



## Breakfast

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

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**

- Mocha
- 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 may 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. 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. 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 13 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 bird  
Stewing sauce  
Polenta  
Cauliflower  
Pear mus

#### **Vegi Hit**

Cheese and leek patty  
Cream sauce  
Papardelle  
Corn salad  
Pear mus

#### **Pasta Hit**

Pastaspitzen with chees Appenzell  
Herb sauce

#### **Cold platter**

Vitello tonnato  
Home-made bread

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

Coconut soup

**Apple cake, raspberry cake**

### Evening meal

#### **Gastro Tip**

Chicken stripes  
Mango sauce  
Rice  
Asian vegetable  
Batavia lettuce salad (F)

#### **Vegi Hit**

Fried egg  
Rice  
Asian vegetable  
Batavia lettuce salad (F)

#### **Pasta Hit**

Pastaspitzen with chees Appenzell  
Herb sauce

#### **Cold platter**

Vitello tonnato  
Home-made bread

**Apple cake, raspberry cake**

**Café complet according to preference**



Tuesday 14 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

Veal stew  
Rosemary sauce  
Pasta tricolore  
Aparagus  
Strawberry quark cream

#### Vegi Hit

Tofu in a sesame & honey coating  
Sweet & sour sauce  
Jasmine rice  
Cucumber salad  
Strawberry quark cream

#### Pasta Hit

Elbow macaroni  
Bolognese sauce

#### Cold platter

Summer salad with basil  
Home-made bread

#### Soup of the day

Barley broth

Apple cake, raspberry cake

### Evening meal

#### Gastro Tip

Trout  
Yoghurt lemon dip  
Mixed garden vegetables  
White roll

#### Vegi Hit

Quorn picata  
Cucumber dip  
Mixed garden vegetables  
White roll

#### Pasta Hit

Elbow macaroni  
Bolognese sauce

#### Cold platter

Summer salad with basil  
Home-made bread

Apple cake, raspberry cake

Café complet according to preference



Wednesday 15 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**

Meatloaf with garnish  
Cream sauce with cognac  
Spätzli  
Mixed salad (B)  
Fruit salad

#### **Vegi Hit**

Fried chick peas  
Beetroot sauce  
Mashed potato  
Fennel  
Fruit salad

#### **Pasta Hit**

Pastaspitzen with chees Appenzell  
Herb sauce

#### **Cold platter**

Vitello tonnato  
Home-made bread

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

Herb soup

**Apple cake, raspberry cake**

### Evening meal

#### **Gastro Tip**

Ebly salad with chicken strips  
Multigrain roll  
Green salad (F)

#### **Vegi Hit**

Ebly salad with parmesan cubes  
Multigrain roll  
Green salad (F)

#### **Pasta Hit**

Pastaspitzen with chees Appenzell  
Herb sauce

#### **Cold platter**

Vitello tonnato  
Home-made bread

**Apple cake, raspberry cake**

**Café complet according to preference**



Thursday 16 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 pork  
Apple sauce  
Mashed potatoes  
Broccoli with almonds  
Raspberry yoghurt cream

#### **Vegi Hit**

Mushroom & vegetable skewer  
Quark dip  
Roasted new potatoes  
Lettuce salad (I)  
Raspberry yoghurt cream

#### **Pasta Hit**

Elbow macaroni  
Bolognese sauce

#### **Cold platter**

Summer salad with basil  
Home-made bread

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

Cream of cauliflower soup

**Apple cake, raspberry cake**

### Evening meal

#### **Gastro Tip**

Vegetables ragout  
in curry sauce  
Rice ring  
Green salad (F)

#### **Vegi Hit**

Vegetables ragout  
in curry sauce  
Rice ring  
Green salad (F)

#### **Pasta Hit**

Elbow macaroni  
Bolognese sauce

#### **Cold platter**

Summer salad with basil  
Home-made bread

**Apple cake, raspberry cake**

**Café complet according to preference**



## Friday 17 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**

Pike perch fillet  
Fish cream sauce  
Potato - mixed garden vegetables  
Corn salad  
Yeast snail

#### **Vegi Hit**

Bulgur wheat & mushroom burger  
Vegetable sauce  
Slice of polenta  
Carrots  
Yeast snail

#### **Pasta Hit**

Pastaspitzen with chees Appenzell  
Herb sauce

#### **Cold platter**

Vitello tonnato  
Home-made bread

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

Vegetable bouillon with pancakes strips

**Apple cake, raspberry cake**

### Evening meal

#### **Gastro Tip**

Vegetable-filled wraps  
Leek sauce  
Mixed salad with mozzarella (I)

#### **Vegi Hit**

Vegetable-filled wraps  
Leek sauce  
Mixed salad with mozzarella (I)

#### **Pasta Hit**

Pastaspitzen with chees Appenzell  
Herb sauce

#### **Cold platter**

Vitello tonnato  
Home-made bread

**Apple cake, raspberry cake**

**Café complet according to preference**





## Saturday 18 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 shoulder of veal  
Grainy mustard sauce  
Pilau rice  
Courgettes  
Pineapple salad

#### **Vegi Hit**

Seitan bolognese with vegetables  
Spaghetti  
Mixed salad (F)  
Pineapple salad

#### **Pasta Hit**

Elbow macaroni  
Bolognese sauce

#### **Cold platter**

Summer salad with basil  
Home-made bread

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

Red bean soup

**Apple cake, raspberry cake**

### Evening meal

#### **Gastro Tip**

Meat balls  
Tomato sauce  
Roasted new potatoes  
Loose-leaf salad (F)

#### **Vegi Hit**

Fried veggie burger  
Tomato sauce  
Roasted new potatoes  
Loose-leaf salad (F)

#### **Pasta Hit**

Elbow macaroni  
Bolognese sauce

#### **Cold platter**

Summer salad with basil  
Home-made bread

**Apple cake, raspberry cake**

**Café complet according to preference**



## Sunday 19 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

Breast of corn poulard  
Sweet & sour sauce  
Millet  
Spinach  
Panna cotta with wild berry coulis

#### Vegi Hit

Bean stew  
Home-made bread  
Panna cotta with wild berry coulis

#### Pasta Hit

Pastaspitzen with chees Appenzell  
Herb sauce

#### Cold platter

Vitello tonnato  
Home-made bread


#### Soup of the day

Cream of vegetable soup


Apple cake, raspberry cake

### Evening meal

#### Gastro Tip

Smoked ham platter   
Celery salad  
Züpfli roll

#### Vegi Hit

Mediterranean vegetable salad with feta   
cheese  
Züpfli roll

#### Pasta Hit

Pastaspitzen with chees Appenzell  
Herb sauce

#### Cold platter

Vitello tonnato  
Home-made bread

Apple cake, raspberry 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

### Vegetable flan (3-4 persons)

#### Ingredients

800g pumpkin  
500g mushrooms  
400g chard  
1 tbsp butter  
10ml vegetable stock  
Salt and pepper as required  
1 onion

#### Preparation

Chop the pumpkin into cubes (approx. 2cm) and the mushrooms into quarters. Finely chop the onion.

Remove the leaves from the chard and cut both into 2cm wide strips. Fry the pumpkin, mushrooms, onion and chard in melted butter for approx. 5 mins.

Stir in the stock. Cover and simmer for approx. 10 mins. Add chard leaves and simmer for approx. 2 mins. Season.

Serve with Spätzli.