



Your personal à la carte selection

Dear Guest

A warm welcome to Balgrist University Hospital. We are committed to ensuring that your stay with us is as pleasant as possible.

You can choose your own meals and put your menu together as you wish. Patient Services will visit your room during the course of the morning to ask what you would like to order.

Patients with supplementary insurance cover can also place their order via telephone using the coffee cup button on their bedside monitor. If you would like to order a dish from the weekly set menu, you can mark your choice directly on the weekly menu plan.

If we are unable to contact you or haven't received an order from you, we will serve you Menu 1.

Your meal choices may be restricted if your doctors have prescribed a special diet for you.

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

Kind regards

Hospitality services

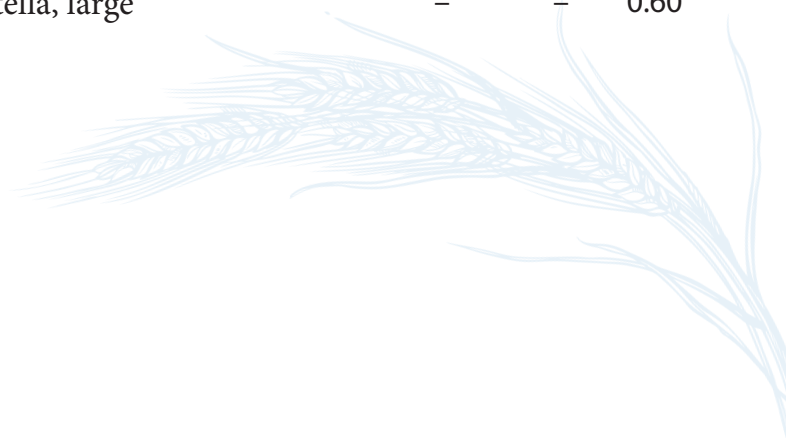
Breakfast

Available from 7 – 10 am

All prices are quoted in CHF, incl. VAT

All the items of food and drink listed in this menu are available without a surcharge to patients who have private insurance cover.

	Surcharge general	Surcharge semi- private cover	Price for visitors
Small continental breakfast 2 slices of bread, 2 portions of butter, 2 spreads (from a selection), 1 serving of coffee, hot milk or tea	–	–	8.00
Continental breakfast 1 bread roll (from a selection), 1 croissant, 2 portions of butter, 2 spreads (from a selection), 1 type of cheese, 1 yogurt, 1 serving of coffee, hot milk or tea	6.50	–	10.00
Bircher muesli breakfast 1 small Bircher muesli, 2 slices of wholemeal bread, 1 portion of cheese spread, 1 portion of jam, 2 portions of butter, 1 serving of coffee, hot milk or tea	6.50	–	10.00
Selection of bread Brown bread, wholemeal bread, white bread, Weggli (milk roll), Semmeli (wheat roll), 9-grain bread roll, crispbread, rusks, Bürli (sourdough rolls)	–	–	1.30
Butter, lye (dipped in a salt wash) and wholemeal croissants	0.90	–	1.30
Selection of spreads Butter, Becel margarine, cheese spread, honey, Nutella, large selection of jams and jellies	–	–	0.60



All prices are quoted in CHF, incl. VAT
All the items of food and drink listed in this menu are available without a surcharge to patients who have private insurance cover.

Surcharge
general

Surcharge
semi-
private
cover

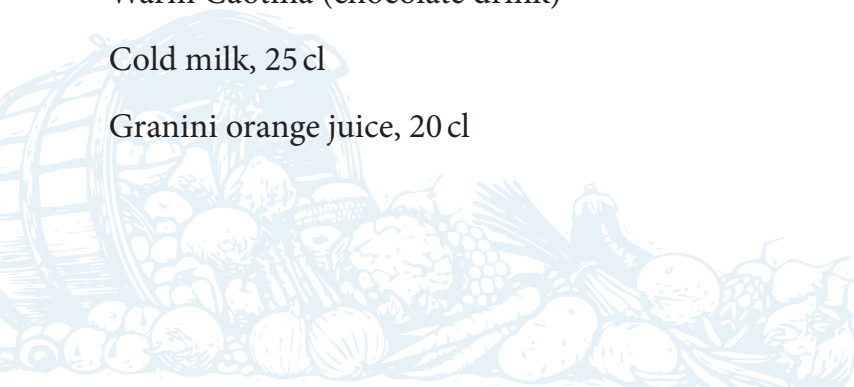
Price for
visitors

Miscellaneous

Yogurt (natural, fruit or flavoured)	–	–	2.00
Sliced or soft cheese, 1 sort	–	–	2.00
Selection of cheeses, 3 sorts	4.00	–	6.00
Selection of cold cuts (meat) 60 g	5.50	–	8.00
Bündnerfleisch (air-dried meat from Graubünden) 20 g	3.00	–	4.50
Cured ham 20 g	2.70	–	4.00
Breakfast cereals, cornflakes	1.50	–	2.00
Small Bircher muesli	2.70	–	4.00
Small fruit salad	3.00	–	4.50
Seasonal fruit	–	–	1.00
Scrambled eggs or omelette	3.80	2.80	5.50
Scrambled eggs with bacon	4.50	3.50	6.50
Hard-boiled egg	1.00	0.80	1.50

