



## Breakfast

A healthy breakfast provides energy for the whole day. Add to your breakfast with our many side dishes.

### Breakfast

Slice of bread  
Roll  
20g butter  
One portion of jam

### Additional breakfast choices

#### Drinks

- Coffee, decaffeinated coffee
- Tea, according to preference
- Warm milk 100ml
- Warm milk 180ml
- Ovomaltine (sachet)
- Caotina (sachet)
- Cold milk 250ml Tetra
- Ovomaltine (cold) 250ml PET
- Comella (cold) 250ml Tetra
- Orange juice 250ml Tetra
- Multivitamin juice 250ml Tetra
- Apple juice 250ml Tetra

#### Bread

- Croissant
- Roll
- Multigrain roll
- Rye bread
- Rye bread without crust

- Darvida crackers, 8 pack
- Biscuits, 2 pack


#### Spreads

- 10g butter
- 20g butter
- 10g margarine
- Jam: apricot, strawberry, raspberry
- Jelly: apple, quince, red currants
- Honey
- Nutella

Bircher muesli berry 250g

Fresh fruit salad

#### Cheese selection

- Emmental, Gruyère
- Babybel
- Camembert original 
- Cheese spread
- Low-fat cheese spread

#### Porridge

- Porridge with cinnamon and sugar  
Vanilla, oats, semolina, maize



## Snacks

For between meals

### **Fruit yoghurt 90g**

- Pineapple
- Strawberry
- Raspberry

### **Set yoghurt 90g**

- Mocca
- Chocolate
- Natural

### **Quark with sugar 125g**

- Apricot
- Strawberry

Emmi Caffè Latte Cappuccino 230ml

Milk Shake Strawberry 330ml

High-energy frappé

Milk protein vanilla

Milk protein caramel Macchiato

Vanilla rice pudding 175g

Bircher muesli berry 250g

### **Fruit juice 250ml Tetra**

- Orange juice
- Multivitamin juice
- Apple juice

Darvida crackers, 8 pack

Kambly Goldfish Snack 30g  
Nut mixture unsalted

### **Roll sandwiches**

- Ham
- Cheese

### **Fruit**

- Apple
- Banana
- Daily fruit



## Drinks

Mineral water, tea and coffee can be ordered on the ward at any time, free-of-charge. The following drinks are invoiced separately.

### Soft drinks

• Coca-Cola	500ml	PET	CHF	2.90
• Coca-Cola Zero	500ml	PET	CHF	2.90
• "Island iced tea" (Mojo White Tea Lemon)	500ml	PET	CHF	2.90
• "Island iced tea" (Mojo Green Tea)	500ml	PET	CHF	2.90
• Rivella Blue and Red	500ml	PET	CHF	2.90
• Apple spritzer	500ml	PET	CHF	2.90

### Alcoholic drinks

You June order these drinks as long as the doctor permits it.

• Burgdorfer blond, 4.9% Vol	33cl	Bottle	CHF	4.20
• Non-alcoholic Appenzeller, 0.0% Vol	33cl	Bottle	CHF	4.20
• White wine St. Saphorin AOC, Conne, 12% Vol	35cl	Bottle	CHF	16.50
• Rosé Oeil de Perdrix AOC, Conne, 12% Vol	37.5cl	Bottle	CHF	16.50
• Red wine St. Saphorin AOC, Conne, 13% Vol	35cl	Bottle	CHF	16.50
• Red wine Dôle AOC, Niklaus Wittwer, 13% Vol	37.5cl	Bottle	CHF	16.50



## Monday 20 June 2022

We recommend that you select your meals according to your own personal taste and preference. The individual items on the menu listed under **Gastro Tips, Vegi Hits and Pasta Hits** can be interchanged with every meal (lunch or evening).

### Lunch

#### **GastroTip**

Veal meat cut into strips  
Nut sauce  
Roasted potatoes with herbs  
Broccoli  
Ovomaltine mousse

#### **Vegi Hit**

Sweet peppers and apple goulash  
Polenta  
Endive salad (l)  
Ovomaltine mousse

#### **Pasta Hit**

Elbow macaroni  
Bolognese sauce

#### **Cold platter**

Summer salad with basil  
Home-made bread

#### **Soup of the day**

Vegetable bouillon with vegetable strips

#### **Apple cake, currant cake**

### Evening meal

#### **Gastro Tip**

Risotto with mascarpone  
Cubed vegetables and mushrooms  
Carrot salad

#### **Vegi Hit**

Risotto with mascarpone  
Cubed vegetables and mushrooms  
Carrot salad

#### **Pasta Hit**

Elbow macaroni  
Bolognese sauce

#### **Cold platter**

Summer salad with basil  
Home-made bread

#### **Apple cake, currant cake**

Café complet according to preference



Tuesday 21 June 2022

We recommend that you select your meals according to your own personal taste and preference. The individual items on the menu listed under **Gastro Tips, Vegi Hits and Pasta Hits** can be interchanged with every meal (lunch or evening).

