



MOVING
MOUNTAINS

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

Carlton Power Bowl 	34
Beetroot Radicchio Bulgur Apple Grapefruit Cranberries Almond Lemon sauce	
<i>Optional with quail breast</i>	40
St. Moritz Bowl 	34
Spinach Broccoli Sugar pea Avocado Chickpeas Barley Parsley Italian dressing	
<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, Bacon	
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 French Fries Toast	
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	

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

Croque-Monsieur	24
Bündner mountain cheese Cooked ham Dijon mustard	
Carlton Club Sandwich	42
Swiss chicken Bacon Salad Egg Tomato Avocado Bündner-Frites	
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	
Rock Lobster Sandwich	54
Tandoori lobster Ice lettuce Avocado red Onions Thousand Island Dressing Bündner Frites	

PASTA

Tagliolini	58
Lobster Artichokes Wild thyme	
Paccheri	38
Colorful cherry tomatoes Garlic Basil Olives	
Pappardelle	36
Eggplant Dried tomatoes Anchovies Burrata	
Swiss Beef Ravioli	45
Parmesan fondue Porcini mushrooms Roasted almonds	

MAIN DISHES


Wiener Schnitzel	54
Bündner Fries Herb mayonnaise Red currant	
Veal tenderloin Zurich style	56
Porcini mushroom Cream Light Jus Traditional Rösti	
Veal Sausage from Poschiavo	42
Traditional Rösti Apple Puree Onion sauce	
BBQ glazed swiss salmon	52
Grilled Seasonal Vegetables Curry Sauce	
Roasted sea bass	72
Chicory Raisins Pine nut Chili	
Miso Marinated Eggplant	45
Teriyaki Shitake Fried Onions Carrot-Ginger-Mousse	

CARLTON AFTERNOON TEA

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

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

DESSERT

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

Declaration of origin
fish, shellfish & crustaceans: CH, FR
beef: CH
veal: CH
chicken: CH, FR
bread: CH

cheese: CH, IT