



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

OUR NUTRITION PRINCIPLES

1. ROOTED IN NATURE: WHOLE, FRESH, SEASONAL, NUTRIENT-DENSE FOOD INSPIRED BY THE SWISS MOUNTAINS.

WE TAKE THE NATURE THAT SURROUNDS US AND BRING IT TO YOUR PLATE – FRESH, CLEAN AND PRESENTED TO PRESERVE OR IMPROVE ITS NUTRITION. LOOK OUT FOR LOCALLY INSPIRED HEALING FOODS WITH MEDICINAL QUALITIES, WILD FORAGES 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 THE PREPARATION OF DISHES. PLANT-BASED, REPLACING WHITE SUGAR AND WHITE FLOUR IN FAVOR OF COMPLEX SUGARS (SUCH AS LOCAL TREE SYRUPS) AND WHOLE GRAINS- VERY MOUTHFUL WORKS TO IMPROVE HEALTH.

3. DELICIOUSNESS: TASTE AND FLAVOR GOVERNS EVERY DECISION AND UNDERPINS OUR APPROACH

WE HAVE BEEN LED ASTRAY BY THE FALSE ASSUMPTION THAT FOOD IS EITHER COMFORTING AND DELICIOUS OR HEALTHY. TO BUILD RESILIENCE AND HEALTH, FOOD MUST GIVE JOY AS WELL AS NOURISHMENT.

4. NUTRIENT DENSITY

TO MEET OUR NUTRITIONAL STANDARDS, VEGETABLES AND FRUIT RETURN TO PRIDE OF PLACE IN OUR COOKING AND THE FOUNDATIONS OF ALL OUR DISHES ARE ENTIRELY PLANT-BASED. SUGGESTED GAME, MEAT, FISH AND CHEESES CAN THAN BE ADDED UPON REQUEST AS COMPLIMENTS.

AMUSE-BOUCHE



VARIATION OF BEETROOT WITH PURSLANE SALAD | HAZELNUT | RADISH | SEABERRY

OPTIONAL WITH ROASTED QUAIL BREAST

+10



CELERY SOUP WITH PORCINI MUSHROOM | DILL | CRANBERRIES



QUINOA WITH PUMPKIN | SPINACH | GRAPE

OPTIONAL WITH WINTER CODFISH

+12



CAULIFLOWER VARIATION WITH SESAME SEEDS | LEMON | ALMOND | MULBERRY VINAIGRETTE

OPTIONAL WITH ROASTED DUCK BREAST

+15



WINTER DREAM WITH PEAR | APPLE | CINNAMON

DEGUSTATION MENU 103

Starters

SWISS MOUNTAIN CHEESE SOUFFLE CREAMY CHEESE BLACK PERLES FROM PERIGORD	38
LOCAL BEEF CARPACCIO GOAT CHEESE MOUSSE BLACK TRUFFLE JERUSALEM ARTICHOKE	45
VALLE MAGGIA CORN CREAM POACHED QUAIL EGG SBRINZ WHITE TRUFFLE	45
AMBERJACK CEVICHE SWEET POTATOES DATTERINO TOMATO RED ONION CORIANDER	35
LOBSTER SALAD MANGO CUCUMBER ICE LETTUCE THOUSAND ISLAND SAUCE	36

Soups

ARTICHOKES VELOUTÉ HERB OIL ARTICHOKE CHIPS BRUSCHETTA WITH MULLET ROE	20
OXTAIL SOUP WILD MUSHROOM RAVIOLI MADEIRA WINE	22
LOBSTER BISQUE RICOTTA GNOCCHI ROMANESCO	35

Pasta

RAVIOLO CAPRESE FRESH THYME COULIS PROVOLA CHEESE	38
OXTAIL PLIN POMEGRANATE GEL CELERY CREAM WHITE TRUFFLE	42
GREEN LEMON TAGLIOLINI PEAS CREAM STRACCIATELLA RED PRAWNS	44

Vegetarian & Plant based

ROASTED CAULIFLOWER SESAME YOGURT SERUM MULBERRY VINAIGRETTE	38
WINTER BROCCOLI & BLACK ROOT ARTICHOKES MACADAMIA HERB EMULSION PÈRIGORD TRUFFLE	42

Fisch & Sea Food

BAKED BLACK COD MISO GREEN ASPARAGUS GINGER-CARROT MOUSSE	65
STURGEON COULIBIAC SPINACH QUAIL EGG BUCKWHEAT DILL-CHAMPAGNE SAUCE	69
ROASTED TURBOT CHARRED LEEK CHANTERELLE RED WINE REDUCTION BLACK TRUFFLE	72

Meat & Poultry

HERBS CRUSTED LOCAL LAMB POTATO MILLE-FEUILLE RATATOUILLE THYME JUS	68
COTE DE VEAU SHALLOTS CARROTS MORELS MADEIRA SAUCE	75
PIGEON WELLINGTON STYLE CABBAGE PERIGOURDINE SAUCE	78

Main course for Two

GOLD LEAF RISOTTO CARNAROLI RICE SAFFRON 36-MONTHS AGED PARMESAN SHALLOT BUTTER MARROW	85
CHAMPAGNE RISOTTO VIALONE NANO RICE CITRUS BUTTER MARJORAM LANGOUSTINES	90
SEA SALT CRUSTED SEA BASS SEASONAL VEGETABLES MEDITERRANEAN SAUCE	130
DOVER SOLE MEUNIERE SEASONAL VEGETABLES CAPERS LEMON BROWN BUTTER	145
SWISS BEEF CHATEAUBRIAND SEASONAL VEGETABLES BEARNAISE SAUCE	160
POULARDE DE BRESSE SEASONAL VEGETABLES ROSEMARY BUTTER	130

PLEASE NOTE THE PREPARATION TIME OF THESE DISHES IS APPROXIMATE 40-50 MINUTES.

Truffle

BLACK PERIGORD	PER GRAM	10
-----------------------	-----------------	-----------

Selection of cheese

SELECTION OF SWISS CHEESE	22
DRIED FRUIT CHUTNEY FIG MUSTARD FRUIT BREAD	

Dessert

BOURBON VANILLA CRÈME BRÛLÉE	21
ORANGE TILE TANGERINE SORBET	
RASPBERRY MILLE-FEUILLE	22
YUZU CHANTILLY MANGO GEL CURRANT SORBET	
RUM BABA	22
CHESTNUT CREAM WHIPPED CREAM TOBACCO ICE-CREAM	
SWISS CHOCOLATE DELIGHT	24
THREE DIFFERENT CONSISTENCIES INTERPRETED BY OUR MASTER PASTRY CHEF	

Dessert for Two

CREPES SUZETTE	48
ORANGE SAUCE VANILLA ICE CREAM	
MANGO SOUFFLE	50
MARACUJA COULIS PAPAYA SORBET	
SWISS CHOCOLATE SOUFFLE	52
VANILLA SAUCE CHOCOLATE SORBET	