

Alfred's Kitchen / Quai Zurich Campus

Monday, 20. January	Tuesday, 21. January	Wednesday, 22. January	Thursday, 23. January	Friday, 24. January
SOUP Chestnut puree soup <i>approx 185.0 cal.</i>	 SOUP Tomato soup with basil <i>approx 65.5 cal.</i>	 SOUP Cream of sweet potato soup <i>approx 139.6 cal.</i>	 SOUP Curried pea soup <i>approx 147.5 cal.</i>	 SOUP Cream of vegetable soup <i>approx 83.4 cal.</i>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL Sliced pork Stroganoff sauce Noodles Broccoli <i>approx 660.3 cal. / Pork: Switzerland</i>	TRADITIONAL Homemade Swedish köttbullar meatballs Cream sauce Mashed potatoes Cranberries Peas and carrots <i>approx 771.0 cal. / Beef: Switzerland, Veal: Switzerland</i>	TRADITIONAL Lasagne Verdi al Forno with beef, béchamel sauce and grated cheese <i>approx 661.7 cal. / Beef: Switzerland</i>	TRADITIONAL Bratwurst sausage from Thurgau apple-fed pig Onion gravy Fried potatoes Brussels sprouts <i>approx 857.2 cal. / Sausage: Switzerland</i>	TRADITIONAL Pulled pork in a bun Pineapple coleslaw French fries <i>approx 1020.7 cal. / Bun: Switzerland, 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
POP-UP Cevapcici in flatbread Garlic dip and iceberg lettuce served with Shopska salad <i>approx 1098.1 cal. / Bread: Switzerland, Cevapcici (beef, lamb): Switzerland</i>	POP-UP Moroccan platter with marinated chicken breast, tabbouleh, hummus, roasted vegetables and yoghurt raita <i>approx 737.5 cal. / Chicken: Switzerland</i>	POP-UP Gyro dumplings with chicken Tzatziki Pita bread Greek salad <i>approx 693.2 cal. / Chicken: Switzerland</i>	  POP-UP Pita bread filled with falafel and sesame sauce Oriental vegetable salad with parsley, mint and lemon <i>approx 789.2 cal.</i>	POP-UP Zereshk Polo Morgh Persian barberry rice with chicken, vegetables and tomato and saffron sauce <i>approx 826.9 cal. / Chicken: Switzerland</i>
10.80	10.80	10.80	10.80	10.80
  KARMA Veganuary Vegetable pakora fritters on sweet potato and cacao bean curry with basmati rice <i>approx 708.8 cal.</i>	 KARMA Veganuary Vegan puff pastry vol-au-vents Mushroom sauce with smoked tofu Vegetable rice Steamed peas Organic daily vegetables <i>approx 871.9 cal.</i>	 KARMA Veganuary Protein bowl with baked tempeh, oven beetroot, lentils, spinach and cashew coconut dressing <i>approx 715.1 cal.</i>	 KARMA Veganuary Baked organic beetroot Plant-based butter with black garlic and roasted cashew nuts Beluga lentils Marinated beetroot leaves with chervil <i>approx 767.3 cal.</i>	 KARMA Veganuary Tandoori aubergine Raita Naan bread Aloo Gobi Basmati rice <i>approx 990.6 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
WORLD BOWLS Rock the Wok Create your own wok dish. Two protein components and sauces to choose from	WORLD BOWLS Thai Massaman curry with chicken Jasmine rice Fried vegetables with Mu-Err	WORLD BOWLS Pork Katsu Curry Pork schnitzel in Panko breadcrumbs Katsu curry sauce with potatoes	 WORLD BOWLS Salmon Poke Bowl with sushi rice, mango, cucumber, sesame, ginger, wasabi and soy sauce	WORLD BOWLS Whole fried sirloin Chimichurri Jacket potato Catalan vegetables

with jasmine rice and vegetables
from the buffet

mushrooms
Peanuts
*approx 817.1 cal. / Chicken:
Switzerland*

Sushi rice
Spring onions
*approx 852.7 cal. / Pork:
Switzerland*

*approx 631.8 cal. / Salmon:
Norway*

*approx 596.3 cal. / Beef:
Switzerland*

13.90

13.90

13.90

13.90

13.90

OCEAN & OVEN



Marinated redfish fillet
Herb vinaigrette
Fennel with oranges and tomatoes
Red quinoa with herbs
*approx 619.6 cal. / Redfish:
Northeast Atlantic*

OCEAN & OVEN

Fried lemon sole fillet
Pumpkin seed pesto
Tender wheat risotto
Fried courgettes
*approx 968.8 cal. / Lemon sole:
Northeast Atlantic*

OCEAN & OVEN

Fried dorade fillet
Beetroot vinaigrette
Sweet potatoes
Organic daily vegetables
*approx 725.0 cal. / Gilthead:
Turkey*



OCEAN & OVEN

Fish stew with shrimps
Chervil quark
Vegetable of the day
Cereal mix
*approx 553.2 cal. / Salmon:
Norway, Shrimps: Vietnam
Lemon sole: Northeast Atlantic*



OCEAN & OVEN

Pizza Parma
with Parma ham and mascarpone

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

incl. Soup or Salad: 10.90

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



Pho Bo
Vietnamese noodle soup with
beef, rice noodles, carrots, Mu-Err
mushrooms, Chinese cabbage, pak
choi and lime
*approx 465.1 cal. / Beef:
Switzerland*

STREET EATS



Homemade egg pasta
Lobster sauce
Shrimps
Marinated baby spinach
Stewed tomatoes
*approx 657.8 cal. / Lobster:
Northwest Atlantic
Shrimps: Vietnam*

incl. Soup or Salad: 13.90

incl. Soup or Salad: 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