



























Alfred's Kitchen / Quai Zurich Campus

Monday, 05. December	Tuesday, 06. December	Wednesday, 07. December	Thursday, 08. December	Friday, 09. December
SOUP   Vegan bell peppers soup <i>approx 70.4 cal.</i>	SOUP  Barley soup <i>approx 95.5 cal.</i>	SOUP   Cress soup <i>approx 92.0 cal.</i>		SOUP   Vegan vegetable soup <i>approx 71.5 cal.</i>
2.50	2.50	2.50		2.50
TRADITIONAL Chicken stew White wine sauce Pasta Baked Brussels sprouts <i>approx 763.4 cal. / Chicken: Switzerland</i>	TRADITIONAL   Paradise Tuesday Green balls sandwich with pea hummus, orange-carrot salad, dill, rocket and pickled onions Nachips Tomato salsa <i>approx 832.7 cal.</i>	TRADITIONAL Pasta variation Orecchiette with a choice of 4 different sauces Veal bolognese, tomato mascarpone, ricotta and egg sponge sauce, pesto and Grana Padano cheese <i>approx 735.3 cal. / Veal: Switzerland</i>	TRADITIONAL Champagne soup with pesto espuma *** Aubergine tartar on brown bread Courgette chips Fig and mustard dressing *** Fillet of beef Wellington Morel jus Parsnip purée Baked root vegetables *** White chocolate poppy seed mousse with blood orange gelée and pistachio crumble <i>approx 1983.1 cal. / Beef: Switzerland, Veal: Switzerland, Turkey: Switzerland</i>	TRADITIONAL  Smart Eating Nordic Vinterfest Kale and potato mash Baked parsnip Venison ragout with blueberries Kale chips <i>approx 462.0 cal. / Venison: Austria</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   Smart Eating Nordic Fisk Soppa with savoy cabbage, apple, potatoes, salmon and horseradish cream <i>approx 507.5 cal. / Salmon: Norway</i>	TRADITIONAL SMART    Smart Eating Nordic Paradise Tuesday Raggmunk Baked root vegetables Mushrooms, potato pancakes and herb skyr Roasted walnuts <i>approx 481.8 cal.</i>	TRADITIONAL SMART    Smart Eating Nordic Fiskermåltid Mashed beetroot Watercress Barley Cod with pumpernickel crust <i>approx 519.9 cal. / Cod: Northeast Atlantic</i>		TRADITIONAL SMART Roasted salmon trout fillet Lemon sauce Saffron rice Leaf spinach <i>approx 713.4 cal. / Trout: Italy</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
KARMA   Vegan cevapcici Ajvar Onion potatoes Braised white cabbage <i>approx 779.3 cal.</i>	KARMA   Paradise Tuesday Samosa with potato and vegetable filling Mango chilli chutney Biryani rice Corn with tomatoes and garam masala Indian vegetable and lentil dal <i>approx 1093.3 cal.</i>	KARMA  Aloo Matar Indian potato and pea dish Cucumber raita Aubergine with tumeric Naan bread <i>approx 586.8 cal.</i>	KARMA  Champagne soup with pesto espuma *** Aubergine tartar on brown bread Courgette chips Fig and mustard dressing *** Hokkaido pumpkin baked in a salt coat with macadamia thyme crust Soy yoghurt dip with herbs Baked parsley root *** White chocolate poppy seed mousse with blood orange gelée and pistachio crumble <i>approx 1543.0 cal.</i>	KARMA   Plant based chicken Curry sauce Bulgur Fruits and almonds <i>approx 668.9 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

Shrimps
Organic tempeh
Red Thai curry sauce
Sesame and soy sauce
Vegetables from the buffet
Jasmin rice
approx 903.1 cal. / Shrimps: Vietnam

12.50**WORLD BOWLS**

Paradise Tuesday
Vegan udon noodles
with organic tofu, soy sauce, spring
cabbage, mung bean sprouts and sesame
seeds
approx 582.4 cal.

14.90**WORLD BOWLS**

Pad Thai
Rice noodle dish with chicken, fried egg,
tamarind sauce, vegetables and peanuts
approx 911.8 cal. / Chicken: Switzerland

12.50**OVEN**

Pinsa with Salami Milano, Gorgonzola,
mushrooms and bell peppers

*approx 1066.9 cal. / Salami (pork, beef):
Switzerland*

14.90**OVEN**

Pizza Santa Catarina
with taleggio and pesto

approx 1192.7 cal.

14.90**OVEN**

Veal kebab
Cocktail or yoghurt sauce
French fries
Salad
approx 781.9 cal. / Veal: Switzerland

14.90**OVEN VEGI**

Pinsa Romana Margherita

approx 701.7 cal.

12.90**OVEN VEGI**

Pizza Margherita
Mozzarella, basil, tomato
approx 872.4 cal.

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