



# Lunchmenu

## STARTERS

- Grilled summer vegetables**  21  
Bell pepper | eggplant | mushrooms |  
Pickled tomato | salsa verde
- Burrata** 23  
Tomato confit | herb salad | pine nuts
- Lostallo salmon tartare** 23  
celery-apple broth
- Tschuggen salad bowl "Fantasia"**  19  
mesclun salad | cucumber | tomato |  
sprouts | croutons
- your choice of:**
- Mediterranean vegetables 22
- Alpstein chicken breast 25
- Lostallo salmon 27
- King prawns 27


## SOUP

- Cucumber-melon chilled soup** 15  
Grison raw ham

## PINSA ROMANA

- Tomato | Mozzarella | basil** 22
- Tomato | Mozzarella | fig** 25
- Raw ham**

## PASTA


- Spaghetti "aglio e olio"**  24  
hot chili peppers | parsley  
**with fried king prawns** 36
- Mezze Maniche** 26  
Basil pesto | Ratatouille vegetables

## MAINS

- Entrecote di Manzo** 48  
Chimichurri | grilled vegetables |  
garlic Bruschetta
- Alpstein chicken breast** 42  
Ratatouille | potatoes
- Lostallo salmon** 45  
pea-mint sauce | vegetable tartare
- Bistecca di melanzane**  36  
Eggplant "steak" |  
Peperonata | pickled tomato

## DESSERTS

- Cake and pie selection** 7
- Homemade ice cream** 4  
Per scoop
- Also take a look in our sundae menu!**

Moving Mountains dishes 

All prices quoted are in Swiss francs including statutory VAT  
On request, our kitchen team will provide you with information about allergens in our dishes

### Declaration of origin

Fish: on request | Beef: CH | Poultry: CH



MOVING  
MOUNTAINS

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## Intro

The Tschuggen Hotel Collection Moving Mountains program draws on five pillars to ensure a healthy and joyous stay for our guests:

Move

Play

Nourish

Rest

Give

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## Nourish 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 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 fruit 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: 