



*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 fruits 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

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Carlton Power Bowl	36
<i>Beetroot   Chickpeas   Bulgur   Pomegranate</i>	
<i>Eggplant   Sprouts   Coriander   Traditional Acid</i>	
<i>Optional with Corn Chicken</i>	40
St. Moritz Bowl	34
<i>Spinach   Celery   Soy Beans   Avocado   Radish</i>	
<i>Barley   Parsley   Italian dressing</i>	
<i>Optional with goat cream cheese</i>	40
Quinoa Bowl	34
<i>Quinoa   Lamb`s Lettuce   Apple   Tofu   Hazelnut</i>	
<i>Lemonsauce</i>	
<i>Optional with smoked Swiss salmon fillet</i>	40

## STARTERS

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Caesar Salad	34
<i>Chicken   Romaine lettuce   Anchovies   Tomatoes</i>	
<i>Parmesan   Bacon   Garlic Croutons</i>	
Swiss Lamb`s Lettuce	30
<i>Brügger Bacon   Croutons   French Dressing</i>	
Burrata Caprese	32
<i>Colorful tomatoes   Basil   Olive oil   Balsamic caviar</i>	
Marinated Lostallo Salmon	46
<i>Beet Root   Sour Cream   Oona Caviar   Herbs</i>	
Simmental Beef Tatare	
<i>Capers   Anchovies   Onions   Chives   Dijon mustard</i>	
<i>Egg yolk   Cognac   French Fries   Toast</i>	
80 g	34
160 g	51

## SOUPS

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Minestrone Genovese	19
<i>Seasonal vegetables   Basil Pesto   Croutons   Fresh Herbs</i>	
Engadin Pearld Barley Soup	22
<i>Leek   Celery   Carrot   Grisons dried meat   Chives   Cream</i>	
Celery Root & Apple Soup	26
<i>Horseradish   smoked salmon</i>	
Lobster Bisque	36
<i>Roasted Ricotta Gnocchi   Coriander   Cognac</i>	

## CAVIAR

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Osetra Gold Premier Cru 100gr	510
Osetra Gold Premier Cru 50gr	260
Beluga Premier Cru 100gr	480
Beluga Premier Cru 50gr	250
We are happy to serve you with your Caviar	
<i>Blinis   Potatoes   Eggwhite   Egg yolk   Chive   Shalotts   Sour cream</i>	

## OYSTERS

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Gillardeau	per Piece	9.50
Belon	per Piece	8.50

We are happy to serve you with your oysters  
*Pumpernickel | Egg yolk | Onions | Lemon | Tabasco | Vinegar*

## SNACKS

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Bündner-Frites with Perigord Truffle	21
Bündner-Frites with Gruyère Cheese	15
Bündner Cold Cuts and Cheese <i>Brügger Dried meat   Hatecke Salsiz   Parpan Raw Ham Lenzerheide Cheese   Mountain Cheese</i>	34
Salmon Tacos with Guacamole <i>Fresh and smoked Salmon   Cucumber   Avocado Chili   Burrata</i>	32

## SANDWICHES AND BURGERS

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Croque-Monsieur <i>Bündner mountain cheese   Cooked ham   Dijon mustard   Side salad</i>	28
Carlton Club Sandwich <i>Swiss chicken   Bacon   Salad   Egg   Tomato   Avocado Bündner-Frites</i>	42
Plant-based Club Sandwich  <i>Basil Tofu   Avocado   Lettuce   Tomato   Bündner-Frites</i>	38
Carlton Burger or Cheeseburger <i>Simmental Beef   Lettuce   Tomato   Onions pickled Cucumber   Bündner-Frites</i>	43
Plant-based Beyond Burger  <i>Marinated Bell pepper   Tomato   Salad   Onions Guacamole   Bündner-Frites</i>	39

## PASTA

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Tagliatelle		48
<i>Winter Truffle</i>		
Paccheri		38
<i>Cherry tomato sauce   Burrata   Basil</i>		
Acquerello Risotto		45
<i>Safran   Ossobuco ragout   Gremolata</i>		
Swiss Beef Ravioli	Large	45
<i>Parmesan fondue   Porcini mushrooms</i>	Small	35
<i>Crunchy Onion</i>		

## MAIN COURSES

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Wiener Schnitzel	54
<i>Bündner Fries   Herb mayonnaise   Red currant</i>	
Zurich "Geschnetzeltes"	62
<i>Rösti   Mushroom-cream sauce   Vegetables</i>	
Swiss Alpine Salmon	56
<i>Seasonal Vegetables   Beurre Blanc</i>	
Angus Beef Tagliata BBQ	68
<i>Rucola   Marinated tomatoes   Parmesan   Balsamic</i>	
Olma Veil Sausage	52
<i>Rösti   Onion sauce</i>	

## CARLTON AFTERNOON TEA


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

Full English Carlton Afternoon Tea	46
<i>Selection of sandwiches   Scones with clotted cream Strawberry jam   Lemon curd   Selection of pastries Tea or coffee</i>	
Optional with 10cl Louis Roederer Brut Champagne	59
Pink English Carlton Afternoon Tea	46
<i>Selection of Sandwiches   Scones with clotted creme Strawberry Jam   Lemon Curd   Selection of pastries Tea or Coffee</i>	
Optional with 10cl Laurent Perrier Rosé Champagne	65
Carlton Kids Afternoon Tea	28
<i>Ham and cheese sandwich   Scones with strawberry jam Clotted cream   Selection of pastries Milkshake or Tea or hot chocolate</i>	

## DESSERTS

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Cake of the day	12
<i>Chefs choice</i>	
Original Italian Tiramisu	12
<i>Savoyard biscuit   Mascarpone cream   Espresso</i>	
Vanilla Crème Brûlée	14
<i>Double cream   Organic eggs   Bourbon vanilla</i>	
Chocolate Felchlin 70%	22
<i>Hazelnut   Citrus</i>	
Variation of fresh cut fruits 	22

### Declaration of origin

fish, shellfish & crustaceans: CH, FR

beef: CH

veal: CH

chicken: CH, FR

bread: CH

dairy products: CH, IT