

















Staff restaurant Eldora - Roche Quadra Terra / Quadra

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