

Alfred's Kitchen / Quai Zurich Campus

Monday, 12. May	Tuesday, 13. May	Wednesday, 14. May	Thursday, 15. May	Friday, 16. May
SOUP Cream of fennel soup <i>approx 73.7 cal.</i> 2.50	 SOUP Tomato soup with basil <i>approx 63.4 cal.</i> 2.50	 SOUP Melon and mint soup <i>approx 83.4 cal.</i> 2.50	 SOUP Cream of vegetable soup <i>approx 77.6 cal.</i> 2.50	 SOUP  Indian chickpea soup with coconut milk <i>approx 174.7 cal.</i> 2.50
TRADITIONAL Lasagne Verdi al Forno with beef, béchamel sauce and grated cheese <i>approx 682.1 cal. / Beef: Switzerland</i> incl. Soup or Salad: 8.90	 TRADITIONAL Lemon chicken breast Lime and cottage cheese dip Asparagus risotto Organic daily vegetables <i>approx 683.6 cal. / Chicken: Switzerland</i> incl. Soup or Salad: 8.90	 TRADITIONAL Roast pork neck Pommery creamy mustard sauce Tagliatelle Organic daily vegetables <i>approx 882.8 cal. / Pork: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Eurovision Älplermagronen (Swiss Alpine macaroni) with creamy cheese sauce, bacon, potatoes, onions and apple sauce <i>approx 1016.4 cal. / Bacon (pork): Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Cheeseburger Beef patty, brioche bun, lettuce, tomatoes, cheddar cheese and cocktail sauce French fries <i>approx 1347.3 cal. / Burger (beef): Switzerland, Bun: Switzerland</i> incl. Soup or Salad: 8.90
POP-UP Pork gyro dumplings Tzatziki Pita bread Greek salad <i>approx 685.4 cal. / Pork: Switzerland</i> 8.90	POP-UP Eurovision Bangers and Mash Pork bratwurst sausage Onion gravy Mashed potatoes Peas <i>approx 784.9 cal. / Sausage (pork, veal): Switzerland</i> 8.90	POP-UP Eurovision Beef cevapcici with Ajvar sauce Fried potatoes Tomato and bell pepper salad with onions and parsley <i>approx 751.6 cal. / Cevapcici (beef): Switzerland</i> 8.90	POP-UP  Eurovision Fish and chips Cod in batter Mayonnaise Jumbo fries Mashed peas <i>approx 1086.3 cal. / Cod: Northeast Atlantic</i> 8.90	POP-UP Pork Saltimbocca Herb gravy Polenta Organic daily vegetables <i>approx 616.0 cal. / Pork: Switzerland</i> 8.90
KARMA   Deep-fried tofu Vegetable gyoza dumplings Rice vinegar dip Lukewarm glass noodle salad with mushrooms, vegetables, peanuts and herbs <i>approx 919.8 cal.</i> incl. Soup or Salad: 8.90	KARMA   Wholegrain burrito with organic seitan mince, beans, rice, vegetables, guacamole and soy dip Nachos <i>approx 951.7 cal.</i> incl. Soup or Salad: 8.90	KARMA  Organic Tempeh Poke Bowl Roasted bell peppers, edamame, pineapple, radish, sushi rice, wakame, mung bean sprouts with spicy lime sauce Peperoncini and sesame topping <i>approx 654.3 cal.</i> incl. Soup or Salad: 8.90	KARMA   Vegetable pakora fritters Indian chickpea and lentil dal Basmati rice <i>approx 976.5 cal.</i> incl. Soup or Salad: 8.90	KARMA  Organic sweet-and-sour tofu Jasmine rice Sesame <i>approx 684.2 cal.</i> incl. Soup or Salad: 8.90
WORLD BOWLS Thai red curry with chicken Jasmine rice Fried vegetables with Mu-Err mushrooms	WORLD BOWLS Satay chicken thigh steak Peanut sauce Jasmine rice	WORLD BOWLS Pad Krapow Gai Sliced chicken thigh with Thai basil and chilli	WORLD BOWLS Beef tartare with pecorino with brioche toast, red onions, gherkins and butter	WORLD BOWLS  Salmon fillet with Tom Yum marinade Thai green curry sauce with mango, Bimi broccoli, baby

<i>approx 748.9 cal. / Chicken: Switzerland</i>	Asian vegetables Peanuts <i>approx 851.0 cal. / Chicken: Switzerland</i>	Jasmine rice Fried egg <i>approx 704.0 cal. / Chicken: Switzerland</i>	<i>approx 860.9 cal. / Beef: Switzerland, Anchovies: Spain, Bread: Switzerland</i>	spinach and Thai basil Jasmine rice <i>approx 865.4 cal. / Salmon: Faroe (Islands)</i>
13.90	13.90	13.90	13.90	13.90
OCEAN & OVEN 	OCEAN & OVEN	OCEAN & OVEN 	OCEAN & OVEN 	OCEAN & OVEN
Sea bass fillet with herbs and smoked salt Fennel with oranges and tomatoes Black rice Marinated purslane <i>approx 495.9 cal. / Sea bass: Turkey</i>	Alsace tarte flambée with sour cream, bacon, onions and chives <i>approx 517.5 cal. / Bacon (pork): Switzerland</i>	Red trout fillet Pumpkin seed vinaigrette Bulgur wheat Baked beetroot <i>approx 578.9 cal. / Salmon trout: Italy</i>	Fried halloumi Dried tomato and olive salsa Potato and cucumber salad with dill Flaxseed and grape seed oil <i>approx 863.9 cal.</i>	Pizza Corleone with bacon, onions and garlic <i>approx 1090.1 cal. / Bacon (pork): Switzerland</i>
incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 12.90
	STREET EATS 		STREET EATS	
	Shrimp ceviche Mango leche de tigre with bell peppers, onions, corn, celery and avocado Garlic baguette <i>approx 704.1 cal. / Shrimps: Bangladesh</i>		Beef brisket glazed with black garlic and soy Sweet potato puree Rainbow oven-baked vegetables <i>approx 722.1 cal. / Beef: Switzerland</i>	
	incl. Soup or Salad: 10.90		incl. Soup or Salad: 10.90	

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