

# Flavour Kitchen

## Mittagsmenü

### 05. bis 11.01.2026

Für den digitalen  
Menüplan mit allen Infos  
den QR-Code scannen!



|                  | Montag                                                                                                                                                                                                                                                                                                                                                                                                        | Dienstag                                                                                                                                                                                                                                                                                                                                                                                                      | Mittwoch                                                                                                                                                                                                                                                                                                                                                                                    | Donnerstag                                                                                                                                                                                                                                                                                                                                                                                        | Freitag                                                                                                                                                                                                                                                                                                                                                                                           |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PASTA OF THE DAY | <b>«Pasta Fusilli», Dör-<br/>rtomaten, Lauch, Pa-<br/>prika, Kichererbsen,<br/>Federkohl, Chili</b><br><br>  <br>14.00 / 17.50                             | <b>«Pasta Fusilli», Dör-<br/>rtomaten, Lauch, Pa-<br/>prika, Kichererbsen,<br/>Federkohl, Chili</b><br><br>  <br>14.00 / 17.50                             | <b>«Flavour Kitchen<br/>Pasta Aglio oglio»,<br/>Teigwaren, Olivenöl,<br/>Knoblauch, Cipolotti<br/>und Chili, Ratatouille,...</b><br><br> <br>14.00 / 17.50                                                                | <b>«Flavour Kitchen<br/>Pasta Aglio oglio»,<br/>Teigwaren, Olivenöl,<br/>Knoblauch, Cipolotti<br/>und Chili, Ratatouille,...</b><br><br> <br>14.00 / 17.50                                                                  | <b>«Flavour Kitchen»<br/>Pasta, Topinambur-<br/>sauce, Rosenkohl,<br/>Kürbis</b><br><br>  <br>14.00 / 17.50                              |
| PLANTS & MORE    | <b>«Green Moun-<br/>tain Balls», Pflan-<br/>zliche Erbsen, Hack<br/>Bällchen mit, Preisel-<br/>beer Sauce, Spätzli &amp;...</b><br><br>  <br>14.00 / 17.50 | <b>«Green Moun-<br/>tain Balls», Pflan-<br/>zliche Erbsen, Hack<br/>Bällchen mit, Preisel-<br/>beer Sauce, Spätzli &amp;...</b><br><br>  <br>14.00 / 17.50 | <b>«Jeera Dal», Linsen,<br/>Spinat, Basmatireis,<br/>Naan Brot, Gurke,<br/>Granatapfelkerne</b><br><br>  <br>14.00 / 17.50               | <b>«Jeera Dal», Linsen,<br/>Spinat, Basmatireis,<br/>Naan Brot, Gurke,<br/>Granatapfelkerne</b><br><br>  <br>14.00 / 17.50               | <b>«Falafel Bowl», Cous-<br/>cous, Nüsse, Ras<br/>el Hanout, Kür-<br/>bis, Spinat, Rotkabis,<br/>Tahini</b><br><br>  <br>14.00 / 17.50   |
| CLASSIC FLAVOUR  | <b>«Brewbee Chili»,<br/>Baked Potatoe, Tor-<br/>tilla Chips, La<br/>Fraîche, Koriander</b><br><br>  <br>14.00 / 17.50                                | <b>«Brewbee Chili»,<br/>Baked Potatoe, Tor-<br/>tilla Chips, La<br/>Fraîche, Koriander</b><br><br>  <br>14.00 / 17.50                                | <b>«Gnocchi alla sor-<br/>rentina», Kartof-<br/>fel Gnocchi mit,<br/>Auberginen, Ore-<br/>gano, Tomaten Sugo,...</b><br><br> <br>14.00 / 17.50                                                                        | <b>«Gnocchi alla sor-<br/>rentina», Kartof-<br/>fel Gnocchi mit,<br/>Auberginen, Ore-<br/>gano, Tomaten Sugo,...</b><br><br> <br>14.00 / 17.50                                                                          | <b>«Sweet &amp; Sour», Tofu,<br/>Peperoni, Zwiebeln,<br/>Sesam, Fairtrade<br/>Ananas, Jasminreis</b><br><br>  <br>14.00 / 17.50    |
| WEEKLY BOWL      | <b>«Tantanmen», Ramen<br/>Suppe, Pak Choy,<br/>Seitan, Erd-<br/>nuss, Sesam,<br/>Champignons, Chili</b><br><br>  <br>10.80 / 13.50                   | <b>«Tantanmen», Ramen<br/>Suppe, Pak Choy,<br/>Seitan, Erd-<br/>nuss, Sesam,<br/>Champignons, Chili</b><br><br>  <br>10.80 / 13.50                   | <b>«Tantanmen», Ramen<br/>Suppe, Pak Choy,<br/>Seitan, Erd-<br/>nuss, Sesam,<br/>Champignons, Chili</b><br><br>  <br>10.80 / 13.50 | <b>«Tantanmen», Ramen<br/>Suppe, Pak Choy,<br/>Seitan, Erd-<br/>nuss, Sesam,<br/>Champignons, Chili</b><br><br>  <br>10.80 / 13.50 | <b>«Tantanmen», Ramen<br/>Suppe, Pak Choy,<br/>Seitan, Erd-<br/>nuss, Sesam,<br/>Champignons, Chili</b><br><br>  <br>10.80 / 13.50 |

Allfällige Änderungen einzelner Menü-Komponenten werden jeweils  
direkt an der Speiseausgabe schriftlich kommuniziert. Bei Unklarheiten  
zu Allergenen oder Bedarf an weiterführenden Informationen können Sie  
sich jederzeit an unsere Fachpersonen wenden.

Preise in CHF inkl. MwSt.



Klimawirkung  
der Mahlzeiten  
entdecken ...

Klimawirkung

- hoch
- mittel
- niedrig



Ausgewogenheit

- Proteine
- Kohlenhydrate
- Gemüse & Früchte

... und  
ausgewogene  
Ernährung  
erkennen.