


Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 11. November	Tuesday, 12. November	Wednesday, 13. November	Thursday, 14. November	Friday, 15. November
SOUP  Oriental vegetable soup <i>approx 72.84 cal.</i> INT / EXT CHF 1.80 / 2.50	SOUP  Poultry broth with vegetables <i>approx 28.92 cal.</i> INT / EXT CHF 1.80 / 2.50	SOUP  Beet cream soup <i>approx 172.33 cal.</i> INT / EXT CHF 1.80 / 2.50	SOUP  Bouillon with pasta <i>approx 72.79 cal. / Beef</i> INT / EXT CHF 1.80 / 2.50	SOUP  Sri Lanka pea soup <i>approx 185.83 cal.</i> INT / EXT CHF 1.80 / 2.50
ALPINE CUISINE  Crispy soja nuggets Sweet chili sauce Fried mie noodles Steamed pak choi <i>approx 426.71 cal.</i> INT / EXT CHF 8.50 / 11.50	ALPINE CUISINE  Spaghetti Bolognese, Pesto, Pomodoro Salad of the day <i>approx 584.45 cal. / Beef, Origin Switzerland</i> INT / EXT CHF 8.50 / 11.50	ALPINE CUISINE  Potato spinach quiche Vegetables pot stew Marinated spinach <i>approx 494.00 cal.</i> INT / EXT CHF 8.50 / 11.50	ALPINE CUISINE  Chicken wings from the oven Cocktail sauce Rice with vegetables Braised tomatoes with herbs <i>approx 997.39 cal. / Origin Switzerland</i> INT / EXT CHF 8.50 / 11.50	ALPINE CUISINE  Chili con carne Sour cream Tortillas chili chips Sweet corn with herbs <i>approx 1029.48 cal. / Beef, Origin Switzerland</i> INT / EXT CHF 8.50 / 11.50
AROUND THE WORLD Rolled ham Tarragon lemon sauce Soft wheat Sweet and sour cucumber <i>approx 719.15 cal. / Pork, Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50	AROUND THE WORLD  Chicken ragout Casimir Fruity curry coconut sauce Pilaw rice with almonds Fruit garnish <i>approx 612.79 cal. / Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50	AROUND THE WORLD  Slow cooked roast veal Smoky Jus Tomato tagliatelle Oven vegetables <i>approx 596.24 cal. / Beef, Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50	AROUND THE WORLD  Breaded pork escalope French fries Green peas & carrots <i>approx 784.35 cal. / Pork, Origin Switzerland</i> INT / EXT CHF 11.50 / 14.50	AROUND THE WORLD  Steamed European plaice fillet Tarragon orange sauce Bulgur Romanesco <i>approx 411.17 cal. / Fish, Origin Netherlands</i> INT / EXT CHF 11.50 / 14.50
VEGI MENU  Potato Pizza with goats cheese Spinach salad with hemp oil <i>approx 856.58 cal.</i> INT / EXT CHF 8.50 / 11.50	VEGI MENU  Lentil Dahl Spicy yogurt Oven parsnip with sesame Chickpea with tomato <i>approx 576.11 cal.</i> INT / EXT CHF 8.50 / 11.50	VEGI MENU  Pan fried halloumi Couscous with couli flower and dried fruits Oven eggplants <i>approx 644.07 cal.</i> INT / EXT CHF 8.50 / 11.50	VEGI MENU  Pastetli with vegetable filling Spinach bed Peas <i>approx 538.11 cal.</i> INT / EXT CHF 8.50 / 11.50	VEGI MENU  Spelt strips with herbs Pumpkin risotto Fennel with oranges <i>approx 394.77 cal.</i> INT / EXT CHF 8.50 / 11.50
HOT BUFFET Crunchy cod Tartar sauce Wild rice mix autumnal vegetable <i>Fish, Origin Northeast Atlantic 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	HOT BUFFET  Sliced turkey Creamy mushroom sauce Pommes Rissolées Mixed vegetables <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> INT / EXT CHF 2.80 / 3.80 per 100 g	HOT BUFFET  Mahi Mahi fillet Capers butter Lemon rice Broccoli with nuts <i>Fish, Origin 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> INT / EXT CHF 2.80 / 3.80 per 100 g	HOT BUFFET Game meat balls Game cream sauce Farfalle pasta Braised autumn vegetables with pears <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> INT / EXT CHF 2.80 / 3.80 per 100 g	HOT BUFFET White veal ragout with saffron sauce Wholemeal pasta Snap peas with pearl onions <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> INT / EXT CHF 2.80 / 3.80 per 100 g
DESSERT Crema catalana <i>approx 139.07 cal.</i> INT / EXT CHF 1.80 / 2.50	DESSERT Apple tiramisu <i>approx 206.85 cal.</i> INT / EXT CHF 1.80 / 2.50	DESSERT Pumpkin brownie <i>approx 239.97 cal.</i> INT / EXT CHF 1.80 / 2.50	DESSERT Trilogy in glass <i>approx 82.71 cal.</i> INT / EXT CHF 1.80 / 2.50	DESSERT Chocolate mint trifle <i>approx 198.68 cal.</i> INT / EXT CHF 1.80 / 2.50