



























## Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 27. January	Tuesday, 28. January	Wednesday, 29. January	Thursday, 30. January	Friday, 31. January
<b>SOUP</b>  Urban Flavours Ho-Chi Minh-City Pumpkin soup with coconutmilk <i>approx 90.31 cal.</i>	<b>SOUP</b>  Urban Flavours Ho-Chi Minh-City Corn shrimp soup <i>approx 87.86 cal. / Fish, Origin Vietnam</i>	<b>SOUP</b>  Urban Flavours Ho-Chi Minh-City Tofu dill soup with tomato <i>approx 55.80 cal.</i>	<b>SOUP</b>  Urban Flavours Ho-Chi Minh-City Sour spicy fish soup <i>approx 115.01 cal. / Fish, Origin Norway</i>	<b>SOUP</b>  Urban Flavours Ho-Chi Minh-City Vietnamese vegetable soup <i>approx 59.48 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> Penne party Carbonara, Pesto rosso, Pomodoro Salad of the day <i>approx 584.45 cal. / Pork, Origin Switzerland</i>	<b>ALPINE CUISINE</b>  Caramelized Rice noodles Pak choi with sesame and chili <i>approx 1076.90 cal. / Pork, Origin Switzerland</i>	<b>ALPINE CUISINE</b>  Potato spinach quiche Roasted vegetable pot stew Marinated spinach <i>approx 494.00 cal.</i>	<b>ALPINE CUISINE</b>  Turkey escalope Gravy Parboiled rice Glazed carrots and peas <i>approx 526.51 cal. / Origin Switzerland</i>	<b>ALPINE CUISINE</b>  Rolled smoked ham Tarragon lemon sauce Lukewarm potato salad Sweet sour cucumbers <i>approx 628.86 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
<b>AROUND THE WORLD</b> Chicken ragout with coconut water, potato and beans, fried rice with rice wine omelet, vegetables <i>approx 0.00 cal. / Origin Switzerland</i>	<b>AROUND THE WORLD</b>  Tender veal roast Smoked gravy Tomato rice Mediterranean oven vegetables <i>approx 679.74 cal. / Beef, Origin Switzerland</i>	<b>AROUND THE WORLD</b>  Chicken ragout Casimir Fruity madras curry sauce Pilaw rice with almonds Fruit garnish <i>approx 612.79 cal. / Origin Switzerland</i>	<b>AROUND THE WORLD</b>  Soup with beef, rice noodles, carrots, mu err mushrooms, chinese cabbage, mustard cabbage and limes <i>approx 685.52 cal. / Beef, Origin Switzerland</i>	<b>AROUND THE WORLD</b>  Roasted gilthead fillet rice vinegar dip peanut rice and braised eggplant <i>approx 688.10 cal. / Fish, Origin Turkey, Greece</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>  Crispy soja nuggets Sweet chili sauce Fried mie noodles Steamed pak choi <i>approx 426.71 cal.</i>	<b>VEGI MENU</b>  Lentil dahl Spicy yogurt Oven parsnip with sesame Chickpea with tomato <i>approx 576.11 cal.</i>	<b>VEGI MENU</b>  Vietnamese vegetable curry, coconut milk, baked tofu with mint, jasmine rice, vegetable pickles <i>approx 736.20 cal.</i>	<b>VEGI MENU</b>  Pan fried halloumi Couscous with coulfiflower and dried fruits Oven eggplants <i>approx 644.07 cal.</i>	<b>VEGI MENU</b>  Spelt stripes with herbs Pumpkin risotto Fennel with orange and herbs <i>approx 394.77 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> Crunchy cod Tartar sauce Steamed potatoes with chives Winter vegetables <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>	<b>HOT BUFFET</b>  Sliced turkey Creamy mushroom sauce Pommes rissoles 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>	<b>HOT BUFFET</b>  Pan fried squid Caper butter Sepia noodles Broccoli with nuts <i>Fish, Origin Southwest 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>	<b>HOT BUFFET</b> Veal meat balls Cream sauce Farfalle pasta Pan fried winter vegetables with pears <i>Beef, 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>	<b>HOT BUFFET</b>  Stuffed melanzane with lamb mince, cous cous and raisins Yogurt dipping Arugula with pine nuts and pomegranate <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	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>  Tangerine-caramel-cream <i>approx 366.32 cal.</i>	<b>DESSERT</b>  Tapioca pudding with bananas and passion fruit <i>approx 118.83 cal.</i>	<b>DESSERT</b>  Crème brûlée with lemon grass and kaffir leaves <i>approx 396.12 cal.</i>	<b>DESSERT</b>  Steamed banana cake with coconut sauce <i>approx 281.14 cal.</i>	<b>DESSERT</b>  Panna cotta with pandanus and ginger <i>approx 463.04 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