

Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 02. December	Tuesday, 03. December	Wednesday, 04. December	Thursday, 05. December	Friday, 06. December
SOUP  <p>Mediterranean vegetable soup with crispy Parmesan cheese approx 105.74 cal.</p>	SOUP  <p>Creamy of rice soup with raisins approx 309.77 cal.</p>	SOUP <p>Beef broth with chive pancake approx 59.39 cal. / Beef</p>	SOUP  <p>Basel flour soup with cheese croutons approx 265.03 cal.</p>	SOUP  <p>Pumpkin crem soup with roasted pumpkin nuts approx 223.21 cal.</p>
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  <p>Fried catfish fillet Lemon pepper sauce Turmeric rice with tomato cubes Leek vegetables approx 573.72 cal. / Fish, Origin Norway</p>	ALPINE CUISINE  <p>Vales sliced Mushroom cream sauce Rösti Green beans approx 826.39 cal.</p>	ALPINE CUISINE <p>Chicken thighs fried in the oven Pico de gallo Pommes risolées Cauliflower with breadcrumbs approx 653.62 cal. / Origin Switzerland</p>	ALPINE CUISINE  <p>Gratinated pasta with alp chees Fried onions Organic apple compote approx 1104.54 cal.</p>	ALPINE CUISINE  <p>Risotto with salsiccia, grana padano Glazed cherry tomatoes Marinated rucola approx 446.82 cal. / Pork, Origin Switzerland</p>
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  <p>Bami goreng Sliced veal, egg carrots, onions, sprouts Soy sauce approx 500.99 cal. / Beef, Origin Switzerland</p>	AROUND THE WORLD  <p>Roasted chicken breast Apricot salsa Bulgur pan Herb kohlrabi approx 600.35 cal. / Origin Switzerland</p>	AROUND THE WORLD  <p>Lamb stew with lime dip Pistachio Fennel vegetables approx 631.72 cal. / Origin New Zealand</p>	AROUND THE WORLD  <p>Veal shoulder glazed in the oven with Merlot sauce Olive oil potato mash Oven vegetables with thyme approx 487.31 cal. / Beef, Origin Switzerland</p>	AROUND THE WORLD <p>Beef ragout Sweet peppers sauce Polenta Creamy cabbage stalk with parsley approx 730.21 cal. / Beef, Origin Switzerland</p>
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  <p>Frittata with spinach and mushrooms Roasted pepperoni with feta Glazed carrots with honey approx 572.62 cal.</p>	VEGI MENU  <p>Vegetable soja stew Sour cream, cheddar Sweet potato from the oven Roasted corn with herbs approx 749.00 cal.</p>	VEGI MENU  <p>Farfalle with chive butter Tomato ragout Brussels sprouts approx 501.67 cal.</p>	VEGI MENU  <p>Spicy marinated tofu Harissa dipping Couscous with vegetables Broccoli with almonds approx 597.90 cal.</p>	VEGI MENU  <p>Soja bolognese Spaghetti Spinach salad approx 418.94 cal.</p>
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  <p>Lamb stew Root gravy Pizokel Courgettes 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>	HOT BUFFET <p>Braised beef escalopes in rosmery gravy Farfalle pasta Glazed beetroot with parsley 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>	HOT BUFFET  <p>Turkey ragout with olives, tomatoes and peppers Risotto with vegetables Lettuce stripes 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>	HOT BUFFET  <p>Spare ribs Balsamico marinated with honey Country cuts Roasted corn grains 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.</p>	HOT BUFFET  <p>Sea bass fillet from the oven Tomato vinaigrette Potatoes with thyme Fish, Origin Turkey 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>
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 <p>Sweet chestnut puree approx 179.70 cal.</p>	DESSERT  <p>Chocolate mousse approx 370.98 cal.</p>	DESSERT <p>Homemade apple strudel with vanilla sauce approx 59.50 cal.</p>	DESSERT  <p>Pear yogurt cream approx 182.41 cal.</p>	DESSERT <p>Bündner nutcake trifle approx 266.33 cal.</p>
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