### Lunch

#### Gastro Tip

Roasted salmon trout filet  
Noilly Prat sauce  
Noodles with summer vegetables  
Batavia salad (F)  
Strawberry

#### Vegi Hit

Home-made vegetable fritters  
Garden cress salad  
Mixed vegetables  
Strawberry

#### Pasta Hit

Pastaspitzen with chees Appenzell  
Herb sauce

#### Cold platter

Vitello tonnato  
Home-made bread

#### Soup of the day

Chickpea soup

Apple cake, currant cake

### Evening meal

#### Gastro Tip

Chicken strips Tandoori  
with mexican salad  
Chili sauce  
Multigrain roll  
Green salad (F)

#### Vegi Hit

Cheese salad with fruit  
Multigrain roll  
Green salad (F)

#### Pasta Hit

Pastaspitzen with chees Appenzell  
Herb sauce

#### Cold platter

Vitello tonnato  
Home-made bread

Apple cake, currant cake

Café complet according to preference



Wednesday 22 June 2022

We recommend that you select your meals according to your own personal taste and preference. The individual items on the menu listed under **Gastro Tips, Vegi Hits and Pasta Hits** can be interchanged with every meal (lunch or evening).

### Lunch

#### Gastro Tip

Pork steak  
Thyme sauce  
Jasmine rice  
Courgettes  
Semolina flan with raspberry sauce

#### Vegi Hit

Celeriac piccata  
Tomato sauce with herbs  
Spaghetti  
Brussels and cicorino rosso salad (B)  
Semolina flan with raspberry sauce

#### Pasta Hit

Elbow macaroni  
Bolognese sauce

#### Cold platter

Summer salad with basil  
Home-made bread


#### Soup of the day

Fennel soup


Apple cake, currant cake

### Evening meal

#### Gastro Tip

Potato gnocchi  
Gorgonzola sauce   
Mixed salad (I)

#### Vegi Hit

Potato gnocchi  
Gorgonzola sauce   
Mixed salad (I)

#### Pasta Hit

Elbow macaroni  
Bolognese sauce

#### Cold platter

Summer salad with basil  
Home-made bread

Apple cake, currant cake

Café complet according to preference



## Thursday 23 June 2022

We recommend that you select your meals according to your own personal taste and preference. The individual items on the menu listed under **Gastro Tips, Vegi Hits and Pasta Hits** can be interchanged with every meal (lunch or evening).

### Lunch

#### **Gastro Tip**

Lamb ragout  
Provence sauce  
Polenta  
Kohlrabi  
Baked plums

#### **Vegi Hit**

Mushroom dumplings with parmesan  
Boletus sauce  
Vegetable bouquet  
Lollo salad (F)  
Baked plums

#### **Pasta Hit**

Pastaspitzen with chees Appenzell  
Herb sauce

#### **Cold platter**

Vitello tonnato  
Home-made bread

#### **Soup of the day**

Vegetable bouillon with vegetable  
paysanne

**Apple cake, currant cake**

### Evening meal

#### **Gastro Tip**

Vegetable soup  
Tomato-mozzarella pie  
Mixed salad (F)

#### **Vegi Hit**

Vegetable soup  
Tomato-mozzarella pie  
Mixed salad (F)

#### **Pasta Hit**

Pastaspitzen with chees Appenzell  
Herb sauce

#### **Cold platter**

Vitello tonnato  
Home-made bread

**Apple cake, currant cake**

**Café complet according to preference**



## Friday 24 June 2022

We recommend that you select your meals according to your own personal taste and preference. The individual items on the menu listed under **Gastro Tips**, **Vegi Hits** and **Pasta Hits** can be interchanged with every meal (lunch or evening).

### Lunch

#### **Gastro Tip**

Beef goujon  
Balsamic sauce  
Potato stock  
Carrots  
Banana fool

#### **Vegi Hit**

Vegetable balls  
Parsley quark dip  
Oriental Ebly  
Iceberg salad (I)  
Banana fool

#### **Pasta Hit**

Elbow macaroni  
Bolognese sauce

#### **Cold platter**

Summer salad with basil  
Home-made bread

#### **Soup of the day**

Coconut curry soup

**Apple cake, currant cake**

### Evening meal

#### **Gastro Tip**

Quorn schnitzel  
Soya sauce  
Egg fried rice  
Asian vegetables

#### **Vegi Hit**

Quorn schnitzel  
Soya sauce  
Egg fried rice  
Asian vegetables

#### **Pasta Hit**

Elbow macaroni  
Bolognese sauce

#### **Cold platter**

Summer salad with basil  
Home-made bread

**Apple cake, currant cake**

**Café complet according to preference**





Saturday 25 June 2022

We recommend that you select your meals according to your own personal taste and preference. The individual items on the menu listed under **Gastro Tips, Vegi Hits and Pasta Hits** can be interchanged with every meal (lunch or evening).

