



TSCHUGGEN BERGOASE

by Mario Botta

refreshing,
relaxing &
stimulating

Welcome to the Spa Lounge
under the light sails of Mario Botta's
spectacular
"Tschuggen Bergoase".

You may order your favorite
dishes from 12.00 am till 7.00 pm.



Moving Mountains dishes are backed by the latest findings in nutritional science. The ingredients are mostly plant-based and contain whole sugars and whole grains, instead of refined sugar and white flour. Nutritious, easy to digest and locally sourced - yet taste and flavours govern every decision.

Look out for the following symbol: 

Spa Suites

Time for togetherness Time for deep conversations.

Use our private spa suite with whirlpool, steam bath & sauna exclusively and spend moments together.

Suite Muscida - 3 hours/CHF 380 incl.

Alpine herbal tea ceremony and culinary delights for two.

Relax & create awareness Time to process present situations.

Take advantage of our private spa suite with whirlpool, steam bath & sauna exclusively and spend moments together.

Suite Polaris - 4 hours/CHF 720 incl.

Alpine herbal tea ceremony and culinary delicacies for two as well as one individual full body massage for each.

Mindfulness & Power Time for conscious introspection. Time for revitalization.

Use our private spa suite with whirlpool, steam bath & sauna exclusively and spend moments together.

Suite Polaris 4 hours/CHF 760 incl.

Alpine herbal tea ceremony and culinary delicacies for two as well as one individual arolla pine massage for each.

Upon request, our kitchen team will provide you with information about allergens in our dishes.

Spa Lounge Snacks

CHF

Salad bowl

Leaf salad 18
*with a choice of
plant-based French dressing
vinegar & oil*

Quiche

spinach quiche with chive dip 24
plant-based quiche with pumpkin 26

Bruschettone

with goat's cheese, 19
plum chutney and Arosa honey

marinated courgettes, 19
chive cream and lemon balm

with hummus, tomatoes, 19
bell peppers and spinach leaves

Hot drinks

	CHF
Coffee	5.50
Espresso	5.50
Double Espresso	7
Milk coffee	6
Cappuccino	6.50
Latte Macchiato	8
Double Espresso Macchiato	8
Ovomaltine	6
Hot Chocolate	6
<i>your choice of: white-, whole milk-, dark chocolate</i>	

Tea specialities

Whether white - green - black
black - or coloured our tea selection
leaves nothing to be desired and has
something for every taste.

Allegra	8
Arolla Pine	8
Earl Grey	8
Morning Magic	8
Ice Princess	8
Rooibos	8
Winter Fire	8
Ginger Lemon	8
Hari Chai	8

All prices are in Swiss francs and include VAT.

Drinks

		CHF
Valser Silence	50 cl	8
Valser Classic	50 cl	8
San Pellegrino	50 cl	8
Aqua Panna	50 cl	8
Coca-Cola / Zero	33 cl	7
Rivella (red, blue)	33 cl	7
Urban Yuzu	33 cl	7
Urban Calamansi	33 cl	7
Zobo Sorrel	27.5 cl	7
Zobo Chriesi	27.5 cl	7
Apple juice from Valposchiavo	20 cl	7
Apple spritzer	33 cl	7
Classic Tonic	20 cl	7
Ginger Ale	20 cl	7
Bitter Lemon	20 cl	7
Ginger Beer	20 cl	7
Infusades white tea & mint	33 cl	7
“Bergoasen” iced tea	33 cl	6

Non alcoholic beers

Calanda 0.0	33 cl	7
Erdinger non-alcoholic	50 cl	9
Indian Pale Ale	33 cl	7
Ginger Beer	33 cl	7

Homemade Moving Mountains spa power juices

CHF

Vitamines to go
Whether after a strenuous day
on the mountain, in the gym,
during yoga or just in between.
Our power juices always fit the taste.

Moving juice 12
Pear, carrot, apple

Mountain juice 12
Beetroot, pear, spinach

Fresh squeezed juices

Orange juice	20 cl	12
Grapefruit juice	20 cl	12
Lemon juice	20 cl	12
Carrot juice	20 cl	12

*You can also choose the ingredients
by yourself.*

For more information, please ask our spa staff.