

Alfred's Kitchen / Quai Zurich Campus

Monday, 27. January	Tuesday, 28. January	Wednesday, 29. January	Thursday, 30. January	Friday, 31. January
SOUP  Cream of corn soup with lime and coriander <i>approx 132.4 cal.</i> 2.50	SOUP  Cream of tomato soup <i>approx 120.8 cal.</i> 2.50	SOUP  Potato and leek soup <i>approx 100.9 cal.</i> 2.50	SOUP  Parsnip soup <i>approx 91.1 cal.</i> 2.50	SOUP  Cream of vegetable soup <i>approx 83.4 cal.</i> 2.50
TRADITIONAL  Fried chicken breast Chervil quark Baked sweet potatoes Two-tone beans <i>approx 488.5 cal. / Chicken: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL G'hackets & Hörnli Minced beef Elbow macaroni Apple sauce and grated cheese <i>approx 765.4 cal. / Beef: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Roast pork neck Creamy cognac sauce Mashed potatoes Broccoli <i>approx 674.7 cal. / Pork: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Chicken piccata Chicken schnitzel with egg and grated cheese Spaghetti Romanesco <i>approx 693.5 cal. / Chicken: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Alfred's Schnitzel Viennese pork schnitzel French fries Organic daily vegetables <i>approx 948.6 cal. / Pork: Switzerland</i> incl. Soup or Salad: 8.90
POP-UP  Tilapia fillet in beer batter Soy and chilli sauce Glass noodles Asian pickled vegetables <i>approx 979.2 cal. / Tilapia: China</i> 10.90	POP-UP Veal kebab Cocktail sauce or yoghurt sauce French fries Salad <i>approx 858.2 cal. / Veal: Switzerland</i> 10.90	POP-UP  Soft cheese baked in breadcrumbs Quark dip with chives Fried potatoes with rocket Oven-baked aubergine <i>approx 789.2 cal.</i> 10.90	POP-UP Potato Gröstl with beef, bacon, fried egg, mushrooms and vegetables Coleslaw with caraway <i>approx 785.0 cal. / Beef: Switzerland, Bacon (pork): Switzerland</i> 10.90	POP-UP Penne Sugo con salsiccia Tomato sauce, salsiccia, olives and rocket <i>approx 568.1 cal. / Sausage (pork): Switzerland</i> 8.90
KARMA  Veganuary Spring rolls with vegetables Sweet chilli sauce Fried rice Pak choi with pineapple <i>approx 783.3 cal.</i> incl. Soup or Salad: 8.90	KARMA  Veganuary Bhaji vegetable nuggets Tikka Masala sauce Basmati rice Organic daily vegetables <i>approx 872.2 cal.</i> incl. Soup or Salad: 8.90	KARMA  Veganuary Chana Masala chickpea curry Basmati rice Date chutney Papadum Papadum <i>approx 835.4 cal.</i> incl. Soup or Salad: 8.90	KARMA  Veganuary Vegetable gyoza dumplings Teriyaki and lemongrass sauce Jasmine rice Wok vegetables <i>approx 751.2 cal.</i> incl. Soup or Salad: 8.90	KARMA  Veganuary Samosa filled with potato and vegetables Lentil dal Naan bread Cucumber raita <i>approx 598.0 cal.</i> incl. Soup or Salad: 8.90
WORLD BOWLS Rock the Wok Create your own wok dish. Two protein components and sauces to choose from	WORLD BOWLS Momos with beef Rice vinegar dip with ginger Dim Sum with shrimps Glass noodle salad with sesame oil and lime dressing	WORLD BOWLS Mongolian Udon Noodles with beef, onions, carrots, courgettes, garlic and oyster sauce	WORLD BOWLS Sliced duck Thai green curry sauce Jasmine rice Fried vegetables with shiitake mushrooms	WORLD BOWLS  Tom Kha Gai Thai coconut soup with chicken, mushrooms, vegetables, coconut milk and coriander

with jasmine rice and vegetables from the buffet

*approx 1198.4 cal. / Momo beef: Switzerland
Shrimps: Vietnam*

approx 689.5 cal. / Beef: Switzerland

approx 859.0 cal. / Duck: Hungary

approx 528.8 cal. / Chicken: Switzerland

13.90

13.90

13.90

13.90

13.90

OCEAN & OVEN

Shepherd's pie
Potato casserole with lamb, root vegetables, cheese and glazed peas
approx 901.7 cal. / Lamb: Switzerland

OCEAN & OVEN

Fried char fillet
Green sauce
Red rice
Steamed Savoy cabbage
approx 516.2 cal. / Char: Iceland

OCEAN & OVEN

Salmon trout with dill-mustard and citrus fruit
Barley with saffron
Baked bell peppers
approx 634.8 cal. / Salmon trout: Italy

OCEAN & OVEN

Sea bass fillet with Harissa paste
Yoghurt and lemon dip
Bulgur
Organic daily vegetables
approx 490.5 cal. / Sea bass: Turkey



OCEAN & OVEN

Pizza della Nonna with bacon, salami, bell peppers and olives
approx 1135.7 cal. / Bacon (pork): Switzerland, Salami (pork, beef): Switzerland

incl. Soup or Salad: 14.90

incl. Soup or Salad: 8.90

incl. Soup or Salad: 8.90

incl. Soup or Salad: 8.90

incl. Soup or Salad: 14.00

STREET EATS



Chinese New Year Buffet 2025
Char Siu
Cantonese barbecue pork neck
Pork belly
Roasted pork belly with ginger, soy sauce and rice vinegar
Hoisin sauce
Stir-fry with soy protein mince, vegetables and shiitake mushrooms
Jasmine rice
*approx 1486.1 cal. / Pork: Switzerland
Pork: Switzerland*

STREET EATS

Wan Ton Mee
Chicken and shrimp wonton dumplings, barbecue pork neck, egg noodles and pak choy

approx 799.2 cal. / Pork: Switzerland, Chicken: Switzerland, Shrimps: Vietnam

incl. Soup or Salad: 16.00

incl. Soup or Salad: 13.90

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