



L'EFFET PAPIILLON

TRAITEUR-RESTAURANT PHILANTHROPIQUE

Menu lunch and dinner

Menu selection of your choice:

Starters

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

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 crispy 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

✓ Vegetarian

✕ 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.