Breakfast drinks

Coffee, espresso	–	–	4.20
Double espresso	–	–	5.50
Milk coffee in a jug	–	–	4.20
Twining's Tea, various types Earl Grey, English Breakfast, Pure Darjeeling, Green Tea, Orange & Cinnamon, Fruit Tea, Lemon & Ginger, Camomile, Lime Blossom, Peppermint, Verbena, Rosehip & Hibiscus or Rooibos Tea	–	–	4.20
Warm Ovomaltine (malt drink)	–	–	5.00
Warm Caotina (chocolate drink)	–	–	5.00
Cold milk, 25 cl	–	–	3.50
Granini orange juice, 20 cl	–	–	3.50



A la carte dishes

Available from 11 am – 1:45 pm and from 5 pm – 6 pm

All prices are quoted in CHF, incl. VAT

All the items of food and drink listed in this menu are available without a surcharge to patients who have private insurance cover.

	Surcharge general	Surcharge semi- private cover	Price for visitors
Cold starters			
Hummus with crispy bread chips	4.50	3.50	6.50
Smoked salmon with horseradish foam and a salad bouquet	10.00	7.50	15.00
Marinated king prawns on a cucumber and mango salad	8.50	6.50	12.50
Melon boats with cured ham from Graubünden	9.50	7.00	14.00
Soups			
Beef consommé with cheese and paprika croutons	–	–	7.50
Cream of mushroom soup with garlic croutons	–	–	5.50
Cream of tomato soup with crème fraiche	–	–	6.50
Bündner Gerstensuppe (traditional barley soup, contains pork)	–	–	8.50
Salads			
Colourful mixed leaf salad	–	–	6.50
Small mixed salad, with lettuce, carrots, tomatoes and cucumbers	–	–	8.00
Tomato and mozzarella salad	–	–	9.00
Buffalo mozzarella on a bed of rocket with marinated tomatoes	10.00	7.50	15.00
Strips of tandoori chicken on a warm mixed vegetable salad	10.50	8.00	15.50
Pasta dishes			
Älplermagronen (macaroni alpine-style) with apple puree	–	–	15.00
Ricotta and spinach tortellini with a tomato sauce	–	–	15.00
Fusilli with pesto	–	–	15.00
Spaghetti Bolognese with parmesan	–	–	15.00
Penne with a creamy ham sauce	–	–	15.00



All prices are quoted in CHF, incl. VAT
 All the items of food and drink listed in this menu are available without a surcharge to patients who have private insurance cover.

Surcharge general	Surcharge semi-private cover	Price for visitors
-------------------	------------------------------	--------------------

Vegetarian dishes

Colourful plate of mixed vegetables served with baked potatoes and crème fraiche	–	–	19.50
Red Thai curry with vegetables in a ring of Basmati rice	17.50	13.00	26.00
Crispy sweet and sour tofu with stir-fried wheat noodles	10.50	8.00	16.00

Fish dishes

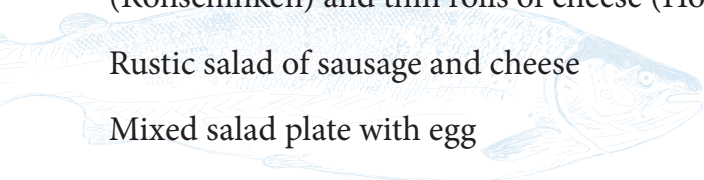
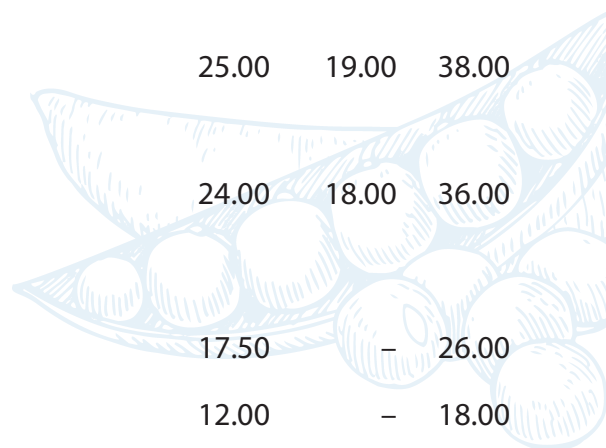
Loin of pike perch pan-fried, with pistachio oil and boiled potatoes with dill	18.50	14.00	28.00
Duet of salmon and sole in a lime sauce with pilaf rice and strips of leek	21.50	16.00	32.00

