

Alfred's Kitchen / Quai Zurich Campus

Monday, 15. September	Tuesday, 16. September	Wednesday, 17. September	Thursday, 18. September	Friday, 19. September
SOUP   Pumpkin and apple soup <i>approx 102.1 cal.</i> 2.50	SOUP   Creamy ratatouille soup <i>approx 62.8 cal.</i> 2.50	SOUP  Vegetable broth with egg and herbs <i>approx 24.6 cal.</i> 2.50	SOUP  Chestnut puree soup <i>approx 182.8 cal.</i> 2.50	SOUP   Vegan vegetable soup <i>approx 72.1 cal.</i> 2.50
TRADITIONAL Milanese turkey schnitzel breaded with egg and cheese Tomato sauce Spaghetti Fried aubergine <i>approx 799.0 cal. / Turkey: France</i> incl. Soup or Salad: 8.90	TRADITIONAL Pork roast Ticino Port wine sauce Bramata polenta Organic daily vegetables <i>approx 827.4 cal. / Pork: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL  Venison stew with mushrooms, croutons, pearl onions and parsley Spätzli Red cabbage and chestnuts <i>approx 859.3 cal. / Venison: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Viennese creamy chicken goulash Noodles Tomato au gratin <i>approx 740.0 cal. / Chicken: Switzerland</i> incl. Soup or Salad: 8.90	TRADITIONAL Breaded pork schnitzel French fries Organic daily vegetables <i>approx 919.2 cal. / Pork: Switzerland</i> incl. Soup or Salad: 8.90
POP-UP  Red trout fillet Pumpkin seed vinaigrette Bulgur wheat Baked beetroot <i>approx 598.7 cal. / Salmon trout: Italy</i> 8.90	POP-UP  Chicken Kebab Flatbread filled with marinated chicken, garlic and sesame dip, cucumber, tomatoes and white cabbage Lukewarm tabbouleh <i>approx 1102.6 cal. / Bread: Switzerland, Chicken: Switzerland</i> 8.90	POP-UP Mah-Meh Fried noodles with chicken, egg, vegetables, sambal oelek and krupuk <i>approx 596.8 cal. / Chicken: Switzerland</i> 8.90	POP-UP Pulled brisket chili con carne with beans and bell peppers Baked sweet potato Sour cream, coriander and peperoncini <i>approx 648.8 cal. / Beef: Switzerland</i> 8.90	POP-UP  Pan-fried char fillet Blanc battu with smoked paprika Tricolour quinoa salad with antipasti vegetables and herb vinaigrette <i>approx 440.1 cal. / Char: Iceland</i> 8.90
KARMA   Tofu paillard with herb crust Ajvar sauce Rosemary potatoes Fried baby cos lettuce <i>approx 731.9 cal.</i> incl. Soup or Salad: 8.90	KARMA  Frittata of Swiss organic eggs, with dried tomatoes, olives, sweet potatoes and marinated watercress Chervil quark Steamed Swiss chard Black beans with herbs <i>approx 647.0 cal.</i> incl. Soup or Salad: 8.90	KARMA   Organic seitan stew Mushroom sauce Mashed potatoes Pumpkin <i>approx 527.6 cal.</i> incl. Soup or Salad: 8.90	KARMA   Fried beetroot fritters Saffron and thyme dip Risotto with pumpkin, spinach and walnuts Bimi broccoli <i>approx 883.4 cal.</i> incl. Soup or Salad: 8.90	KARMA   Plant-based bratwurst sausage Onion gravy Rösti potatoes Glazed peas and carrots <i>approx 694.5 cal.</i> incl. Soup or Salad: 8.90
	WORLD BOWLS  Texas Beef Bowl	WORLD BOWLS  Greek bowl with souvlaki	WORLD BOWLS Rock the Wok	WORLD BOWLS   Bun Tom

Marinated beef strips, long grain rice, curtido, fried bell peppers, iceberg lettuce and guacamole

approx 496.4 cal. / Beef: Switzerland

13.90

OCEAN & OVEN



Steamed pike-perch fillet with basil oil
Artichoke peperonata
Beluga lentils
Romanesco

approx 475.8 cal. / Pike-perch: Estonia

skewer
Orzo, Mediterranean vegetables, tomatoes and feta

approx 779.6 cal. / Pork: Switzerland

13.90

OCEAN & OVEN



Paella
Spanish rice dish with seafood, saffron, vegetables and aioli

*approx 840.3 cal. / Shrimps: Vietnam
Squid: Western Indian Ocean, Calamari: Southwest Atlantic, Calamari in batter: Southwest Atlantic*

Create your own wok dish. Two protein components and sauces to choose from with jasmine rice and vegetables from the buffet

13.90

OCEAN & OVEN



Pulled salmon tacos with guacamole, mango salsa, pickled red onions and iceberg lettuce
Vegetable rice
approx 900.8 cal. / Salmon: Norway

Vietnamese noodle soup with shrimps, konjac noodles, tomatoes, fried onions, herbs, fried egg

approx 522.5 cal. / Shrimps: Vietnam

13.90

OCEAN & OVEN

Pinsa with Parma ham, spinach, cherry tomatoes and truffle oil

approx 870.9 cal. / Ham (pork): Italy

incl. Soup or Salad: 14.90

STREET EATS



Vegetable dim sum dumplings
Rice vinegar dip with ginger
Glass noodle salad with pak choi, broccoli and mint
Chinese cabbage with sesame and chilli
approx 537.5 cal.

10.90

incl. Soup or Salad: 14.90

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STREET EATS

Enchilada with chicken, courgettes, mango and coriander
Mexican salad with bell peppers, beans, corn and chilli dressing

approx 721.1 cal. / Chicken: Switzerland

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