



# MOVING MOUNTAINS

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

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## 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

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WALDORF SALAD CELERY   APPEL   WALNUT	23
VEGETABLE GARDEN ROMANOFF SWISS QUINOA   ALMOND   CHERVIL CREME   ARGAN OIL	26
ENSEMBLE OF PUMPKIN GOAT CHEESE   HAZELNUT   BUTTERMILK	29
SWISS TROUT & OSIETRA CAVIAR KOHLRABI   QUINCE   SOUR CREAM	35
SMOKED SALMON CUCUMBER   APPLE   MISO   MINT	36
PEDUZZI VEAL TATARE AND TEA BEETROOT   EGG YOLK   SCALLION   CASSIS   PERIGORD TRUFFLE	39

## ENTREMETS AND SOUPS

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CREAM OF SPINACH SOUP EGG YOLK   BROWN BREAD   SHIMEJI MUSHROOMS	19
DOUBLE SWISS BEEF CONSOMMÉ CALF'S TAIL RAVIOLI   SHIMEJI MUSHROOM   MARROW BONE	26
LOBSTER BISQUE LOBSTER   RAZOR CLAM   SEA ASPARAGUS   LEMON	49
FREE-RANGE EGG SPINACH   PARSLEY ROOT   ALBA TRUFFLE	36
FONDUE RAVIOLI GRUYÈRE   BROAD BEAN   PEARL ONIONS   PICKLED CUCUMBER	41
SPAGHETTI ROMANOFF 30 G SIBERIAN CAVIAR   LEMON   CREAM	98

CAVIAR: BELGIUM / ITALY  
TRUFFLE: ITALY / FRANCE  
SALMON: NORWAY / SCOTLAND

ALL PRICES ARE IN CHF INCL. VAT.

## VEGETARIAN & FISH

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ROASTED CAULIFLOWER SESAME   YOGURT   WHEY   MULBERRY VINAIGRETTE	38
WINTER BROCCOLI & SALSIFY ARTICHOKES   MACADAMIA   HERB EMULSION   PÈRIGORD TRUFFLE	42
TURBOT FILET PORCINO MUSHROOM   ALBULA POTATO   PEACH   HERB VIN-JAUNE	59
SWISS STURGEON SALSIFY   SPINACH   MUSTARD EMULSION   YUZU	68

## MEAT

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DUCK BREAST FROM APPENZELL BUTTERNUT PUMPKIN   BROCCOLI   FIG SAUCE	56
PEDUZZI LAMB FROM SAVOGNIN CORN DE CATTE   BEAN   SALT LEMON   SHALLOT	68
HATECKE BEEF DUO EGGPLANT   ARTICHOKE   SHIITAKE   MARROW BONE   PÈRIGORD TRUFFLE	71

## FOR TWO

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FILET OF BEEF WELLINGTON OR CHATEAUBRIAND	188
SWISS PREMIUM POULARDE IN SALT DOUGH, SERVED IN TWO COURSES	124
SADDLE OF VENISON	154
FISH OF THE DAY ACCORDING TO OFFER	

NATURALLY THE SIDE DISHES ARE INCLUDED IN THE PRICE OF OUR DISHES FOR TWO.

## TRUFFLE

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WHITE ALBA	PER GRAM	16
BLACK PERIGORD	PER GRAM	10

VEAL, BEEF, LAMB: SWITZERLAND  
POULTRY: SWITZERLAND  
TURBOT: WORLDWIDE MSC LABEL / FRANCE  
VENISON: SWITZERLAND / AUSTRIA

ALL PRICES ARE IN CHF INCL. VAT.

## SELECTION OF CHEESE

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### SELECTION OF SWISS CHEESE

DRIED FRUIT | CHUTNEY | FIG MUSTARD | FRUIT BREAD 22

## DESSERT

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### FELCHLIN CHOCOLATE

ALMOND | PINE WOOD | TANNSCHÖSSLI HONEY 21

### WINTER DREAM

PEAR | APPLE | CARAMEL 19

### EXOTIC VEGAN

MANGO | PASSION FRUIT | COCONUT 19

### SOUFFLÉ PER PERSON

CHOCOLATE | VANILLA | GRAND MARNIER 24

„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 ENDEAVOUR AND OUR PLEASURE TO PRESENT THEM WITH WONDERFUL MOMENTS OF CULINARY EXCELLENCE AND WARM HOSPITALITY.“

MAX HERZOG

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