Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 17. February	Tuesday, 18. February	Wednesday, 19. February	Thursday, 20. February	Friday, 21. February
SOUP	SOUP	SOUP	SOUP Schmu-Do	SOUP
Mediterranean vegetable cream	Rice cream soup with raisins	Beef broth with chive pancake	Flour soup with herb croutons	Pumpkin cream soup with
with crispy parmiggiano approx 191.86 cal.	approx 72.07 cal.	approx 59.39 cal. / Beef	approx 265.03 cal.	roasted pumpkin seeds approx 106.71 cal.
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	ALPINE CUISINE	ALPINE CUISINE	ALPINE CUISINE	ALPINE CUISINE
Sliced valess Mushroom cream sauce Rösti Beans with onions	Fried catfish fillet Lemon pepper cream sauce Turmeric rice with tomato cubes Leek	Chicken thighs fried in the oven Pico de gallo Pommes rissolées Cauliflower with breadcrumbs	Gratinated pasta with alpine cheese Fried onions Organic apple compote	Risotto with salsiccia, grana padano Glazed cherry tomatoes Marinated arugula
approx 788.23 cal.	approx 558.24 cal. / Fish, Origin Norway	approx 653.62 cal. / Origin Switzerland	approx 1104.54 cal.	approx 446.82 cal. / Pork, Origin Switzerland
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	AROUND THE WORLD	AROUND THE WORLD	AROUND THE WORLD	AROUND THE WORLD
Veal shoulder glazed in the oven Merlot sauce Herbal rice Oven vegetables with thyme approx 487.31 cal. / Beef, Origin Switzerland	Oven roasted chicken breast Apricot salsa Boulgur Turnip cabbage <i>approx 744.47 cal. / Origin Switzerland</i>	Lamb stew with lime dip Cous cous Fennel vegetables approx 631.72 cal. / Origin New Zealand	Beef ragout Sweet peppers sauce Polenta Creamy chard stalk with parsley approx 730.21 cal. / Beef, Origin Switzerland	Bami goreng Noodles with sliced veal, Fried egg, Carotts, onions, sprouts approx 500.99 cal. / Beef, Origin Switzerland
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
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Frittata with spinach and mushrooms Glazed carrots with honey Roasted bell pepper with feta	Vegetable soja stew Sour cream, cheddar Sweet potato from the oven	Farfalle with chive butter Tomato ragout Brussels sprouts	Spicy marinated tofu schnitzel Harissa dipping Basmati rice	Vegan soy bolognese Spaghetti pasta Marinated spinach
approx 468.36 cal.	Roasted corn approx 749.00 cal.	approx 501.67 cal.	Broccoli with almonds approx 575.72 cal.	approx 418.94 cal.
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	HOT BUFFET	HOT BUFFET	HOT BUFFET	HOT BUFFET
Lamb stew Gravy Pizokel Courgettes	Braised beef escalopes in rosmary gravy Farfalle pasta Glazed beetroot with parsley	Turkey ragout mediterranean style with olives, and bell peppers Risotto with vegetables Lettuce	Pork spare ribs Balsamico marinated with honey Country cuts Roasted sweetcorn grains	Fried seabass Tomato vinaigrette Potatoes with thyme Bloody-Mary ragout
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.	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.	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.	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.	Fish, Origin Turkey, Greece 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.
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	DESSERT	DESSERT	DESSERT	DESSERT
Chestnut puree with cream	Chocolate mousse	Homemade apple strudel with vanilla sauce	Pear yogurt cream	Grischun nut cake trifle
approx 179.70 cal.	approx 265.24 cal.	with vanilla sauce approx 59.50 cal.	approx 182.41 cal.	approx 266.33 cal.
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