

























# Alfred's Kitchen / Quai Zurich Campus

Monday, 15. July	Tuesday, 16. July	Wednesday, 17. July	Thursday, 18. July	Friday, 19. July
<b>SOUP</b>  <p>Melon soup with mint approx 119.5 cal.</p>	<b>SOUP</b>   <p>Tomato soup with basil approx 65.6 cal.</p>	<b>SOUP</b>   <p>Vegan cauliflower soup approx 96.2 cal.</p>	<b>SOUP</b>   <p>Gazpacho with herbed croutons approx 203.4 cal.</p>	<b>SOUP</b>   <p>Vegan vegetable soup approx 71.9 cal.</p>
2.50	2.50	2.50	2.50	2.50
<b>TRADITIONAL</b> <p>Chicken Stroganoff Brazil style Pilaw rice Baked bananas Farofa Roasted cassava flour with bacon and butter approx 1629.8 cal. / Chicken: Switzerland Bacon (Pork): Switzerland</p>	<b>TRADITIONAL</b>  <p>Roasted chicken breast Herb butter Raw vegetable salad with carrots, cucumber, tomatoes, cabbage, corn, chives and melon Corn fries approx 972.1 cal. / Chicken: Switzerland</p>	<b>TRADITIONAL</b> <p>Pork Saltimbocca Balsamic jus Saffron risotto Broccoli approx 709.6 cal. / Pork: Switzerland</p>	<b>TRADITIONAL</b> <p>Pasta variation Original Spelt Spirals with 4 sauces Bolognese, truffle butter cream sauce, putanesca, pesto and grated cheese approx 773.9 cal. / Beef: Switzerland</p>	<b>TRADITIONAL</b> <p>Swiss Fleischkäse meatloaf Fried egg French fries Creamed spinach approx 963.3 cal. / Swiss Meatloaf (Pork): Switzerland</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>Marinated char fillet Hibiscus orange chutney Cannellini beans with vegetable brunoise approx 391.3 cal. / Char: Iceland</p>	<b>TRADITIONAL SMART</b> <p>Crepe au gratin filled with ratatouille, goat cheese sauce, savoy cabbage and hazelnuts approx 495.7 cal.</p>	<b>TRADITIONAL SMART</b>  <p>Arancini with Mediterranean vegetables and mozzarella Herb salsa and Tuscan bread salad approx 558.5 cal.</p>	<b>TRADITIONAL SMART</b> <p>Roasted salmon trout fillet Lemon sauce Saffron rice Leaf spinach approx 714.6 cal. / Trout: Italy</p>	<b>TRADITIONAL SMART</b>  <p>Seafood paella Rice dish with saffron, tomatoes, beans, peas and aioli approx 951.4 cal. / Mussels Netherlands, Shrimps: Vietnam Squid: Western Pacific Ocean, Calamari: Southwest Atlantic, Calamari in batter: Southwest Atlantic</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>Baked organic beetroot Plant-based butter with black garlic and roasted cashew nuts Beluga lentils Marinated beetroot leaves with chervil approx 767.4 cal.</p>	<b>KARMA</b>   <p>Roasted organic kohlrabi and tofu wontons Apple-ginger vinaigrette Kohlrabi and millet puree Saffron kohlrabi Microgreens approx 765.1 cal.</p>	<b>KARMA</b>  <p>Organic cauliflower leaves in curry tempura Miso aioli Cauliflower fried rice with peas and sweetcorn and marinated wild herbs approx 749.0 cal.</p>	<b>KARMA</b>   <p>Braised organic carrots Carrot green pesto Beetroot couscous Carrot pickles approx 497.3 cal.</p>	<b>KARMA</b>   <p>Tofu Pineapple Poke Bowl Smoked tofu, black rice, chilli pineapple, edamame and sweet and sour sauce approx 556.1 cal.</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>Pork Katsu Curry Pork escalope in panko breading Katsu curry sauce with potatoes Sushi rice Spring onions approx 854.6 cal. / Pork: Switzerland</p>	<b>WORLD BOWLS</b> <p>Beef Tartare Pecorino Jani Italy with brioche toast, red onions, pickle and butter approx 966.5 cal. / Beef: Switzerland, Anchovies: Spain</p>	<b>WORLD BOWLS</b>   <p>Shrimps ceviche Mango leche de tigre with bell peppers, onions, corn, celery and avocado Garlic baguette approx 707.6 cal. / Shrimps: Vietnam</p>		
13.90	13.90	13.90		
<b>OVEN</b> <p>Tarte flambée Alsace with sour cream, bacon, onions and chives approx 509.6 cal. / Bacon (Pork): Switzerland</p>	<b>OVEN</b> <p>Pizza Michelangelo with raw ham Parma style, mascarpone and rocket approx 1101.6 cal. / Ham (pork): Italy</p>	<b>OVEN</b> <p>Pizza Nina with ham, bacon and fried egg approx 1121.9 cal. / Ham (pork): Switzerland, Bacon (Pork): Switzerland</p>	<b>OVEN</b> <p>Various dipping sauces, mustard and ketchup Various warm side dishes, Fresh raw vegetable and leaf salads with various toppings and dressings</p>	
14.90	14.90	14.90	14.90	
			<b>OVEN VEGI</b>	

**OVEN VEGI**

Vegetarian tarte flambée  
with bell peppers, spring onion and leek

*approx 523.6 cal.*

12.90



**OVEN VEGI**

Pizza Margherita  
Mozzarella, basil, tomato

*approx 886.0 cal.*

12.90



**OVEN VEGI**

Pizza Margherita  
Mozzarella, basil, tomato

*approx 886.0 cal.*

12.90



Various dipping sauces, mustard and ketchup  
Various warm side dishes,  
Fresh raw vegetable and leaf salads with various  
toppings and dressings

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