

*the flow*  
EXCELLENT FOOD BAR & EVENTS

**WORK  
SPACE**

WELLE   
WORKSPACE.CH



**IN-HOUSE CATERING**

Good and adequate refreshment is the recipe for greater energy with which to tackle long event-packed days. That's why we make sure you and your guests are also gastronomically well-satisfied. From coffee and croissants in the morning and the exquisite lunch menu to drinks and snacks for a convivial conclusion – the Welle7 Workspace and the restaurant the flow will satisfy your every wish with a diverse offering of food and drinks.

We are delighted to put together an individual proposal for every event – all from a single source. The following documentation is intended to give you an initial overview. All offers are varied to reflect seasonal availability and are freshly prepared in our show kitchen.

Our Business Lunch is adaptable for your individual wishes. Be it a tasty soup, a vegetarian main course or different desserts – you will find the perfect offer for every event.



# DRINKS AND SNACKS

DRINKS		PRICE / PERSON
Flat-rate drinks, whole day	Mineral water (sparkling or still), juice, soft drinks, coffee and tea	16.00
Flat-rate drinks, half day	Mineral water (sparkling or still), juice, soft drinks, coffee and tea	9.50

BREAK REFRESHMENT PRICES		PRICE
Small breads	Rolls and croissants, mixed	1.50 / each
Fruit basket	seasonal fruits	4.00 / basket
Mid-morning break	Homemade nut mix, fruits, mini chocolate rolls, salty muffins	8.50 / person
Mid-afternoon break	Homemade nut mix, fruits, chocolate / coconut cake, donuts	8.50 / person

SNACKS		PRICE / PERSON
Sandwiches	Sandwiches with cheese, ham and salmon	12.50
Focaccia	Focaccia with dried ham and tomato-mozzarella	12.50
Mini-pizza	Pizza Margherita and pizza with ham	12.50
Sheet cake	Seasonal variations	6.50

# APÉRO (DRINKS AND SNACKS)

		PRICE / PERSON
Apéro XS	Italian crackers, grissini, nut mix	6.50
Apéro S	Diced salami, olives, stuffed mini-peppers, grissini and rolls	10.50
Apéro M	Diced salami, olives, stuffed mini-peppers, dried ham, diced parmesan, tomato-mozzarella skewers, grissini and rolls	21.50
Apéro L	Diced salami, olives, stuffed mini-peppers, dried ham, diced parmesan, tomato-mozzarella skewers, pickled artichokes, marinated mushrooms, grissini and rolls	29.50
Apéro XL	Italian crackers, grissini, nut mix Selection of antipasti, diced salami, olives, parmesan, tomato-mozzarella skewers, marinated mushrooms. Selection of hot dishes Seasonal soup, chicken kebab with peanut sauce, beef meatballs in spicy tomato sauce, mini pulled pork burger with BBQ sauce Seasonal sweets	36.00
Mixed cheese platter	Selection of various cheeses, bread (for 4 persons)	25.50 / platter
Mixed meat platter	Selection of various meats, bread (for 4 persons)	25.50 / platter
Mixed platter	Filled rolls with smoked salmon, ham, cheese	10.50

## APÉRO DRINKS

		PRICE
Beer	Bärner Müntschi	33 cl 5.50
White wine	St.-Saphorin Sous-les-Rocs	75 cl 55.00
	Heida AOC Valais Le Zépher Cave Emery	75 cl 55.00
	Verdejo Verderrubi DOC 2017	75 cl 43.00
	Arneis Roero «Camestri» DOC 2018	75 cl 48.00
Red wine	Merlot del Ticino, Baiocco Guidi Brivio	75 cl 48.00
	Canivete VR 2015 / 2016	75 cl 45.00
	Montefalco Rosso «Le Grazie» DOC 2011	75 cl 54.00
Draft mineral water		100 cl 8.00
Draft orange juice		100 cl 12.00
Prosecco	Brut Asolo D.O.C.G.	75 cl 39.00





