

Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 24. January	Tuesday, 25. January	Wednesday, 26. January	Thursday, 27. January	Friday, 28. January
SOUP  Peanut soup with chili <i>approx 395.4 cal.</i>	SOUP  Vegan carrot orange soup <i>approx 85.4 cal.</i>	SOUP  Hot and sour fish soup with pineapple, tomatoes, and branch celery <i>approx 106.9 cal. / Salmon: Norway</i>	SOUP  Indian chickpea soup with coconut milk <i>approx 186.4 cal.</i>	SOUP  Vegan beetroot soup <i>approx 69.6 cal.</i>
INT CHF 1.80 / EXT CHF 2.50	INT CHF 1.80 / EXT CHF 2.50	INT CHF 1.80 / EXT CHF 2.50	INT CHF 1.80 / EXT CHF 2.50	INT CHF 1.80 / EXT CHF 2.50
ALPINE CUISINE Lucerne puff pastry Small sausage dumplings with mushroom sauce Puff pastry Long grain rice Peas and carrots <i>approx 975.2 cal. / Small Dumplings (Veal/Pork): Switzerland</i>	ALPINE CUISINE  Vegan quinoa and beetroot patty Dill yoghurt Winter vegetables with pears <i>approx 456.4 cal.</i>	ALPINE CUISINE  Pork escalope Viennese style French fries Root vegetables <i>approx 787.0 cal. / Pork: Switzerland</i>	ALPINE CUISINE Braised beef roulade Red wine gravy Bramata polenta Coloured beans with herbs <i>approx 821.1 cal. / Roulade (Beef, Pork): Switzerland</i>	ALPINE CUISINE  Beef Stroganoff Paprika sauce with mushrooms and gherkins Mashed potatoes with peas, sour cream and mint Roasted cauliflower <i>approx 561.1 cal. / Beef: Switzerland</i>
INT CHF 11.50 / EXT CHF 14.50	INT CHF 8.50 / EXT CHF 11.50	INT CHF 11.50 / EXT CHF 14.50	INT CHF 11.50 / EXT CHF 14.50	INT CHF 11.50 / EXT CHF 14.50
AROUND THE WORLD  Vegan chili sin carne with soy mince, kidney beans, and chili Baked sweet potatoes Soy yoghurt <i>approx 708.5 cal.</i>	AROUND THE WORLD  Marinated chicken skewers Soy Ginger sauce Fried vegetables Coconut rice <i>approx 621.1 cal. / Chicken: Switzerland</i>	AROUND THE WORLD  Chickpea stew with sweet potatoes, vegetables, spinach and coconut milk Naan bread <i>approx 764.5 cal.</i>	AROUND THE WORLD  Korean fried tofu Soy chilli sauce Jasmine rice Pak Choi <i>approx 898.2 cal.</i>	AROUND THE WORLD  Vegetable gyoza Rice vinegar dip Glass noodle salad with mushrooms, vegetables, peanuts and herbs <i>approx 788.7 cal.</i>
INT CHF 8.50 / EXT CHF 11.50	INT CHF 11.50 / EXT CHF 14.50	INT CHF 8.50 / EXT CHF 11.50	INT CHF 8.50 / EXT CHF 11.50	INT CHF 8.50 / EXT CHF 11.50
DESSERT  Lime pudding with mango <i>approx 239.9 cal.</i>	DESSERT  Vegan tiramisu with caramelised apples <i>approx 264.1 cal.</i>	DESSERT  Almond cake with lime crème fraîche <i>approx 294.5 cal.</i>	DESSERT  Vegan Cheesecake with Raspberries <i>approx 661.0 cal.</i>	DESSERT Orange cream with almond crunch <i>approx 406.1 cal.</i>
INT CHF 1.80 / EXT CHF 2.50	INT CHF 1.80 / EXT CHF 2.50	INT CHF 1.80 / EXT CHF 2.50	INT CHF 1.80 / EXT CHF 2.50	INT CHF 1.80 / EXT CHF 2.50