



The Tschuggen Collection Moving Mountains program draws on five pillars to ensure a healthy and joyous stay for our guests:

MOVE

PLAY

NOURISH

REST

GIVE

Our nutrition Principles

Moving Mountains dishes are created according to the following principles promoting good health, reducing inflammation and boosting your immune system.

1. Inspired by the Swiss Mountains: Whole, fresh, seasonal, nutrient-dense food.

We take the nature that surrounds us and bring it to your plate- fresh, clean and prepared to preserve or improve its nutrition. Look out for locally-inspired healing foods with medicinal qualities, wild foraged foods and fresh seasonal ingredients.

2. Rooted in Science: Working with the latest developments in nutritional research.


The latest science on the gut microbiome and immune resilience are reflected in the menu through our choice of ingredients and in their preparation. Plant-based, replacing white sugar and white flour in favour of complex sugars (such as local tree syrups) and whole grains- every delicious mouthful works to improve health.

3. Nutrient Density: A plant-based approach to cooking.

To meet our nutritional standards, vegetables and fruit receive pride of place in our cooking and the foundations of all our dishes are entirely plant-based. Suggested game, meat, fish and cheeses can then be added upon request as compliments.

4. Deliciousness: Taste and flavour governs every decision and underpins our approach.

We have been led astray by the false assumptions that food is either comforting and delicious or healthy. To build resilience and health, food must give joy as well as nourishment.

Moving Mountains menus - prepared with nutrient-dense ingredients, rooted in the sense of place of the Swiss mountains and celebrating a truly nourishing and joyous deliciousness. Just look for the Moving Mountains icon on our menus: 

MOVING MOUNTAINS BOWLS

| | |
|---|----|
| Red Power Bowl  | 34 |
| Beetroot Radicchio Bulgur Apple Grapefruit Cranberries Almond Lemonsauce | |
| <i>Optional with quail breast</i> | 40 |
| Green Power Bowl  | 34 |
| Spinach Broccoli Sugar pea Avocado Chickpeas Barley Parsley Italiandressing | |
| <i>Optional with goat cream cheese</i> | 40 |
| Quinoa Bowl  | 34 |
| Quinoa Nut salad Apple Tofu Hazelnut Sesame seeds Lemon | |
| <i>Optional with smoked Swiss salmon fillet</i> | 40 |

STARTERS

| | |
|---|----|
| Caesar Salad | 32 |
| Grilled Chicken Romaine lettuce Anchovies Quail egg Parmesan | |
| Swiss Lamb Lettuce | 28 |
| Egg crispy Bacon Croutons French Dressing | |
| Burrata Caprese | 32 |
| Colorful tomatoes Basil Olive oil Whole meal Bruschetta | |
| Lostallo Salmon Carpaccio | 34 |
| Goat Cheese Celery Sun-dried Tomatoes Olives Orange Mayonnaise | |
| Simmental Beef Tatar | |
| Capers Anchovies Onions Chives Dijon mustard Egg yolk Cognac | |
| 80 g | 34 |
| 160 g | 51 |

SOUPS

| | |
|--|----|
| Minestrone Genovese | 19 |
| Seasonal vegetables Basil Pesto Croutons Fresh Herbs | |
| Engadin pearl barley soup | 21 |
| Leek Celery Carrot Grisons dried meat Chives Cream | |
| Oxtail Soup | 22 |
| Wild mushrooms ravioli Madeira wine | |
| Lobster Bisque | 35 |
| Roasted Ricotta Gnocchi Romanesco | |

OYSTERS

| | | |
|-----------------|-----------|----|
| Belon | per piece | 12 |
| Gillardeau | per piece | 10 |
| Fine de Claires | per piece | 10 |

We happily serve you to our Oysters
Pumpernickel | Shallot vinegar | Lemon | Tabasco

CAVIAR

| | | |
|---------------------|------|-----|
| Royal Osetra Caviar | 28 g | 140 |
| | 56 g | 260 |