# BANQUET BUFFET

## BUFFET 1

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### SALAD BUFFET

Leaf salad, 3 seasonal raw vegetable salads, French dressing, herbs, seeds V L

### MAIN COURSE (SERVED WITH SEASONAL VEGETABLES)

Chicken thigh steak with olive-tomato sauce G L

Polenta with fresh herbs V L

Luke-warm goat's cheese with rosemary on sautéed mushrooms and rucola V

### DESSERT

Trilogy of cream, cake and fruits V

CHF 43.00

## BUFFET 2

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### STARTER BUFFET

Leaf salad, 3 seasonal raw vegetable salads, French dressing, vinaigrette, herbs, seeds V

### MAIN COURSE (SERVED WITH SEASONAL VEGETABLES)

Veal fricassee with mushroom sauce G

Pilaf rice V G

Lentil stew with potatoes and vegetables, green curry sauce V G L

### DESSERT

Trilogy of cream, cake and fruits V

CHF 47.00

V = vegetarian, G = gluten-free, L = lactose-free

### **BUFFET 3**

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#### **STARTER BUFFET**

Leaf salad, 3 seasonal raw vegetable salads, French dressing, vinaigrette, herbs, seeds V

#### **MAIN COURSE (SERVED WITH SEASONAL VEGETABLES)**

Shoulder of veal filet on ratatouille vegetables, thyme jus G L

Rosemary potatoes V G L

Frittata with seasonal vegetables, goat's cream cheese V G

#### **DESSERT**

Trilogy of cream, cake and fruits V

**CHF 49.00**

### **BUFFET 4**

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#### **STARTER BUFFET**

Leaf salad, 3 seasonal raw vegetable salads, French dressing, herbs, seeds V L

#### **MAIN COURSE (SERVED WITH SEASONAL VEGETABLES)**

Beef bourguignon with caramelised shallots, bacon and mushrooms G L

Mashed potatoes with fresh herbs V G

Fish medallion with red onions, capers and lemon G L

Ricciolo pasta with spinach and ricotta, spicy tomato sauce and hazelnut pesto V

#### **DESSERT**

Trilogy of cream, cake and fruits V

**CHF 58.00**

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# BUSINESS LUNCH WINTER

## BUSINESS LUNCH (JANUARY – MARCH)

PRICE / PERSON

### STARTERS

Leaf salad with celery julienne, apples and nuts	V G L	6.50
Lamb's lettuce salad with sautéed bacon, leek and mushrooms	G L	9.50
Duck rilette on French baguette, crème fraîche and leaf salad		18.50

### SOUPS

Potato and celery soup with bread chips	V	6.50
Cream of pumpkin with ricotta-hazelnut crostini	V G	6.50

### MAIN COURSE

Beef bourguignon with caramelised shallots, bacon and mushrooms, polenta with fresh herbs	G L	22.50
Local corn hen breast «au vin blanc», carrots with thyme, rosemary potatoes	G	28.50
Lamb's loin rolled in dried ham, root vegetables in tomato, Pommes Fondantes	G L	38.50
Veal steak on vegetables braised in apple cider, rosemary potatoes	G L	40.50
Fish filet on black salisfy, saffron semolina gnocchi	L	28.50

### DESSERT

Trilogy of cream, cake and fruits	V	12.00
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# BUSINESS LUNCH SPRING

BUSINESS LUNCH (APRIL – JUNE)		PRICE / PERSON
<b>STARTERS</b>		
Leaf salad with fresh herbs and radishes	V G L	6.50
Leaf salad with bacon croûtons and mushrooms		9.50
Sautéed diced chicken breast with fresh herbs, leaf salad	G L	18.50
with goat's cheese marinated in lemon and pepper	V G	12.50
<b>SOUPS</b>		
Cream of asparagus with champagne espuma	V G	8.50
<b>MAIN COURSE</b>		
Veal blanquette with spring vegetables, pommes fondantes	G	22.50
Rack of lamb with herbs and sweet garlic jus, oven-baked vegetables, rosemary potatoes	G L	38.50
Local corn hen breast with cress olive oil, stewed vegetables in tomato, polenta with fresh herbs	G L	28.50
Beef filet with parsley mousseline, glazed vegetables, rosemary potatoes	G	48.50
Fish filet and red wine fennel, saffron semolina gnocchi	G L	28.50
<b>DESSERT</b>		
Trilogy of cream, cake and fruits	V	12.00

