



# 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

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## 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

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<b>ALPINE CHAR</b> <i>WINTER SPICES / PUMPKIN / HERBAL ICE CREAM</i>		38
<b>BRUGGLI SALMON TROUT</b> <i>BUTTERMILK SAUCE / CUCUMBER / DILL</i>		40
<b>ORGANIC BEETROOT COOKED OVER WOOD CHARCOAL</b> <i>SOUR CLOVER / RADISH</i>	🍴	38
<b>DAMM VENISON TARTARE</b> <i>APPLE-PEAR CINNAMON CRÈME / CARROTS / HEDGE NETTLE / HORSERADISH</i>		44
<b>WILD HERB SALAD</b> <i>WILD MUSHROOM GROUND IVY CREAM CHEESE / CARAMELISED FIG / WALNUT-FIR VINEGAR</i>		30

## Soups

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<b>TURNIP &amp; CHERVIL BROTH</b> <i>OYSTER MUSHROOM / PICKLED MUSTARD SEEDS / ALPINE WHISKEY</i>	🍴	24
<b>BLACK SALSIFY SOUP</b> <i>ALMOND / ROSE HIP / CHERVIL OIL</i>	🍴	24

## Pasta

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<b>OXTAIL RAVIOLI</b> <i>BROWN BUTTER FOAM / FIR / TRUFFLE JUS</i>		40
<b>CARNAROLI RISOTTO GRAN RISERVA</b> <i>PUMPKIN / SWISS SHRIMPS</i>		42
<b>SPAGHETTONI</b> <i>ENGADINE SHEEP`S CHEESE / TARRAGON / CREAM OF LEEK</i>		38

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## Fish & Sea Food

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<b>LAKE PIKE PERCH</b> <i>ICE PLANT / SPINACH / SMOKED HOLLANDAISE SAUCE / WHITE RADISH</i>	65
<b>TURBOT</b> <i>BABY ARTICHOKES / SILVER ONION / PORCINI CREAM / MOUNTAIN HERB FOAM</i>	72
<b>FISHED SEA BASS</b> <i>CAULIFLOWER / PAPPAN BACON / BITTER ALMOND-FIR BEURRE BLANC</i>	69

## Meat & Poultry

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<b>MIÉRAL PIGEON</b> <i>JERUSALEM ARTICHOKE / BEETROOT / BLUEBERRY / RED-VEINED DOCK</i>	70
<b>SWISS BEEF FILET FROM HATECKE</b> <i>CARROTS / MORELS / BBQ AROMA / MUSTARD SEEDS / SALTED LEMON</i>	78
<b>ORGANIC LAMB LOIN AND SHOULDER FROM ANDRI CASTY, ZUOZ</b> <i>CHEVIL ROOT / MILD GARLIC / PARSLEY CREAM</i>	75

## Specials for two

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SEA BASS IN A SALTED CRUST <i>ARTICHOKES / ONION / MOUNTAIN HERB SAUCE</i>	145
ALPINE CHAR <i>POTATO LEEK / SPINACH / FIR BEURRE BLANC</i>	140
SWISS BEEF CHATEAUBRIAND <i>WINTER ROOTS / SAUCE BÉRNAISE</i>	160
ALPINE DUCK <i>SWEET POTATO / MUSHROOMS / CURRANT SAUCE</i>	150

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

## Truffle

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BLACK PERIGORD TRUFFLE	PER GRAM	14
WHITE ALBA TRUFFLE	PER GRAM	18

## Selection of cheese

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

## Dessert

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CHOCOLATE GRAND CRU FELCHLIN 24  
*CHERRY / HAZELNUTS / JUNIPER / SPRUCE*

TANGERINE 22  
*ZUOZER COFFEE CHOCOLATE / WOOD SORREL*

CHEESECAKE 22  
*SEA BUCKTHORN-SALTED CARAMEL*

## Dessert for two

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CRÊPES FLAMBÉE 48  
*SWISS MORELLO CHERRIES / WALNUT ICE CREAM*

CURD CHEESE SOUFFLÉ 48  
*HONEY FROM ASCONA / ROSEMARY ICE CREAM*

*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