

„TO DELIGHT, TO CREATE INSPIRING EXPERIENCES AND, OF COURSE, TO SURPRISE – THIS IS OUR HIGHEST PRIORITY.

OUR GUESTS TRUST US WITH SOMETHING VERY VALUABLE: THEIR TIME. IT IS OUR ENDEAVOR AND OUR PLEASURE TO PRESENT THEM WITH WONDERFUL MOMENTS OF CULINARY EXCELLENCE AND WARM HOSPITALITY.“

MAX HERZOG



The moving mountains program of the Tschuggen hotel group 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 then be added upon request as compliments.

Moving Mountains Menus - prepared with an honest respect for 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 restaurant and bar menus. 

MOVING MOUNTAINS BOWLS

Red Power Bowl 	34
Beetroot Radicchio Bulgur Apple Grapefruit Cranberries Almond	
Optional with quail breast	40
Green Power Bowl 	34
Spinach Broccoli Sugar pea Avocado Chickpeas Barley Parsley	
Optional with goat cream cheese	40
Quinoa Bowl 	34
Quinoa Nut salad Apple Tofu Hazelnut Lemon Sesame seeds	
Optional with smoked Swiss salmon fillet	40

STARTERS

Vital Salad Carlton	26
Colored leaf salad Balsamic dressing Radishes Cucumbers Tomato Seeds Sprouts Avocado Pickled salmon trout	
Swiss Nüssli Salad	26
French dressing Cherry tomatoes Croutons Bacon Egg	
Optional with roasted porcini mushrooms and goat cheese	36
Caesar Salad	28
Romaine lettuce Sbrinz Anchovies Cherry tomatoes Croutons	
Optional with roasted Swiss chicken breast	36
Burrata Caprese	32
Ramati tomatoes Basil pesto Arugula Pine nuts Balsamic vinegar	
Mezze Trilogy	32
Baba Ghanoush Hummus Tabbouleh Pita bread	
Smoked Scottish salmon fillet	38
Toast Caper apples Horseradish Small salad	
Eggplant Tatar 180 g	42
Toast Small leaf salad Bündner-Frites	
Bündner beef Tatar	
80 g	32
160 g	48
Toast Small leaf salad Bündner-Frites	

SOUPS

Pumpkin ginger cream soup Pumpkin seeds Oil Sour cream Croutons	18
Minestrone vegetable soup Basil oil Herbs	18
Double beef consommé Veal tail ravioli Root vegetables Herbs	21
Lobster bisque Kefe Sour cream Lemon	22
Optional with lobster insert	49

SANDWICHES AND BURGER

Croque-Monsieur Bündner mountain cheese Cooked ham Salad bouquet	24
Club Sandwich Swiss chicken Bacon Salad Egg Tomato Bündner-Frites	42
Vegetarian Club Sandwich Basil Tofu Avocado Lettuce Egg Tomato Bündner-Frites	38
Carlton Burger or Cheeseburger Emmental Beef Cheddar Tomato Lettuce Onions Bündner-Frites	43
Vegetarian Beyond Burger Avocado Cheddar Tomato Lettuce Onions Bündner-Frites	39
Rock Lobster Sandwich Arugula Cocktail sauce Avocado Garden cress Peach	54

SNACKS

Cornet Trilogie Lobster Mango Iceberg Cream Cheese Truffle Apple Bündner Beef Tartare Osietra Caviar Sour Cream	36
Bündner-Frites with Perigord truffle	21
Bündner-Frites with Gruyère cheese	15
Bündner dried meat with pickled vegetables	18
Bündner selection Dried meat Raw ham Salzis Mountain cheese	29

MAIN DISHES

Spaghetti or Penne Rigate	31
Bolognese Tomato sauce Carbonara Arrabbiata Basil pesto	
Pumpkin Ravioli	32
Pumpkin ragout Arugula Sbrinz	
Tagliatelle Engadin	39
Porcini Pumpkin Parsley	
Ticino Risotto with Perigord Truffle	43
Traditionelles Rösti	36
Raw ham Mountain cheese Fried eggs	
Fillet of pike perch	46
Creamed cabbage Apple Mashed potatoes	
Peduzzi veal sausage from Savognin	39
Rösti Onion sauce	
Wiener Schnitzel	49
Fried potatoes Cranberries Leaf salad	
Züricher Geschnetzeltes	54
Mushroom Rösti Carrots	

CARLTON AFTERNOON TEA

(Served from 1 p.m. to 6 p.m.)

Full English Carlton Afternoon Tea	46
Selection of sandwiches Scones with clotted cream Strawberry jam Lemon curd Selection of pastries Tea or coffee	
Optional with 10cl Louis Roederer Brut Champagne	59
Carlton Cream Tea	21
Scones with clotted cream Strawberry jam Lemon curd Tea or coffee	
Carlton Kids Afternoon Tea	28
Ham and cheese sandwich Scones with strawberry jam Clotted cream Selection from the pastries Milkshake Tea or hot chocolate	

OYSTERS

Belon	per piece	12
Gillardeau Fine de Claires	per piece	10

served with

Pumpernickel | Cheddar | Shallot vinegar | Lemon | Tabasco

CAVIAR

Royal Belgian Osietra Caviar	30 g	182
	50 g	288
Royal Belgian Beluga Caviar	30 g	305
	50 g	498

served with

Blinis | Potatoes | Egg white | Egg yolk | Chives | Shallot | Sour cream

DESSERT

Felchlin chocolate cake		18
Berries Mint Vanilla ice cream		
Cheesecake with blueberry compote		14
Vanilla crème brûlée		16
Swiss meringue		22
Wild berries Heavy cream Vanilla ice cream		
Variation of fresh cut fruits		21
Homemade ice cream and sorbet selection	per scoop	4
Selection of homemade cakes and pies		10.50
Gluten free cake		12
Coupe Denmark		18
Coupe Romanoff		18
Coupe Forestier		18
Swiss iced coffee stirred with / without cherry		18
Viennese iced coffee		18

All Prices in CHF and including statutory VAT.

If you have any questions about producers, allergies or intolerances, please contact our staff.