





## Staff restaurant Eldora - Glencore Green Market Bistro / Green Market Bistro

Monday, 13. May	Tuesday, 14. May	Wednesday, 15. May	Thursday, 16. May	Friday, 17. May
<b>SALAD BAR</b> Daily fresh raw vegetable and green salads with various toppings and dressings	<b>SALAD BAR</b> Daily fresh raw vegetable and green salads with various toppings and dressings	<b>SALAD BAR</b> Daily fresh raw vegetable and green salads with various toppings and dressings	<b>SALAD BAR</b> Daily fresh raw vegetable and green salads with various toppings and dressings	<b>SALAD BAR</b> Daily fresh raw vegetable and green salads with various toppings and dressings
pro 100 Gramm: 2.50	pro 100 Gramm: 2.50	pro 100 Gramm: 2.50	pro 100 Gramm: 2.50	pro 100 Gramm: 2.50
<b>HOT SANDWICH</b> Maggia ciabatta filled with bacon, fried egg, cocktail sauce, tomatoes, courgettes, rocket <i>approx 638.4 cal. / Bacon (Pork): Switzerland</i>	 <b>HOT SANDWICH</b> Spelt ciabatta filled with Bufalo mozzarella, grilled vegetables, pesto and rocket <i>approx 558.0 cal.</i>	<b>HOT SANDWICH</b> Focaccia filled with smoked country ham, Pecorino, Philadelphia and spinach <i>approx 663.4 cal. / Ham (pork): Switzerland</i>	<b>HOT SANDWICH</b> Maggia ciabatta filled with Grilled aubergine, ajvar, rocket, grated cheese, cherry tomatoes and Philadelphia <i>approx 536.6 cal.</i>	<b>HOT SANDWICH</b> Spelt ciabatta filled with smoked salmon, mascarpone, lemon, dill and spinach <i>approx 530.9 cal. / Salmon: Norway</i>
9.80	9.80	9.80	9.80	9.80
 <b>DAILY SALAD SPECIAL</b> Metabolic Balance salad with tandoori chicken, pink couscous, tomatoes and cucumber <i>approx 273.3 cal. / Chicken: Switzerland</i>	<b>DAILY SALAD SPECIAL</b> Chicken cashew salad bowl with rice noodles, beans, broccoli, free-range egg, chilli and coriander <i>approx 522.9 cal. / Chicken: Switzerland</i>	 <b>DAILY SALAD SPECIAL</b> Black tiger shrimps salad with avocado, cottage cheese, tomatoes and dill <i>approx 314.7 cal. / Shrimps: Vietnam</i>	 <b>DAILY SALAD SPECIAL</b> Niçoise salad with tuna, potatoes, beans, egg, onions and olives <i>approx 395.2 cal. / Tuna: Thailand</i>	 <b>DAILY SALAD SPECIAL</b> Power Salmon Salad with smoked salmon, quinoa, mushrooms, sweet potatoes, avocado, tomatoes and corn kernels <i>approx 456.2 cal. / Salmon: Norway</i>
9.90	9.90	9.90	9.90	9.90
   <b>SOUP</b> Carrot mango soup with coconut milk and spring onions <i>approx 185.8 cal.</i>	 <b>SOUP</b> Vegetable soup with white beans, pasta, pistou and grated cheese <i>approx 185.0 cal.</i>	 <b>SOUP</b> Onion cream soup with thyme and croutons <i>approx 172.6 cal.</i>	   <b>SOUP</b> Vegan courgettes soup <i>approx 63.6 cal.</i>	  <b>SOUP</b> Vegetable cream soup <i>approx 82.9 cal.</i>
3.50	3.50	3.50	3.50	3.50
 <b>DESSERT</b> Carrot cake <i>approx 234.5 cal.</i>	   <b>DESSERT</b> Fruit salad <i>approx 54.0 cal.</i>	  <b>DESSERT</b> Piña Colada cream <i>approx 262.5 cal.</i>	  <b>DESSERT</b> Strawberry mousse with cream <i>approx 246.9 cal.</i>	 <b>DESSERT</b> Grisons nut trifle <i>approx 433.6 cal.</i>
3.50	3.50	3.50	3.50	3.50

Opening hours: Monday - Friday: 07.00 - 16.00, lunch service: 11.30 - 14.00. | All prices in CHF incl. VAT.

Legend Icons: Gluten-free, lactose-free, vegetarian (1 sheet), vegan (2 sheets), Smart Eating