

Staff restaurant Eldora - Sympany

Monday, 18. November	Tuesday, 19. November	Wednesday, 20. November	Thursday, 21. November	Friday, 22. November	Sunday, 24. November
SOUP	SOUP	SOUP 	SOUP	SOUP	SOUP 
Soup of the day	Soup of the day	Vegetarian Grisons barley soup with vegetables <i>approx 89.2 cal.</i>	Soup of the day	Soup of the day	Vegetarian Grisons barley soup with vegetables <i>approx 89.2 cal.</i>
3.50	3.50	3.50	3.50	3.50	3.50
TRADITIONAL	TRADITIONAL 	TRADITIONAL	TRADITIONAL 	TRADITIONAL	TRADITIONAL
Breaded plaice fillet Mayonnaise Boiled potatoes Creamed spinach <i>approx 957.9 cal. / Plaice: Northeast Pacific</i>	Smart Eating – Alpenküche Autumn vegetables with Brussels sprouts Roast venison with braised sauce and bramata polenta <i>approx 533.2 cal. / Venison: Austria</i>	Lasagne Verdi al Forno with beef, béchamel sauce and grated cheese <i>approx 661.8 cal. / Beef: Switzerland</i>	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>	Half Pizza Diavola with spicy salami, bacon, peperoncini, onions served with mixed salad <i>approx 570.0 cal. / Chorizo (pork): Switzerland, Bacon (pork): Switzerland</i>	
INT CHF 11.50 / EXT CHF 16.50	INT CHF 11.50 / EXT CHF 16.50	INT CHF 11.50 / EXT CHF 16.50	INT CHF 11.50 / EXT CHF 16.50	INT CHF 11.50 / EXT CHF 16.50	INT CHF 11.50 / EXT CHF 16.50
GREEN MARKET 	GREEN MARKET 	GREEN MARKET 	GREEN MARKET 	GREEN MARKET 	
Ravioli filled with vegetables and ricotta Creamy basil sauce Grated cheese <i>approx 675.0 cal.</i>	Frittata of Swiss organic eggs with dried tomatoes, olives, sweet potatoes and marinated watercress Quark with herbs Roasted organic vegetables <i>approx 502.2 cal.</i>	Smart Eating – Alpenküche Smart Eating mushroom Bourguignon Green mashed potatoes Roasted pumpkin cubes Parsley <i>approx 445.8 cal.</i>	Beetroot risotto with buffalo mozzarella, thyme, caramelised nuts and watercress <i>approx 842.9 cal.</i>	Half Pizza Caprese with tomato slices, mozzarella slices and basil served with mixed salad Dressing of your choice <i>approx 511.3 cal.</i>	
INT CHF 11.00 / EXT CHF 16.00	INT CHF 11.00 / EXT CHF 16.00	INT CHF 11.00 / EXT CHF 16.00	INT CHF 11.00 / EXT CHF 16.00	INT CHF 11.00 / EXT CHF 16.00	INT CHF 11.00 / EXT CHF 16.00
AROUND THE WORLD	AROUND THE WORLD	AROUND THE WORLD	AROUND THE WORLD	AROUND THE WORLD	AROUND THE WORLD
The Hot Buffet will be closed today.	Daily changing offer	Daily changing offer	Daily changing offer	Daily changing offer	The Hot Buffet will be closed today.
pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40	pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40	pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40	pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40	pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40	pro 100 Gramm: INT CHF 2.50 / EXT CHF 3.40
GARDEN CHOICE	GARDEN CHOICE	GARDEN CHOICE	GARDEN CHOICE	GARDEN CHOICE	GARDEN CHOICE
Daily fresh raw vegetable and green salads with various toppings and dressings	Daily fresh raw vegetable and green salads with various toppings and dressings	Daily fresh raw vegetable and green salads with various toppings and dressings	Daily fresh raw vegetable and green salads with various toppings and dressings	Daily fresh raw vegetable and green salads with various toppings and dressings	Daily fresh raw vegetable and green salads with various toppings and dressings
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DESSERT 	DESSERT 	DESSERT 	DESSERT 	DESSERT	DESSERT
Smart Eating – Alpenküche Mango lassi <i>approx 118.6 cal.</i>	Smart Eating – Alpenküche Gingerbread and orange trifle <i>approx 152.5 cal.</i>	Chocolate crème <i>approx 160.6 cal.</i>	Smart Eating – Alpenküche Cream tart <i>approx 195.0 cal.</i>		Dessert of the day
3.00	3.00	3.00	3.00	3.00	3.00

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