




























































Alfred's Kitchen / Quai Zurich Campus

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

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