

# Alfred's Kitchen / Quai Zurich Campus

Monday, 03. March	Tuesday, 04. March	Wednesday, 05. March	Thursday, 06. March	Friday, 07. March
<b>SOUP</b> Vegan artichoke soup <i>approx 52.4 cal.</i>	 <b>SOUP</b> Vegan wild mushroom soup <i>approx 84.6 cal.</i>	 <b>SOUP</b> Cream of tomato soup <i>approx 120.8 cal.</i>	 <b>SOUP</b> Cream of cauliflower soup <i>approx 114.4 cal.</i>	 <b>SOUP</b> Cream of vegetable soup <i>approx 83.4 cal.</i>
2.50	2.50	2.50	2.50	2.50
<b>TRADITIONAL</b> Pork steak fried as a whole Marsala sauce Risotto Broccoli  <i>approx 661.1 cal. / Pork: Switzerland</i>	 <b>TRADITIONAL</b> Vegetarian Älplermagronen (Swiss Alpine macaroni) with creamy cheese sauce, potatoes, onions and apple sauce  <i>approx 881.9 cal.</i>	 <b>TRADITIONAL</b> Favorite Swiss cuisine: Bern Bernese platter Pork neck ribs, bacon and blood tongue Mustard Boiled potatoes Sauerkraut and dried beans <i>approx 635.6 cal. / Bacon (pork): Switzerland, Pork: Switzerland, Sausage (pork, beef): Switzerland</i>	<b>TRADITIONAL</b> Köttbullar meatballs Cream sauce Mashed potatoes Cranberries Romanesco  <i>approx 750.8 cal. / Meatballs (beef): Switzerland</i>	<b>TRADITIONAL</b> Vaudois pork cordon bleu French fries Glazed rainbow carrots Lemon slice  <i>approx 847.4 cal. / Cordon bleu (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
<b>POP-UP</b> Paella Spanish rice with chicken, seafood, saffron, vegetables and aioli  <i>approx 951.7 cal. / Chicken: Switzerland, Shrimps: Vietnam, Squid: Western Indian Ocean, Calamari: Southwest Atlantic, Calamari in batter: Southwest Atlantic</i>	 <b>POP-UP</b> Vegetable quesadilla gratinated with cheddar cheese Tomato salad with onions and coriander Guacamole <i>approx 723.7 cal.</i>	 <b>POP-UP</b> Moroccan platter with marinated chicken breast, tabbouleh, hummus, roasted vegetables and yoghurt raita  <i>approx 809.9 cal. / Chicken: Switzerland</i>	<b>POP-UP</b> Gyro dumplings with chicken Tzatziki Pita bread Greek salad  <i>approx 693.3 cal. / Chicken: Switzerland</i>	<b>POP-UP</b> Chicken breast Chimichurri Ratatouille Tricolour quinoa with herbs  <i>approx 637.2 cal. / Chicken: Switzerland</i>
9.80	8.90	9.80	9.80	8.90
  <b>KARMA</b> Roasted cauliflower with tahini, smoked paprika and pomegranate seeds Hummus Bulgur tabbouleh <i>approx 945.5 cal.</i>	  <b>KARMA</b> Vegan pea protein meatballs Wild mushroom sauce Penne Marinated rocket  <i>approx 740.8 cal.</i>	  <b>KARMA</b> Onion and ginger pakora fritters Mango and chilli chutney Chickpea and lentil dal Papadum and herb salad  <i>approx 773.9 cal.</i>	  <b>KARMA</b> Korean fried tofu Soy and chilli sauce Jasmine rice Pak choi  <i>approx 905.8 cal.</i>	  <b>KARMA</b> Vegan Spaghetti Carbonara with smoked tofu, onions, garlic and parsley  <i>approx 709.6 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
<b>WORLD BOWLS</b>	  <b>WORLD BOWLS</b>	<b>WORLD BOWLS</b>	<b>WORLD BOWLS</b>	<b>WORLD BOWLS</b>

Rock the Wok  
Create your own wok dish.  
Two protein components and  
sauces to choose from  
with jasmine rice and vegetables  
from the buffet

Phat Kaphrao Tao Hoo  
Tofu with Thai basil, fried egg,  
jasmine rice, mung beans and  
peperoncini

*approx 705.2 cal.*

Thai Massaman curry with beef  
Jasmine rice  
Fried vegetables with Mu-Err  
mushrooms  
Peanuts

*approx 776.0 cal. / Beef:  
Switzerland*

Rock the Wok  
Create your own wok dish.  
Two protein components and  
sauces to choose from  
with jasmine rice and vegetables  
from the buffet

Thai green curry with shrimps,  
aubergine, courgettes, chilli, lime  
and sweet basil

*approx 330.6 cal. / Shrimps:  
Vietnam*

13.90

8.90

13.90

13.90

13.90

### OCEAN & OVEN

Steamed barramundi fillet  
Vegetable vinaigrette  
Pearl couscous  
Organic daily vegetables  
*approx 607.5 cal. / Sea Bass:  
Vietnam*



### OCEAN & OVEN

Pizza Quattro Formaggi  
with Gorgonzola, Taleggio,  
mozzarella and Grana Padano

*approx 1202.4 cal.*

### OCEAN & OVEN

Marinated char fillet  
Mustard and horseradish dip  
Tricolour quinoa with vegetables

*approx 650.7 cal. / Char: Iceland*

### OCEAN & OVEN

Marinated halibut fillet  
Tomato and basil sauce  
Sweet potatoes  
Pak choi  
*approx 611.3 cal. / Halibut:  
Northwest Atlantic*



### OCEAN & OVEN

Pizza Parma  
with Parma ham and mascarpone

*approx 1092.5 cal. / Ham (pork):  
Italy*

incl. Soup or Salad: 8.90

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incl. Soup or Salad: 8.90

incl. Soup or Salad: 8.90

incl. Soup or Salad: 14.90

### STREET EATS



Khao Soi curry with organic  
tempeh, coconut milk, mie  
noodles, coriander, chilli, lime and  
mung bean sprouts  
*approx 907.4 cal.*

incl. Soup or Salad: 8.90

### STREET EATS



Homemade organic pasta con  
salsiccia e funghi  
with salsiccia, mushrooms, onions,  
garlic, parsley and olive oil  
*approx 689.2 cal. / Salsiccia (pork):  
Switzerland*

incl. Soup or Salad: 10.90

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