

# PROMOTIONS 2023

Join us in looking forward to a wealth of culinary highlights on the menu plan.



| JANUARY           | FEBRUARY         | MARCH            | APRIL            | MAY              | JUNE             | JULI        | AUGUST               | SEPTEMBER          | OKTOBER                  | NOVEMBER            | DEZEMBER              |
|-------------------|------------------|------------------|------------------|------------------|------------------|-------------|----------------------|--------------------|--------------------------|---------------------|-----------------------|
| 1 New Year        | 1                | 1                | 1                | 1 Labour Day     | 1                | 1           | 1 Swiss National Day | 1                  | 1                        | 1 All Saints' VEGAN | 1                     |
| 2 Berchtold's Day | 2                | 2                | 2                | 2                | 2                | 2           | 2                    | 2                  | 2 World VEGI DAY         | 2 WORLD VEGAN DAY   | 2                     |
| 3                 | 3                | 3                | 3                | 3                | 3                | 3           | 3                    | 3                  | 3                        | 3                   | 3                     |
| 4                 | 4                | 4                | 4                | 4                | 4                | 4           | 4 BARBECUE           | 4                  | 4                        | 4                   | 4                     |
| 5 VEGANUARY       | 5                | 5                | 5                | 5                | 5                | 5           | 5                    | 5                  | 5 ALPINE COW SPONSORSHIP | 5                   | 5                     |
| 6 Epiphany        | 6                | 6                | 6                | 6                | 6                | 6 BARBECUE  | 6                    | 6                  | 6                        | 6                   | 6                     |
| 7                 | 7                | 7                | 7 Good Friday    | 7                | 7                | 7           | 7                    | 7                  | 7                        | 7                   | 7                     |
| 8                 | 8                | 8                | 8                | 8                | 8 Corpus Christi | 8           | 8                    | 8                  | 8                        | 8                   | 8 Immaculate Concept. |
| 9                 | 9                | 9                | 9 Easter         | 9                | 9                | 9           | 9                    | 9                  | 9                        | 9 KIDS DAY          | 9                     |
| 10                | 10               | 10               | 10 Easter Monday | 10               | 10               | 10          | 10                   | 10                 | 10                       | 10                  | 10                    |
| 11                | 11               | 11               | 11               | 11               | 11               | 11          | 11                   | 11 Knabenschiessen | 11 OKTOBER-FEST          | 11                  | 11                    |
| 12 VEGANUARY      | 12               | 12               | 12               | 12               | 12               | 12          | 12 BARBECUE          | 12                 | 12                       | 12                  | 12                    |
| 13                | 13               | 13               | 13               | 13               | 13               | 13          | 13                   | 13                 | 13                       | 13                  | 13                    |
| 14                | 14               | 14               | 14               | 14 Mother's Day  | 14               | 14          | 14                   | 14                 | 14                       | 14                  | 14                    |
| 15                | 15               | 15               | 15               | 15               | 15               | 15          | 15 Assumption Day    | 15                 | 15                       | 15                  | 15                    |
| 16                | 16               | 16               | 16               | 16               | 16               | 16          | 16                   | 16                 | 16                       | 16                  | 16                    |
| 17                | 17               | 17               | 17 Sechseläuten  | 17               | 17               | 17          | 17                   | 17                 | 17                       | 17                  | 17                    |
| 18                | 18               | 18               | 18               | 18 Ascension Day | 18               | 18          | 18                   | 18                 | 18                       | 18                  | 18                    |
| 19 VEGANUARY      | 19               | 19               | 19               | 19               | 19               | 19          | 19                   | 19                 | 19                       | 19                  | 19                    |
| 20                | 20               | 20               | 20               | 20               | 20               | 20 BARBECUE | 20                   | 20                 | 20                       | 20                  | 20                    |
| 21                | 21               | 21               | 21               | 21               | 21               | 21          | 21                   | 21                 | 21                       | 21                  | 21                    |
| 22                | 22               | 22               | 22               | 22               | 22               | 22          | 22                   | 22                 | 22                       | 22                  | 22                    |
| 23                | 23 ACTS OF GREEN | 23               | 23               | 23               | 23               | 23          | 23                   | 23                 | 23                       | 23                  | 23                    |
| 24                | 24               | 24               | 24               | 24               | 24               | 24          | 24                   | 24                 | 24                       | 24                  | 24                    |
| 25                | 25               | 25               | 25               | 25 ACTS OF GREEN | 25               | 25          | 25                   | 25                 | 25                       | 25                  | 25                    |
| 26 VEGANUARY      | 26               | 26               | 26               | 26               | 26               | 26 BARBECUE | 26                   | 26                 | 26 ACTS OF GREEN         | 26                  | 26 Christmas Eve      |
| 27                | 27               | 27               | 27               | 27 ACTS OF GREEN | 27               | 27          | 27                   | 27                 | 27                       | 27                  | 27                    |
| 28                | 28               | 28               | 28               | 28               | 28               | 28          | 28                   | 28                 | 28                       | 28                  | 28                    |
| 29                | 29               | 29               | 29               | 29 Whitsun       | 29               | 29          | 29                   | 29                 | 29                       | 29                  | 29                    |
| 30                | 30               | 30 ACTS OF GREEN | 30               | 30 Whit Monday   | 30               | 30          | 30                   | 30                 | 30                       | 30                  | 30                    |
| 31 VEGANUARY      | 31               | 31               | 31               | 31               | 31               | 31          | 31                   | 31                 | 31                       | 31                  | 31                    |
|                   |                  |                  |                  |                  |                  |             |                      |                    |                          |                     | 31 New Year's Eve     |

