

# Fondation de la Tour en Communs | Restaurant Fon-

## dation de la Tour en Communs

### Menu du midi

### 21. to 27.09.2026

For the digital meal plan with further details, scan the QR-Code!



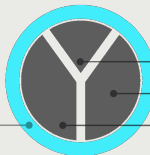
|        | Monday                                                                                                                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                          |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bistro | <b>BURGER</b><br>Viande de bœuf, salade de chou, graines, sauce pour burger, herbes, oignons, Pom-..<br><br>14.60 / 16.60                                                                                                                                               | <b>TERIYAKI LUYA</b><br>Couscous maïs et lentilles, Carottes, pak choï, Sauce tomate et courge, Yaourt végétal<br> <br>14.60 / 16.60 | <b>BREW BEE BIBIMBAP</b><br>Nouilles de riz, Vinai-grette au soja et au pi-ment, Kimchi<br> <br>14.60 / 16.60                                                                        | <b>STEAK HACHÉ AUX CHAMPIGNONS</b><br>Purée de pommes de terre et de poireaux, Chou rouge, Sauce à la..<br><br>14.60 / 16.60                                                                                                                                             | <b>CÔTE DE PORC CHARCUTIÈRE</b><br>Pommes purée, Choux de Bruxelles sautés<br><br>14.60 / 16.60                                                                              |
| Urban  | <b>TARTE ITALIENNE FAÇON PIZZA</b><br>Tomate, mozza, olives, Salade de fenouil à l'orange<br> <br>9.75 / 12.50                                                                         | <b>GNOCCHI</b><br>Coulis de tomate basilic, Feta et roquette<br> <br>9.75 / 12.50                                                    | <b>COUSCOUS</b><br>Boulettes végétariennes aux olives vertes, Légumes mijotés<br>  <br>9.75 / 12.50 | <b>VOL-AU-VENT</b><br>Crème de champignons, Riz pilaf, Tomates à la provençale<br> <br>9.75 / 12.50                                                                                   | <b>CHILI SIN CARNE</b><br>Sarrasin au poireau, Crème à la ciboulette<br> <br>9.75 / 12.50 |
| Global | <b>BROCHETTE D'AG-NEAU</b><br>Sauce blanche, Quinoa aux dattes, Piperade<br>  <br>16.00 / 18.00 | <b>PAVÉ DE SAUMON</b><br>Sauce teriyaki sésame, Purée de panais wasabi, Tsatsiki de concombre<br> <br>16.00 / 18.00              | <b>ENTRECÔTE DE BOEUF</b><br>Sauce béarnaise, Pommes de terre sarladaises, Haricots...<br> <br>18.00 / 20.00                                                                     | <b>POT-AU-FEU</b><br>Assortiment de légumes d'automne, Sauce gribiche<br>  <br>16.00 / 18.00 |                                                                                                                                                                                                                                                                 |

Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.

Discover the climate impact of meals...

#### Climate Impact

- High
- Medium
- Low



#### Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.