

## Staff restaurant Eldora - Roche Quadra Terra / Quadra

| Monday, 30. March   | Tuesday, 31. March  | Wednesday, 01. April   | Thursday, 02. April   | Friday, 03. April  |
|---|---|--|---|--|
| <b>SOUP</b><br>Today no daily soup on offer.<br><i>approx 0.00 cal.</i>   | <b>SOUP</b><br>Today no daily soup on offer.<br><i>approx 0.00 cal.</i>   | <b>SOUP</b><br>Today no daily soup on offer.<br><i>approx 0.00 cal.</i>  | <b>SOUP</b><br>Today no daily soup on offer.<br><i>approx 0.00 cal.</i>   | <b>SOUP</b><br>Today no daily soup on offer.<br><i>approx 0.00 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>ALPINE CUISINE</b>   <br>Tortilla with beans and potatoes<br>Tomato chili jam<br>Herb salad with root vegetables<br>Sour cream<br><i>approx 582.54 cal.</i> | <b>ALPINE CUISINE</b>  <br>Potato "Gröschtl" with fried egg, bell peppers and onions<br>Mustard dipping<br>Cucumber salad<br><i>approx 1748.06 cal.</i> | <b>ALPINE CUISINE</b> <br>Semmelknödel and mixed vegetables with alpine cheese<br>Mushroom stew<br>Nut pesto<br><i>approx 1197.96 cal.</i>              | <b>ALPINE CUISINE</b> <br>Cannelloni with spinach and ricotta, gratinated with tomato sauce and mozzarella<br>Marinated arugula<br><br><i>approx 670.52 cal.</i>                   | <b>ALPINE CUISINE</b>  <br>Thai vegetable curry with coconut milk Basmati rice<br>Sprouts and coriander<br><br><i>approx 736.20 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   |
| <b>AROUND THE WORLD</b><br>Pork roast<br>Café de Paris sauce<br>Rösti-Croquettes<br>Carrots and peas<br><i>approx 815.47 cal. / Pork, Origin Switzerland</i>  | <b>AROUND THE WORLD</b> <br>Turkey piccata<br>Tomato ricotta sauce<br>Linguine with herb pesto<br>Cauliflower with almonds<br><i>approx 526.51 cal. / Origin Switzerland</i>   | <b>AROUND THE WORLD</b><br>Sliced beef<br>Coarse-grain mustard sauce<br>Egg Spätzli<br>Roasted bell peppers with black olives<br><i>approx 779.97 cal. / Beef, Origin Switzerland</i>  | <b>AROUND THE WORLD</b> <br>Oven roasted chicken breast<br>Smokey pineapple relish<br>Rice with tumeric<br>Creole cabbage ragout<br><i>approx 727.47 cal. / Origin Switzerland</i> | <b>AROUND THE WORLD</b> <br>Fried seabass<br>Horseradish sauce<br>Mashed potatoes with miso<br>Kale<br><i>approx 653.02 cal. / Fish, Origin Turkey</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  |
| <b>VEGI MENU</b><br>The vegetarian menu is at Alpine Cuisine counter.<br><i>approx 0.00 cal.</i>  | <b>VEGI MENU</b><br>The vegetarian menu is at Alpine Cuisine counter.<br><i>approx 0.00 cal.</i>  | <b>VEGI MENU</b><br>The vegetarian menu is at Alpine Cuisine counter.<br><i>approx 0.00 cal.</i>   | <b>VEGI MENU</b><br>The vegetarian menu is at Alpine Cuisine counter.<br><i>approx 0.00 cal.</i>  | <b>VEGI MENU</b><br>The vegetarian menu is at Alpine Cuisine counter.<br><i>approx 0.00 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   |
| <b>HOT BUFFET</b><br>Today the hot buffet remains closed.<br><i>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>  | <b>HOT BUFFET</b><br>Today the hot buffet remains closed.<br><i>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>  | <b>HOT BUFFET</b><br>Today the hot buffet remains closed.<br><i>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> | <b>HOT BUFFET</b><br>Today the hot buffet remains closed.<br><i>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>                            | <b>HOT BUFFET</b><br>Today the hot buffet remains closed.<br><i>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  |
| <b>DESSERT</b><br>Panna cotta with tangerines<br><br><i>approx 77.33 cal.</i>   | <b>DESSERT</b><br>Lemongrass creme brûlée<br><br><i>approx 343.57 cal.</i>  | <b>DESSERT</b><br>Carrot ginger cake With Walnut and cream cheese glazing<br><i>approx 539.16 cal.</i>   | <b>DESSERT</b><br>Passionfruit yogurt cream<br><br><i>approx 189.23 cal.</i>  | <b>DESSERT</b><br>Orange curd cream<br><br><i>approx 224.83 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  |