





Lunchmenu

STARTERS

- Green asparagus salad**  19
with pickled red onions and
dill vinaigrette
- Swiss buffalo mozzarella** 22
with tomato-Focaccia salad
and basil
- Tschuggen „Salad Bowl“** 19
with mesclun salad, quinoa, ricotta,
fig, red radish and tomato vinaigrette
- your choice of:**
- Alpstein chicken breast 23
Salmon dices 25
Swiss beef fillet stripes 27


SOUP

- Chicken Miso Ramen** 26
with sesame, egg and pak choi
- Fishsoup** 23
with saffron, fennel and orange
- Gazpacho**  19
with diced melon , pickled cucumber
and olive oil


PINSA

- with grison raw ham** 25
onions and sour cream
- with tomato cream** 21
rocket and Pecorino

PASTA

- Spaghetti "aglio e olio"** 24
with hot chili peppers and parsley
- with fried king prawns** 36
- Eggplantravioli**  24
with tomato pesto and leaf spinach


MAINS

- Sauteed beef fillet tips** 45
with pink pepper jus, mushrooms,
summer vegetables and roasted potatoes
- Veal scaloppine** 47
with caper-lemon sauce,
turnip cabbage and Pimientos de Padron
- Perch fish fingers** 36
with tartar sauce
and potato-cucumber salad
- Plant-based Carnaroli Risotto**  32
mit chanterelles, spring onion leek
and garden herbs

DESSERTS

- Cake and pie selection** 7
- Homemade ice cream** 4
Per scoop

Also take a look in our sundae menu!

Moving Mountains Gerichte 

Alle angegebenen Preise verstehen sich in Schweizer Franken inklusive gesetzlicher Mehrwertsteuer
Auf Anfrage erteilt Ihnen unser Küchenteam Informationen über Allergene in unseren Speisen

Herkunftsbezeichnung

Fisch: auf Nachfrage | Rind: CH | Kalb: CH | Geflügel: CH



MOVING
MOUNTAINS

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

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 (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 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: 