

# Staff restaurant Eldora - Sympany

Monday, 07. April	Tuesday, 08. April	Wednesday, 09. April	Thursday, 10. April	Friday, 11. April
<b>SOUP</b> Soup of the day	<b>SOUP</b> Soup of the day	<b>SOUP</b> Soup of the day	<b>SOUP</b> Soup of the day	<b>SOUP</b> Soup of the day
<b>3.50</b>	<b>3.50</b>	<b>3.50</b>	<b>3.50</b>	<b>3.50</b>
<b>TRADITIONAL</b> Pinsa with shoulder of ham and mushrooms Rustic salad with radish, cucumber, carrots, cos lettuce and cress  <i>approx 877.8 cal. / Ham (pork): Switzerland</i>	<b>TRADITIONAL</b>   Smart Eating Fish Bowl Sea bream fillet, tomato-cucumber salsa, fermented red cabbage, marinated rocket, corn, mango, tortilla chips and chive sour cream <i>approx 552.6 cal. / Gilthead: Turkey</i>	<b>TRADITIONAL</b>  Sliced pork Lemon sauce Organic wholegrain rice Steamed broccoli  <i>approx 536.6 cal. / Pork: Switzerland</i>	<b>TRADITIONAL</b>   Poached pollack fillet Dill-mustard sauce Yellow peas with finely diced vegetables Cauliflower and beans  <i>approx 454.3 cal. / Pollack: Northeast Atlantic</i>	<b>TRADITIONAL</b> Chicken nuggets Ketchup, mayonnaise French fries Coleslaw  <i>approx 1225.7 cal. / Chicken: Switzerland</i>
<b>INT CHF 11.50 / EXT CHF 16.50</b>	<b>INT CHF 11.50 / EXT CHF 16.50</b>	<b>INT CHF 11.50 / EXT CHF 16.50</b>	<b>INT CHF 11.50 / EXT CHF 16.50</b>	<b>INT CHF 11.50 / EXT CHF 16.50</b>
<b>GREEN MARKET</b>  Olive polenta Parsley gremolata Rainbow vegetables Ricotta  <i>approx 756.9 cal.</i>	<b>GREEN MARKET</b>   Oven-baked frittata with feta, potatoes, rainbow cherry tomatoes, spinach and basil oil Ratatouille Marinated rocket  <i>approx 508.3 cal.</i>	<b>GREEN MARKET</b>   Carrot and sweet potato stew Black Bean Patty Lime dip Marinated arugula and pickled red onions  <i>approx 526.5 cal.</i>	<b>GREEN MARKET</b>  Soft tacos with pulled mushrooms, black beans, sweet potato and avocado Jalapeño and coriander salsa Lettuce salad with cucumber and tomatoes  <i>approx 578.1 cal.</i>	<b>GREEN MARKET</b>  Spring rolls with vegetables Sweet chilli sauce Fried rice Cucumber salad  <i>approx 737.7 cal.</i>
<b>INT CHF 11.00 / EXT CHF 16.00</b>	<b>INT CHF 11.00 / EXT CHF 16.00</b>	<b>INT CHF 11.00 / EXT CHF 16.00</b>	<b>INT CHF 11.00 / EXT CHF 16.00</b>	<b>INT CHF 11.00 / EXT CHF 16.00</b>
<b>AROUND THE WORLD</b> The Hot Buffet will be closed today.	<b>AROUND THE WORLD</b> Daily changing offer	<b>AROUND THE WORLD</b> Daily changing offer	<b>AROUND THE WORLD</b> Daily changing offer	<b>AROUND THE WORLD</b> The Hot Buffet will be closed today.
<b>pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40</b>	<b>pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40</b>	<b>pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40</b>	<b>pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40</b>	<b>pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40</b>
<b>GARDEN CHOICE</b> Daily fresh raw vegetable and green salads with various toppings and dressings	<b>GARDEN CHOICE</b> Daily fresh raw vegetable and green salads with various toppings and dressings	<b>GARDEN CHOICE</b> Daily fresh raw vegetable and green salads with various toppings and dressings	<b>GARDEN CHOICE</b> Daily fresh raw vegetable and green salads with various toppings and dressings	<b>GARDEN CHOICE</b> Daily fresh raw vegetable and green salads with various toppings and dressings
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<b>DESSERT</b>  Marble cake <i>approx 263.8 cal.</i>	<b>DESSERT</b>  Strawberry tiramisu <i>approx 214.6 cal.</i>	<b>DESSERT</b> Hazelnut crème <i>approx 195.4 cal.</i>	<b>DESSERT</b>  Matcha mousse <i>approx 327.1 cal.</i>	<b>DESSERT</b> Dessert of the day
<b>3.00</b>	<b>3.00</b>	<b>3.00</b>	<b>3.00</b>	<b>3.00</b>

Alle Preise in CHF, MwSt inkl.

**Öffnungszeiten:** Montag - Freitag: 08.30 bis 13.30 Uhr, Mittagsservice: 11.30 Uhr bis 13.15 Uhr

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