





# smart eating

Costa Rica / Loma Linda  
**8 TO 10 MAY**

Okinawa, Japan  
**18 TO 20 NOVEMBER**



## Eat smart with the Eldora nutritional programme

In 2025, we will be travelling to the **BLUE ZONES**. Zones in the world where people live to be over 100 years old and are still in top shape even in old age. What is the secret of these people? The author Dan Buettner has tried to uncover it. His findings: Nutrition is a decisive factor. During two promotion weeks, we will be cooking dishes from the Blue Zones.

Eating behavior has a significant impact on our well-being. Our Smart Eating meals are designed for office workers and are based on the guidelines of the SGE (Swiss Society for Nutrition). Specifically, with Smart Eating, you can expect delicious meals that ...

- contain a maximum of 600 calories,
- are low in salt and fat,
- are prepared extra gently,
- have a high protein content,
- are healthy, enjoyable and sexy.

## Eurovision Songcontest



**13 / 15 MAY**

After Nemo's brilliant victory, who will take the title? We accompany the singing contest with culinary delights from all over Europe.

## European Football Championship



**8 TO 10 JULI**

We cook dishes from the participating nations and the host country Switzerland.

## Oktoberfest



**IN OCTOBER...**

... the world looks to Bavaria. We also have classics from the beer tent to savour.

## Culinary Backpacker

**25 TO 27 MARCH**

**2 TO 4 SEPTEMBER**

From Jollof Rice, Chakalaka to Thai Curry. We pack the best ingredients from Africa and Asia in our travel rucksack.



# DIE GENUSSWOCHE

**23 TO 25 SEPTEMBER**

National Gourmet Week invites us to savor food at leisure, to rethink our relationship with food, and to be curious about the origins of our food. Each year, we focus on a culinary theme that we realize in our restaurants.

## Wish a dish

**ANYTIME**



Send us your favorite dish or menu request via the restaurant's website. We will check to see if your request can be accommodated. If everything fits, we will prepare and cook the menu at the restaurant a few weeks later.

## Swiss favourite cuisine

From Basel flour soup to pizzocheri and Züri G'schnätzlete. We cook the most popular classics from different cantons.



## Advent calendar raffle



24 doors with 24 prizes. Take part in our Advent calendar competition and scan the QR code on the Advent calendar in the restaurant every day. In addition to small daily prizes, you can also win a large overall prize. Good luck!

# ACTS OF GREEN

FEBRUAR TO NOVEMBER

## «Save the Planet»?

As a company and in its restaurants, Eldora AG has been committed to sustainability, fairness and environmental protection for many years. We recognize that we cannot save the entire planet on our own. But we act responsibly every day and make our contribution with many individual good deeds - the **ACTS OF GREEN**.

Eating in an environmentally friendly way does not mean asceticism, but rather the **right mix of food and enjoyment with a clear conscience**.

From February to November, we will dedicate one day a month to raising awareness of sustainable issues.

Since 2016, we have been guided by the 2030 Agenda adopted by the UN and its 17 goals for sustainable global development.



1 Act of Green appears wherever you can „earn“ a good green deed.



In addition to the Acts of Green days, there are other promotions on the subject of sustainability.

## VEGANUARY

Take part in the international campaign and try your way through our varied vegan menus in January.



## World Vegetarian Day

1 OCTOBER

Eating vegetarian food more often is good for us and the environment. Join in!



## World Vegan Day

1 NOVEMBER

For World Vegan Day there is a delicious menu, completely without animal products.



Alp valpun  1882 a.s.l

# ALPINE COW SPONSORSHIP

since 2015

6 TO 8 OCTOBER

## Finest alpine cheese from our alpine cows

Eldora has been supporting the Roffler farming family in Prättigau (Graubünden) since 2015 and sponsors an alpine cow for every Eldora restaurant. The cows spend the summer on the beautiful Valpun Alp at around 1882 metres above sea level, where they can enjoy mountain herbs all day long. The milk is processed into wonderfully tangy and creamy alpine cheese, which we turn into into delicious menus in autumn.

## Star of the season

Sustainability starts with purchasing. That's why we buy regionally and seasonally. We celebrate the season's vegetable stars with numerous delicious menus.

13 TO 17 JANUARY  
Cabbage

14. TO 18 JULY  
Tomatoes

19 TO 23 MAY  
Cucumber

27 TO 31 OCTOBER  
Pumpkin

