



Alfred's Kitchen / Quai Zurich Campus

Monday, 07. July	Tuesday, 08. July	Wednesday, 09. July	Thursday, 10. July	Friday, 11. July	Saturday, 12. July
SOUP	 SOUP	 SOUP	  SOUP	 SOUP	  SOUP
Cream of broccoli soup <i>approx 85.8 cal.</i>	Cream of cress soup <i>approx 105.5 cal.</i>	Vegan ratatouille soup <i>approx 64.6 cal.</i>	Cream of mushroom soup <i>approx 126.3 cal.</i>	Vegan vegetable soup <i>approx 72.1 cal.</i>	
2.50	2.50	2.50	2.50	2.50	
TRADITIONAL	TRADITIONAL	TRADITIONAL Women's EURO 2025	TRADITIONAL	TRADITIONAL	
Minced veal steak Creamy green pepper sauce Spätzli Broccoli with egg crumbs	Scaloppine al Limone Pork schnitzel Creamy lemon sauce Tagliatelle Vegetable of the day	Frikadeller med kartofler og brun sovs Danish meatballs Brown cream sauce Boiled potatoes Cucumber salad	G'hackets & Hörnli Minced beef Elbow macaroni Apple slices and grated cheese	Alfred's Schnitzel Viennese pork schnitzel French fries Vegetable of the day	
<i>approx 967.7 cal. / Burger (veal): Switzerland</i>	<i>approx 689.5 cal. / Pork: Switzerland</i>	<i>approx 640.0 cal. / Beef: Switzerland</i>	<i>approx 785.3 cal. / Beef: Switzerland</i>	<i>approx 823.5 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	POP-UP Women's EURO 2025	POP-UP	POP-UP	POP-UP	  POP-UP
Dürüm Döner kebab Flatbread filled with chicken, iceberg lettuce, tomatoes and onions with cocktail sauce or yoghurt sauce French fries <i>approx 1131.8 cal. / Chicken: Switzerland</i>	Perunamuusi ja kasvispihvit Finnish vegetable pancakes with mashed potatoes mushroom sauce and Möki salad <i>approx 609.0 cal.</i>	Pork gyro dumplings Tzatziki Pita bread Greek salad <i>approx 632.8 cal. / Pork: Switzerland</i>	Chicken Fajita Mexicana with cheddar cheese, iceberg lettuce, guacamole and bell pepper and bean salsa Nacho chips Chunky dip <i>approx 840.7 cal. / Chicken: Switzerland</i>	Oriental Moussaka Deep-fried aubergine with chickpeas, bell peppers and courgettes Basmati rice and vermicelli <i>approx 638.9 cal.</i>	Japanese ramen soup with beef strips, mushrooms, pak choi, egg and wakame <i>approx 462.7 cal. / Beef: Switzerland</i>
9.80	8.90	8.90	8.90	8.90	8.90
KARMA	 KARMA	 KARMA	  KARMA	  KARMA	  KARMA
Fried tofu Thai red curry sauce Basmati rice Asian vegetables <i>approx 758.5 cal.</i>	Pea protein burger in a black bun with chilli-spiced pumpkin and fried onions French fries Beetroot and apple salad <i>approx 1050.4 cal. / Bun: Switzerland</i>	Seitan schnitzel in Panko breadcrumbs Wasabi-Mayonnaise Vegetable rice Cucumber and seaweed salad <i>approx 1051.0 cal.</i>	Roasted cauliflower with tofu Kolhapuri sauce Basmati rice Black sesame and naan bread Roasted nuts <i>approx 1044.3 cal.</i>	Crunchy planted. chicken Ginger-lemongrass-chilli sauce Jasmine rice, mango and carrot relish Spring onions and sweet basil <i>approx 831.6 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	incl. Soup or Salad: 8.90
WORLD BOWLS	WORLD BOWLS		WORLD BOWLS	  WORLD BOWLS	  WORLD BOWLS

Sliced beef Szechuan sauce Jasmine rice	Korean Chicken Bao Crispy chicken breast, gochujang sauce, steam bun, onions, sesame seed and cucumber Jasmine rice Rainbow coleslaw <i>approx 963.0 cal. / Bun: Vietnam, Chicken: Switzerland</i>		Teriyake salmon fillet Basmati rice Pak choi with sesame seed and chilli	Seafood Caesar salad Cos lettuce with salmon, shrimps, croutons, Grana Padano and garlic baguette
<i>approx 504.8 cal. / Beef: Switzerland</i>			<i>approx 529.1 cal. / Salmon: Norway</i>	<i>approx 856.6 cal. / Salmon: Norway, Shrimps: Vietnam</i>
13.90	13.90		13.90	13.90
OCEAN & OVEN	OCEAN & OVEN	 OCEAN & OVEN	  OCEAN & OVEN	 OCEAN & OVEN
Cannelloni filled with beef, tomato sauce, béchamel sauce, gratinated with cheese	Salmon trout with dill- mustard and citrus fruit Black rice Fennel with oranges and tomatoes	Steamed pike-perch fillet with basil oil Artichoke peperonata Beluga lentils Romanesco	Baked sea bass fillet with herbs, smoked salt and Noilly Prat Tricolour quinoa salad with antipasti vegetables and herb vinaigrette	Pizza Speckonzola with bacon and Gorgonzola
<i>approx 659.1 cal. / Beef: Switzerland</i>	<i>approx 518.7 cal. / Salmon trout: Italy</i>	<i>approx 475.8 cal. / Pike- perch: Estonia</i>	<i>approx 511.0 cal. / Sea bass: Turkey</i>	<i>approx 1122.0 cal. / Bacon (pork): Switzerland</i>
incl. Soup or Salad: 8.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90
	STREET EATS Create your bowl Choose protein, carbohydrates, vegetables/salad and sauce and put together your own favourite bowl	STREET EATS The summer grill is open and offers a selection of meat, fish and vegetarian grilled dishes	STREET EATS Create your bowl Choose protein, carbohydrates, vegetables/salad and sauce and put together your own favourite bowl	
	incl. Soup or Salad: 10.90	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