



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 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

Carlton Power Bowl	€12	36
<i>Beetroot Chickpeas Bulgur Pomegranate</i>		
<i>Eggplant Sprouts Coriander Traditional Acid</i>		
<i>Optional with Corn Chicken</i>		40
St. Moritz Bowl	€12	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	€12	34
<i>Quinoa Lamb`s Lettuce Apple Tofu Hazelnut</i>		
<i>Lemonsauce</i>		
<i>Optional with smoked Swiss salmon fillet</i>		40

STARTERS

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

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

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
Blinis | Potatoes | Eggwhite | Egg yolk | Chive | Shalotts | Sour cream

OYSTERS

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

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

SANDWICHES AND BURGERS

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

PASTA

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


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

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

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

DESSERTS

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