx 481.1 cal.</i></p>	KARMA   <p>Big NY Hot Dog Wheatprotein sausage alternative, sesame bun, mustard, relish, sauerkraut, fried onions Corn fries <i>approx 976.5 cal.</i></p>	KARMA   <p>Wholegrain burrito with organic seitan mince, beans, rice, vegetables, guacamole, and soya dip Nachos</p> <p><i>approx 1038.0 cal.</i></p>	KARMA   <p>Indian chickpea and lentil dal Basmati rice Soy yoghurt dip with mint</p> <p><i>approx 876.8 cal.</i></p>	KARMA   <p>Thai green curry with pea protein Jasmine rice Wok vegetables</p> <p><i>approx 676.1 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>Red Thai curry with chicken, bell peppers, corn, beans, chilli, lime and sweet basil Jasmin rice</p> <p><i>approx 652.5 cal. / Chicken: Switzerland</i></p>	WORLD BOWLS   <p>Pad Thai Rice noodle dish with organic tofu, tamarind sauce, vegetables and peanuts</p> <p><i>approx 1978.8 cal.</i></p>	WORLD BOWLS  <p>Beef curry Sri Lanka style Spiced rice Indian potato cauliflower curry Tomato coconut sauce Indian oven vegetable curry with chickpeas <i>approx 1327.6 cal. / Beef: Switzerland</i></p>	WORLD BOWLS <p>The Menu Counter will be closed today.</p>	WORLD BOWLS <p>The Menu Counter will be closed today.</p>
13.90	13.90	13.90	13.90	13.90
OVEN <p>Tarte flambée Alsace with sour cream, bacon, onions and chives <i>approx 509.6 cal. / Bacon (Pork): Switzerland</i></p>	OVEN <p>Pizza Santa Catarina with Taleggio and pesto <i>approx 1207.0 cal.</i></p>	OVEN <p>Pizza Prosciutto e funghi with ham and mushrooms <i>approx 954.7 cal. / Ham (pork): Switzerland</i></p>	OVEN  <p>BBQ at the Quai Café</p>	OVEN <p>The Menu Counter will be closed today.</p>
14.90	14.90	14.90	16.90	14.90
OVEN VEGI <p>Vegetarian tarte flambée Greek style with feta, olives, tomatoes and</p>	OVEN VEGI  <p>Pizza Margherita Mozzarella, basil, tomato</p>	OVEN VEGI  <p>Pizza Margherita Mozzarella, basil, tomato</p>	OVEN VEGI  <p>BBQ at the Quai Café</p>	OVEN VEGI <p>The Menu Counter will be closed today.</p>

courgettes <i>approx 616.9 cal.</i>	<i>approx 886.0 cal.</i>	<i>approx 886.0 cal.</i>		
12.90	12.90	12.90	14.90	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