




























Alfred's Kitchen / Quai Zurich Campus

Monday, 27. June	Tuesday, 28. June	Wednesday, 29. June	Thursday, 30. June	Friday, 01. July
SOUP   #Wanderlust Hawaii Hawaiian Melon Mint Soup <i>approx 149.7 cal.</i>	SOUP   Potato cream soup <i>approx 105.8 cal.</i>	SOUP   Carrot ginger soup <i>approx 85.9 cal.</i>	SOUP   #Wanderlust Hawaii Hawaiian curry soup with lemongrass <i>approx 99.4 cal.</i>	SOUP   Vegetable cream soup <i>approx 82.0 cal.</i>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL Veal Adrio Onion sauce Fried potatoes Green beans <i>approx 736.7 cal. / Adrio (pork, veal): Switzerland</i>	TRADITIONAL   #Wanderlust Hawaii Kalua Pig Hawaiian BBQ pork with smoked salt Steam rice Raw vegetable salad with pink pepper and lemon dressing Coriander, chili and sesame seeds <i>approx 909.9 cal. / Pork: Switzerland</i>	TRADITIONAL   #Wanderlust Hawaii Chicken Poke Bowl Chicken breast, Mie noodles, red cabbage, tomato, lettuce and peanut dressing <i>approx 529.8 cal. / Chicken: Switzerland</i>	TRADITIONAL Penne with 4 different sauces to choose from Carbonara, tomato cream sauce, Cacciatore sauce and pesto Grana Padano <i>approx 768.0 cal. / Bacon (Pork): Switzerland, Chicken: Switzerland</i>	TRADITIONAL #Wanderlust Hawaii Hawaiian Beefburger Beef patty, brioche bun, chilli mayonnaise, honey pineapple, cheddar, iceberg French fries Coleslaw <i>approx 1289.1 cal. / Burger (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
TRADITIONAL SMART Veal Adrio Onion sauce Smart Eating bulgur salad with black olives, yellow bell peppers, cima di rapa and basil dressing <i>approx 851.7 cal. / Adrio (pork, veal): Switzerland</i>	TRADITIONAL SMART   Pulled Pork Slow braised pork shoulder Camargue red rice Raw vegetable salad with carrots, cucumber, tomatoes, cabbage, sweet corn, chives and pink pepper lemon dressing <i>approx 770.0 cal. / Pork: Switzerland</i>	TRADITIONAL SMART   #Wanderlust Hawaii Chicken Poke Bowl Chicken breast, Mie noodles, red cabbage, tomato, lettuce and peanut dressing <i>approx 529.8 cal. / Chicken: Switzerland</i>	TRADITIONAL SMART Wholemeal Penne with 4 different sauces to choose from Carbonara, tomato cream sauce, Cacciatore sauce and pesto Grana Padano <i>approx 757.0 cal. / Bacon (Pork): Switzerland, Chicken: Switzerland</i>	TRADITIONAL SMART  Beef mince steak Guacamole Bell peppers, pineapple and mango salad <i>approx 372.6 cal. / Burger (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   #Wanderlust Hawaii Tofu pineapple poke bowl Smoked tofu, black rice, chilli pineapple, edamame and sweet and sour sauce <i>approx 530.3 cal.</i>	KARMA   Whole celery from the oven Wild mushroom sauce Mashed potatoes Leaf spinach with trufflet oil <i>approx 362.4 cal.</i>	KARMA    Onion and ginger pakora Mango chili chutney Indian chickpea and lentil dal Papadum Herb salad <i>approx 795.0 cal.</i>	KARMA   #Wanderlust Hawaii Hawaiian vegan burger Black bun, soy burger, cheddar cheese, garlic mayonnaise and caramelised pineapple Spicy potato wedges <i>approx 948.3 cal.</i>	KARMA    Tom ka phak Thai coconut and lemongrass soup with tofu, mushrooms, chilli and lime Jasmine rice Mung sprouts and coriander with coriander and chilli <i>approx 615.0 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    Massaman Thai Curry with beef Jasmine rice Fried vegetables with wood ear mushrooms Peanuts and coriander Pho bo Vietnamese noodle soup with beef, rice noodles, carrots, Mu-Err mushrooms, Chinese cabbage, pak choi and lime <i>approx 1230.2 cal. / Beef: Switzerland</i> Beef: Switzerland	WORLD BOWLS   Chicken breast Peanut sauce Biryani rice Gajar ka Achar Indian carrot pickles <i>approx 755.2 cal. / Chicken: Switzerland</i>	WORLD BOWLS   Red Snapper Fillet Lime Margarita Sauce Mango lime vinaigrette Oven sweet potatoes Coloured cabbage salad Microgreens <i>approx 663.7 cal. / Red snapper: Western Pacific Ocean</i>	WORLD BOWLS  BBQ at the Quai Café Beef entrecôte Chicken breast Organic Tofu Steak Various dipping sauces, mustard and ketchup Various warm side dishes, Fresh raw vegetable and leaf salads with various toppings and dressings <i>approx 543.7 cal. / Beef: Switzerland</i> Chicken: Switzerland	

12.90	12.90	15.90	18.90 / 14.90 / 12.90
OVEN	OVEN	OVEN	
Gluten free pizza with Salami Milano, Gorgonzola, mushrooms and bell peppers	Pizza Pollo with chicken strips, mushrooms and bell peppers	Veal kebab Cocktail or yoghurt sauce French fries Salad	
<i>approx 1262.8 cal. / Salami (pork, beef): Switzerland</i>	<i>approx 1008.3 cal. / Chicken: Switzerland</i>	<i>approx 781.9 cal. / Veal: Switzerland</i>	
14.90	14.90	14.90	
OVEN VEGI	OVEN VEGI		
Gluten free pizza with mushrooms, olives, capers and artichokes	Pizza Capri with aubergine, olives, capers and cherry tomatoes		
<i>approx 1015.9 cal.</i>	<i>approx 1000.5 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