
































## Staff restaurant Eldora - Roche Quadra Lago / Quadra

Monday, 20. January	Tuesday, 21. January	Wednesday, 22. January	Thursday, 23. January	Friday, 24. January
<b>SOUP ASIA</b>  Thai coconut soup with mushrooms and seafood cakes <i>approx 98.26 cal. / Fish, Origin Vietnam, Northwest Atlantic, Northeast Atlantic</i>	<b>SOUP ASIA</b>  Thai coconut soup with mushrooms and seafood cakes <i>approx 98.26 cal. / Fish, Origin Vietnam, Northwest Atlantic, Northeast Atlantic</i>	<b>SOUP ASIA</b>  Thai coconut soup with mushrooms and seafood cakes <i>approx 98.26 cal. / Fish, Origin Vietnam, Northwest Atlantic, Northeast Atlantic</i>	<b>SOUP ASIA</b>  Thai coconut soup with mushrooms and seafood cakes <i>approx 98.26 cal. / Fish, Origin Vietnam, Northwest Atlantic, Northeast Atlantic</i>	<b>SOUP ASIA</b>  Thai coconut soup with mushrooms and seafood cakes <i>approx 98.26 cal. / Fish, Origin Vietnam, Northwest Atlantic, Northeast Atlantic</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>SOUP ITALIA</b>  Zuppa fagioli Bean soup with parsley <i>approx 88.57 cal.</i>	<b>SOUP ITALIA</b>  Zuppa fagioli Bean soup with parsley <i>approx 88.57 cal.</i>	<b>SOUP ITALIA</b>  Zuppa fagioli Bean soup with parsley <i>approx 88.57 cal.</i>	<b>SOUP ITALIA</b>  Zuppa fagioli Bean soup with parsley <i>approx 88.57 cal.</i>	<b>SOUP ITALIA</b>  Zuppa fagioli Bean soup with parsley <i>approx 88.57 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>ASIA WOK</b>  Turkey cubes or organic tofu cubes Oyster sauce Steamed rice <i>approx 583.79 cal. / Origin Switzerland</i>	<b>ASIA WOK</b>  Duck breast stripes or quorn Bean sauce Asian noodles <i>approx 794.08 cal. / Origin France</i>	<b>ASIA WOK</b>  Tibet momos with beef or vegetables Green chili dip Asia salat <i>approx 549.77 cal. / Beef</i>	<b>ASIA WOK</b>  Pork slices or organic seitan cubes Szechuan pepper sauce Rice with green peas <i>approx 933.76 cal. / Pork, Origin Switzerland</i>	<b>ASIA WOK</b>  Sliced beef or silky tofu Sukiyaki sauce Shirataki noodles <i>approx 641.71 cal. / Beef, Origin 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
<b>PASTARIA</b>  Agnolotti filled with mascarpone and truffle Tomato coffee sauce Mushrooms Basil chiffonade <i>approx 506.95 cal.</i>	<b>PASTARIA</b>  Organic whole grain fusilli with cream sauce, ham and peas Liscio parsley <i>approx 446.90 cal. / Pork, Origin Switzerland</i>	<b>PASTARIA</b>  Organic papardelle with prawns Parsley, spinach Garlic olive oil <i>approx 594.37 cal. / Fish, Origin Vietnam</i>	<b>PASTARIA</b>  Organic gnocchetti Vegetable tomato sauce Broccoli, peperoncini and pecorino cheese <i>approx 488.88 cal.</i>	<b>PASTARIA</b>  Organic tagliatelle del padrone Herbs cream sauce with veal stripes and cherry tomatoes <i>approx 746.10 cal. / Beef, Origin 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
<b>DA PIZZI</b>  Pizza with chorizo, chili and olives Pizza with artichokes, red onions <i>approx 1451.60 cal. / Pork, Origin Switzerland</i>	<b>DA PIZZI</b>  Raclette cheese with potatoes, pear, ham and garnish <i>approx 805.40 cal. / Pork</i>	<b>DA PIZZI</b>  Pizza with smoked turkey Pizza with taleggio, tomatoes and rucola <i>approx 1510.94 cal. / Origin Switzerland</i>	<b>DA PIZZI</b>  Pizza with bacon and egg Pizza with grilled eggplant and pesto <i>approx 1527.60 cal. / Pork, Origin Switzerland</i>	<b>DA PIZZI</b>  Pizza with octopus, onions and olives Pizza with sheep cheese and fig nut pesto <i>approx 1539.64 cal. / Fish, Origin Midwest Atlantic, Middle East Atlantic, Northeast Pacific, Mediterranean Sea, Black Sea</i>
INT / EXT CHF 11.50 / 14.50	INT / EXT CHF 11.50 / 14.50	INT / EXT CHF 12.50 / 15.50	INT / EXT CHF 12.50 / 15.50	INT / EXT CHF 12.50 / 15.50
<b>GRILL &amp; ROAST</b> Lamb sirloin with tomato crumble Red wine jus Saffron risotto Ratatouille <i>approx 862.59 cal. / Origin Australia and Oceania, New Zealand</i>	<b>GRILL &amp; ROAST</b>  Moules et frites Mussels with white wine, herbs and onions French fries Spinach tomato salad <i>approx 581.23 cal. / Fish, Origin Netherlands</i>	<b>GRILL &amp; ROAST</b>  Chicken skewers Chimichurri salsa Sweet potato mash Butter beans <i>approx 586.70 cal. / Origin Switzerland</i>	<b>GRILL &amp; ROAST</b>  Gilthead from the grill with rosemary oil Fried potatoes Oven vegetables <i>approx 887.57 cal. / Fish, Origin Greece</i>	<b>GRILL &amp; ROAST</b> Chicken burger Asia Chicken breast in a red bun Edamame beans and eggplants Mango chutney <i>approx 774.70 cal. / Origin Switzerland</i>
INT / EXT CHF 17.50 / 20.50	INT / EXT CHF 15.50 / 18.50	INT / EXT CHF 16.50 / 19.50	INT / EXT CHF 17.50 / 20.50	INT / EXT CHF 15.50 / 18.50
<b>DESSERT</b>  Chocolate mousse with espresso <i>approx 239.70 cal.</i>	<b>DESSERT</b>  Passionfruit curd cream <i>approx 189.23 cal.</i>	<b>DESSERT</b> Nut dessert <i>approx 491.61 cal.</i>	<b>DESSERT</b>  Elderflower mousse <i>approx 188.25 cal.</i>	<b>DESSERT</b> Granny's prune-plum cake <i>approx 210.42 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