

# Mum Cuisine

## \* This Week's Chef's Selection \*

Order our delicious homemade food, delivered straight to your door every Tuesday and Friday!

## Perfect for lunch / dinner

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### SEABREAM POACHED IN COCONUT MILK

Seabream poached in coconut milk, rice and green beans.

Kids / CHF23  
Mums / CHF26  
Dads / CHF28

### BEEF STEW WITH TOMATO SAUCE

Beef stew with tomato sauce and potato écrasée and carrots.

Mums / CHF27  
Dads / CHF29  
Kids / CHF20

### BAKED COD WITH TOMATO

Baked cod with tomato coulis, rice and peas.

Mums / CHF26  
Dads / CHF28  
Kids / CHF19

### CHICKEN CASSEROLE WITH RICE AND BROCCOLI

Chicken casserole with rice and broccoli

Mums / CHF27  
Dads / CHF29  
Kids / CHF20

### LIEU JAUNE AU CITRON ET OLIVES AND VENERE RICE AND CHOUX

Lieu jaune au citron et olives and venere rice and choux

Mums / CHF26  
Dads / CHF28  
Kids / CHF23

### COUSCOUS VÉGÉTARIEN

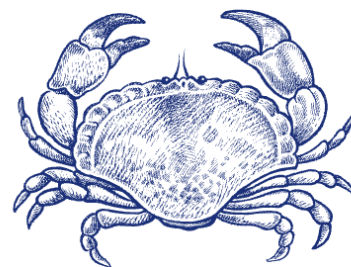
Chicken casserole Couscous végétarien carottes courgettes et semoule.

Mums / CHF25  
Dads / CHF27  
Kids / CHF18

### STUFFED COURGETTE WITH TOMATO COULIS AND BOULGOUR

Stuffed courgette with tomato coulis and boulgour.

Mums / CHF21  
Dads / CHF23  
Kids / CHF15



### CHICKEN TAGINE

Chicken tagine with dried apricots and quinoa.

Mums / CHF27  
Dads / CHF29  
Kids / CHF20

### FILET DE CARELÉ AUX AGRUMES, RIZ ET CHOU-FLEUR AU POIVRE

Filet de carelé aux agrumes, riz et chou-fleur au poivre

Mums / CHF25  
Dads / CHF27  
Kids / CHF23

### ECHINE DE PORC GRILLÉE YAKITORI

Echine de porc grillée yakitori, pak-choi et riz basmati.

Mums / CHF26  
Dads / CHF28  
Kids / CHF23

### VEGETARIAN LASAGNA

Vegetarian lasagna

Mums / CHF21  
Dads / CHF23  
Kids / CHF15



Always  
FRESH

Scannez  
pour  
command



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### PORC SAUSAGE, OIGNON SAUCE WITH PURÉE AND STEWED CABBAGE

Porc sausage, oignon sauce with purée and stewed cabbage

Mums / CHF25

Dads / CHF27

Kids / CHF23

### SALMON WITH MISO SAUCE, SPINACH AND GOLD MILLET

Salmon with miso sauce, spinach and gold millet

Mums / CHF26

Dads / CHF28

Kids / CHF19

### VEGETARIAN MOUSSAKA

Vegetarian moussaka

Mums / CHF25

Dads / CHF27

Kids / CHF18

Always  
FRESH

## Enjoy our breakfast / snacks

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### GREEK YOGURT, CEREAL AND HONEY

Greek yogurt, cereal and honey

CHF 9.99

### HAM AND CHEESE SANDWICH

Ham and cheese sandwich

CHF 9.99

### CAKE AU PAVOT ET CITRON

Cake au pavot et citron

CHF 9.99

### LOW CALORY CHOCOLATE MOUSSE

Low calory chocolate mousse

CHF 9.99

### CEREAL BAR WITH RAISINS AND HAZELNUTS

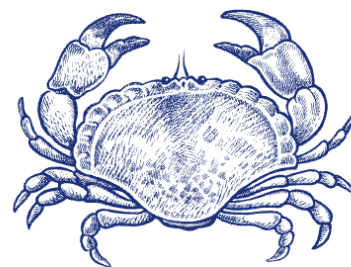
Cereal bar with raisins and hazelnuts

CHF 9.99

### YOGURT WITH CHOCOLATE FLAKES

Yogurt with chocolate flakes

CHF 9.99



### FRUIT SALAD WITH FROMAGE FRAIS

Fruit salad with fromage frais

CHF 9.99

### SALMON GRAVELAX AND CREAM CHEESE BAGEL

Salmon gravelax and cream cheese bagel

CHF 9.99



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pour  
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