




Staff restaurant Eldora - Roche Quadra Terra / Quadra

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