

# MENU (FOOD & BEVERAGES)

It is of great importance to us that you, our guest, have a pleasant stay and we would therefore like to offer you the best possible service.

Our comprehensive weekly menu offers you a large number of possible combinations. You are also welcome to compile your meals from this à la carte menu. À la carte meals from the room menu are free of charge for patients with supplementary insurance.



In our restaurant hip we also offer you additional delicious à la carte meals made from regional and Mediterranean products. In the morning, at lunchtime and in the evening, there is also an attractive daily choice available. Our recipes are varied and health conscious.

## **MEALTIMES**

7.30 – 8.30 am Breakfast  
Noon – 1 pm Lunch  
5.30 – 6.30 pm Evening meal

## **ORDERING FOOD AND BEVERAGES**

Our employees in the hospitality service will be happy to take your orders between 7 am and 6.30 pm and can also provide you with extensive advice on food and drink.

## **INTOLERANCES / ALLERGIES**

Please inform our hospitality service staff of any intolerances or allergies. The nutritional advice team will accompany you on your gradual return to solid food following surgery, and will help with malnutrition therapies and artificial feeding.

## **VISITORS / RELATIVES**

We would be more than happy to serve meals to your guests in your room. Your guests can order from the weekly or à la carte menu at their own expense. Any orders will be billed to you or can be paid in cash directly to the hospitality service. Please place your orders with the hospitality service by 10.30 am for lunch, by 4 pm for an evening meal and by 6.30 pm for breakfast.

## **RESERVATIONS IN THE RESTAURANT HIP**

You can have breakfast and lunch at any time in the restaurant hip. If you want to make a reservation or any changes to an ordered menu, please do not hesitate to contact our hospitality staff.

## **DECLARATION GUIDE TO SYMBOLS**

All vegetarian dishes are marked with a V.

Please contact the employees in the hospitality service if you suffer from an allergy or intolerance or if you want to avoid certain foods. The staff will clarify ingredients in consultation with the kitchen and advise you on your menu choice.

## BENEFITS ACC. TO INSURANCE CLASS

FOOD AND BEVERAGES	PRIVATE	SEMI-PRIVATE	GENERAL
Continental breakfast	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bircher breakfast	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Breakfast à la carte	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Subject to charge
Weekly menus - lunch and evening	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
À la carte: main courses and desserts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Subject to charge
Lunch in the restaurant hip	30 CHF discount	15 CHF discount	Subject to charge
Special diets (as prescribed)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mineral water / tea	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Soft drinks	<input checked="" type="checkbox"/>	Subject to charge	Subject to charge
Wine / beer	1 glass / meal	Subject to charge	Subject to charge
Coffee	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1 coffee / meal included
Night menu	Subject to charge	Subject to charge	Subject to charge
Visitors / relatives (food and beverages)	Subject to charge	Subject to charge	Subject to charge

## BREAKFAST

<b>CONTINENTAL BREAKFAST</b>	<b>CHF 10.00</b>	<b>BIRCHER</b>	<b>CHF 10.00</b>
A choice of 2 slices of bread or 2 rolls		Bircher muesli	
2 butter or margarine		1 slice of wholegrain bread and butter	
2 spreads (to choose)		2dl orange juice	
1 yogurt or hard/soft cheese		1 portion of coffee, tea or milk	
2dl orange juice or seasonal fruit			
1 portion of coffee, tea or milk			

## À LA CARTE BREAKFAST

Selection of bread	(CHF 1.30)
<i>Wholegrain bread, Graham bread, butter/wholemeal/lye croissant, soft white roll, whole-grain roll, rustico roll, corn roll, gluten-/lactose free roll, toast</i>	
Selection of spreads	(CHF 0.70)
<i>Butter, margarine, Nutella, honey, cheese spread without herbs, Jam (apricot, blackberry, strawberry, strawberry-rhubarb, raspberry, black cherry, plum) Diet jam (apricot, blackberry, strawberry, raspberry) Jelly (blackberry, raspberry, currant, quince)</i>	
Selection of dairy products	(CHF 1.80)
<i>Fruit yogurt (banana, strawberry, raspberry, apricot, pineapple) lactose-free yogurt (strawberry, mango, nature), yogurt 0% (café, strawberry, forest berry) LC1 yogurt (nature, strawberry) and firm yoghurt (mocha, chocolate, nature) Quark/curd cheese (strawberry, banana, raspberry)</i>	
Fruit (seasonal)	(CHF 1.00)
Hard, soft, cottage cheese (portion)	(CHF 1.00)
Orange juice, 2dl	(CHF 3.00)
Cornflakes	CHF 2.00
Rusk or crispbread	CHF 1.00
Bircher muesli (breakfast portion)	CHF 4.00
Fruit salad (breakfast portion)	CHF 4.00
Scrambled egg	CHF 4.00
Plate of cold cuts (4 types)	CHF 6.00
Cheese platter (4 types)	CHF 6.00

## **OUR WEEKLY MENUS**

Please consult our weekly menu for our seasonal weekly menus. The 4-course menu is included for all our patients.

