

Balgrist

University Hospital



Fresh, seasonal cuisine and personal service – for your individual moments of well-being

Dear guest,

Welcome to Balgrist University Hospital. We'd like to make your stay as pleasant as possible and serve you some culinary delights. Breakfast and our daily three-course menu are included for all patients. We additionally offer an extensive à la carte menu, complimentary for our private patients.

Our patient service is available daily from 7:15 am to 7:00 pm. Outside these hours, please speak to the care team. For timely and efficient preparation, we kindly ask you to order your meal from the patients service by:

- 6:00 pm the day before for breakfast
- by 10:00 am same day for lunch
- by 3:00 pm same day for dinner

If you're feeling hungry throughout the day, our snack menu is available from 8:00 am to 6:00 pm. It can be ordered via the patient service. Snack menu items are subject to charge for all patients.

We hope you eat well and enjoy a pleasant stay at our hospital!
The Balgrist University Hospital Hospitality team

Information

If you have any food allergies, intolerances or questions about ingredients, please ask our patient service team

Declaration

Unless otherwise declared, our baked goods, meat, fish and poultry products come from Switzerland We source our eggs locally from Geflügelhof Inauen.

Meat country of origin:

Beef: Switzerland/Ireland
Veal: Switzerland
Pork: Switzerland
Chicken: Switzerland

Fish country of origin:

Salmon: Scotland
Lobster: USA/Canada
Zander: Usbekistan/Kasachstan

Vegan ^ℙ



Breakfast

Bread selection

Brown bread, whole wheat bread, white bread, Weggli milk bread rolls, Semmeli white bread rolls, 9-grain rolls, bread crackers, Bürli sourdough bread rolls	2.10
Regular, pretzel or whole wheat croissants	2.40

Spreads

Butter, Becel margarine, spreadable cheese, a wide selection of jams and jellies, honey, Nutella	1.20
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Cheese

Sliced or soft cheese	2.40
Three-cheese platter	7.40

Meat

Dry-cured ham 20g	4.20
Grisons dried beef 20g	4.60
Charcuterie platter 60g	8.00

Eggs

Hard-boiled egg	2.00
Scrambled eggs or omelette	2.90/5.80
Scrambled eggs with bacon	3.10/6.20

Everything else

Yogurt (plain, fruit, flavored)	2.40
Breakfast cereal, cornflakes	2.80
Small Bircher muesli	2.10/4.20
Small fruit salad	4.80
Seasonal fruit	2.00

Drinks

Coffee, espresso	4.50
Double espresso	5.50
Pot of coffee	5.00
Pot of milk	5.00
Cold milk, 25 cl	3.50
Hot Ovomaltine	5.00
Caotina hot chocolate	5.00
Granini orange juice, 20 cl	3.50
Sirocco tea	4.90
Ceylon Sunrise, Golden Assam, Gentle Blue Earl Grey, Japanese Sencha, Verbena, Rooibos Tangerine, Camomile Orange Blossoms, Moroccan Mint, Piz Palü, Ginger Lemon Dream, Red Kiss	



Appetizers and cold dishes

Salads

Mixed leaf salad	7.00
Mixed salad	8.50
Watermelon salad with burrata	6.00/12.00
Greek salad	6.00/12.00
Caprese (tomatoes, mozzarella)	6.00/12.00
Salad platter with egg	8.25/16.50
Sausage and cheese salad	8.75/17.50
Caesar salad with lettuce, chicken breast strips, Parmesan and bread croutons	9.75/19.50

Soups

Nectarine gazpacho (cold)	8.50
White tomato soup	8.50

Starters

Hummus and pita bread [∅]	8.50
Falafel with tahini sauce [∅]	8.50
Melon with cured ham from the Grisons and mini baguette	10.50/21.00
Smoked salmon (100 g) with horseradish, mini baguette and butter	11.00/22.00
Beef tartare (110 g) with mini baguette and butter	13.00/26.00
Beef carpaccio, tomatoes, rocket and Parmesan with mini baguette	13.00/26.00

All prices in CHF inc. VAT. The above prices apply for patients with general insurance and visitors.
Patients with semi-private insurance enjoy discounted prices; patients with private insurance have everything included.

