



Menu

Dear Guest
A warm welcome to
Balgrist University Hospital.

Our main concern is to make sure that your stay with us is as pleasant as possible.

You can choose a meal from our standard range or put a meal together for yourself. Your meal can be ordered in one of the following ways:

- Patient services will visit your room between 12.15 and 1 pm to ask in person what you would like, or
- You can show which meals you would like (at lunchtime and in the evening) on your menu plan, e.g. by writing a cross. Please then leave the menu plan somewhere that's easy to see on your bed.

If we are unable to contact you or if we have not received your order, we will take the liberty of serving you with Menu 1.

Meal choices may be restricted if your doctors have ordered a special diet for you.

Please contact us on telephone number 1212 (Room Service) with any individual requirements.

We hope you have a pleasant stay at our hospital, and a speedy recovery.

Kind regards
Hotel Services

Breakfast

Available from 07–10 am

Prices in CHF	Price supplement Semi-private	Visitors
<hr/> Continental breakfast, small <hr/>		
2 slices bread, 2 butters and 2 spreads (from selection), 1 serving of coffee, hot milk or tea	-	8.00
<hr/> Continental breakfast <hr/>		
1 bread roll (from selection), 1 croissant, 2 butters, 2 spreads (from selection), 1 type of cheese and 1 yoghurt 1 serving of coffee, hot milk or tea	-	10.00
<hr/> Bircher müsli breakfast <hr/>		
1 small Bircher müsli, 2 slices wholemeal bread, 1 natural cheese spread, 2 butter and 1 serving of coffee, hot milk or tea	-	10.00
<hr/> À la carte breakfast <hr/>		
<hr/> Selection of breads <hr/>		
Dark, wholegrain bread, wholemeal bread and white bread; Semmeli (wheat), Bürli (sourdough) and Weggli (milk) bread rolls; butter, salt dough and wholemeal croissants; small wholemeal rolls, crispbreads and rusks	-	1.30
<hr/> Selection of spreads <hr/>		
Butter, Becel margarine, cheese spread, honey, Nutella, extensive selection of jams and jellies	-	0.60

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Miscellaneous

Yoghurt (natural, fruit, flavouring)	-	2.00
Sliced or soft cheese, 1 variety	-	2.00
Cheese selection, 3 varieties	-	6.00
Cold cut meat selection 60g	-	6.00
Bündnerfleisch (air-dried meat from Graubünden) 20g	-	4.50
Cured ham 20g	-	4.00
Smoked salmon with Parisette 40g	4.00	8.00
Breakfast cereals, Cornflakes	-	2.00
Bircher müsli, breakfast serving	-	4.00
Fruit salad, breakfast serving	-	4.50
Fruit (seasonal)	-	1.00
Scrambled eggs or omelette	2.80	5.50
Scrambled eggs with bacon	3.50	6.50
Hard-boiled egg	0.80	1.50

Breakfast drinks

Teas (see Tea Menu)	-	4.20
Coffee, espresso	-	4.20
Double espresso	-	5.50
Latte macchiato, cappuccino	-	5.00
Hot, milky drinks (Ovomaltine, Caotina)	-	5.00
Serving of cold milk 25cl	-	3.50
Granini orange juice 20cl	-	3.50

A la carte dishes

Available from 11 am–13.45 pm and from 17 pm–18 pm

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Hors d'Oeuvre

Smoked salmon with raspberry and horseradish foam and a salad bouquet	7.50	15.00
Melon boats with cured ham from Graubünden	7.00	14.00
Marinated king prawns on an Asian glass noodle salad	6.50	12.50

Soups

Beef consommé with cheese and paprika croutons	-	7.50
Cream of parsley root soup with beetroot crisps	-	6.50
Cream of tomato soup with crème fraiche	-	6.50
Bündner Gerstensuppe (barley soup)	-	8.50

Salads

Multi-coloured leaf salad	-	6.50
Small mixed salad	-	8.00
Buffalo mozzarella on a bed of rocket with marinated tomatoes	7.50	15.00
Salad bouquet with strips of roast chicken and bread croutons	6.00	12.00

Pasta dishes

Spaghetti Bolognese with parmesan	-	15.00
Pappardelle with zucchini, olives, sun dried tomatoes, basil and pecorino	-	18.00
Ricotta spinach tortellini with tomato sauce	-	15.00

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Main course		
Multi-coloured vegetable plate served with oven baked potato and crème fraiche	-	19.50
Roast fillets of whitefish in pistachio butter, lying on a bed of leeks with boiled potatoes and dill	14.00	28.00
Duet of salmon and monkfish on a saffron custard, served in a ring of black Venere rice	16.00	32.00
Roast breast of Swiss chicken with a herb sauce, served on a bed of Mediterranean grilled vegetables and linguini	14.00	28.00
Sliced fillet of veal in the style of Zürcher Geschnetzeltes, served with butter rösti and seasonal vegetables	18.00	36.00
Grilled beef tenderloin in a port wine reduction with flambéed morels, served with a bouquet of vegetables and Acquerello risotto	19.00	38.00
Rack of lamb with a herb and mustard crust on a macadamia jus, served with a bean and bacon bundle and lyonnaise potatoes	18.00	36.00
Red Thai vegetable curry with Basmati rice	13.00	26.00
Roast breast of duck on a plum sauce with glazed carrots and almond pilaf	16.00	32.00

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Cold plates

Spicy beef tartare with Parisette and butter, small	-	18.00
Spicy beef tartare with Parisette and butter, large	-	26.00
Selection of cheeses with fig mustard	-	22.00
Balgrist plate (Bündnerfleisch – air-dried meat from Graubünden – Mostbröckli beef, cured ham and Hobelkäse cheese)	-	25.00
Smoked turkey breast with garnish	-	18.00
Rustic sausage and cheese salad	-	16.50
Mixed salad plate with egg	-	16.50

For our younger guests

Spaghetti with tomato sauce	-	8.50
Breaded veal schnitzel with pommes frites	-	16.50
Chicken nuggets with pommes frites	-	9.50

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Desserts*

Various Mövenpick ice creams:

Swiss chocolate	-	6.50
Caramelita	-	6.50
Vanilla dream	-	6.50
Maple walnut	-	6.50
Strawberry	-	6.50

Passion fruit mousse with mango and passion fruit centre and almond sponge cake	6.00	12.50
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Caramel core surrounded by coffee mousse on hazelnut sponge with a crispy waffle base	6.00	12.50
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Toblerone mousse with fresh berries	5.00	10.50
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Light dishes

Semolina pudding, cinnamon sugar and apple puree	-	7.00
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Rice pudding, cinnamon sugar and apple puree (45 min. preparation time)	-	7.50
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Apple puree	-	3.00
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Compote	-	4.50
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Bircher müsli, large	-	6.50
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Continental breakfast	-	10.00
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* Any desserts ordered via room service during the interval between mealtimes (1pm – 4pm) will also be charged to the patient.