

Alfred's Kitchen / Quai Zurich Campus

Monday, 03. February	Tuesday, 04. February	Wednesday, 05. February	Thursday, 06. February	Friday, 07. February
SOUP Cream of pumpkin soup <i>approx 124.6 cal.</i>	 SOUP Vegan carrot and ginger soup <i>approx 76.0 cal.</i>	 SOUP Truffled black salsify soup <i>approx 142.7 cal.</i>	 SOUP Cream of corn soup <i>approx 125.6 cal.</i>	 SOUP Cream of vegetable soup <i>approx 83.4 cal.</i>
2.50	2.50	2.50	2.50	2.50
TRADITIONAL Pork steak Port wine sauce Saffron risotto Spinach <i>approx 744.8 cal. / Pork: Switzerland</i>	TRADITIONAL Paradise Tuesday Züri G'schnätzlets Zurich-style sliced soy in mushroom sauce Pasta Organic daily vegetables <i>approx 674.3 cal.</i>	 TRADITIONAL St. Gallen Olma bratwurst sausage Beer and onion gravy Lyonnaise potatoes Romanesco <i>approx 795.1 cal. / Sausage (pork, veal): Switzerland</i>	TRADITIONAL Spaghetti Powwow Spaghetti with a choice of 4 sauces Bolognese, putanesca, creamy cheese sauce, pesto Grated cheese <i>approx 707.0 cal. / Beef: Switzerland</i>	TRADITIONAL Mexican chicken burger Chicken burger, corn bun, chilli cheese, cucumber, tomatoes, iceberg lettuce, coriander, onion rings and chipotle sauce Deep-fried potato wedges <i>approx 1269.7 cal. / Bread: Switzerland, Burger (chicken): 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 Pulled salmon tacos with guacamole, mango salsa, pickled red onions and iceberg lettuce Vegetable rice <i>approx 1003.1 cal. / Salmon: Norway</i>	 POP-UP Paradise Tuesday Mezze platter with falafel, hummus, Baba Ganoush, tomato salad, tabbouleh and pita bread <i>approx 994.3 cal.</i>	 POP-UP Chicken breast with honey, cinnamon and pine nuts Saffron and turmeric moghrabieh Baked aubergines and tomatoes <i>approx 599.5 cal. / Chicken: Switzerland</i>	POP-UP Brazilian Chicken Stroganoff Pilaf rice Organic daily vegetables <i>approx 1026.2 cal. / Chicken: Switzerland</i>	 POP-UP Marinated perch fillet Fennel with oranges and tomatoes Saffron quinoa <i>approx 461.6 cal. / Perch: Russia (Federation of)</i>
8.90	9.80	8.90	8.90	8.90
KARMA Soy protein burger in a black bun with barbecue sauce, chilli-spiced pumpkin, rocket and fried onions Oven-baked potato wedges <i>approx 712.4 cal. / Bun: Switzerland</i>	 KARMA Paradise Tuesday Black lentil dal Lime and chilli chutney Basmati rice <i>approx 616.2 cal.</i>	 KARMA Vegan tortelloni filled with quinoa and spinach Kale and Savoy cabbage <i>approx 501.3 cal.</i>	 KARMA Empanadas verdura Chickpea and vegetable ragout with tomato sauce <i>approx 386.8 cal.</i>	 KARMA Oriental Moussaka Deep-fried aubergine with chickpeas, bell peppers and courgettes Basmati rice and vermicelli <i>approx 723.2 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 Khao Man Gai Poached chicken Chilli dip	 WORLD BOWLS Paradise Tuesday Roasted aubergine with buttermilk sauce and pomegranate seeds Polenta slice with dried tomatoes	WORLD BOWLS Duck breast Hoisin sauce Jasmine rice Asian vegetables with mushrooms	WORLD BOWLS Shrimp Poke Bowl with shrimps, sushi rice, avocado, pineapple, coriander, sesame	WORLD BOWLS Thai red curry with beef Jasmine rice Fried vegetables with Mu-Err mushrooms

Flavoured jasmine rice Cucumber salad <i>approx 600.0 cal. / Chicken: Switzerland</i>	<i>approx 501.2 cal.</i>	<i>approx 927.7 cal. / Duck: France</i>	seeds, ginger, wasabi and soy sauce <i>approx 598.8 cal. / Shrimps: Vietnam</i>	<i>approx 663.6 cal. / Beef: Switzerland</i>
13.90	8.90	13.90	13.90	13.90
OCEAN & OVEN Red trout fillet Green mole sauce Lukewarm beluga lentils with cherry tomatoes, celery and parsley <i>approx 620.8 cal. / Salmon trout: Turkey</i>	 OCEAN & OVEN Paradise Tuesday Gnocchi al forno with tomato and vegetable sauce, mascarpone, mozzarella and grated cheese <i>approx 823.8 cal.</i>	 OCEAN & OVEN Fried dorade fillet Orange and dill vinaigrette Creamed fennel Lemon tender wheat <i>approx 713.3 cal. / Gilthead: Turkey</i>	 OCEAN & OVEN Trout fillet with lemon crust Dried tomato and olive salsa Roasted Mediterranean vegetables <i>approx 517.7 cal. / Trout: Italy</i>	OCEAN & OVEN Pizza Nina with shoulder of ham, bacon and fried egg <i>approx 1121.9 cal. / Ham (pork): Switzerland, Bacon (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: 12.90
	STREET EATS Paradise Tuesday Laksa Lemak Spicy-hot turmeric and coconut soup with crispy tofu, rice noodles, mushrooms and vegetables Lime, coriander and peperoncini <i>approx 643.3 cal.</i>	 	STREET EATS Pho Heo Vietnamese noodle soup with crispy pork belly, rice flakes, Chinese cabbage, bell peppers and mushrooms <i>approx 621.6 cal. / Pork: Switzerland</i>	
	incl. Soup or Salad: 10.90		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