

Alfred's Kitchen / Quai Zurich Campus

Monday, 20. February	Tuesday, 21. February	Wednesday, 22. February	Thursday, 23. February	Friday, 24. February
SOUP Grisons barley soup <i>approx 98.6 cal. / Dried Meat (beef): Switzerland</i>	SOUP Tomato soup with basil <i>approx 65.6 cal.</i>	SOUP Oriental green pea soup <i>approx 154.1 cal.</i>	SOUP Vegan celery soup <i>approx 69.1 cal.</i>	SOUP Vegan vegetable soup <i>approx 71.5 cal.</i>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL Roasted breast of maize-fed poulard Tomato basil sauce Gnocchi Leaf spinach <i>approx 912.7 cal. / Chicken: France</i>	TRADITIONAL Pork neck roast Dark beer gravy White-bread dumplings Red cabbage with cranberries <i>approx 996.1 cal. / Pork: Switzerland</i>	TRADITIONAL G'hackets and Hörnli Minced beef Swiss macaroni Applesauce Grated cheese <i>approx 765.4 cal. / Beef: Switzerland</i>	TRADITIONAL Pot au feu Beef stew with carrots, celery, savoy cabbage, leeks and potatoes Horseradish cream <i>approx 437.8 cal. / Beef: Switzerland</i>	TRADITIONAL Pork escalope Viennese style Daily vegetable Potatoes with rosemary Lemon slice <i>approx 696.8 cal. / 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
TRADITIONAL SMART Fried sea bass fillet Mustard horseradish dip Cereal mix Courgettes Provençale style <i>approx 894.9 cal. / Sea bass: Turkey</i>	TRADITIONAL SMART Fried pollock fillet Savoy cabbage pizokel with cream <i>approx 387.8 cal. / Pollack: Northeast Atlantic</i>	TRADITIONAL SMART Marinated shrimps skewer with herbs Café de Paris Boiled potatoes Leaf spinach <i>approx 601.5 cal. / Shrimps: Vietnam</i>	TRADITIONAL SMART Fish ragout with shrimps Teriyaki lemongrass sauce Steamed rice with vegetables Fried vegetables with black fungus <i>approx 617.7 cal. / Salmon: Norway, Shrimps: India</i> Lemon sole: Northeast Atlantic	TRADITIONAL SMART Marinated char fillet Chimichurri Lukewarm millet tabouleh <i>approx 733.7 cal. / Char: Iceland</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 Vegan chickpea curry “chana masala” Couscous Date chutney Papadum <i>approx 708.3 cal.</i>	KARMA The Green Burger Plant-based patty, pumpkin seed bun, herb sauce, avocado, cucumber and cress French fries <i>approx 1057.8 cal.</i>	KARMA Vegan Beluga lentil patties Mustard yoghurt dip Fried potatoes with sauerkraut and parsley <i>approx 501.3 cal.</i>	KARMA Organic spaghetti alla trapanese with olive oil, almonds, tomatoes and basil <i>approx 964.3 cal.</i>	KARMA Vegan ravioli with lentil and vegetable filling Tomato curry sauce Baked aubergines <i>approx 649.3 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 Rock the Wok Chicken strips or soy-wheat slices Lemongrass chilli or tamarind sake sauce Jasmine rice Asian vegetables from the buffet <i>approx 678.8 cal. / Chicken: Switzerland</i>	WORLD BOWLS Pho bo Vietnamese noodle soup with beef, rice noodles, carrots, Mu-Err mushrooms, Chinese cabbage, pak choi and lime <i>approx 467.1 cal. / Beef: Switzerland</i>	WORLD BOWLS Rock the Wok Prawns or plant-based chicken Spicy curry or oyster ginger sauce Jasmine rice Asian vegetables from the buffet <i>approx 598.8 cal. / Shrimps: India</i>	WORLD BOWLS Korean Chicken Bao Crispy chicken breast, gochujang sauce, steam bun, onions, sesame seeds and cucumbers. Jasmine rice Coloured coleslaw <i>approx 960.4 cal. / Chicken: Switzerland</i>	
14.90	13.90	14.90	13.90	
OVEN Pinsa with bacon, onions and garlic <i>approx 930.5 cal. / Bacon (Pork): Switzerland</i>	OVEN Kebab in oriental bread Yoghurt sauce with chives Sambal Oelek Carrots, cabbage, iceberg salad and onions Lukewarm tabbouleh <i>approx 946.9 cal. / Kebab (chicken, beef, veal): Switzerland</i>	OVEN Pizza Crudo with raw ham Parma style and rocket <i>approx 985.2 cal. / Ham (pork): Italy</i>	OVEN Pizza Domenico with spicy salami, tuna and mascarpone <i>approx 1251.7 cal. / Salami (Pork, Beef): Switzerland, Tuna: Thailand</i>	
14.90	11.90	14.90	14.90	
OVEN VEGI Pinsa with Gorgonzola and spinach		OVEN VEGI Pizza bianca Masi Grana Padano, olive garlic oil, chilli oil, pesto and	OVEN VEGI Pizza Margherita Mozzarella, basil, tomato	

approx 1032.8 cal.

pepper
approx 921.2 cal.

approx 887.4 cal.

12.90

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