


Staff restaurant Eldora - Eawag

Monday, 03. October	Tuesday, 04. October	Wednesday, 05. October	Thursday, 06. October	Friday, 07. October
SOUP  Chicken broth with egg and vegetables <i>approx 28.6 cal.</i>	SOUP  Vegan carrot ginger soup <i>approx 75.6 cal.</i>	SOUP  Vegetable cream soup <i>approx 81.2 cal.</i>	SOUP  Chicken cream soup with vegetables <i>approx 113.0 cal.</i>	SOUP  Pea and linseed soup <i>approx 111.3 cal.</i>
3.00 GREEN  Breaded organic tofu Sweet chili sauce Egg fried rice with peas Pak-choi <i>approx 764.4 cal.</i>	3.00 GREEN Spaetzlipan with Braised savoy cabbage, Glazed pumpkin and Baked parsnips Cream sauce with rosemary <i>approx 834.0 cal.</i>	3.00 GREEN  Valess stripes Calvados sauce Long grain rice Fried courgettes with dried tomatoes <i>approx 696.2 cal.</i>	3.00 GREEN  Cannelloni with ricotta and spinach filling, tomato sauce, bechamel sauce, gratinated with cheese Tomato cream sauce Grilled vegetables <i>approx 870.0 cal.</i>	3.00 GREEN  Soy wheat meatballs Cranberry cream sauce Penne Grilled vegetables <i>approx 1852.1 cal.</i>
11.50 TRADITIONAL  White bread dumplings Forest mushroom ragout Daily vegetable <i>approx 543.9 cal.</i>	11.50 TRADITIONAL Braised beef roulade Red wine gravy Mashed potatoes Green beans <i>approx 612.8 cal. / Roulade (Beef, Pork): Switzerland</i>	11.50 TRADITIONAL Alpkuhpatenschaft Alpine pork escalope with bacon, mushrooms, onions and Eldora alpine cheese Rosemary gravy Spaetzli Leaf spinach <i>approx 787.8 cal. / Pork: Switzerland, Bacon (Pork): Switzerland</i>	11.50 TRADITIONAL  Pulled Plant-based chicken burger ciabatta bun, cole slaw, onions and lettuce Country cuts <i>approx 1132.9 cal.</i>	11.50 TRADITIONAL  Chicken breast with panko-sesame crust Leaf spinach with ginger and cumin White quinoa <i>approx 636.5 cal. / Chicken: Switzerland</i>
14.00 INTERNATIONAL Sliced veal Lemon sauce Pasta Grilled vegetables <i>approx 732.7 cal. / Veal: Switzerland</i>	14.00  INTERNATIONAL Bavarian sausage Sweet mustard Pretzel Potato salad <i>approx 1007.4 cal. / Sausage (pork, veal): Switzerland</i>	14.00  INTERNATIONAL Vegan udon noodles with organic tofu, soy sauce, spring cabbage, mung bean sprouts and sesame seeds <i>approx 582.4 cal.</i>	14.00 INTERNATIONAL Beef ragout with redwine gravy Vegetable rice Broccoli polish style <i>approx 687.5 cal. / Beef: Switzerland</i>	14.00  INTERNATIONAL Fried sea bass fillet Chervil cream sauce Camargue red rice Chard <i>approx 725.0 cal. / Sea bass: Turkey</i>
16.00 HOT / COLD BUFFET Daily fresh raw vegetable and green salads with various toppings and dressings	14.00 HOT / COLD BUFFET Daily fresh raw vegetable and green salads with various toppings and dressings	14.00 HOT / COLD BUFFET Daily fresh raw vegetable and green salads with various toppings and dressings	15.00 HOT / COLD BUFFET Daily fresh raw vegetable and green salads with various toppings and dressings	16.00 HOT / COLD BUFFET Daily fresh raw vegetable and green salads with various toppings and dressings
pro 100 Gramm: 2.80 DESSERT  Apple donut <i>approx 121.6 cal.</i>	pro 100 Gramm: 2.80  DESSERT Fruit salad <i>approx 54.0 cal.</i>	pro 100 Gramm: 2.80  DESSERT <i>approx 311.1 cal.</i>	pro 100 Gramm: 2.80  DESSERT Lime and mango cream with ginger <i>approx 318.8 cal.</i>	pro 100 Gramm: 2.80  DESSERT Pear tart <i>approx 262.4 cal.</i>
3.00	3.00	3.00	3.00	3.00

Die Menus sind inklusive einer Komponente: Daily Soup, Daily Salad, Daily Juice, 1 Frucht oder Daily Dessert | Alle Preise in CHF inkl. MwSt.
 Für Goût Mieux Gerichte verwenden wir ausschliesslich natur- und tiergerechte Zutaten in Bio-Qualität.

Legende Icons: Vegetarisch (1 Blatt), Vegan (2 Blatt), Laktosefrei, Glutenfrei

Öffnungszeiten: Montag - Freitag: Coffee-Bar & Lounge 08.00 - 15.30 Uhr, Restaurant: 11.30 - 13.30 Uhr.