



MOVING
MOUNTAINS

THE MOVING MOUNTAINS PROGRAM OF "THE TSCHUGGEN COLLECTION" IS BASED ON FIVE PILLARS TO OFFER OUR GUESTS A HEALTHY STAY FULL OF JOY.

MOVE

PLAY

NOURISH

REST

GIVE

NOURISH 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 FLAVOR 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

AMUSE BOUCHE



VARIATION OF BEETROOT WITH SORREL | RADISH

OPTIONAL WITH GOAT CHEESE CRÈME +10



JERUSALEM ARTICHOKE SOUP | PEAR | HAZELNUT



ACQUERELLO RISOTTO | HERB PESTO | LIME

OPTIONAL WITH SCAMPI +12



VARIATION OF BROCCOLI | LEMON | PINE NUTS | PARSLEY

OPTIONAL WITH FRIED BREAST OF PIGEON +15



APPLE STRUDEL | VANILLA SAUCE | CASSIS SORBET

TASTING MENU CHF 115

Starters

AMBERJACK MAKEREL	40
BROCCOLI / AGRUMESAUCE / HERRING CAVIAR	
BRUGGLI SALMON TROUT	40
BUTTERMILK SAUCE / CUCUMBER / DILL	
ORGANIC BEETROOT COOKED OVER WOOD CHARCOAL	38
SOUR CLOVER / RADISH	
DAMM VENISON TARTARE	44
APPLE-PEAR CINNAMON CRÈME / CARROTS / HEDGE NETTLE / HORSERADISH	
WILD HERB SALAD	30
ASPARAGUS / CREAM CHEESE / RHUBARB / WALNUT-FIR VINEGAR	

Soups

TURNIP & CHERVIL BROTH	24
OYSTER MUSHROOM / PICKLED MUSTARD SEEDS / ALPINE WHISKEY	
ASPARAGUSCRÈME	26
ALPEN CHAR / HAZELNUT / HERB OIL	

Pasta

OXTAIL RAVIOLI	40
BROWN BUTTER FOAM / FIR / TRUFFLE JUS	
CARNAROLI RISOTTO GRAN RISERVA	44
PEACRÈME / FAVA BEANS / SWISS SHRIMPS	
SPAGHETTONI	38
ENGADINE SHEEP`S CHEESE / TARRAGON / CREAM OF LEEK	

Fish & Sea Food

LAKE PIKE PERCH	65
<i>LEEK / SMOKY CRÉME / LEMON HOLLANDAISE / BEET ROOT BEURRE BLANC</i>	
TURBOT	72
<i>BABY ARTICHOKES / SILVER ONION / PORCINI CREAM / MOUNTAIN HERB FOAM</i>	
FISHED SEA BASS	69
<i>CAULIFLOWER / PARPAN BACON / BITTER ALMOND-FIR BEURRE BLANC</i>	

Meat & Poultry

MIÉRAL PIGEON	72
<i>CORN / BLACK SALSIFY / COFFEE POWDER / JUNIPER JUS</i>	
SWISS BLACK ANGUS BEEF SKIRT STEAK	78
<i>CELERY / BEEF CANNELLONI / BBQ AROMA / MUSTARD SEEDS / SALT LEMON / TRUFFLE</i>	
ORGANIC LAMB LOIN AND SHOULDER FROM ANDRI CASTY, ZUOZ	75
<i>CHERVIL ROOT / MILD GARLIC / PARSLEY CREAM</i>	

Specials for two

SEA BASS IN A SALTED CRUST <i>FIR TREE BEURRE BLANC</i>	150
TOMAHAWK <i>HERBAL BUTTER – BBQ THYMESAUCE</i>	140
SWISS BEEF CHATEAUBRIAND <i>TARRAGONSAUCE</i>	160
ALPINE DUCK <i>CURRANT SAUCE</i>	150

PLEASE NOTE THAT THE PREPARATION TIME OF THESE DISHES ARE APPROXIMATELY 30-40 MINUTES.

*ALL DISHES WITH THE FOLLOWING SIDE DISHES TO CHOOSE: RICE / VEGETABLE / ROSEMARY POTATOES
SPINACH / FRENCH FRIES*

Truffle

BLACK PERIGORD TRUFFLE	PER GRAM	14
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Selection of cheese

CHEESE FROM THE ALPINE DAIRY PONTRESINA	24
<i>DRIED FRUIT / CHUTNEY / FIG MUSTARD / FRUIT BREAD FROM THE BAKERY BAD IN SANKT MORITZ</i>	

Dessert

CHOCOLATE GRAND CRU FELCHLIN	24
<i>CHERRY / HAZELNUTS / JUNIPER / SPRUCE</i>	
ENGADINE YOGURT	22
<i>RHUBARB CONFIT / STRAWBERRY / APPLE</i>	
CHEESECAKE	22
<i>SEA BUCKTHORN-SALTED CARAMEL</i>	

Dessert for two

CRÊPES FLAMBÉE	48
<i>SWISS MORELLO CHERRIES / WALNUT ICE CREAM</i>	
CURD CHEESE SOUFFLÉ	48
<i>HONEY FROM ASCONA / TANGARINE COMPOTE</i>	

PLEASE NOTE THAT THE PREPARATION TIME OF THESE DISHES ARE APPROXIMATELY 20 – 30 MINUTES.

DECLARATION OF ORIGIN
FISH, SHELLFISH & CRUSTACEANS: UPON REQUEST
DAIRY PRODUCTS: CH
BEEF: CH
PIGEON: F
DUCK: CH
VENISON: CH
EGG: CH
BREAD: CH