
















## Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 18. November	Tuesday, 19. November	Wednesday, 20. November	Thursday, 21. November	Friday, 22. November
<b>SOUP</b>  <p>Potato-leek soup approx 83.07 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>	<b>SOUP</b>  <p>Urban Flavour Paris Bouillon with eggs approx 29.68 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>	<b>SOUP</b>  <p>Onion chowder approx 209.72 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>	<b>SOUP</b>  <p>Vegetable soup with white beans and Parmesan cheese approx 176.44 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>	<b>SOUP</b>  <p>Garlic soup approx 136.76 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>
<b>ALPINE CUISINE</b> <p>Ayam santan Chicken ragout in spiced coconut milk with bamboo shoots Rice Pineapple with chili approx 778.48 cal. / Origin Switzerland</p> <p>INT / EXT CHF 8.50 / 11.50</p>	<b>ALPINE CUISINE</b> <p>Roast turkey with mushroom Pommero mustard sauce Gratin dauphinoise Petit pois francaise approx 637.23 cal. / Origin Switzerland</p> <p>INT / EXT CHF 8.50 / 11.50</p>	<b>ALPINE CUISINE</b>  <p>Crepes filled with ratatouille Gratinated with fresh goat cheese sauce Roasted savoy cabbage with nuts approx 584.31 cal.</p> <p>INT / EXT CHF 8.50 / 11.50</p>	<b>ALPINE CUISINE</b> <p>Chicken - red wine stew Mashed potatoes Green beans approx 935.83 cal. / Origin Switzerland</p> <p>INT / EXT CHF 8.50 / 11.50</p>	<b>ALPINE CUISINE</b> <p>Beef paupiette Gravy Bread dumplings Cauliflower with breadcrumbs approx 622.54 cal. / Beef, Pork</p> <p>INT / EXT CHF 8.50 / 11.50</p>
<b>AROUND THE WORLD</b> <p>Braised beef with mushrooms Bulgur Vichy carrots approx 723.77 cal. / Beef, Pork, Origin Switzerland</p> <p>INT / EXT CHF 11.50 / 14.50</p>	<b>AROUND THE WORLD</b>  <p>Spicy noodle soup with shrimps, tofu, courgette, coriander, mung beans and egg approx 487.73 cal. / Fish, Origin Vietnam</p> <p>INT / EXT CHF 11.50 / 14.50</p>	<b>AROUND THE WORLD</b>  <p>Smoked pork rib Hot and mild mustard Boiled potatoes Dried beans with bacon approx 569.62 cal. / Pork, Origin Switzerland</p> <p>INT / EXT CHF 11.50 / 14.50</p>	<b>AROUND THE WORLD</b> <p>Veal sliders Smokey gravy Creamy polenta with rosemary Turnip cabbage with parsley approx 662.09 cal. / Beef, Origin Switzerland</p> <p>INT / EXT CHF 11.50 / 14.50</p>	<b>AROUND THE WORLD</b> <p>Escalope of pork Lemon mascarpone sauce Tomato rice with dried tomatoes Sautéed courgettes approx 683.56 cal. / Pork, Origin Switzerland</p> <p>INT / EXT CHF 11.50 / 14.50</p>
<b>VEGI MENU</b>  <p>Stir-fry with tofu Bulgur Glazed eggplant approx 418.31 cal.</p> <p>INT / EXT CHF 8.50 / 11.50</p>	<b>VEGI MENU</b>  <p>Paneer Exotic fruit chutney Potato curry Broccoli with macadamia crumble approx 685.37 cal.</p> <p>INT / EXT CHF 8.50 / 11.50</p>	<b>VEGI MENU</b>  <p>Quorn escalpoe Ebyrisotto with dried tomatoes Fennel with pear approx 633.39 cal.</p> <p>INT / EXT CHF 8.50 / 11.50</p>	<b>VEGI MENU</b>  <p>Curry stew with chickpeas Brown rice Okra vegetables approx 544.79 cal.</p> <p>INT / EXT CHF 8.50 / 11.50</p>	<b>VEGI MENU</b>  <p>Chili sin Carne Mexican vegetable stew Tortilla chips Bean jam Guacamole approx 750.07 cal.</p> <p>INT / EXT CHF 8.50 / 11.50</p>
<b>HOT BUFFET</b> <p>Venison pepper Forester set Butter spaetzli Galsified brussels sprouts Fish, Origin Italy, 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> <p>INT / EXT CHF 2.80 / 3.80 per 100 g</p>	<b>HOT BUFFET</b> <p>Veal goulash Vienna style Sour cream Rice Marinated red cabbage 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> <p>INT / EXT CHF 2.80 / 3.80 per 100 g</p>	<b>HOT BUFFET</b>  <p>Sliced turkey Herb cream sauce Oven fried potatoes Honey carrots with parsley 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> <p>INT / EXT CHF 2.80 / 3.80 per 100 g</p>	<b>HOT BUFFET</b>  <p>Lamb stew with oregano tomato sauce Boulgour Mediterranean Vegetables 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> <p>INT / EXT CHF 2.80 / 3.80 per 100 g</p>	<b>HOT BUFFET</b>  <p>Cod fillet with hollandaise sauce Red rice from the camargue Leaf spinach Fish, Origin Germany 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> <p>INT / EXT CHF 2.80 / 3.80 per 100 g</p>
<b>DESSERT</b> <p>Crepes with orange sauce approx 201.16 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>	<b>DESSERT</b> <p>Chocolate mousse approx 265.24 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>	<b>DESSERT</b> <p>caramel cream approx 139.07 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>	<b>DESSERT</b> <p>Clafoutis with plums approx 210.42 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>	<b>DESSERT</b> <p>Profiteroles with chocolate sauce approx 240.85 cal.</p> <p>INT / EXT CHF 1.80 / 2.50</p>