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Monday, 27. November	Tuesday, 28. November	Wednesday, 29. November	Thursday, 30. November	Friday, 01. December
<div>SOUP<div></div><div>Ratatouille cream soup <i>approx 64.8 cal.</i></div><div>2.50</div></div>	<div>SOUP<div></div><div>Vegan pea soup <i>approx 115.5 cal.</i></div><div>2.50</div></div>	<div>SOUP<div></div><div>Vegan bell peppers soup <i>approx 70.4 cal.</i></div><div>2.50</div></div>	<div>SOUP<div></div><div>Vegan Romanesco soup <i>approx 66.1 cal.</i></div><div>2.50</div></div>	<div>SOUP<div></div><div>Vegan vegetable soup <i>approx 71.5 cal.</i></div><div>2.50</div></div>
<div>TRADITIONAL<div></div><div>Pork steak pizzaiolo gratinated with tomato sauce and mozzarella cheese Gnocchi Glazed peas <i>approx 901.3 cal. / Pork: Switzerland</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>TRADITIONAL<div></div><div>Chicken breast in quinoa coating Harissa Hollandaise Braised pumpkin <i>approx 589.3 cal. / Chicken: Switzerland</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>TRADITIONAL<div></div><div>Sliced pork Zurich style with mushroom sauce Noodles Green beans <i>approx 690.0 cal. / Pork: Switzerland</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>TRADITIONAL<div></div><div>Spaghetti with 4 different sauces to choose from Bolognese, cinque pi, chees cream sauce, pesto and grated cheese *also available with gluten-free pasta on request <i>approx 766.5 cal. / Beef: Switzerland</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>TRADITIONAL<div></div><div>Baked half chicken Aioli picante Potatoes with rosemary <i>approx 1543.3 cal. / Chicken: Switzerland</i></div><div>incl. Soup or Salad: 8.90</div></div>
<div>TRADITIONAL SMART<div></div><div>Marinated halibut fillet Chervil salsa Black quinoa Daily organic vegetable <i>approx 649.7 cal. / Halibut: Northwest Atlantic</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>TRADITIONAL SMART<div></div><div>Fried skrei fillet Salsa verde Bulgur Daily organic vegetable <i>approx 788.4 cal. / Skrei (cod): Northeast Atlantic</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>TRADITIONAL SMART<div></div><div>Sea bass fillet with onion jam Lukewarm tabbouleh Romanesco <i>approx 591.7 cal. / Sea bass: Turkey</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>TRADITIONAL SMART<div></div><div>Acts of Green Creamy topinambur risotto with baked parsley root, parsley oil, grated cheese and chips <i>approx 588.2 cal.</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>TRADITIONAL SMART<div></div><div>Beef tartare with toast, butter, capers and red onions <i>approx 701.7 cal. / Beef: Switzerland</i></div><div>incl. Soup or Salad: 8.90</div></div>
<div>KARMA<div></div><div>Wholegrain burrito with organic seitan mince, beans, rice, vegetables, guacamole, and soya dip Nachos <i>approx 1031.7 cal.</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>KARMA<div></div><div>Maunaloa Poke Bowl Avocado, carrots, cucumber, pickled cauliflower, crispy vegetable pakora and sushi rice. with Mahalo Spicy Lime Sauce, cress and sesame topping <i>approx 573.9 cal.</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>KARMA<div></div><div>Sweet potato falafel Tomato hummus Lemon couscous Roasted cauliflower Pine nuts <i>approx 593.6 cal.</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>KARMA<div></div><div>Chickpea curry "chana masala" Basmati rice Date chutney Papadum <i>approx 803.9 cal.</i></div><div>incl. Soup or Salad: 8.90</div></div>	<div>KARMA<div></div><div>Organic okara balls Massaman curry sauce Baked pumpkin Jasmin rice <i>approx 755.0 cal.</i></div><div>incl. Soup or Salad: 8.90</div></div>
<div>WORLD BOWLS<div></div><div>Red Thai curry with chicken Mie noodles Roasted vegetables with mu-err mushrooms <i>approx 709.8 cal. / Chicken: Switzerland</i></div><div>13.90</div></div>	<div>WORLD BOWLS<div></div><div>Pho heo Vietnamese noodle soup with crispy pork belly, rice flakes, chinese cabbage, bell peppers and mushrooms <i>approx 616.5 cal. / Pork: Switzerland</i></div><div>16.50</div></div>	<div>WORLD BOWLS<div></div><div>Phat kaphrao kai Thai chicken slices with basil, fried egg, jasmin rice, mung beans, chilli <i>approx 684.1 cal. / Chicken: Switzerland</i></div><div>13.90</div></div>	<div>WORLD BOWLS<div></div><div>Char siu Cantonese barbecue pork Hoisin sauce Steam rice Stir fried vegetables <i>approx 856.2 cal. / Pork: Switzerland</i></div><div>13.90</div></div>	
<div>OVEN<div></div><div>Spicy shakshuka from the oven Toasted white bread Saffron rice with dates and almonds Watercress with sumac <i>approx 693.3 cal.</i></div><div>14.90</div></div>	<div>OVEN<div></div><div>Pizza Quattro Formaggi with Gorgonzola, Taleggio, Mozzarella und Grana Padano <i>approx 1200.1 cal.</i></div><div>14.90</div></div>	<div>OVEN<div></div><div>Pizza Nina with ham, bacon and fried egg <i>approx 1122.1 cal. / Ham (pork): Switzerland, Bacon (Pork): Switzerland</i></div><div>14.90</div></div>	<div>OVEN<div></div><div>Veal kebab Cocktail or yoghurt sauce French fries Salad <i>approx 814.1 cal. / Veal: Switzerland</i></div><div>12.90</div></div>	
	<div>OVEN VEGI<div></div><div>Pizza Margherita Mozzarella, basil, tomato <i>approx 886.2 cal.</i></div></div>	<div>OVEN VEGI<div></div><div>Pizza Margherita Mozzarella, basil, tomato <i>approx 886.2 cal.</i></div></div>		

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