### Lunch

#### Gastro Tip

Turkey schnitzel  
Pepper cream sauce  
Schupfnudeln dumplings  
White cabbage salad  
Fruit salad

#### Vegi Hit

Tofu ragout  
Herb cream sauce  
Potato dumplings  
Romanesco cauliflower  
Fruit salad

#### Pasta Hit

Pastaspitzen with chees Appenzell  
Herb sauce

#### Cold platter

Vitello tonnato  
Home-made bread

#### Soup of the day

Celeriac purée soup

Apple cake, currant cake

### Evening meal

#### Gastro Tip

Spaghetti  
Vegetable ragout with mozzarella  
Mixed leaf salad (l)

#### Vegi Hit

Spaghetti  
Vegetable ragout with mozzarella  
Mixed leaf salad (l)

#### Pasta Hit

Pastaspitzen with chees Appenzell  
Herb sauce

#### Cold platter

Vitello tonnato  
Home-made bread

Apple cake, currant cake

Café complet according to preference



Sunday 26 June 2022

We recommend that you select your meals according to your own personal taste and preference. The individual items on the menu listed under **Gastro Tips, Vegi Hits and Pasta Hits** can be interchanged with every meal (lunch or evening).

### Lunch

#### Gastro Tip

Roast veal  
Gravy with coriander  
Couscous  
Mixed vegetables with fresh herbs  
Shortbread biscuits

#### Vegi Hit

Aubergine in a herb crust  
Basil cream sauce  
Noodles  
Shortbread biscuits

#### Pasta Hit

Elbow macaroni  
Bolognese sauce

#### Cold platter

Summer salad with basil  
Home-made bread


#### Soup of the day

Cream of leek soup

**Apple cake, currant cake**

### Evening meal

#### Gastro Tip

Salad platter with Bündnerfleisch meat (F)   
Roll Vivafit

#### Vegi Hit

Salad platter with farmer's cheese (F)  
Roll Vivafit

#### Pasta Hit

Elbow macaroni  
Bolognese sauce

#### Cold platter

Summer salad with basil  
Home-made bread

**Apple cake, currant cake**

**Café complet according to preference**

# Restaurants

Visit our public restaurants.



## PANORAMA

Restaurant im  
Bettenhochhaus

Monday to Friday  
08.30-16.30



## GIARDINO

Restaurant im  
Anna Seiler-Haus

Monday to Friday  
07.45-17.00

Saturday and Sunday  
11.00-16.00



## CENTRO

Café + Shop beim  
Haupteingang

Monday to Friday  
07.00-20.00

Saturday and Sunday  
09.30-17.30



## FIORI

Cafeteria / Snackeria im  
Theodor-Kocher-Haus

Monday to Friday  
07.15-18.00

Saturday and Sunday  
11.00-16.00



## STELLA

Restaurant im  
Wirtschaftsgebäude

Monday to Friday  
08.30-14.00

Saturday and Sunday  
08.30-14.00



## LUNA

Restaurant im  
Operationstrakt

Monday to Sunday  
14.00-21.00



## SOLE

Restaurant in der  
Kinderklinik

Monday to Friday  
08.30-16.00



## Cafeteria Tiefenau

Monday to Friday  
07.30-17.00

Saturday and Sunday  
10.00-17.00

## Restaurant Tiefi

Monday to Friday  
11.30-13.00



## Information

### Order times for patient meals

Breakfast until 05.45

Lunch until 09.45

Evening meal until 14.45



Not recommended for pregnant women (without soft- and semi-firm cheese, without raw meat and raw fish, recommendation federal office for healthiness)

### Product declaration

Our meat and its products originate from the following production countries and fish:

#### Meat

Veal, pork, beef, rabbit and chicken from Switzerland;  
Lamb from Switzerland;  
Turkey from Switzerland

#### Fish

Pike-peach	Estonia, Russia
Trout	Italy
Shrimps	Vietnam
Codfish	Nord-Est Atlantic
Salmon	Norway
Seabass	Turkey

### Information

The Insel hospital hotellery team are always happy to answer any questions or provide information.

Internal telephone number: 2 02 02

## Our recipe tip for you

### Sprouts and potatoes in saffron sauce

#### Additives (for 4 persons)

800g boiled potatoes

500g sprouts

1 onion

150g bacon bits

200ml vegetable bouillon

200ml cream

1 small pack of saffron

$\frac{3}{4}$  tea spoon of salt

A little pepper

#### Preparation

Cut potatoes into small pieces.

Chop the sprouts in half, or even into quarters.

Finely chop the onion.

Slowly fry the bacon bits without fat until crispy, add potatoes and onion, sauté for approx. 5 minutes, quickly add sprouts.

Stir in bouillon and cream, add saffron, cover and simmer for approx. 15 minutes, season.