# ACTS OF GREEN

Both as a company and in the restaurants, Eldora AG champions sustainability, fairness and environmental protection – and has done so for many years. Of course, we are aware that we can't rescue the whole planet on our own. But we act responsibly on a daily basis and do our bit with a large number of individual good deeds – ACTS OF GREEN.

## ACTS OF GREEN Thursday

We put the spotlight on sustainable cuisine. Sustainable eating doesn't have to mean asceticism and abstinence, it's much more about the right mix of ingredients and pleasure with a clear conscience.

From February to November, we are raising awareness with sustainable topics on the last Thursday of every month.



MEAT-FREE AND HAPPY

NO FOOD WASTE

BIODIVERSITY

SAVE WATER

LEAF TO ROOT  
NOSE TO TAIL

PRO SPECIE RARA

FAIR TRADE

SUSTAINABLE DEVELOPMENT GOALS

SINCE 2016, WE HAVE BEEN GUIDED BY THE UN'S 2030 AGENDA AND ITS 17 GOALS FOR SUSTAINABLE GLOBAL DEVELOPMENT.



TRY OUT **VEGAN**. THIS JANUARY.



The global "Veganuary" (Vegan + January) campaign inspires people to try a purely vegetarian diet in January. Eldora has been committed to vegan cuisine for quite some time now. One good reason to join in is the current climate issue, because much less farmland is used to produce vegan food and its production therefore uses less CO<sub>2</sub> and water. From vegan burger to Indian chickpea curry: we offer you the chance to enjoy delicious vegan food in many Eldora restaurants in January. For more on the global campaign go to [veganuary.ch](http://veganuary.ch)

## Alpine cow sponsorship

### FINEST ALPINE CHEESE FROM OUR ALPINE COWS

Eldora has been supporting the Roffler farming family in Prättigau (Graubünden) since 2015 and sponsors one Alpine cow for every Eldora restaurant. The cows spend the summer on the beautiful Alp Valpun at an altitude of around 1882 metres above sea level, where they can enjoy mountain herbs all day long. The milk is made into wonderfully creamy, aromatic Alpine cheese that we incorporate into our restaurants' menus in the autumn.



## World Vegi Day

2 October

Regular vegetarian meals are good for us and the environment. Join in!



## World Vegan Day

2 November

There's a delicious menu to mark World Vegan Day, with no meat products whatsoever.



# smart eating

## EAT SMARTER WITH ELDORA'S NUTRITION PROGRAMME

The current trend of pursuing a healthy lifestyle pervades every area of our life. Our food consumption has an important influence on our well-being, which is why interest in nutrients, calories and the preparation of dishes has risen enormously.

"Smart Eating" is based on the Swiss Society of Nutrition's guidelines for a balanced diet in the workplace. In practice, "Smart Eating" means delicious meals that...

- Contain a maximum of 600 calories
- Are low in salt and fat
- Are prepared with care
- Are high in protein
- Are healthy, enjoyable and sexy



In this year's "Smart Eating" promotion, we highlight the fact that it's totally possible to cook street food healthily. Held three times a year, the "Healthy Street Food Revolution" may convince you.

The "Smart Eating" magazine is issued to promote the events, with recipes you can cook at home and interesting and entertaining information about "SMART EATING. HEALTHY LIVING."



skip diet.  
just eat healthy.

## Barbecue season

In summertime ...

... when the weather is fine, we fire up the barbecue out on the terrace.



## Oktoberfest

In October ...

... the world looks to Bavaria. But you can also savour classics from the beer tent in Switzerland.



## Request programme

You ask for it, we cook it

Enter your request on the restaurant website.

Good ideas that we can turn into reality will appear in our menus.



## BIO FARMER'S DAYS



### IF IT SAYS ORGANIC, IT'S PURELY NATURAL

Organic ingredients are produced in harmony with nature. Biodiversity, animal welfare, resource conservation and natural flavour are of primary importance here and the products have to meet strict criteria. Bio Suisse producers also undertake to run their entire operation organically, not just individual product lines (more information at [www.bio-suisse.ch](http://www.bio-suisse.ch)). In collaboration with Bio Suisse, we will put the spotlight on the marvellous, natural products available from Swiss organic growers twice this year.



## FUSION Food

What happens when you're served Swiss dishes that incorporate foods from all over the world in fresh combinations? Unexpected harmonies of flavour, or to put it another way, luscious fusion food creations. Three times a year, our kitchen crew will carry you away on a culinary journey of combined flavours.

SWITZERLAND MEETS THE WORLD



eldora