

Staff restaurant Eldora - Schl'emmi

Monday, 16. May	Tuesday, 17. May	Wednesday, 18. May	Thursday, 19. May	Friday, 20. May
DAILY MENU   Smart Eating Peru Lomo Saltado Fried beef strips with baked potatoes, chillies, tomatoes, peperoncini and coriander Whole rice <i>approx 491.0 cal. / Beef: Switzerland</i>	DAILY MENU    Smart Eating Peru Prawn ceviche Mango leche de tigre with chillies, onions, corn, celery and avocado Baked sweet potatoes <i>approx 405.6 cal. / Shrimps: Vietnam</i>	DAILY MENU G'hackets and Hörnli Minced beef Swiss macaroni Applesauce Grated cheese <i>approx 785.5 cal. / Beef: Switzerland</i>	DAILY MENU    Smart Eating Peru Quinoa with coco beans Grilled chicken breast Aji amarillo sauce Banana chip <i>approx 464.3 cal. / Chicken: Switzerland</i>	DAILY MENU    Smart Eating Peru Colourful potato salad Spring onions, beans, olives, carrots and coriander Fried trout fillet Tomato chilli salsa <i>approx 568.7 cal. / Trout: Turkey</i>
INT CHF 10.00 / EXT CHF 16.00	INT CHF 10.00 / EXT CHF 16.00	INT CHF 10.00 / EXT CHF 16.00	INT CHF 10.00 / EXT CHF 16.00	INT CHF 10.00 / EXT CHF 16.00
DAILY SPECIAL   Fried grated potato cups filled with wild mushroom ragout Vegetables from the oven Watercress <i>approx 509.9 cal.</i>	DAILY SPECIAL  Spinach risotto with baked cheese Caramelised nuts Marinated salad spinach <i>approx 905.7 cal.</i>	DAILY SPECIAL   Smart Eating Peru Stuffed sweet potato with bean puree, portobello mushrooms, feta and pickled red onions Pico de Gallo Spinach salad with puffed amaranth <i>approx 511.9 cal.</i>	DAILY SPECIAL    Vegan chickpea curry "chana masala" Basmati rice Date chutney Papadum <i>approx 827.4 cal.</i>	DAILY SPECIAL  Vegetarian gyros made from soy and wheat with tzatziki and ajvar Fried potatoes <i>approx 545.3 cal.</i>
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FRESH MARKET Daily fresh raw vegetable and green salads with various toppings and dressings	FRESH MARKET Daily fresh raw vegetable and green salads with various toppings and dressings	FRESH MARKET Daily fresh raw vegetable and green salads with various toppings and dressings	FRESH MARKET Daily fresh raw vegetable and green salads with various toppings and dressings	FRESH MARKET Daily fresh raw vegetable and green salads with various toppings and dressings
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DESSERT Dessert of the day	DESSERT    Smart Eating Peru Vegan chocolate mousse <i>approx 238.0 cal.</i>	DESSERT   Smart Eating Peru Banana and coffee cake <i>approx 209.7 cal.</i>	DESSERT    Smart Eating Peru Coconut and lime cake <i>approx 293.6 cal.</i>	DESSERT Dessert of the day
2.00	2.00	2.00	2.00	2.00

Daily Menu / Daily Special: Im Menüpreis inbegriffen ist eine der folgenden Komponenten: Daily Soup, Daily Salad oder Daily Dessert.

Öffnungszeiten: Montag - Freitag, 08.00 bis 14.00 Uhr, Mittagsservice 11.30 - 13.00 Uhr

Alle Preise in CHF inkl. MwSt. / INT= interne, EXT = externe Gäste mit Ausweis

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