

# Alfred's Kitchen / Quai Zurich Campus

Monday, 23. December

Tuesday, 24. December

Friday, 27. December

## SOUP

Graubünden barley soup

*approx 99.3 cal. / Dried Meat (beef): Switzerland*

2.50

## TRADITIONAL

G'hackets & Hörnli  
Minced beef  
Elbow pasta  
Apple sauce and grated cheese

*approx 790.0 cal. / Beef: Switzerland*

incl. Soup or Salad: 8.90

## TRADITIONAL SMART



Fried sea bass fillet  
Rustic salad with radish, cucumber, carrots, cos lettuce and cress

*approx 288.5 cal. / Sea bass: Turkey*

incl. Soup or Salad: 8.90

## KARMA



Sliced soy protein  
Thai red curry sauce  
Fried vegetables with shiitake mushrooms  
Jasmine rice  
*approx 738.5 cal.*

incl. Soup or Salad: 8.90

## SOUP

Vegetable broth with pancake ribbons and vegetable strips  
*approx 52.2 cal.*

2.50

## TRADITIONAL

Chicken cordon bleu  
French fries  
Organic daily vegetables

*approx 894.2 cal. / Cordon bleu (chicken): Switzerland*

incl. Soup or Salad: 8.90

## TRADITIONAL SMART



Fried salmon fillet  
Rustic salad with radish, cucumber, carrots, cos lettuce and cress

*approx 391.5 cal. / Salmon: Norway*

incl. Soup or Salad: 8.90

## KARMA



Vegetable pakora fritters  
Vegetable curry  
Basmatirice

*approx 563.0 cal.*

incl. Soup or Salad: 8.90

## SOUP

Cream of pumpkin soup

*approx 124.6 cal.*

2.50

## TRADITIONAL

Beef sirloin steak  
Herb butter  
Oven-baked potatoes with sour cream and chives  
Vegetable of the day  
*approx 759.0 cal. / Beef: Switzerland*

incl. Soup or Salad: 8.90

## TRADITIONAL SMART

Chicken piccata  
Chicken schnitzel with egg and grated cheese  
Rustic salad with radish, cucumber, carrots, cos lettuce and cress  
*approx 348.7 cal. / Chicken: Switzerland*

incl. Soup or Salad: 8.90

## KARMA



Millet fritters  
Sweet-and-sour sauce with pineapple and bell peppers  
Fried rice

*approx 2196.4 cal.*

incl. Soup or Salad: 8.90

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