

Food guide
Monday, 21st September 2015
Benefactor's Cocktail

*EAT YOURSELF SMART and BOOST your MENTAL ENERGY
proposed by "meet up - eat smart" food concept
and Kongresshaus Zürich*

Appetizer

Cornet with **smoked salmon**

Stick with grilled **vegetables**

Bresaola (dried meat) on rye bread

Pizza **Quiches**

Ratatouille strudel

Prosecco di Conegliano brut
Chardonnay , Terra Veritas, Provins, Valais, 2014

We are inviting you today to join us on a new culinary voyage of exploration. Intelligent nutrition coupled with taste: discover with the help of the colour codes which groups of effective ingredients will get you through the event without flagging. The colour codes tell you what smart ingredients the nibbles contain. We invite you to take a look at

www.eat-smart.ch

heading to find out more about it!

Secondary plant substances
Minerals/trace elements
Proteins

Unsaturated fatty acids
Vitamins
Carbohydrates

