

Menu lunch and dinner

Menu selection of your choice:

Starters

Mexican salad (quinoa, corn, red beans, avocado, tortillas, peppers, lime) V Pink tabbouleh with couscous and beetroot V Asian salad with zucchini, carrots and wheat, sesame dressing V Bulgur salad, goatcheese, grapes and olives V Tomato salad, mozzarella, arugula and pesto V

Meat

Grilled chicken, sauce with apricots, pistachio, soja and honey, quinoa Chicken skewers tikka massala, poached pear with spices, basmati rice and fennel raita Beef meatballs with bulgur, pesto sauce and seasonal vegetables Eggplant aubergine, minced lamb and beef and bulgur

Fish

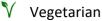
Codfish with a crispy mustard and cereal crust, grilled bulgur and leeks Jambalaya (Louisiana speciality: rice, shrimps, bacon, tomato and peppers) Salad with salmon marinated in lemon and ginger, plain rice & green cripsy vegetables Plancha grilled tuna, stir fried asian vegetables and satay sauce

Vegetarian

Roasted aubergine with almonds, dried apricots and semolina, tzatziki sauce Tofu with a crust of amaranth and sesame, green beans and black rice Roasted pumpkin with honey and pecannuts, quinoa with grenade and cream of goat cheese Stir fried vegetables, chinese noodles, sesame and soja sauce

Desserts

Apple rose pie Lemon pie revisited in glasses Chocolate chip cookie with pecan nuts Chocolate pana cotta with pear, muesli and crispy nuts Chocolate cake Pear crumble with chocolate chips



) Gluten free

Price of the formulas

	Vegetarian	Meat & fish
Meal only	CHF 18	CHF 20
Starter + meal or meal + dessert	CHF 23	CHF 25
Starter + meal + dessert	CHF 27	CHF 29

These prices are before tax.

Our meals are delivered in individual boxes 100% recyclable and bio degradable. Please note that a minimum order quantity of 10 meals is required.

A minimum of 8 identical menus is required and a maximum of 4 different menus for groups of 30 people and more is required.