Our vegan dishes are labeled with the following symbol: [∅].



Main courses

Pasta

Spaghetti or penne with your choice of tomato sauce, bolognese, pesto, ham and cream sauce 8.75/17.50

Orecchiette with olives, cherry tomatoes and Parmesan 8.75/17.50

Ravioli with figs, pecorino and red pesto 9.75/19.50

Meat

Red Thai curry with chicken and jasmine rice 14.50/29.00

Black Angus burger with potato wedges 14.50/29.00

Breaded veal schnitzel with fries 17.50/35.00

Zurich-style veal fillet strips with rösti and vegetables 19.50/39.00

Beef fillet with chimichurri, courgettes and risotto 21.00/42.00

Fish and seafood

Zander with pistachios, snow peas and potatoes 16.50/33.00

Lobster tail with tomatoes, olives and risotto 19.50/39.00

Vegetarian dishes

Seasonal vegetable platter with baked potatoes and sour cream 9.75/19.50

Breaded vegan schnitzel with fries [∅] 9.75/19.50

Green Thai curry with vegetables and jasmine rice [∅] 10.50/21.00

Momos with soy sauce and bok choy [∅] 10.50/21.00

Cold dishes

Health plate with chicken breast 9.75/19.50

Vitello tonnato with focaccia 13.00/26.00

Smoked salmon (200 g) with horseradish, mini baguette and butter 17.00/34.00

Balgrist cold cuts platter (Grisons air-dried beef, Mostbröckli cured beef, Hobelkäse Alpine hard cheese, brown bread and butter) 17.00/34.00

Beef tartare (190 g) with mini baguette and butter 18.00/36.00

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Dessert and cheese

Dessert

Fruit salad	4.00/8.00
Brownies	4.00/8.00
Crème caramel	4.75/9.50
Mango cream	4.75/9.50
Tiramisu	4.75/9.50
Toblerone mousse	5.25/10.50
Mövenpick ice cream	3.25/6.50
Vanilla Dream, Swiss Chocolate, Caramelita, Raspberry & Strawberry, Maple Walnut	

Cheese

Selection of cheeses	9.75/19.50
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Snacks

Hot dishes

Various vegetable quiche	8.00
Tomato cream soup with brown bread	9.50
Grisons barley soup with brown bread	10.20
Goulash soup with brown bread	10.20
Toasted ham and cheese sandwich (raclette cheese, ham)	11.90
Panini caprese (tomatoes, mozzarella, arugula)	12.00
Panini calabrese (spicy salami, cheese, tomatoes, arugula)	13.00
Panini prosciutto crudo (dry-cured ham, arugula, cheese)	14.00
Pizza pomodorini e rucola (tomato sauce, mozzarella, cherry tomatoes and arugula)	19.60
Pizza prosciutto (tomato sauce, mozzarella and ham)	20.80
Traditional minced beef with macaroni and apple sauce	20.90

Cold dishes

Large Bircher muesli	10.20
Various sandwiches on request, from	6.50
Various ice creams	price on request

Pastries

Various pastries and sweet baked goods	price on request
Fruit tart	7.50



Prosecco, champagne and white wine

Prosecco Italy

Prosecco Extra Dry DOC il Colle Prosecco
Chardonnay, Glera – Valdobbiadene, il Colle
11% vol., Piccolo 20 cl 16.00

**Prosecco Brut DOCG Conegliano Valdobbiadene
il Colle Prosecco**
Pinot Bianco, Glera – Valdobbiadene, il Colle
11% vol., 75 cl 44.00

