

## Staff restaurant Eldora - Roche Quadra Terra / Quadra

| Monday, 25. June  | Tuesday, 26. June   | Wednesday, 27. June   | Thursday, 28. June  | Friday, 29. June  |
|---|---|---|---|---|
| <b>SOUP</b>   | <b>SOUP</b>   | <b>SOUP</b>   | <b>SOUP</b>    | <b>SOUP</b>    |
| Bouillon with eggs, cheese & chives<br><i>approx 49 cal. / Beef</i>   | Creamy carrot soup with pumpkin seed oil<br><i>approx 172 cal.</i>  | Semolina soup with leek<br><i>approx 83 cal.</i>  | Fennel cream soup with orange<br><i>approx 47 cal.</i>  | Corn chowder with chili and coriandre<br><i>approx 92 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>   | <b>ALPINE CUISINE</b>   | <b>ALPINE CUISINE</b>    | <b>ALPINE CUISINE</b>   | <b>ALPINE CUISINE</b>   |
| Sliced pork creamy curry sauce<br>Pilaw rice with almonds<br>Fresh fruit garnish<br><br><i>approx 1127 cal. / Pork, Origin Switzerland</i>  | Chicken ragout with tomatoes, olives and thym<br>Polenta with ricotta cheese<br>Pan fried Zucchini<br><i>approx 724 cal. / Origin Switzerland</i>   | Homemade lasagna with summer vegetables Tomatoes and Grana padano<br>Lettuce Salad with carrots<br><br><i>approx 811 cal.</i>   | Smoked pork Crispy house bread Carrot salad & cabbage salat with bacon<br><br><i>approx 799 cal. / Pork, Origin Switzerland</i>   | Roasted veal breast brown gravy with tomatoes and mushrooms<br>Farfalle pasta<br>Turnip cabbage<br><i>approx 960 cal. / 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  |
| <b>SMART EATING</b>    | <b>SMART EATING</b>     | <b>SMART EATING</b>    | <b>SMART EATING</b>    | <b>SMART EATING</b>    |
| braised beef escalop sauce with root vegetable<br>Potato celeriac puree<br>Lettuce stripes<br><i>approx 481 cal. / Beef, Origin Switzerland</i>   | Chickpea curry with organic tofu, broccoli and mung bean sprouts Jasmine rice with roasted cashews<br><br><i>approx 626 cal.</i>  | Poached trout fillets Vinaigrette sauce<br>Rice with turmeric and sundried tomatoes Organic leeks<br><br><i>approx 753 cal. / Fish, Origin Italy</i>  | Filled capsicum with rice, turkey and feta cheese<br>Tomato coulis<br>Spinach with onions<br><i>approx 569 cal. / Origin Switzerland</i>  | Redfish fried in the oven<br>Salsa verde<br>Camargue rice<br>fennel with herbs<br><i>approx 674 cal. / Fish, Origin Germany, Italy</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>   | <b>VEGI MENU</b>  | <b>VEGI MENU</b>   | <b>VEGI MENU</b>   | <b>VEGI MENU</b>  |
| Quinoa burger<br>Egg cress dip<br>Leek with mushroom s<br>Glazed carrots with thyme and honey<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>  | Cheese tart with onions<br>Barley risotto with vegetables<br>Braised beetroot<br><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>  | Frittata with broccoli & olives<br>Roasted rosemary potatoes<br>Grilled tomato with basil pesto<br><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>  | Indian Lentils dal with yogurt<br>Couscous with dried fruits<br>Roasted cauliflower with sesame seeds<br><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>  | Fried eggplant with eggs and basil<br>Risotto with tomatoes<br>Roasted fennel with olives and rosemary<br><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>HOT BUFFET</b>   | <b>HOT BUFFET</b>   | <b>HOT BUFFET</b>   | <b>HOT BUFFET</b>   | <b>HOT BUFFET</b>   |
| Turkey roast<br>Boulgur<br>Glaced sugar snaps & carrots<br><br><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>   | Quesadilla with pulled beef Cheddar chees and iceberg salad<br>Avocado sour cream dipping<br>Roasted corncobs<br><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>   | Cevapicci<br>Cucumber lemon dip<br>Potato gnocchi with spinach<br>Zucchini & eggplants<br><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>  | Breaded Alaska pollak fillet<br>Lemon dill mayonnaise<br>Boiled potatoes with chives<br>Glazed celery<br><i>Fish, Origin Netherlands 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 duckbreast Sweet & sour sauce<br>Fried Rice with vegetables<br><br><i>Origin France 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>GREEN MARKET</b>     | <b>GREEN MARKET</b>     | <b>GREEN MARKET</b>     | <b>GREEN MARKET</b>     | <b>GREEN MARKET</b>     |
| At the buffet of the Green Market you will always find an allergen-free selection.<br>Bon Appetit   | At the buffet of the Green Market you will always find an allergen-free selection.<br>Bon Appetit   | At the buffet of the Green Market you will always find an allergen-free selection.<br>Bon Appetit   | At the buffet of the Green Market you will always find an allergen-free selection.<br>Bon Appetit   | At the buffet of the Green Market you will always find an allergen-free selection.<br>Bon Appetit   |
| INT / EXT CHF 2.80 / 3.80 per 100   | INT / EXT CHF 2.80 / 3.80 per 100   | INT / EXT CHF 2.80 / 3.80 per 100   | INT / EXT CHF 2.80 / 3.80 per 100   | INT / EXT CHF 2.80 / 3.80 per 100   |

|                           |                                     |   |                                   |                           |
|---------------------------|-------------------------------------|---|-----------------------------------|---------------------------|
| g                         | g                                   | g                                       | g                                 | g                         |
| <b>DESSERT</b>            | <b>DESSERT</b>                      | <b>DESSERT</b>                          | <b>DESSERT</b>                    | <b>DESSERT</b>            |
| Strawberry cream          | Maracuja - mousse with fresh fruits | Homemade apple strudel<br>Vanilla sauce | Berry granites with honey yoghurt | chocolate roulade         |
| <i>approx 101 cal.</i>    | <i>approx 169 cal.</i>              | <i>approx 174 cal.</i>                  | <i>approx 57 cal.</i>             | <i>approx 176 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 |