



























Alfred's Kitchen / Quai Zurich Campus

Monday, 24. May	Tuesday, 25. May	Wednesday, 26. May	Thursday, 27. May	Friday, 28. May
SOUP  <p>Tomato cream soup <i>approx 120.6 cal.</i></p>	SOUP   <p>Vegan courgettes soup <i>approx 53.4 cal.</i></p>	SOUP   <p>Asparagus cream soup <i>approx 82.3 cal.</i></p>	SOUP   <p>Vegan lentil soup <i>approx 128.3 cal.</i></p>	SOUP  <p>Vegetable broth with crepe strips and vegetables <i>approx 88.1 cal.</i></p>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL  <p>Sliced veal Zurich style with mushroom sauce Roesti Glazed peas and carrots <i>approx 858.5 cal. / Veal: Switzerland</i></p>	TRADITIONAL <p>Turkey piccata Turkey escalope with egg and parmesan Tomato sauce Saffron risotto Leaf spinach <i>approx 785.5 cal. / Turkey: France</i></p>	TRADITIONAL <p>Meatloaf Red wine gravy Spaetzli Green beans <i>approx 764.9 cal. / Meatloaf (Pork, Beef): Switzerland</i></p>	TRADITIONAL  <p>Sliced chicken Curry cream sauce Rice Broccoli with almonds <i>approx 751.6 cal. / Chicken: Switzerland</i></p>	TRADITIONAL <p>Perch fillets in beer batter Tartar sauce Boiled potatoes Tomato Provencal style <i>approx 955.0 cal. / Perch: Germany</i></p>
8.90	8.90	8.90	8.90	8.90
TRADITIONAL SMART  <p>Kalbsgeschnetzeltes Zürcher Art 2. Qual Fleisch Organic whole grain rice Glazed leeks <i>approx 684.4 cal. / Veal: Switzerland</i></p>	TRADITIONAL SMART <p>Turkey piccata Turkey escalope with egg and parmesan Tomato sauce Tender wheat Romanesco <i>approx 517.9 cal. / Turkey: France</i></p>	TRADITIONAL SMART <p>Meatloaf Red wine gravy Fried potatoes Artichoke peperonata <i>approx 596.5 cal. / Meatloaf (Pork, Beef): Switzerland</i></p>	TRADITIONAL SMART  <p>Sliced chicken Curry cream sauce Rice noodles Organic oven baked carrots <i>approx 755.3 cal. / Chicken: Switzerland</i></p>	TRADITIONAL SMART  <p>Perch fillets in beer batter Tartar sauce Venere rice Spring vegetables <i>approx 985.4 cal. / Perch: Germany</i></p>
8.90	8.90	8.90	8.90	8.90
KARMA  <p>Agnolotti with wild garlic filling Yellow bell peppers coulis Baked Mediterranean vegetables Grated Grana Padano <i>approx 665.6 cal.</i></p>	KARMA   <p>Vegan burger in a yellow bun with BBQ sauce, tomatoes, gherkins, rocket and fried onions French fries Vegan cole slaw <i>approx 951.5 cal.</i></p>	KARMA  <p>Aubergine escalope in nut coating Tomato curd dip Spinach gnocchi Organic fennel with saffron <i>approx 600.9 cal.</i></p>	KARMA   <p>Sweet potato falafel Tomato hummus Lemon couscous Roasted cauliflower Pine nuts <i>approx 557.2 cal.</i></p>	KARMA   <p>Citrus Noodles Asian noodle dish with citrus fruits, bell peppers, courgettes, spring onions and peanuts <i>approx 727.5 cal.</i></p>
8.90	8.90	8.90	8.90	8.90
WORLD BOWLS <p>Chicken Caesar salad Iceberg and lettuce with bacon, croutons, parmesan, roasted chicken breast and garlic bread <i>approx 1230.5 cal. / Chicken: Switzerland, Anchovies: Spain, Bacon (Pork): Switzerland</i></p>	WORLD BOWLS   <p>Massaman Thai Curry with Shrimps Jasmine rice Fried vegetables with wood ear mushrooms Peanuts and coriander <i>approx 728.4 cal. / Shrimps: India</i></p>	WORLD BOWLS  <p>Tuna poke bowl with sushi Rice, avocado, edamame, sesame, ginger, wasabi and soy sauce <i>approx 662.5 cal.</i></p>	WORLD BOWLS <p>Spaghetti Bolognese sauce with veal Grana Padano mousse Stewed tomato <i>approx 802.7 cal. / Veal: Switzerland</i></p>	WORLD BOWLS  <p>Beef Korma Beef with curry almond sauce Biryani rice Cucumber raita <i>approx 798.9 cal. / Beef: Switzerland</i></p>
15.90	15.90	15.90	15.90	15.90
OVEN <p>Chäässchnitte Cheese slice with ham, raclette cheese and fried egg <i>approx 1128.7 cal. / Ham (pork): Switzerland</i></p>	OVEN <p>Pizza Crudo with raw ham Parma style and rocket <i>approx 979.8 cal. / Ham (pork): Italy</i></p>	OVEN <p>Lasagne verdi al forno with beef, béchamel sauce and Grana Padano <i>approx 769.7 cal. / Beef: Switzerland</i></p>	OVEN <p>Pizza della Nonna with bacon, salami, bell peppers and olives <i>approx 1139.7 cal. / Bacon (Pork): Switzerland, Salami (pork, beef): Switzerland</i></p>	OVEN  <p>"Innerschwyzler Ofenguck" Mashed potatoes, bacon, egg, leek and grated cheese <i>approx 664.2 cal. / Bacon (Pork): Switzerland</i></p>
14.90	14.90	14.90	14.90	14.90

OVEN VEGI

Pizza Quattro Formaggi
with Gorgonzola, Taleggio, Mozzarella und
Grana Padano
approx 1188.0 cal.

OVEN VEGI

Pizza Melanzane
with aubergine, rocket and Grana Padano
approx 1030.7 cal.

12.90

12.90

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pro 100 Gramm: 2.60

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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