



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 till 19.00



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: 

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

Spa Lounge Snacks

CHF

Bowls, Salad & Soup

Tschuggen bowl 21

*with rocketsalad, tomato vinaigrette,
quinoa, Ricotta and fig*

Barley bowl 23

with beetroot, lamb's lettuce and pear

Spelt bowl 20

with pumpkin and baby spinach

Caesarsalat 21

with garlic croutons and Parmesan

Pinsa & Pasta

Pinsa 25

*with Grison raw ham,
onions and sour cream*

*with tomato cream, rocket
and Pecorino* 21

Spaghetti 34

with basil pesto and king prawns

Selection of cakes and pies 7

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
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
Bergoase Ice tea	33 cl	6

Nonalcoholic 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 12
Whether after a strenuous day
on the mountain, in the gym,
during yoga or just in between.
Our power juices always fit the taste.

Fresh squeezed juices

Orange juice	20 cl	12
Grapefruit 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.