




























## Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 03. June	Tuesday, 04. June	Wednesday, 05. June	Thursday, 06. June	Friday, 07. June
<b>SOUP</b>  Lentil soup with herbs croutons <i>approx 113.54 cal.</i>	<b>SOUP</b>  Minestrone with early summer vegetables <i>approx 36.56 cal.</i>	<b>SOUP</b>  Muligatawny soup <i>approx 278.98 cal. / Origin Switzerland</i>	<b>SOUP</b>  Barley soup with vegetable <i>approx 136.90 cal.</i>	<b>SOUP</b>  Grandma's vegetable cream soup <i>approx 105.74 cal.</i>
INT / EXT CHF 1.80 / 2.50	INT / EXT CHF 1.80 / 2.50	INT / EXT CHF 1.80 / 2.50	INT / EXT CHF 1.80 / 2.50	INT / EXT CHF 1.80 / 2.50
<b>ALPINE CUISINE</b>  Sliced pork Bell pepper sauce Rice pilaf Carrots with parsley <i>approx 903.98 cal. / Origin Switzerland</i>	<b>ALPINE CUISINE</b>  Veal meatloaf Mustard cream sauce Spinach noodles Caponata <i>approx 610.26 cal. / Beef, Origin Switzerland</i>	<b>ALPINE CUISINE</b>  Swiss rösti with tomatoes and alp cheese Vegetable cubes with herbs Red cabbage salad with pear <i>approx 908.71 cal.</i>	<b>ALPINE CUISINE</b>  Stuffed eggplant with minced beef and couscous Tahini yoghurt dip Arugula with pine nuts and pomegranate <i>approx 596.53 cal. / Beef, Origin Switzerland</i>	<b>ALPINE CUISINE</b>  Homemade cheese onion tart Apple chutney Savoy cabbage salad with herbs <i>approx 879.72 cal.</i>
INT / EXT CHF 8.50 / 11.50	INT / EXT CHF 8.50 / 11.50	INT / EXT CHF 8.50 / 11.50	INT / EXT CHF 8.50 / 11.50	INT / EXT CHF 8.50 / 11.50
<b>AROUND THE WORLD</b>  Lemon chicken breast Wholemeal fusilli salad with bell pepper, olives and curly kale Basil dressing Confit cherry tomatoes <i>approx 450.18 cal. / Origin Switzerland</i>	<b>AROUND THE WORLD</b>  Sea bass fillet Thai basil salsa Mashed sweet potatoes Broccoli with almonds <i>approx 500.56 cal. / Fish, Origin Turkey</i>	<b>AROUND THE WORLD</b>  Braised beef larded with bacon Citrus fruit sauce Butter noodles Snap peas <i>approx 825.89 cal. / Pork, Beef, Origin Switzerland</i>	<b>AROUND THE WORLD</b>  Turkey saltimbocca Marsalajus White wine risotto Ratatouille <i>approx 605.22 cal. / Pork, Origin Switzerland</i>	<b>AROUND THE WORLD</b>  Crispy cod fillet Remoulade sauce Wild rice Celery with zucchini <i>approx 709.53 cal. / Fish, Origin Northeast Pacific</i>
INT / EXT CHF 11.50 / 14.50	INT / EXT CHF 11.50 / 14.50	INT / EXT CHF 11.50 / 14.50	INT / EXT CHF 11.50 / 14.50	INT / EXT CHF 11.50 / 14.50
<b>VEGI MENU</b>  Fruit curry Potato leek curry Sugar peas  <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>	<b>VEGI MENU</b>  Marinated organic tofu escalope Sambal yoghurt dip Chinese noodles with shiitake Vegetable wok  <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>	<b>VEGI MENU</b>  Mushroom omelette Organic brown rice Grilled tomato with pesto  <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>	<b>VEGI MENU</b>  Tortelli pasta Calabrese filled with tomatoes Creamy cheese sauce  <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>	<b>VEGI MENU</b>  Shakshouka Egyptian scrambled egg with vegetables Pita bread Water cress salad with onions and sumach  <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>
INT / EXT CHF 2.80 / 3.80 per 100 g	INT / EXT CHF 2.80 / 3.80 per 100 g	INT / EXT CHF 2.80 / 3.80 per 100 g	INT / EXT CHF 2.80 / 3.80 per 100 g	INT / EXT CHF 2.80 / 3.80 per 100 g
<b>HOT BUFFET</b>  Indian lamb ragout with turmeric, ginger and peperoncini Couscous with nuts Pak Choi Origin New Zealand <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>	<b>HOT BUFFET</b>  Grilled chicken thighs steaks Smoke pineapple relish Rice with vegetables Creole tomato ragout Origin Switzerland <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>	<b>HOT BUFFET</b>  Ostrich cubes Chimi churri salsa Coriander bulgur Beans and corn Origin New Zealand <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>	<b>HOT BUFFET</b>  Veal ragout with mushrooms Green pepper sauce Potato mash with chives  <i>Beef, Origin Switzerland On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>	<b>HOT BUFFET</b>  Hot ham Dijon mustard sauce Lentils casserole Spinach Pork, Origin Switzerland <i>On our buffets you will always find vegetarian and vegan as well as lactose- and gluten-free options. Please see the labels on the buffet for nutritional information.</i>
INT / EXT CHF 2.80 / 3.80 per 100 g	INT / EXT CHF 2.80 / 3.80 per 100 g	INT / EXT CHF 2.80 / 3.80 per 100 g	INT / EXT CHF 2.80 / 3.80 per 100 g	INT / EXT CHF 2.80 / 3.80 per 100 g
<b>DESSERT</b> Brownie <i>approx 149.73 cal.</i>	<b>DESSERT</b>  Vanilla mousse <i>approx 240.16 cal.</i>	<b>DESSERT</b> Carrot cake <i>approx 280.23 cal.</i>	<b>DESSERT</b> Mocca tiramisu <i>approx 230.15 cal.</i>	<b>DESSERT</b>  Jogurt lemon dessert <i>approx 101.71 cal.</i>

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