

























# Alfred's Kitchen / Quai Zurich Campus

Monday, 04. December	Tuesday, 05. December	Wednesday, 06. December	Thursday, 07. December	Friday, 08. December
<b>SOUP</b>  Vegan cauliflower soup <i>approx 96.3 cal.</i> 2.50	<b>SOUP</b>  Parsnip cream soup <i>approx 100.4 cal.</i> 2.50	<b>SOUP</b>  Vegan celery soup <i>approx 69.1 cal.</i> 2.50	<b>SOUP</b>  Pumpkin and apple soup <i>approx 97.7 cal.</i> 2.50	<b>SOUP</b>  Vegan vegetable soup <i>approx 71.5 cal.</i> 2.50
<b>TRADITIONAL</b>  Roasted breast of maize-fed poulard Thyme gravy White bread dumplings Red cabbage <i>approx 758.9 cal. / Chicken: France</i>	<b>TRADITIONAL</b>  Crunchy planted. strips Chickpea and vegetable ragout with tomato sauce <i>approx 534.9 cal.</i>	<b>TRADITIONAL</b> Beef Stroganoff Paprika sauce with mushrooms and gherkins Spaetzli Daily organic vegetable <i>approx 1169.6 cal. / Beef: Switzerland</i>	<b>TRADITIONAL</b> Pasta variation Spirals with a choice of 4 different sauces Bolognese, with tuna, garlic and oil, cinque pi and grana padano *also available with gluten-free pasta on request <i>approx 773.7 cal. / Beef: Switzerland, Tuna: Thailand</i>	<b>TRADITIONAL</b>  Breaded pork escalope French fries Baked two-coloured carrots <i>approx 900.3 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
<b>TRADITIONAL SMART</b>  Marinated shrimps skewer with herbs Curd dip with chives Red rice Daily organic vegetable <i>approx 583.3 cal. / Shrimps: Vietnam</i>	<b>TRADITIONAL SMART</b>  Fusion Food: Japan Miso soup with fideli pasta, soy strips, Brussels sprouts, pumpkin and kale <i>approx 392.4 cal.</i>	<b>TRADITIONAL SMART</b> Fusion Food: Japan Okonomiyaki Roesti Japanese omelett with roesti potatoes, cole, spring onions and dashi Bacon Hoisin sauce, sour cream with chives <i>approx 682.0 cal. / Bacon (Pork): Switzerland</i>	<b>TRADITIONAL SMART</b> Fusion Food: Japan Cod fillet in panko breading Wasabi mayonnaise and lemon Boiled potatoes Creamy spinach <i>approx 905.1 cal. / Cod: Northwest Pacific</i>	<b>TRADITIONAL SMART</b>  Fried salmon fillet White wine sauce Saffron rice Daily organic vegetable <i>approx 865.3 cal. / Salmon: Norway</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
<b>KARMA</b>  Indian lentil curry Basmati rice Raita Papadam <i>approx 846.7 cal.</i>	<b>KARMA</b> Crêpe au gratin filled with ratatouille Béchamel sauce Savoy cabbage with apples Caramelised hazelnuts <i>approx 619.8 cal.</i>	<b>KARMA</b>  Tofu in cornflakes breading Sweet chilli sauce Fried rice Chinese cabbage salad <i>approx 729.8 cal.</i>	<b>KARMA</b>  Vegetable spring rolls Vegetable curry with coconut milk Basmati rice <i>approx 862.8 cal.</i>	<b>KARMA</b>  Tom ka phak Thai coconut and lemongrass soup with tofu, mushrooms, chilli and lime Jasmine rice <i>approx 619.6 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
<b>WORLD BOWLS</b> Create your own wok dish. Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet 14.90	<b>WORLD BOWLS</b>  Plant-based chicken tikka masala Baked aubergine Naan bread <i>approx 801.1 cal.</i> 10.90	<b>WORLD BOWLS</b>  Laksa Lemak Spicy hot noodle soup with shrimps, tofu, rice noodles, vegetables and egg <i>approx 557.9 cal. / Shrimps: Vietnam</i> 14.90	<b>WORLD BOWLS</b>  Katsu chicken Tonkatsu sauce Hirata bread Coloured cabbage salad <i>approx 827.0 cal. / Chicken: Switzerland</i> 13.90	
<b>OVEN</b>  Grisons capuns Vegetarian Grisons capuns with diced vegetables, milk broth and gratinated with mountain cheese <i>approx 988.9 cal. / Beef, pork: Switzerland</i> 14.90	<b>OVEN</b>  Vegan Pizza Paesana with porcini mushrooms, spinach and garlic <i>approx 822.2 cal.</i> 14.90	<b>OVEN</b>  Pork gyros Tzatziki French fries Greek salad Cucumbers, tomatoes, bell peppers, feta and olives <i>approx 834.3 cal. / Pork: Switzerland</i> 14.90	<b>OVEN</b> Pizza Prosciutto e funghi with ham and mushrooms <i>approx 953.7 cal. / Ham (pork): Switzerland</i> 13.90	
<b>OVEN VEGI</b>  Vegetarian Grisons capuns with diced vegetables, milk broth and gratinated with 14.90	<b>OVEN VEGI</b>  Pizza Margherita Mozzarella, basil, tomato 14.90	<b>OVEN VEGI</b>  Pizza Margherita Mozzarella, basil, tomato 13.90		

mountain cheese  
*approx 454.0 cal.*

*approx 886.2 cal.*

*approx 886.2 cal.*

12.90

12.90

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