

Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 13. January	Tuesday, 14. January	Wednesday, 15. January	Thursday, 16. January	Friday, 17. January
SOUP  <p>Corn chowder with butter popcorn approx 201.14 cal.</p>	SOUP  <p>Creamy carrot soup with vanilla approx 129.49 cal.</p>	SOUP  <p>Poultry broth with leek approx 41.02 cal.</p>	SOUP  <p>Pumpkin cream soup with orange approx 106.71 cal.</p>	SOUP  <p>Granny's vegetable cream soup approx 191.86 cal.</p>
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
ALPINE CUISINE  <p>Spaghetti party Bolognese, pesto, pomodoro Salad of the day approx 584.45 cal. / Beef, Origin Switzerland</p>	ALPINE CUISINE  <p>Fried potatoe "Gröschtli" with fried egg, vegetables, mushrooms Arugula and pumpkin seeds Cabbage salad with caraway seeds approx 453.41 cal.</p>	ALPINE CUISINE  <p>Meatloaf cordon bleu Farfalle pasta Cauliflower with tomato crumble approx 947.52 cal. / Pork, Origin Switzerland</p>	ALPINE CUISINE  <p>Chicken wings Curry sauce Soufflee potatoes Pumpkin with herbs approx 1022.44 cal. / Origin Switzerland</p>	ALPINE CUISINE  <p>Fried sea bass fillet Grapefruit dill butter Lukewarm barley salad with oven roasted vegetables and herbs approx 633.64 cal. / Fish, Origin Turkey</p>
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
AROUND THE WORLD  <p>Arroz de Marisco Rice with seafood, tomatoes, onions and garlic Piri-piri sauce approx 466.03 cal. / Fish, Origin Vietnam</p>	AROUND THE WORLD  <p>Chicken breast Cocos sauce with lemongras Glasnoodles with miso paste Holy Moly salad approx 556.28 cal. / Origin Switzerland</p>	AROUND THE WORLD  <p>Beef ragout with gravy Rice pilaf Glazed carrots approx 731.85 cal. / Beef, Pork, Origin Switzerland</p>	AROUND THE WORLD  <p>Fried salmon fillet Dill lemon sauce Wild rice Glazed sugar peas approx 663.48 cal. / Fish, Origin Norway</p>	AROUND THE WORLD  <p>Stuffed bell pepper with couscous, turkey and feta cheese Tomato coulis Spinach approx 570.60 cal. / Origin Switzerland</p>
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
VEGI MENU  <p>Spring rolls Sweet chilli sauce Couscous Soy vegetables approx 535.56 cal.</p>	VEGI MENU  <p>Crepes filled with spinach Creamy cheese sauce Organic wholegrain rice Mixed vegetables approx 592.50 cal.</p>	VEGI MENU  <p>Lentil quinoa balls with yogurt filling Vegetable-boulgur Green beans with onions approx 784.51 cal.</p>	VEGI MENU  <p>Fried celery escalope Barley risotto Winter salad with herbs dressing approx 514.86 cal.</p>	VEGI MENU  <p>Swiss rösti with tomatoes and mountain cheese Leek apple ragout Cabbage salad with pear and nuts approx 1049.08 cal.</p>
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
HOT BUFFET <p>Roasted shoulder of veal Marsala jus Bramata polenta Mediterranean grilled vegetables 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.</p>	HOT BUFFET <p>Pork neck steak Herb butter Ebly wheat Oven vegetables Pork, 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.</p>	HOT BUFFET  <p>Fried prawns with basil and onions Cucumber salsa Sweet potatoes Peas with vegetable cubes Fish, Origin Vietnam 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.</p>	HOT BUFFET  <p>Marinated lamb skewer Caper sauce with peppermint Roasted potatoes with rosemary Bell pepper Origin New Zealand 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.</p>	HOT BUFFET <p>Glazed veal breast Tessinian polenta with chestnut Chard with dried pear 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.</p>
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
DESSERT <p>Pear semolina foam approx 198.80 cal.</p>	DESSERT  <p>Chocolate cream approx 213.32 cal.</p>	DESSERT <p>American banana bread approx 310.46 cal.</p>	DESSERT  <p>Pumpkin trifle with nuts approx 127.60 cal.</p>	DESSERT <p>Forest fruits compote with amaretto cream approx 145.03 cal.</p>
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