

Alfred's Kitchen / Quai Zurich Campus

Monday, 05. May	Tuesday, 06. May	Wednesday, 07. May	Thursday, 08. May	Friday, 09. May
SOUP  Vegan carrot soup <i>approx 71.5 cal.</i> 2.50	SOUP  Vegan asparagus soup <i>approx 62.6 cal.</i> 2.50	SOUP  Curried pea soup <i>approx 139.7 cal.</i> 2.50	SOUP  Potato and leek soup <i>approx 96.4 cal.</i> 2.50	SOUP  Vegan curry vegetable soup <i>approx 68.5 cal.</i> 2.50
TRADITIONAL Fried breast of corn-fed poulard Mashed potatoes with peas, sour cream and mint Organic daily vegetables <i>approx 623.6 cal. / Chicken: France</i> incl. Soup or Salad: 8.90	TRADITIONAL  Organic Luya Burger Wheat bun, Luya patty, cole slaw, red onions, frisée salad with BBQ sauce Baked potatoes <i>approx 523.6 cal. / Bun: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Spaghetti Bolognese Minced beef sauce Grated cheese <i>approx 717.0 cal. / Beef: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Riz Casimir Sliced chicken Curry sauce Rice Fruit and almonds <i>approx 658.4 cal. / Chicken: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Alfred's Schnitzel Viennese pork schnitzel French fries <i>approx 805.3 cal. / Pork: Switzerland</i> incl. Soup or Salad: 8.90
POP-UP  Milanese green asparagus with grated cheese and fried egg Black rice <i>approx 502.3 cal.</i> 8.90	POP-UP  Puff pastry vol-au-vents filled with asparagus ragout Saffron rice Garden cress <i>approx 622.5 cal.</i> 8.90	POP-UP White asparagus Hollandaise sauce Roasted new potatoes Ham <i>approx 494.6 cal. / Ham (pork): Switzerland</i> 9.80	POP-UP  Wild garlic risotto with asparagus, mascarpone, cress, almonds and grated cheese <i>approx 748.0 cal.</i> 9.80	POP-UP  Marinated shrimp skewer with herbs Jalapeno and coriander salsa Black quinoa Oven-baked organic vegetables <i>approx 524.8 cal. / Shrimps: Vietnam</i> 8.90
KARMA  Lubia White bean stew with cinnamon Jollof rice West African rice dish <i>approx 769.2 cal.</i> incl. Soup or Salad: 8.90	KARMA  Organic seitan strips Lentil dal Basmati rice Raita <i>approx 737.2 cal.</i> incl. Soup or Salad: 8.90	KARMA  Organic tofu cubes Nasi Goreng Fried rice with vegetables, mung beans and coriander <i>approx 656.0 cal.</i> incl. Soup or Salad: 8.90	KARMA  Smart Eating bulgur salad with black olives, yellow peppers, rapini and basil dressing Baked tofu with mint Pine nuts <i>approx 663.3 cal.</i> incl. Soup or Salad: 8.90	KARMA  Beluga lentils with finely diced vegetables and tomato Sliced quorn <i>approx 588.8 cal.</i> incl. Soup or Salad: 8.90
WORLD BOWLS  Laksa Lemak Spicy noodle soup with shrimps, tofu, rice noodles, vegetables and egg <i>approx 609.2 cal. / Shrimps: Bangladesh</i>	WORLD BOWLS  Deep-fried tofu Peanut sauce Rice noodles with Asian vegetables <i>approx 813.5 cal.</i>	WORLD BOWLS Tom Ka Gai Thai coconut and lemongrass soup with chicken, chilli and lime Jasmine rice <i>approx 603.1 cal. / Chicken: Switzerland</i>	WORLD BOWLS Chicken thigh hot & smokey Barbecue sauce Oven-baked vegetables Sweet potatoes <i>approx 853.8 cal. / Chicken: Switzerland</i>	WORLD BOWLS Thai Massaman curry with beef or Duck Jasmine rice Fried vegetables Peanuts <i>approx 785.6 cal. / Beef: Switzerland</i>

13.90	13.90	13.90	13.90	13.90
OCEAN & OVEN	 OCEAN & OVEN	OCEAN & OVEN	OCEAN & OVEN	 OCEAN & OVEN
Fried cod fillet Tomato and chilli salsa Baked rainbow carrots Beluga lentils with finely diced vegetables <i>approx 444.3 cal. / Cod: Northeast Atlantic</i>	Gnocchi Tomato and mascarpone sauce Summer vegetables <i>approx 644.8 cal.</i>	Marinated pike-perch fillet Saffron sauce Organic daily vegetables Curry rice <i>approx 714.6 cal. / Pike-perch: Estonia</i>	Fried char fillet Dried tomato and olive salsa Organic daily vegetables Barley with saffron <i>approx 731.9 cal. / Char: Iceland</i>	Pizza Sujuk with Sujuk sausage, bell peppers, olives and onions <i>approx 1066.1 cal. / Sudzuk (beef): Switzerland</i>
incl. Soup or Salad: 14.90	incl. Soup or Salad: 8.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 13.90
	STREET EATS Tagliatelle with creamy lemon sauce, fried asparagus, cherry tomato confit, organic cedar kernels and spinach <i>approx 643.8 cal.</i>	 	STREET EATS Caesar salad Iceberg and cos lettuce, croutons, Grana Padano and egg Fried chicken breast Caesar dressing <i>approx 741.5 cal. / Chicken: Switzerland, Anchovies: Spain</i>	
	incl. Soup or Salad: 8.90		incl. Soup or Salad: 10.90	

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