



# Alfred's Kitchen / Quai Zurich Campus

Monday, 19. May	Tuesday, 20. May	Wednesday, 21. May	Thursday, 22. May	Friday, 23. May
<b>SOUP</b> Spicy watermelon soup <i>approx 86.1 cal.</i>	 <b>SOUP</b> Potato and leek soup <i>approx 96.4 cal.</i>	 <b>SOUP</b> Cream of celery soup <i>approx 72.8 cal.</i>	 <b>SOUP</b> Cream of kohlrabi soup <i>approx 76.4 cal.</i>	 <b>SOUP</b> Cream of vegetable soup <i>approx 77.6 cal.</i>
2.50	2.50	2.50	2.50	2.50
<b>TRADITIONAL</b> Pork roast Ticino Port wine sauce Fried potatoes Fried courgettes  <i>approx 710.3 cal. / Pork: Switzerland</i>	<b>TRADITIONAL</b> Chicken breast Gravy with mushrooms Long grain rice Organic daily vegetables  <i>approx 684.8 cal. / Chicken: Switzerland</i>	<b>TRADITIONAL</b> Sliced pork Creamy green pepper sauce Noodles Organic daily vegetables  <i>approx 720.7 cal. / Pork: Switzerland</i>	<b>TRADITIONAL</b> Pasta Powwow Fusilli with 4 sauces Bolognese, creamy truffle butter sauce, putanesca, pesto Grated cheese <i>approx 792.0 cal. / Beef: Switzerland</i>	<b>TRADITIONAL</b> Pork cordon bleu French fries Organic daily vegetables  <i>approx 891.0 cal. / Cordon bleu (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
<b>POP-UP</b> Dürüm Döner kebab Flatbread filled with veal, iceberg lettuce, tomatoes, onions, cocktail sauce and yoghurt sauce Served with Turkish shepherd's salad <i>approx 990.2 cal. / Veal: Switzerland</i>	<b>POP-UP</b> Kalua Pork Burger Pulled pork, sesame bun, mango chutney, iceberg lettuce and fried onions Sweet potato fries Spicy garlic sauce  <i>approx 1191.8 cal. / Bun: Switzerland, Pork: Switzerland</i>	<b>POP-UP</b> Beef taco with bell peppers, onions, cheddar cheese and guacamole Cos lettuce with honey and lime dressing  <i>approx 646.4 cal. / Beef: Switzerland</i>	  <b>POP-UP</b> Nordic Spirit Bowl Baked carrots, cranberry and beetroot salad, cucumber, egg, tender wheat and honey-dill sour cream  <i>approx 487.0 cal.</i>	<b>POP-UP</b> Oriental chicken breast with honey, cinnamon and pine nuts Harissa paste hollandaise Tricolour quinoa salad with antipasti vegetables and herb vinaigrette <i>approx 759.8 cal. / Chicken: Switzerland</i>
9.80	9.80	9.80	9.80	8.90
<b>KARMA</b>  Vegan Rice Noodle Bowl with organic tempeh, vegetables and peanut butter dressing  <i>approx 737.7 cal.</i>	  <b>KARMA</b> Indian chickpea and lentil dal Basmati rice Date chutney  <i>approx 770.7 cal.</i>	  <b>KARMA</b> Chilli sin carne Spicy plant protein with bell peppers, tomatoes, corn and beans Mexican rice Soy yoghurt dip with coriander <i>approx 712.9 cal.</i>	  <b>KARMA</b> Organic seitan stew Mushroom sauce Mashed potatoes Pumpkin  <i>approx 515.6 cal.</i>	  <b>KARMA</b> Vegan ravioli filled with lentils and vegetables Tomato curry sauce Roasted aubergines Vegan Grated cheese alternative Roasted nuts <i>approx 893.1 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
<b>WORLD BOWLS</b> Kottu Roti	<b>WORLD BOWLS</b> Fried curry noodles with	<b>WORLD BOWLS</b> Szechuan chicken stew	<b>WORLD BOWLS</b> Corn-fed poulard	<b>WORLD BOWLS</b> Bouillabaisse with garlic

<p>Sri Lankan curry stew with chicken, vegetables, roti bread and peanuts</p> <p><i>approx 585.0 cal. / Chicken: Switzerland, Bread: Singapore</i></p>	<p>chicken, courgettes, aubergine, Chinese beans, coriander and coconut sambal</p> <p><i>approx 600.1 cal. / Chicken: Switzerland</i></p>	<p>Fried rice Pak choi with shiitake mushrooms</p> <p><i>approx 574.8 cal. / Chicken: Switzerland</i></p>	<p>Thai red curry sauce Carrot and pomelo salad with chilli dressing Naan bread</p> <p><i>approx 812.7 cal. / Chicken: France</i></p>	<p>bread and rouille sauce</p> <p><i>approx 889.4 cal. / Mussels: Netherlands Fish (pollock, hoki, wild salmon): Northeast Pacific, Calamari: Southwest Atlantic</i></p>
13.90	13.90	13.90	13.90	13.90
<p><b>OCEAN &amp; OVEN</b></p> <p>Marinated red trout fillet Blanc battu orange dip Bulgur with vegetables Organic daily vegetables</p> <p><i>approx 581.7 cal. / Salmon trout: Italy</i></p> <p>incl. Soup or Salad: 8.90</p>	<p><b>OCEAN &amp; OVEN</b> </p> <p>Crêpe au gratin filled with ratatouille Béchamel sauce Spinach</p> <p><i>approx 353.4 cal.</i></p> <p>incl. Soup or Salad: 8.90</p>	<p><b>OCEAN &amp; OVEN</b> </p> <p>Marinated halibut fillet Apricot and sunflower seed vinaigrette Couscous with herbs Organic daily vegetables</p> <p><i>approx 680.6 cal. / Halibut: Northwest Atlantic</i></p> <p>incl. Soup or Salad: 8.90</p>	<p><b>OCEAN &amp; OVEN</b> </p> <p>Burritos filled with smoked chicken, beans, peppers and tomatoes Mexican salad with loose leaf lettuce, rice, red beans, corn, onions, carrots and coriander Dressing of your choice</p> <p><i>approx 828.8 cal. / Chicken: Switzerland</i></p> <p>incl. Soup or Salad: 8.90</p>	<p><b>OCEAN &amp; OVEN</b></p> <p>Pizza Tonno with tuna, onions and rocket</p> <p><i>approx 1047.2 cal. / Tuna: Thailand</i></p> <p>incl. Soup or Salad: 12.90</p>
	<p><b>STREET EATS</b></p> <p>Tuna Poke Bowl with sushi rice, avocado, edamame, sesame, ginger, wasabi and soy sauce</p> <p><i>approx 641.6 cal. / Tuna: Northwest Pacific</i></p> <p>incl. Soup or Salad: 15.90</p>		<p><b>STREET EATS</b></p> <p>Chicken Poke Bowl Chicken breast, mie noodles, red cabbage, tomatoes, cos lettuce and peanut dressing</p> <p><i>approx 530.6 cal. / Chicken: Switzerland</i></p> <p>incl. Soup or Salad: 13.90</p>	

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