Guests and visitors can order our daily menus at their own expense.

Main course	CHF 18.50
2-course menu	CHF 21.50
3-course menu	CHF 23.50
4-course menu	CHF 24.50

## **HEARTY**

Balanced meals without special restrictions.

## **LIGHT**

Easily digestible, balanced menus. Without foodstuffs which tend to cause discomfort or trouble with illnesses, or after surgery, in the gastrointestinal area or the liver (no cabbage, leeks, onions, or fried or deep-fried foods).

## **NO MEAT**

Balanced menu without meat or fish, with dairy products and eggs (can contain traces of fish, crustaceans, shellfish and sea food, e.g. oyster sauce, fish sauce).

## **RECOMMENDATIONS FOR DIABETICS**

Selecting a menu to suit your preferences. For dessert, we offer seasonal fruits.

Fruit juices and soft drinks are not recommended.

## **NO PORK, KOSHER, HALAL**

Kosher meals are sourced from outside and delivered to the ward from the kitchen. The meals must be ordered three working days in advance.

In the case of halal, we recommend the vegetarian menu variant without gelatine.

Every menu can be ordered without pork.

Please inform the hospitality staff of your desires.

## **STARTERS**

### **SOUPS**

Vegetable bouillon with strips of pancake <sup>V</sup>	CHF 5.00
Tomato soup <sup>V</sup>	CHF 7.50
Soup of the day <sup>V</sup>	CHF 5.00

### **SALADS**

Leaf salad* <sup>V</sup>	CHF 6.50
Mixed salad* <sup>V</sup>	CHF 7.50
Salad of the day* <sup>V</sup>	CHF 5.00

\*All salads come with either French or Italian dressing<sup>V</sup>

## **MAINS**

### **MEAT**

Veal or pork bratwurst with onion sauce and hash brown with the salad of the day CHF 19.50

Caesar salad with fried chicken breast, Parmesan shavings, bacon and bread croutons small CHF 12.50  
large CHF 19.50

HIP-Burger: Beef burger in black sesambun with tomatoes, bacon, onions, cheese and cocktail sauce with French fries CHF 21.50

Mince and macaroni with home-made apple purée CHF 19.00

### **FISH**

Fried fillet of pike-perch with almond butter, parsley potatoes and glazed courgettes CHF 29.50

### **VEGETARIAN**

Macaroni cheese with home-made apple purée<sup>V</sup> CHF 18.50

HIP-Burger veggie: Soja burger in black sesambun with tomatoes, onions, cheese and cocktail sauce with French fries CHF 21.50

### **CHILDREN** - exclusively for guests and patients under the age of 12

Mince and macaroni with home-made apple purée CHF 13.00

Chicken nuggets with French fries CHF 13.00

## DISHES TO REPLACE DAILY MENUS

The following dishes are available free of charge to patients with general insurance as an alternative to the daily menu.

Seasonal vegetable platter with boiled potatoes and herb quark <sup>V</sup>	(guests: CHF 19.00)
Mince and macaroni with home-made apple purée	(guests: CHF 19.00)
Soya mince and macaroni with home-made apple purée	(guests: CHF 19.00)
Spaghetti with tomato sauce and grated cheese <sup>V</sup>	(guests: CHF 18.50)
Spaghetti Bolognese with grated cheese <sup>V</sup>	(guests: CHF 19.00)
Breaded pork escalope and potato wedges with steamed carrots	(guests: CHF 19.50)
Jacket potatoes with cheese <sup>V</sup>	(guests: CHF 15.00)
Chicken nuggets with French fries	(guests: CHF 19.50)
Omelette ( <i>plain, ham, cheese, mushrooms or combination of choice</i> )	(guests: CHF 12.00)
Semolina with cinnamon and sugar <sup>V</sup>	(guests: CHF 5.00)
Rice pudding with cinnamon and sugar <sup>V</sup>	(guests: CHF 5.00)
Platter of cheese/cold cuts with wholegrain bread and butter	(guests: CHF 12.50)
Bircher muesli with wholegrain bread and butter <sup>V</sup>	(guests: CHF 8.50)
Sandwiches ( <i>dried meat, ham, egg, cheese, Lyoner sausage, chicken curry, smoked ham, tuna, turkey breast, soft cheese, salami</i> )	(guests: CHF 5.00)

## DESSERTS

Seasonal fruit salad <sup>V</sup>	CHF 8.50
Vanilla or chocolate mousse <sup>V</sup>	CHF 6.50
Frappé <sup>V</sup> <i>(banana, strawberry, chocolat, vanilla, mocha)</i>	CHF 6.00
Caramel flan <sup>V</sup>	CHF 8.50
Chocolate cake <sup>V G A</sup>	CHF 6.50
Ice cream: <i>Strawberry, vanilla, mocha,, lemon sorbet</i>	CHF 4.00

## NIGHT MENU

The night menu is available between 7 pm and 7 am. Please ask your nurse if you want to order something.

