











## Staff restaurant Eldora - Roche Quadra Terra / Quadra

Monday, 18. November	Tuesday, 19. November	Wednesday, 20. November	Thursday, 21. November	Friday, 22. November
<b>SUPPE</b>   Tomato and courgette soup with coriander <i>approx 105.0 cal.</i> <b>2.50</b>	<b>SUPPE</b> Cream of broccoli soup <i>approx 85.8 cal.</i> <b>2.50</b>	<b>SUPPE</b>  Smart Eating – Alpenküche Vegetarian Grisons barley soup with vegetables <i>approx 89.2 cal.</i> <b>2.50</b>	<b>SUPPE</b>   Pumpkin curry soup with coconut milk <i>approx 102.4 cal.</i> <b>2.50</b>	<b>SUPPE</b>   Cream of vegetable soup <i>approx 83.4 cal.</i> <b>2.50</b>
<b>AROUND THE WORLD</b>  Hungarian beef goulash Paprika sauce with bell peppers Spätzli Broccoli <i>approx 816.4 cal. / Beef: Switzerland</i>	<b>AROUND THE WORLD</b>  Smart Eating – Alpenküche Autumn vegetables with Brussels sprouts Roast venison with braised sauce and bramata polenta <i>approx 533.2 cal. / Venison: Austria</i>	<b>AROUND THE WORLD</b>  Bami Goreng Indonesian noodles with chicken, vegetables, soy sauce, sambal oelek and krupuk <i>approx 585.4 cal. / Chicken: Switzerland</i>	<b>AROUND THE WORLD</b>   Smart Eating – Alpenküche Baked pike-perch fillet from the oven with lamb's lettuce pesto Saffron buckwheat Marinated lamb's lettuce <i>approx 561.8 cal. / Pike-perch: Kazakhstan</i>	<b>AROUND THE WORLD</b> Pork cordon bleu Ketchup Fried potatoes Glazed rainbow carrots <i>approx 666.1 cal. / Cordon bleu (pork): Switzerland</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>  Tortelli filled with pumpkin and carrots Creamy porcini mushroom sauce Baked parsnips Marinated rocket <i>approx 733.0 cal.</i>	<b>ENJOY GREEN</b>  Spinach risotto with breaded Brie triangles, caramelised nuts and spinach <i>approx 1372.2 cal.</i>	<b>ENJOY GREEN</b>   Smart Eating – Alpenküche Smart Eating mushroom Bourguignon Green mashed potatoes Roasted pumpkin cubes Parsley <i>approx 445.8 cal.</i>	<b>ENJOY GREEN</b>   Chilli sin carne Spicy plant protein with bell peppers, tomatoes, corn, beans and coriander Long grain rice Guacamole <i>approx 777.6 cal.</i>	<b>ENJOY GREEN</b>   Chana Masala chickpea curry Couscous Date chutney Papadum <i>approx 681.7 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>   Vegan crème caramel with walnuts <i>approx 178.8 cal.</i> <b>2.50</b>	<b>DESSERT</b>   Smart Eating – Alpenküche Cream tart <i>approx 195.0 cal.</i> <b>2.50</b>	<b>DESSERT</b> Bavarian crème <i>approx 195.9 cal.</i> <b>2.50</b>	<b>DESSERT</b>   Smart Eating – Alpenküche Gingerbread and orange trifle <i>approx 152.5 cal.</i> <b>2.50</b>	<b>DESSERT</b>  Chocolate mousse <i>approx 300.1 cal.</i> <b>2.50</b>