



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

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

## Soups

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

## Pasta

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

## Fish & Sea Food

---

LAKE PIKE PERCH	65
<i>ICE PLANT / SPINACH / SMOKED HOLLANDAISE SAUCE / WHITE RADISH</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	70
<i>JERUSALEM ARTICHOKE / BEETROOT / BLUEBERRY / RED-VEINED DOCK</i>	
SWISS BEEF FILET FROM HATECKE	78
<i>CARROTS / MORELS / BBQ AROMA / MUSTARD SEEDS / SALTED LEMON</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	145
<i>ARTICHOKES / ONION / MOUNTAIN HERB SAUCE</i>	
ALPINE CHAR	140
<i>POTATO LEEK / SPINACH / FIR BEURRE BLANC</i>	
SWISS BEEF CHATEAUBRIAND	160
<i>WINTER ROOTS / SAUCE BÉRNAISE</i>	
ALPINE DUCK	150
<i>SWEET POTATO / MUSHROOMS / CURRANT SAUCE</i>	

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

# Truffle

---

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

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

---

CURD CHEESE SOUFFLÉ	24
<i>HONEY FROM ASCONA / ROSEMARY ICE CREAM</i>	
CHOCOLATE GRAND CRU FELCHLIN	24
<i>CHERRY / HAZELNUTS / JUNIPER / SPRUCE</i>	
TANGERINE	22
<i>ZUOZER COFFEE CHOCOLATE / WOOD SORREL</i>	
CHEESECAKE	22
<i>SEA BUCKTHORN-SALTED CARAMEL</i>	

Dessert for two

---

CRÊPES FLAMBÉE	48
<i>SWISS MORELLO CHERRIES / WALNUT ICE CREAM</i>	

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