

# Alfred's Kitchen / Quai Zurich Campus

Monday, 08. September	Tuesday, 09. September	Wednesday, 10. September	Thursday, 11. September	Friday, 12. September
<b>SOUP</b>  Carrot, ginger and coconut soup <i>approx 95.6 cal.</i> 2.50	<b>SOUP</b>  Potato and truffle soup <i>approx 141.9 cal.</i> 2.50	<b>SOUP</b>  Cream of mushroom soup <i>approx 126.3 cal.</i> 2.50	<b>SOUP</b>  Celery and apple soup <i>approx 140.6 cal.</i> 2.50	<b>SOUP</b>  Vegan vegetable soup <i>approx 71.9 cal.</i> 2.50
<b>TRADITIONAL</b> Pork schnitzel Creamy mushroom sauce with parsley Tagliatelle Organic daily vegetables <i>approx 734.7 cal. / Pork: Switzerland</i>	<b>TRADITIONAL</b> Fried corn-fed poulard Balsamic sauce Saffron rice Autumn vegetables <i>approx 811.0 cal. / Chicken: France</i>	<b>TRADITIONAL</b> Roast pork neck Marsala sauce Noodles Glazed carrots <i>approx 826.2 cal. / Pork: Switzerland</i>	<b>TRADITIONAL</b> Älplermagronen (Swiss Alpine macaroni) with creamy cheese sauce, bacon, potatoes, onions and apple sauce <i>approx 1045.0 cal.</i>	<b>TRADITIONAL</b> Caesar Chicken Burger Chicken burger, brioche bun, iceberg lettuce, fried egg, onions, tomatoes, Parmesan, Caesar dip <i>approx 948.4 cal. / Burger (chicken): Switzerland, Bun: 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>  Fried char fillet Beluga lentils with finely diced vegetables Organic daily vegetables <i>approx 428.9 cal. / Char: Iceland</i> 8.90	<b>POP-UP</b>  Fish and chips Cod in batter Mayonnaise Jumbo fries Mashed peas <i>approx 1086.3 cal. / Cod: Northeast Atlantic</i> 8.90	<b>POP-UP</b>  Vegetable empanadas Chimichurri salsa Rice with corn Grilled vegetables <i>approx 723.7 cal.</i> 8.90	<b>POP-UP</b> Cevapcici in flatbread Garlic dip and iceberg lettuce served with Shopska salad <i>approx 1093.0 cal. / Bread: Switzerland, Cevapcici (beef, lamb): Switzerland</i> 8.90	<b>POP-UP</b>  Red trout fillet Pumpkin seed vinaigrette Bulgur wheat Baked beetroot <i>approx 598.7 cal. / Salmon trout: Italy</i> 8.90
<b>KARMA</b>  Marinated sliced seitan Vegetable Rendang Indonesian vegetable curry with beans, aubergine, carrots and sweet potatoes Mixed wild rice <i>approx 886.4 cal.</i> incl. Soup or Salad: 8.90	<b>KARMA</b>  Smoked organic tempeh Lentil dal White quinoa <i>approx 676.6 cal.</i> incl. Soup or Salad: 8.90	<b>KARMA</b>  Goulash with soy protein, bell peppers and pumpkin Bramata polenta <i>approx 369.5 cal.</i> incl. Soup or Salad: 8.90	<b>KARMA</b>  Sliced soy protein Indian chickpea and lentil dal Couscous <i>approx 802.9 cal.</i> incl. Soup or Salad: 8.90	<b>KARMA</b>  Soy protein fillet strips Wild mushroom sauce Pasta Organic daily vegetables <i>approx 769.8 cal.</i> incl. Soup or Salad: 8.90
<b>WORLD BOWLS</b> Rock the Wok Create your own wok dish.	<b>WORLD BOWLS</b> Korean Chicken Bao Crispy chicken breast,	<b>WORLD BOWLS</b> Chicken Tikka Masala Basmati rice	<b>WORLD BOWLS</b> Rock the Wok Create your own wok dish.	<b>WORLD BOWLS</b> Volcano Shrimp Bowl with shrimps, cherry

Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet	gochujang sauce, steam bun, onions, sesame seed and cucumber Jasmine rice Rainbow coleslaw <i>approx 949.6 cal. / Bun: Vietnam, Chicken: Switzerland</i>	Roasted cauliflower Raita  <i>approx 759.7 cal. / Chicken: Switzerland</i>	Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet	tomatoes, paprika rice, jalapenos, cucumber, peri-peri salsa and crispy chips  <i>approx 831.4 cal. / Shrimps: Vietnam</i>
13.90	13.90	13.90	13.90	13.90
<b>OCEAN &amp; OVEN</b> Spicy shakshuka from the oven Toasted white bread Saffron rice with dates and almonds Watercress with sumac  <i>approx 681.4 cal. / Bread: France</i>	 <b>OCEAN &amp; OVEN</b> Salmon medallions Basel style with lemon and dill Herb cream sauce Rösti and colorful summer vegetables <i>approx 839.4 cal. / Salmon: Faroe (Islands)</i>	 <b>OCEAN &amp; OVEN</b> Lucerne pike-perch fillet Butter sauce with onions, tomatoes and capers Boiled potatoes Organic daily vegetables  <i>approx 555.7 cal. / Pike-perch: Estonia</i>	 <b>OCEAN &amp; OVEN</b> Poached salmon trout fillet Chervil quark Black rice Fennel  <i>approx 504.5 cal. / Salmon trout: Italy</i>	<b>OCEAN &amp; OVEN</b> Pizza Antonia with shoulder of ham, mascarpone and bell peppers  <i>approx 1105.3 cal. / Ham (pork): Switzerland</i>
incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90	incl. Soup or Salad: 14.90
	<b>STREET EATS</b> Tacos with beef, vegetables, guacamole, sour cream and rice with spring onions  <i>approx 686.1 cal. / Beef: Switzerland</i>		<b>STREET EATS</b> Create your bowl Choose protein, carbohydrates, vegetables/salad and sauce and put together your own favourite bowl	
	10.90		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