Invoicing is à la carte regardless of the type of insurance.

Continental breakfast <sup>V</sup> 2 slices of wholegrain bread, 2 pieces of butter, jam, 1 hot drink	CHF 6.00
Bircher muesli with wholegrain bread and butter <sup>V</sup>	CHF 8.50
Fruit (apple, banana) <sup>V</sup>	CHF 1.00
Yogurt / fruit quark <sup>V</sup>	CHF 1.80
Rusk / crisp bread <sup>V</sup>	CHF 1.00
Daily menu: choice depending on availability <sup>V</sup>	CHF 24.50

## NON-ALCOHOLIC BEVERAGES

Mineral water with or without gas*	10 dl	CHF 6.00
Soft drinks PET ***		
Coca-Cola, Cola Zero	4.5 dl	CHF 4.50
Rivella, red or blue	5 dl	CHF 4.50
Ice tea lemon	5 dl	CHF 4.50
Apple juice spritzer	5 dl	CHF 4.50
Orangenmost; orange-apple spritzer	5 dl	CHF 4.50
Rivella red	10 dl	CHF 7.00
Syrup, raspberry or orange	2dl	Free
Michel fruit juices ***	3.3 dl	CHF 4.00
Bodyguard		
Orange		

\* Included for all insurance classes

\*\* Included for patients with supplementary insurance

\*\*\* Included for patients with private insurance

## HOT BEVERAGES

### COFFEE AND MILK-BASED DRINKS \*\*

Coffee	CHF 4.00
Espresso	CHF 4.00
Double espresso	CHF 4.50
Pot of milk coffee	CHF 4.50
Cappuccino	CHF 4.50
Macchiato	CHF 4.50
Ovomaltine, hot or cold chocolate	CHF 4.50

### RANGE OF TEAS \*

CHF 3.00

#### Selection of teas

#### Special teas

Fennel

Orange blossom

Green tea

Sage

Rose hip

Breast-feeding tea (only available in the maternity ward)

Camomile

Liver-gall tea (only available in the maternity ward)

Lime blossom

Cough tea

Peppermint

Birch leaf tea

Ceylon, black tea

Ginger lemon tea

Fruits of the forest

Stomach-settling tea

Verbena

\* Included for all insurance classes / Patients with general insurance: one coffee free per meal

\*\* Included for patients with supplementary insurance

\*\*\* Included for patients with private insurance

## **ALCOHOLIC BEVERAGES**

### **WINES**

#### **WHITE WINE**

**CHF**

Féchy Fonterive 20 cl CHF 9.50

Chardonnay la Baume 18.7 cl CHF 7.50

#### **RED WINE**

Merlot Il Picchio rosso 20 cl CHF 9.50

Cabernet-Syrah IGP Vin de Pays d'oc 18.7 cl CHF 7.50

#### **SPARKLING WINE**

Freixenet Carta Nevada demi-sec 20 cl CHF 9.50

### **BEER**

Eichhof lager 3.3 dl CHF 4.60

Eichhof alcohol-free 3.3 dl CHF 4.60

Alcoholic beverages are only sold after consultation with a doctor.  
It is an offence to sell wine, beer and cider to persons under the age of 16.

**ORDERING TIMES**

All warm food is available from noon until 1 pm and from 5.30 – 6 pm.

Please feel free to place your orders with the hospitality staff on the ward:

Breakfast	by 6.30 pm the day before
Lunch	by 10.30 am
Evening meal	by 4 pm

Between 7 pm and 7 am, the service is limited to the night menu, alcohol-free beverages and hot beverages. Please ask your specialist nurse if you want to order anything.

**ALLERGENS / INTOLERANCES**

We would like to inform you that we always have lactose-free milk as well as gluten-free bread. Should you have any special questions, please contact the hospitality service.

**SMALLER PORTIONS**

In the case of the daily menus and alternative offers on page 8, you can order half or quarter portions. Reduction in cost  $\frac{1}{2}$  = 30%,  $\frac{1}{4}$  = 50%

**MEAT DECLARATION**

Poultry	Switzerland / Europe
Veal, beef, pork	Switzerland / Central Switzerland
Lamb	Ireland / New Zealand* / Australia* / Switzerland
Duck	France
Rabbit	Hungary
Fish, shellfish, molluscs	Switzerland / Europe / North East Atlantic / Asia Russia / Kazakhstan (fresh water) Norway** / Scotland** / Vietnam**

\* This meat may have been produced with non-hormonal performance-enhancing drugs such as antibiotics

\*\* Farmed

For detailed information on the individual products, please ask the hospitality service staff responsible.

All prices contain VAT and are in Swiss francs.