We happily serve you to our Caviar
Blinis | Potatoes | Egg white | Egg yolk | Chives |
Shallot | Sour cream

SNACKS

| | |
|---|----|
| Bündner-Frites with Perigord truffle | 21 |
| Bündner-Frites with Gruyère cheese | 15 |
| Bündner Cold Cuts and Cheese | 32 |
| Dried meat Salzis smoked Ham Sbrinz Emmentaler Goat Cheese | |
| Salmon Tacos with Guacamole | 32 |
| Fresh and smoked Salmon Cucumber Avocado Chilli Burrata | |

SANDWICHES AND BURGER

| | |
|---|----|
| Club Sandwich | 42 |
| Swiss chicken Bacon Salad Egg Tomato Bündner-Frites Avocado | |
| Plant based Club Sandwich  | 38 |
| Basil Tofu Avocado Lettuce Tomato Bündner-Frites | |
| Carlton Burger or Cheeseburger | 43 |
| Simmental Beef Ice Lettuce Tomato Onions pickled Cucumber Bündner-Frites | |
| Plant based Beyond Burger  | 39 |
| Marinated Bellpeper Tomato Lettuce Onions Guacamole Bündner-Frites | |
| Croque-Monsieur | 24 |
| Bündner mountain cheese Cooked ham Dijon mustard | |
| Rock Lobster Sandwich | 54 |
| Tandoori lobster Ice lettuce Avocado red Onions Thousand Island Dressing Bündner Frites | |

PASTA AND RISOTTO

| | |
|--|----|
| Pumpkin Ravioli | 34 |
| Butter Sage Aged Parmesan | |
| Herbs Pappardelle | 39 |
| Local mushrooms ragout Veal sweetbread | |
| Pizzoccheri Valtellinesi | 35 |
| Cabbage Potatoes Butter Sage Mountain Cheese | |
| Risotto from Ticino (for 2 Persons) | 90 |
| Aged Parmesan Cheese Shallot Butter Périgord Black Truffle | |

MAIN DISHES

| | |
|--|----|
| Wiener Schnitzel | 49 |
| warm potato salad Herb mayonnaise red currant | |
| Veal tenderloin Zurich style | 54 |
| Porcini mushroom Cream Light Jus Traditional Rösti | |
| Grilled Swiss Salmon | 49 |
| Garlic spinach Parmesan cream Green pepper | |
| Fish & Chips | 46 |
| Fillet of perch Red potatoes Ginger dill mayonnaise | |
| Grilled Octopus | 48 |
| Harissa Black hummus Pickled vegetables Roasted tomato coulis | |
| Veal Sausage from Poschiavo | 41 |
| Traditional Rösti Onionsauce | |

CARLTON AFTERNOON TEA

(we happily serve from 1 p.m. to 6 p.m.)

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|--|----|
| Full English Carlton Afternoon Tea | 46 |
| Selection of sandwiches Scones with clotted cream Strawberry jam Lemon curd Selection of pastries Tea or coffee | |
| Optional with 10cl Louis Roederer Brut Champagne | 59 |
| Carlton Kids Afternoon Tea | 28 |
| Ham and cheese sandwich Scones with strawberry jam Clotted cream Selection from the pastries Milkshake or Tea or hot chocolate | |

DESSERT

| | |
|--|----|
| (glutenfree) Cake of the day | 12 |
| Chefs choice | |
| Original Italy Tiramisu | 12 |
| Savoyard biscuit Mascarpone cream Espresso | |
| Vanilla Crème Brûlée | 14 |
| Double cream Organic eggs Bourbon vanilla | |
| Classic Swiss meringue | 22 |
| Wild berries Heavy cream Chocolate sauce Almonds | |
| Variation of fresh cut fruits | 22 |

Declaration of origin

Fish, shellfish & crustaceans: upon request

beef: **CH**

lamb: **CH**

chicken: **CH**

veal **CH**

bread: **CH**

All Prices in CHF and including statutory VAT.

If you have any questions about producers, allergies or intolerances, please contact our staff.