



























# Alfred's Kitchen / Quai Zurich Campus

Monday, 20. June	Tuesday, 21. June	Wednesday, 22. June	Thursday, 23. June	Friday, 24. June
<b>SOUP</b>  <p>Fennel cream soup <i>approx 77.2 cal.</i></p>	<b>SOUP</b>   <p>Tomato and courgette soup with coriander <i>approx 105.5 cal.</i></p>	<b>SOUP</b>  <p>Asparagus cream soup <i>approx 78.8 cal.</i></p>	<b>SOUP</b>   <p>Ratatouille cream soup <i>approx 65.4 cal.</i></p>	<b>SOUP</b>   <p>Vegan vegetable soup <i>approx 72.1 cal.</i></p>
2.50	2.50	2.50	2.50	2.50
<b>TRADITIONAL</b> <p>Pork steak pizzaiolo gratinated with tomato sauce and mozzarella cheese Gnocchi Glazed peas Kale chips <i>approx 898.3 cal. / Pork: Switzerland</i></p>	<b>TRADITIONAL</b>  <p>Beef meatballs Lingonberry sauce Baked two-coloured carrots Mashed potatoes  <i>approx 590.5 cal. / Beef : Switzerland</i></p>	<b>TRADITIONAL</b>  <p>Lemon chicken breast Herb cottage cheese Herb salad Mediterranean pasta salad with dried tomatoes and olives  <i>approx 850.0 cal. / Chicken: Switzerland</i></p>	<b>TRADITIONAL</b> <p>Spaghetti with 4 different sauces to choose from: bolognese, carbonara, cacciatore sauce and pesto Grana Padano  <i>approx 791.9 cal. / Beef: Switzerland, Bacon (Pork): Switzerland, Chicken: Switzerland</i></p>	<b>TRADITIONAL</b>  <p>Pork escalope Viennese style Lemon slice Fried potatoes Baked oven vegetables  <i>approx 628.1 cal. / Pork: 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
<b>TRADITIONAL SMART</b>  <p>Pork steak pizzaiolo gratinated with tomato sauce and mozzarella cheese Raw vegetable salad with carrots, cucumber, tomatoes, cabbage, sweet corn, chives and pink pepper lemon dressing <i>approx 577.6 cal. / Pork: Switzerland</i></p>	<b>TRADITIONAL SMART</b>  <p>Beef meatballs Lingonberries Baked two-coloured carrots Tender wheat  <i>approx 494.7 cal. / Beef : Switzerland</i></p>	<b>TRADITIONAL SMART</b>   <p>Lemon chicken breast Lime slice Microgreens Watermelon and rocket salad with feta and honey-orange dressing  <i>approx 390.8 cal. / Chicken: Switzerland</i></p>	<b>TRADITIONAL SMART</b> <p>Wholemeal spaghetti with 4 different sauces to choose from Bolognese, Carbonara, Cacciatore sauce and pesto Grana Padano  <i>approx 788.8 cal. / Beef: Switzerland, Bacon (Pork): Switzerland, Chicken: Switzerland</i></p>	<b>TRADITIONAL SMART</b>  <p>Pork escalope Viennese style Lemon slice Rustic salad with radishes, cucumber, carrots, lettuce and cress Basil dressing  <i>approx 761.6 cal. / Pork: 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
<b>KARMA</b>   <p>Sustainable Gastronomy Day Acts of Green Summer Bowl Breaded organic tofu, beluga lentils, fried mini lettuce, cauliflower, cherry tomatoes, frisée salad Raspberry dressing <i>approx 683.3 cal.</i></p>	<b>KARMA</b>   <p>Spinach falafel Tomato hummus Lemon couscous Roasted cauliflower Pine nuts <i>approx 588.2 cal.</i></p>	<b>KARMA</b>  <p>Vegetarian gyros made from soy and wheat with tzatziki and ajvar Fried potatoes  <i>approx 545.3 cal.</i></p>	<b>KARMA</b>  <p>Crepe filled with ratatouille Green bell pepper chili salsa Beetroot and apple salad Herb salad  <i>approx 597.9 cal.</i></p>	<b>KARMA</b>  <p>Vegetarian Älpermagronen with Eldora Alpine cheese Swiss Alpine macaroni with creamy cheese sauce, potatoes, onions Roasted onions and apple sauce <i>approx 1048.4 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
<b>WORLD BOWLS</b>   <p>Red Thai Curry with shrimps Jasmine rice Fried vegetables with wood ear mushrooms Mung bean sprouts and coriander</p>	<b>WORLD BOWLS</b> <p>American BBQ  Pork ribs Overnight beef brisket Tikka chicken *** Mushrooms with cheddar Tex-Mex corn on the cob *** Smoked BBQ sauce, honey mustard dip, chilli cheese dip, sour cream *** Rosemary country cuts, mac &amp; cheese, garlic bread Baked black beans, pickled grilled vegetables,</p>	<b>WORLD BOWLS</b>  <p>Lemon sole tempura Egg fried rice Broccoli with sesame Wasabi mayonnaise</p>	<b>WORLD BOWLS</b> <p>Wiediker grilled sausage Potato salad Crispy sourdough bread Mustard</p>	

grilled courgettes  
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 Mixed leaf salad, raw vegetable salads  
 Carrots, tomatoes, beetroot, cucumber, cole  
 slaw, Caesar salad with parmesan and bacon,  
 Texas potato salad, Caesar dressing, French &  
 Italian dressing  
 Chicken breast

*approx 635.0 cal. / Shrimps: Vietnam*

*approx 176.8 cal. / Chicken: Switzerland*

*approx 766.4 cal. / Lemon sole: Northeast Atlantic*

*approx 1043.2 cal. / Pork: Switzerland*

12.90

18.90 / 14.50

12.90

10.90

**OVEN**



Gluten free pizza with ham, spinach and olives

*approx 1059.5 cal. / Ham (pork): Switzerland*

**OVEN**

Veal kebab  
 Cocktail or yoghurt sauce  
 French fries  
 Salad

*approx 781.9 cal. / Veal: Switzerland*

**OVEN**

Pizza Pollo  
 with chicken strips, mushrooms and bell  
 peppers

*approx 1008.3 cal. / Chicken: Switzerland*

**OVEN**

Pizza Baconzola  
 with bacon and gorgonzola

*approx 1184.0 cal. / Bacon (Pork): Switzerland*

14.90

10.90

13.90

13.90

**OVEN VEGI**



Gluten free pizza with aubergine, olives,  
 capers and cherry tomatoes  
*approx 1090.5 cal.*

**OVEN VEGI**

Pizza Margherita  
 Mozzarella, basil, tomato  
*approx 872.4 cal.*



**OVEN VEGI**

Pizza Margherita  
 Mozzarella, basil, tomato  
*approx 872.4 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