

Sonnenbad

FOOD

FIRED EARTH BOWLS & FLAMMKUCHEN

Ignite your body & enter the wild in our outdoor wellness concept

BOWL

Bowls 1 26 CHF

Barbequed baby vegetables, beetroot hummus, raw greens, avocado, toasted pumpkin seed, mint yoghurt dressing

Bowls 2 25 CHF

Miso glazed Cauliflower, avocado, cashew crème fraiche, quinoa, pickled radish, umami mountain mushrooms

Bowls 3 27 CHF

Grilled cheese, smoked aubergine caviar, roast tomato, alpine pesto, garden leaves, confit garlic dressing

All our bowls are served with gluten-free Hemp flat bread brushed with alpine herb butter

FLAMMKUCHEN

Flammkuchen 1 25 CHF

Mushroom, spinach, crème fraiche, Alpine pesto, mountain cheese

Flammkuchen 2 24 CHF

Chargrilled vegetables, beetroot hummus, salted pumpkin seed, garlic dressing

Flammkuchen 3 27 CHF

Smoked Vegan carrot, cashew cream cheese, pickled cucumber, dill

SWEETS

Sweets 1 25 CHF

Swiss Citrus Polenta Cake & Basil Chantilly

Sweets 2 24 CHF

Burnt cheesecake, Cinnamon, alpine berry coulis

BEVERAGE

SIGNATURE COCKTAILS

Did you say apple? CHF 18

Calvados, Apple Shrub, Apple Cider

Chamomille tonic CHF 19

Gin, Chamomille and Tea Cordial, Tonic

Cherry CHF 18

Sweet Vermouth, Lemon, Honey, Cherry Yogur

Belvedere aperitivo CHF 20

Aperitivo Peach and Basil, Prosecco

We are not in cuba CHF 18

White Rum, Lemon, Strawberry and Rocket Syrup

Belvedere americano CHF 21

Vermouth si-on, Lillet Blanc, Home-made Herbs Soda

APERITIF

Negroni CHF 19

Gin, Sweet Vermouth, Bitter Campari

Americano CHF 16

Sweet Vermouth, Bitter Campari, Soda Water

Aperol spritz CHF 14

Aperol, Soda Water, Prosecco

Campari spritz CHF 16

Aperol, Soda Water, Prosecco

St. Germain spritz CHF 18

St. Germain, Soda Water, Prosecco

Mojito CHF 16

White Rum, Lime, Syrup, Mint, Soda

Espresso martini CHF 18

Vodka, Coffee Liqueur, Coffee, Syrup

BEER AND CIDER**Draught**

Rugenbräu spezial 330ml CHF 7
Rugenbräu zwickel 330ml CHF 7

Bottle

Rugenbräu lager hell 330ml CHF 8
Rugenbräu weizen 500ml CHF 10
Rugenbräu alpenperle 330ml CHF 8
Rugenbräu spezial dunkel 330ml CHF 10

Non-alcoholic beer

Rugenbräu alkoholfrei 330ml CHF 7

MOCKTAILS**Ginger** CHF 11

Ginger Cordial , Ginger Beer

Apple free CHF 12

Apple Shrub , Soda Water

Rhubarb lemonade CHF 12

Rhubarb & Basil Syrup , Lemon Juice ,
Soda water

Chamomile tonic CHF 11

Chamomille & Tonic Cordial , Tonic Water

SOFT DRINKS**Freshly squeezed juice 250ml** CHF 12

Orange, Cucumber, Apple, Carrot

Immunity booster CHF 14

Fresh Fruits & Vegetables
Based on Market Availability

Sodas 330ml

Vivi Kola CHF 7
Rivela CHF 7
Coke, Coke Zero, Sprite CHF 6
Soda Water, Ginger Ale CHF 6

Sodas 330ml

Piz Sardona Natural 400 ml CHF 7
Piz Sardona Natural 750 ml CHF 10
Piz Sardona Sparkling 400 ml CHF 7
Piz Sardona Sparkling 750 ml CHF 10
Bewtr- Filtered 750 ml CHF 5

Coffee

Americano CHF 5
Espresso CHF 5
Double Espresso CHF 7
Latte CHF 7
Cappuccino CHF 7

Tea CHF ??

x

x

x

x

WINE BY THE GLASS**Sparkling 125ml**

Blanc de Noirs AOC Bio - AOC Brut,
Fleury, Champagne, France, NV CHF 19

Vin Mousseux «Väterchen Frost» VdP,
HerterWein, Zürich, Switzerland, NV CHF 18

Pet Nat Brut Nature Bio, Pure & Naked,
Franken, Germany, NV CHF 19

Prickelnd Cuvée Blanc No1 Alkoholfreier
Schaumwein, Kolonne Null, Berlin, Germany, NV
CHF 18

Rosé 150ml

Rosé «Du Vully» AOC Bio, Cru de l'Hôpital,
Fribourg, Switzerland, 2022 CHF 10

CEil de Perdrix Neuchâtel AOC, Château d'Au-
vernier, Neuchatel, Switzerland, 2021 CHF 8

White 150ml

Riesling x Sylvaner, Alpine Weinkultur Reb-
baugenossenschaft Spiez, Spiez, Switzerland,
2020 CHF 10

Chasselas, Epesses, AOC Lavaux, Switzerland,
2021 CHF 8

Sauvignon Blanc «Urgestein» IGT Bio , Baron
Longo, Vigneti delle Dolomiti, Italy 2022 CHF 9

Chardonnay de Gilli «Château de Vincy»
La Côte AOC, Famille Jerome Michon, Gilly,
Switzerland 2022 CHF 8

Red 150ml

Panorama» Cabernet Jura u Leon Millot
Schweizer Landwein Biogut Roland & Karin
Lenz, Uesslingen, Switzerland, 2022 CHF 9

Merlot del Ticino AOC, Selezione d'Ottobre,
Tessin, Switzerland, 2019 CHF 10

Symphonie Rouge AOC Bio, Weingut
Besson-Strasser, Zürich, Switzerland, 2020
CHF 12

Barbera d'Alba Superiore DOC, Fontanabianca,
Piemont, Italy, 2021 CHF 9

Arbois Poulsard «Pinte Bien» AOC Bio,
Domaine de la Pinte, Jura, France, 2022 CHF 13