

Alfred's Kitchen / Quai Zurich Campus

Monday, 21. April	Tuesday, 22. April	Wednesday, 23. April	Thursday, 24. April	Friday, 25. April
	SOUP  Cream of wild mushroom soup <i>approx 128.8 cal.</i>	SOUP  Tomato soup with basil <i>approx 63.4 cal.</i>	SOUP  Cream of asparagus soup <i>approx 72.3 cal.</i>	SOUP  Cream of vegetable soup <i>approx 78.8 cal.</i>
	2.50	2.50	2.50	2.50
TRADITIONAL Due to a public holiday the restaurant will be closed today.	TRADITIONAL Beef hunter's steak with bacon Herb butter Wild garlic risotto Steamed carrots <i>approx 859.1 cal. / Steak (beef), bacon (pork): Switzerland</i>	TRADITIONAL Älplermagronen (Swiss Alpine macaroni) with creamy cheese sauce, bacon, potatoes and fried onions <i>approx 919.3 cal. / Bacon (pork): Switzerland</i>	TRADITIONAL Chicken piccata Chicken schnitzel with egg and grated cheese Tomato sauce Spaghetti Romanesco <i>approx 763.5 cal. / Chicken: Switzerland</i>	TRADITIONAL Pork schnitzel Organic daily vegetables French fries <i>approx 918.9 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   Shrimp ceviche Mango leche de tigre with bell peppers, onions, corn, celery and avocado Baked sweet potatoes <i>approx 448.3 cal. / Shrimps: Vietnam</i>	POP-UP Chicken kebab Yoghurt sauce with chives sambal oelek Carrot and cabbage strips Iceberg lettuce and onions <i>approx 645.1 cal. / Bread: Switzerland, Chicken: Switzerland</i>	POP-UP  Fairtrade Fried cod fillet Mango-ginger chutney Spiced basmati rice Broccoli with lime oil <i>approx 606.3 cal. / Cod: Northeast Atlantic</i>	POP-UP   Fried salmon fillet Wild garlic vinaigrette Gnocchi al fornio with tomato and vegetable sauce, mascarpone, mozzarella <i>approx 833.4 cal. / Salmon: Faroe (Islands)</i>
	8.90	8.90	8.90	9.80
	KARMA   Indian Saag with baked tempeh Spicy spinach with tomatoes Basmati rice Papadums <i>approx 698.1 cal.</i>	KARMA   Sliced soy protein Cauliflower and chickpea Tikka Masala with cashews, chilli and coriander <i>approx 497.3 cal.</i>	KARMA   Indian vegetable samosas Raita Lentil dal Lemon rice with mustard seeds and peanuts Organic daily vegetables <i>approx 983.9 cal.</i>	KARMA  Aubergine stuffed with plant protein, couscous and vegetables tomato sauce Peanut butter dressing <i>approx 635.4 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
	WORLD BOWLS Thai green curry with chicken Jasmine rice Fried vegetables with Mu-Err mushrooms	WORLD BOWLS Lamb Vindaloo Basmati rice Roasted cauliflower Raita	WORLD BOWLS  Tom Kha Gai Thai coconut soup with chicken, mushrooms, vegetables, coconut milk and coriander	WORLD BOWLS Beef tartare with toast, butter, loose leaf lettuce, capers and red onions

*approx 743.8 cal. / Chicken:
Switzerland*

13.90

OCEAN & OVEN

Oriental chicken breast
with honey, cinnamon and pine
nuts
Roasted Mediterranean vegetables
Red quinoa

*approx 527.9 cal. / Chicken:
Switzerland*

incl. Soup or Salad: 8.90

STREET EATS

Big NY Hot Dog
Vienna sausage, sesame bun,
mustard, relish, sauerkraut, fried
onions
Nachips
Guacamole

*approx 858.7 cal. / Bun:
Switzerland, Sausage (pork):
Switzerland*

incl. Soup or Salad: 8.90

approx 724.6 cal. / Lamb: Ireland

13.90

OCEAN & OVEN

Fried Tilapia fillet
Rhubarb chutney
Bulgur with vegetables

approx 530.7 cal. / Fish: China

incl. Soup or Salad: 8.90



*approx 549.0 cal. / Chicken:
Switzerland*

13.90

OCEAN & OVEN

Gnocchi al forno
with tomato and vegetable sauce,
mascarpone, mozzarella and
grated cheese

approx 818.5 cal.

incl. Soup or Salad: 8.90

STREET EATS

Beef brisket glazed with black
garlic and soy
Glass noodle salad with sesame oil
and lime dressing

*approx 935.4 cal. / Beef:
Switzerland*

incl. Soup or Salad: 14.90

*approx 660.2 cal. / Beef:
Switzerland, Bread: Switzerland*

13.90

OCEAN & OVEN

Pizza Margherita
with mozzarella, basil, tomatoes

approx 885.7 cal.

incl. Soup or Salad: 11.90



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