Champagne France

Grand Cru Champagne
Pinot Noir – Champagne, Perrier-Jouët
12.5% vol., 37.5 cl 68.00

White wine Switzerland

Fendant Vétroz Les Terrasses AOC Valais
Chasselas – Valais, Germanier Jean-René
12.5% vol., 37.5 cl 21.00

Zürbieter Cuvée weiss AOC
Pinot Gris, Riesling-Sylvaner, Sauvignon Blanc,
Pinot Noir – Canton of Zürich, Weingut Landolt
12.5% vol., 75 cl 45.00

Italy

Roero Arneis DOCG
Arneis – Piedmont, Cantina del Nebbiolo
13.5% vol., 75 cl 44.00

Lugana Garda DOC 2024
Trebiano di Lugana – Veneto, Monte del Frà
13% vol., 75 cl 49.00

Germany

Dry Riesling, Palatinate
Riesling – Palatinate, Oliver Zeter
12% vol., 75 cl 42.00

France

Sancerre blanc AOP Domaine Curot
Sauvignon Blanc – Loire, Louis Eric
12.5% vol., 75 cl 59.00

Spain

Tempranillo Blanco El Yergo Rioja DOCa
Tempranillo Blanco – Rioja, Paco Garcia
13% vol., 75 cl 42.00



Red wine

Switzerland

Dôle du Valais AOC

Gamay, Pinot Noir – Valais, Cave St-Pierre
13% vol., 18.7 cl 11.00

Roncaia Riserva Ticino DOC

Merlot – Ticino, Vinattieri
13.5% vol., 37.5 cl 38.00

Malans Pinot Noir Reserve AOC

Pinot Noir – Grisons, Cottinelli
13.5% vol., 75 cl 75.00

Italy

Ripasso Valpolicella Classico Superiore DOC

Corvina Veronese, Rondinella –
Veneto, Monte del Frà
14% vol., 37.5 cl 33.00

Cannonau di Sardegna Riserva DOC

Cannonau – Sardinia, Olianias
14% vol., 75 cl 72.00

France

Vieilles Vignes IGP Pays d'Oc rouge

Cabernet Sauvignon, Merlot – Languedoc,
Domaine de la Jasse
14% vol., 75 cl 38.00

Spain

Crianza Rioja DOCa

Garnacha, Tempranillo – Rioja, Paco Garcia
14% vol., 50 cl 36.00
14% vol., 75 cl 48.00

USA

Cabernet Sauvignon Allomi Napa Valley

Cabernet Sauvignon – California,
Hess Persson Estates
14.5% vol., 75 cl 79.00



Drinks

Beer

Appenzeller Vollmond beer 5.2% vol., 33 cl	6.00
Appenzeller Leermond beer non-alcoholic, 33 cl	5.50

Soft drinks and water

Coca-Cola (PET), 50 cl	5.00
Coca-Cola Zero (PET), 50 cl	5.00
Fusetea Lemon (PET), 50 cl	5.00
Fusetea Peach (PET), 50 cl	5.00
Rivella blue (PET), 50 cl	5.00
Rivella red (PET), 50 cl	5.00
Sparkling apple juice (PET), 50 cl	5.00
Henniez blue (PET), 50 cl	5.00
Henniez red (PET), 50 cl	5.00
Red Bull, 25 cl	5.00

Fruit juices

Granini orange juice, 20 cl	3.50
Zamba (various flavors), 25 cl	5.50

Hot drinks

Coffee, espresso	4.50
Double espresso	5.50
Café au lait	5.00
Cappuccino	5.00
Latte macchiato	5.00
Hot Ovomaltine	5.00
Caotina hot chocolate	5.00
Sirocco tea	4.90
Ceylon Sunrise, Golden Assam, Gentle Blue Earl Grey, Japanese Sencha, Verbena, Rooibos Tangerine, Camomille Orange Blossoms, Moroccan Mint, Piz Palü, Ginger Lemon Dream, Red Kiss	