Meat dishes

Pan-fried breast of Swiss chicken with a herb jus, Mediterranean grilled vegetables and linguine	18.50	14.00	28.00
Red Thai curry with chicken and vegetables in a ring of Basmati rice	19.50	14.50	29.00
Breaded escalope of veal with French fries	22.00	16.50	33.00
Züri Geschnetzeltes – sliced strips of veal in a cream sauce served with butter rösti and seasonal vegetables	24.00	18.00	36.00
Black Angus beef burger with potato wedges	13.00	10.00	19.50
Grilled filet of beef (approx. 180 g) in a port wine reduction with flame-grilled morels, served with Acquerello risotto and seasonal vegetables	25.00	19.00	38.00
Rack of lamb with a herb crust served with a macadamia jus, bacon wrapped in green beans and Lyonnaise potatoes	24.00	18.00	36.00

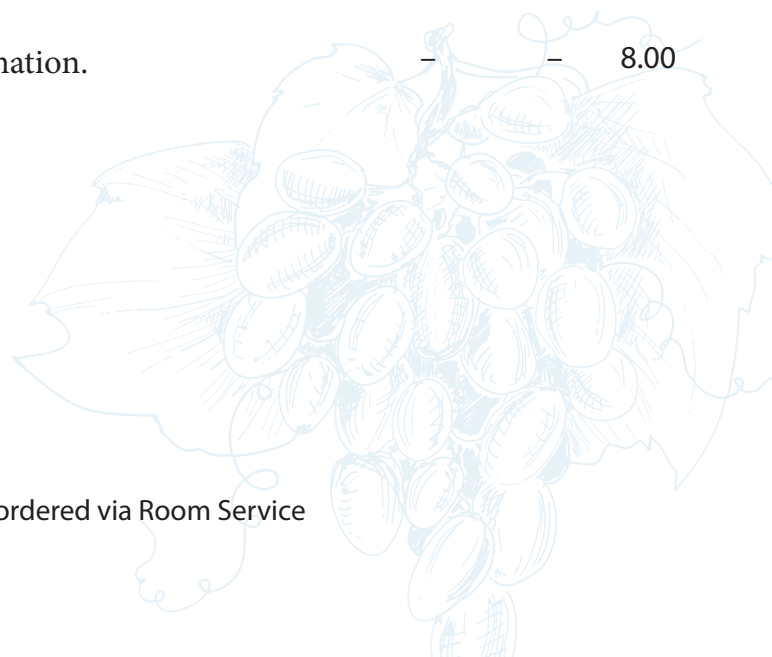
Cold plates*

Spicy beef tartare (190 g) with French bread and butter	17.50	–	26.00
Small spicy beef tartare (110 g) with French bread and butter	12.00	–	18.00
Selection of cheeses: Appenzell, Gruyère, Tête de Moine, Camembert and Saint Albray	–	–	20.00
Chicken breast cold cuts with curry	–	–	18.00
The Balgrist Plate. Air-dried beef (Bündnerfleisch), cured and smoked dried beef (Mostbröckli), cured ham (Rohschinken) and thin rolls of cheese (Hobelkäse)	16.50	–	25.00
Rustic salad of sausage and cheese	–	–	16.50
Mixed salad plate with egg	–	–	16.50



All prices are quoted in CHF, incl. VAT
All the items of food and drink listed in this menu are available without a surcharge to patients who have private insurance cover.

	Surcharge general	Surcharge semi- private cover	Price for visitors
For the smaller appetite*			
Semolina pudding with cinnamon and apple puree	–	–	7.00
Rice pudding with cinnamon and apple puree	–	–	7.50
Portion of apple puree	–	–	3.00
Large Bircher muesli	–	–	6.50
Continental breakfast 3 slices of brown bread, 2 portions of butter, 1 portion of jam, 1 portion of cheese spread, 1 portion of sliced cheese, 1 serving of coffee, hot milk or tea	–	–	10.00
For our younger guests (up to 12 years old)			
Spaghetti with tomato sauce	–	–	8.50
Breaded veal schnitzel with French fries	–	–	16.50
Chicken nuggets with French fries	–	–	9.50
Desserts*			
Various Mövenpick ice creams Vanilla Dream, Swiss Chocolate, Caramelita, Strawberry and Maple Walnut	4.50	–	6.50
Fresh fruit salad	5.50	–	8.00
Caramel pot with cream (contains gelatine)	6.50	4.50	9.50
Toblerone mousse with fresh berries	7.00	5.00	10.50
Passion fruit mousse with mango, maracuja seeds and almonds (contains gelatine)	8.50	6.00	12.50
Today's dessert. Please ask our staff for more information.	–	–	8.00



* Patients in all insurance classes will be charged for meals ordered via Room Service outside of the stated mealtimes.