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# BUSINESS LUNCH SUMMER

## BUSINESS-LUNCH (JULY – SEPTEMBER)

PRICE / PERSON

### STARTERS

Leaf salad with julienne vegetables	V G L	6.50
Beef carpaccio, parmesan, rucola	G	18.50
Melon marinated with pepper, dried ham, homemade grissini	L	12.50
«Panzanella» marinated tomatoes, and mozzarella on bread salad	V	9.50

### SOUPS

Cold tomato soup with chilli crème fraîche	V G	6.50
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### MAIN COURSE

Chicken involtini with sage and tomato concassé, polenta with fresh herbs	G L	22.50
Shoulder of lamb with thyme jus, ratatouille, Pommes Fondantes	G L	28.50
Rib eye steak with basil pesto, a bed of courgettes, rosemary potatoes	G L	40.50
Rack of lamb in a thyme jacket, beans, rosemary potatoes	G L	38.50
Fish filet on aubergines, tomato ragout, saffron semolina gnocchi	L	28.50

### DESSERT

Trilogy of cream, cake and fruits	V	12.00
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# BUSINESS LUNCH AUTUMN

BUSINESS LUNCH (OCTOBER – DECEMBER)		PRICE / PERSON
<b>STARTERS</b>		
Leaf salad with warm grapes and herbs	V G L	6.50
Lamb's lettuce, boiled egg vinaigrette and fresh herbs	V G L	9.50
Mixed leaf salad with bacon, croûtons and mushrooms		9.50
<b>SOUPS</b>		
Cream of porcini mushroom with buckwheat gnocchi	V	8.50
Pumpkin soup with smoked salmon strips	G L	6.50
<b>MAIN COURSE</b>		
Jugged venison, Brusselsprouts with bacon, diced pumpkin, polenta with fresh herbs	G	22.50
Loin of lamb in a paprika jacket, bed of seasonal vegetables, rosemary potatoes	L	36.50
Filet of beef, shallot jus, glazed vegetables, rosemary potatoes	G L	48.50
Veal tenderloin, Pommery mustard sauce, oven vegetables, Pommes Fondantes	G	40.50
Fish filet on a cabbage-champagne bed, saffron semolina gnocchi	L	28.50
<b>DESSERT</b>		
Trilogy of cream, cake and fruits	V	12.00

BUSINESS LUNCH VEGETARIAN		PRICE / PERSON
Frittata with seasonal vegetables, goat's cream cheese, rosemary potatoes	V G	19.50
Ricciolo pasta with spinach and ricotta, spicy tomato sauce and hazelnut pesto	V	19.50
Lentil stew with potatoes and vegetables, green curry sauce	V G L	19.50
Saffron semolina gnocchi, with vegetable ragout and chervil	V L	19.50
Luke-warm goat's cheese with rosemary on sautéed mushrooms, rucola and potatoes	V L	19.50

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# GENERAL INFORMATION

- À la carte orders are possible for up to ten persons.
- The menu of the day may be ordered by means of the «Menu check list» for groups of up to 20 persons.
- We are pleased to prepare a business lunch for 20 to 80 persons.
- For groups of 20 to 200 persons, we offer the standing lunch / buffet lunch option.
- A vegetarian option is available for both table service and standing lunch.
- The prices are quoted per meal and person.

Unless otherwise indicated, our meat is exclusively sourced in Switzerland.  
All prices are in CHF and include 7.7 % VAT.

## CONTACT & ORDER PLACEMENT

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