










Staff restaurant Eldora - Roche Quadra Lago / Quadra

Monday, 13. January	Tuesday, 14. January	Wednesday, 15. January	Thursday, 16. January	Friday, 17. January
SOUP ASIA   Lentil curry soup with coriander <i>approx 144.46 cal.</i>	SOUP ASIA   Lentil curry soup with coriander <i>approx 144.46 cal.</i>	SOUP ASIA   Lentil curry soup with coriander <i>approx 144.46 cal.</i>	SOUP ASIA   Lentil curry soup with coriander <i>approx 144.46 cal.</i>	SOUP ASIA   Lentil curry soup with coriander <i>approx 144.46 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
SOUP ITALIA   Onion soup with oregano <i>approx 61.74 cal.</i>	SOUP ITALIA   Onion soup with oregano <i>approx 61.74 cal.</i>	SOUP ITALIA   Onion soup with oregano <i>approx 61.74 cal.</i>	SOUP ITALIA   Onion soup with oregano <i>approx 61.74 cal.</i>	SOUP ITALIA   Onion soup with oregano <i>approx 61.74 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
ASIA WOK   Veal stripes or marinated organic tofu Indonesian curry sauce Jasmine rice with coriander and dried mango <i>approx 666.32 cal. / Beef, Origin Switzerland</i>	ASIA WOK    Beef stripes or tempeh Pineapple ginger sauce Jasmine rice with popcorn <i>approx 508.34 cal. / Beef, Origin Switzerland</i>	ASIA WOK    Salmon cubes or sliced spelt Teriyakisauce Fried chinese noodles <i>approx 589.33 cal. / Fish, Origin Norway</i>	ASIA WOK   Duck stripes or valess cubes Chu chee curry sauce Rice with sesame <i>approx 623.51 cal. / Origin Switzerland</i>	ASIA WOK    Chicken breast or organic tofu cubes Pad Thai sauce Rice noodles <i>approx 469.87 cal. / Origin Greece, Mediterranean Sea, Black Sea, Switzerland</i>
INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 14.50 / 17.50
PASTARIA Ravioli stuffed with tomatoes and mozzarella Sour cream lemon sauce Fried cured ham stripes <i>approx 754.69 cal. / Pork, Origin Switzerland</i>	PASTARIA  Organic penne with seasonal vegetables and mozzarella balls Herb cream sauce <i>approx 922.86 cal.</i>	PASTARIA Organic Maccheroni Tomato Sauce Ham and basil <i>approx 540.70 cal. / Pork, Origin Switzerland</i>	PASTARIA  Organic spinach casarecce Sautéed king oyster mushrooms with chives Cream sauce and brined egg yolk <i>approx 768.98 cal.</i>	PASTARIA  Organic conchiglie with prawns Tomato pesto Spinach, dill and lemon <i>approx 791.91 cal. / Origin Vietnam</i>
INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 14.50 / 17.50
DA PIZZI  Pizza with ham Pizza with broccoli and mushrooms <i>approx 1437.40 cal. / Pork, Origin Switzerland</i>	DA PIZZI   Swiss raclette with potatoes Bacon and onions Gherkins and pickled onions Homemade raclette spice <i>approx 793.10 cal.</i>	DA PIZZI  Pizza with veal carpaccio Pizza Fiorentina with spinach and onsen egg <i>approx 1433.05 cal. / Beef, Origin Switzerland</i>	DA PIZZI    Pizza with mussels and arugula Pizza verdura <i>approx 1416.00 cal. / Fish, Origin Spain</i>	DA PIZZI  Pizza with salami and mozzarella Pizza Al Capone with shaved pecorino, melted tomatoes and truffle oil <i>approx 1472.55 cal. / Pork, Origin Italy</i>
INT / EXT CHF 12.50 / 15.50	INT / EXT CHF 12.50 / 15.50	INT / EXT CHF 12.50 / 15.50	INT / EXT CHF 12.50 / 15.50	INT / EXT CHF 12.50 / 15.50
GRILL & ROAST   Sliced lamb shank Herbs jus Sweet potato fries Grilled vegetables <i>approx 792.56 cal. / Origin Switzerland</i>	GRILL & ROAST Grilled MSC tuna steak Aioli with lemon and dill Tomato and olives crostini Oven roasted vegetables <i>approx 692.20 cal. / Fish, Origin Norway</i>	GRILL & ROAST Duck breast Pumpkin honey jam Mashed potatoes Brussel sprouts wit onions <i>approx 819.23 cal. / Origin France</i>	GRILL & ROAST Fajita Festival Chili con carne with flatbread, tortilla chips Guacamole and sour cream Sweet pepper and tomatoes <i>approx 963.46 cal. / Beef, Origin Switzerland</i>	GRILL & ROAST Crispy pork belly Apple cider sauce Roasted sweet corn creation Kale <i>approx 739.27 cal. / Pork, Origin Switzerland</i>
INT / EXT CHF 17.00 / 20.00	INT / EXT CHF 17.50 / 20.50	INT / EXT CHF 17.00 / 20.00	INT / EXT CHF 14.50 / 17.50	INT / EXT CHF 15.50 / 18.50
DESSERT Pear semolina foam <i>approx 198.80 cal.</i>	DESSERT  Chocolate cream <i>approx 213.32 cal.</i>	DESSERT American banana bread <i>approx 310.46 cal.</i>	DESSERT  Pumpkin trifle with nuts <i>approx 127.60 cal.</i>	DESSERT Forest fruits compote with amaretto cream <i>approx 145.03 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