



We deliver food which is being freshly prepared by us, in washable containers and boxes, and pick up everything again.

This is how our delivery service works:



- 1.** Please send us your orders in writing to info@laptoplunch.ch



- 2.** Order until 17.00 the day before.
Orders for Monday until 17.00 on Friday



- 3.** We deliver everything between 11am and 12pm.
On request also at other times.

With each delivery we also supply cutlery and napkins.
Crockery upon request for an additional charge of 2.50 per person.



- 4.** Pick up the same day or by appointment.

Thank you for joining hands with us to avoid generating waste!

LAPTOPLUNCH - MENU CARD

Soups

**Minimum order 4 portions
(small 220 grams or big 440 grams)
per soup**

Beetroot soup, tomato soup, apple celery soup
Potato - leek soup, carrot - ginger soup
Tomato - coconut soup with coriander

From 10 equal portions on we deliver the soup in an isolated container.

**Small soup (220 grams) CHF 7.50
Large soup (440 grams) CHF 14.00**

Salads

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Mixed leaf salad (40 or 80 grams) with raw vegetables, seeds, apple splits
with our house dressing
(lactose- and gluten-free)

**small CHF 7.50
large CHF 14.50**

Vitality - Salad

Mixed leaf salad (40 or 80 grams) with blueberries, chia seeds and other seeds,
avocado

with our house dressing
(lactose- and gluten-free)

**small CHF 8.50
large CHF 16.50**

Salad of the Season

Mixed leaf salad (40 or 80 grams) with cubes of pumpkin, pumpkin seeds **and**
strips of red cabbage
with our house dressing
(lactose- and gluten-free)

**small CHF 8.00
large CHF 15.50**

Variant salad buffet for 10 persons or more

**Mixed leaf salad (50 grams) in the big salad box. With it we serve our house
dressing, French dressing and different toppings:**

Roasted seeds (pumpkin, sunflower and flax seeds)

Bread croutons, apple cubes, raw food cubes – beet root, carrot and
palatine, chopped egg, chia seeds and chives

CHF 10.50 per person

Sandwiches

For our sandwiches we use a white Chiabattini bread.

Antipasti (Zucchini and dried tomatoes),
salad leaves and pesto verde (lactose free) **CHF 8.50**

Brie, cranberries,
salad leaves and butter spread **CHF 7.50**

Alp cheese, cucumber and tomato slices,
salad leaves and butter spread **CHF 6.50**

Ham, cucumber and tomato slices,
salad leaves and butter spread **CHF 6.50**

Salami, cucumber and tomato slices,
salad leaves and butter spread **CHF 6.50**

MAIN COURSES

5 portions minimum order quantity per dish

Beef Goulash (CH) **CHF 25.50**
with creamy polenta and colourful oven vegetables

Chicken Curry (CH) **CHF 21.00**
Chicken meat in spicy vegetable - curry - sauce
served with basmati rice and oven vegetables
(gluten free)

Vegetable Curry (CH) **CHF 18.50**
with colourful vegetables in spicy curry sauce and rice
(gluten free)

Veal Ragout (CH) **CHF 29.00**
with homemade mashed potatoes and colourful oven vegetables

Meat Balls (Beef/Veal) (CH) **CHF 21.00**
in a spicy tomato sauce and pasta