

## Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 20. January	Tuesday, 21. January	Wednesday, 22. January	Thursday, 23. January	Friday, 24. January
<b>SUPPE</b> 	<b>SUPPE</b> 	<b>SUPPE</b> 	<b>SUPPE</b> 	<b>SUPPE</b> 
Potato and leek soup <i>approx 100.9 cal.</i>	Carrot, ginger and coconut soup <i>approx 95.8 cal.</i>	Barley soup <i>approx 95.4 cal.</i>	Vegan broccoli soup <i>approx 76.1 cal.</i>	Indian lentil and spinach soup <i>approx 114.9 cal.</i>
2.50	2.50	2.50	2.50	2.50
<b>AROUND THE WORLD</b>	<b>AROUND THE WORLD</b>	<b>AROUND THE WORLD</b>	<b>AROUND THE WORLD</b>	 <b>AROUND THE WORLD</b>
Veal bratwurst sausage Onion gravy Rösti potatoes Glazed rainbow carrots  <i>approx 825.6 cal. / Sausage (pork, veal): Switzerland</i>	Sliced beef Burgundy red wine sauce Potato dumplings Brussels sprouts  <i>approx 747.5 cal. / Beef: Switzerland</i>	Veal Meatballs Thyme sauce Bramata polenta Broccoli  <i>approx 581.3 cal. / Veal: Switzerland</i>	South Indian fish curry Jasmine rice Pak choi with pineapple and chilli  <i>approx 722.4 cal. / Sea Bass: Vietnam</i>	Turkey piccata Turkey schnitzel with egg and grated cheese Tomato sauce Penne Fennel with herbs <i>approx 755.3 cal. / Turkey: France</i>
INT CHF 12.00 / EXT CHF 15.50	INT CHF 12.00 / EXT CHF 15.50	INT CHF 12.00 / EXT CHF 15.50	INT CHF 12.00 / EXT CHF 15.50	INT CHF 12.00 / EXT CHF 15.50
<b>ENJOY GREEN</b> 	<b>ENJOY GREEN</b>  	<b>ENJOY GREEN</b> 	<b>ENJOY GREEN</b> 	<b>ENJOY GREEN</b> 
Veganuary Arroz de Feijão Rice with tofu, saffron, tomatoes, beans and peri-peri sauce  <i>approx 574.0 cal.</i>	Veganuary Pita bread filled with falafel, sesame soy yoghurt, cos lettuce and red cabbage Baked aubergine Baked green bell peppers Pomegranate seeds <i>approx 812.4 cal.</i>	Veganuary Lentil and vegetable Bolognese Wholegrain spaghetti Rocket salad with dried tomatoes  <i>approx 803.7 cal.</i>	Veganuary Pulled Mushroom Burger Corn and chilli bun with pulled oyster mushrooms, barbecue sauce and fried onions French fries Coleslaw <i>approx 827.8 cal. / Bun: Switzerland</i>	Veganuary Spinach and green spelt fritter Cauliflower and millet puree Rainbow oven-baked vegetables Wild herb dip  <i>approx 660.9 cal.</i>
INT CHF 9.00 / EXT CHF 12.50	INT CHF 9.00 / EXT CHF 12.50	INT CHF 9.00 / EXT CHF 12.50	INT CHF 9.00 / EXT CHF 12.50	INT CHF 9.00 / EXT CHF 12.50
<b>DESSERT</b> 	<b>DESSERT</b> 	<b>DESSERT</b> 	<b>DESSERT</b> 	<b>DESSERT</b> 
Vegan cheesecake <i>approx 477.7 cal.</i>	Caramel flan <i>approx 201.7 cal.</i>	Chocolate crème Belle Hélène <i>approx 195.9 cal.</i>	Gingerbread and plum trifle <i>approx 164.3 cal.</i>	Passion fruit mousse <i>approx 114.9 cal.</i>
2.50	2.50	2.50	2.50	2.50