

Staff restaurant Eldora - Solvias

| Monday, 18. November | Tuesday, 19. November | Wednesday, 20. November | Thursday, 21. November | Friday, 22. November |
|---|---|--|---|--|
| 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 |
| 2.00 | 2.00 | 2.00 | 2.00 | 2.00 |
| CLASSIC | CLASSIC  | CLASSIC | CLASSIC  | CLASSIC  |
| Curry sausage Fruity curry tomato sauce French fries Coleslaw with caraway <i>approx 880.1 cal. / Sausage (Pork): Switzerland</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> | Katsu chicken Tonkatsu sauce Jasmine rice with spring onions and sesame <i>approx 789.5 cal. / Chicken: Switzerland</i> | Smart Eating – Alpenküche Baked pike-perch fillet from the oven with lamb's lettuce pesto Saffron buckwheat Marinated lamb's lettuce <i>approx 564.6 cal. / Pike-perch: Estonia</i> | Chicken meatballs Indian chickpea and lentil dal Basmati rice Coriander <i>approx 1005.5 cal. / Meatballs (chicken): Switzerland</i> |
| INT CHF 9.60 / EXT CHF 12.60 | INT CHF 9.60 / EXT CHF 12.60 | INT CHF 9.60 / EXT CHF 12.60 | INT CHF 9.60 / EXT CHF 12.60 | INT CHF 9.60 / EXT CHF 12.60 |
| WORLD  | WORLD  | WORLD  | WORLD  | WORLD  |
| Pumpkin and Savoy cabbage curry Jasmine rice Coconut flakes <i>approx 503.1 cal.</i> | Gnocchi Tomato and basil sauce Mediterranean vegetables Grated cheese <i>approx 959.7 cal.</i> | Smart Eating mushroom Bourguignon Green mashed potatoes Roasted pumpkin cubes Parsley <i>approx 445.8 cal.</i> | Vegetable stew with black beans Organic wholegrain rice Spring onions <i>approx 527.4 cal.</i> | Indian chickpea and lentil dal Basmati rice Coriander <i>approx 691.9 cal.</i> |
| INT CHF 8.60 / EXT CHF 11.60 | INT CHF 8.60 / EXT CHF 11.60 | INT CHF 8.60 / EXT CHF 11.60 | INT CHF 8.60 / EXT CHF 11.60 | INT CHF 8.60 / EXT CHF 11.60 |
| CHOICE | CHOICE | CHOICE | CHOICE | CHOICE |
| Daily changing offer | Daily changing offer | Daily changing offer | Daily changing offer | Daily changing offer |
| pro 100 Gramm: INT CHF 1.90 / EXT CHF 3.20 | pro 100 Gramm: INT CHF 1.90 / EXT CHF 3.20 | pro 100 Gramm: INT CHF 1.90 / EXT CHF 3.20 | pro 100 Gramm: INT CHF 1.90 / EXT CHF 3.20 | pro 100 Gramm: INT CHF 1.90 / EXT CHF 3.20 |
| DESSERT  | DESSERT  | DESSERT  | DESSERT  | DESSERT  |
| Vanilla-skyr yoghurt with raspberry sauce <i>approx 66.5 cal.</i> | Smart Eating – Alpenküche Gingerbread and orange trifle <i>approx 152.5 cal.</i> | Apple compote <i>approx 120.1 cal.</i> | Smart Eating – Alpenküche Cream tart <i>approx 195.0 cal.</i> | Pineapple with mint <i>approx 79.0 cal.</i> |
| 2.00 | 2.00 | 2.00 | 2.00 | 2.00 |

CLASSIC, WORLD, GREEN : 1 daily soup, 1 daily salad or 1 daily dessert is included in the menu price. Prices in CHF, incl. VAT. INT = rate for internal guests / EXT = rate for external guests

Opening hours

Monday - Friday, 8 am - 2.30 pm. Lunch 11.30 am - 1.30 pm.