

## "BIENVENUE" OR "BEINVEGNI" AT THE BELLE EPOQUE RESTAURANT

Can good things be a sin? Not at the Schweizerhof Flims. The most beautiful main thing in the world simply tastes even better when it's sustainable. Here you dine as **regionally and climatefriendly as possible - vegetarian, vegan** or conventionally with **a fine piece of meat**. With us, it tastes almost as good for your conscience as it does for your tummy. Enjoy the lovingly prepared dishes in our restaurant, sometimes down-to-earth Grisons, sometimes French-inspired - and perhaps **a top wine** by candlelight?

**NEW:** our evening menu offers you a choice of **vitality dishes** - as **regional, seasonal and sustainable as possible**, mostly vegetarian, always wholesome and full of **fresh vegetables**. Two days a week we serve **freshly caught fish** from the region.

## OUR PROMISE

Sustainability is a path and a concern for us. We are nowhere near where we want to be, but we are always going one step further. We see it as our task to gradually switch to sustainable and regional products.

## OUR PRODUCERS


Head chef Jannik Moser is looking for producers who, like us, put their heart and soul into their products. Here is a small excerpt.


Cheese	Sennerei Andeer, Maria & Martin Biennerth only process milk from purely sustainable dairy farming. PS: The small cheese dairy is worth a visit - ask at reception
Potatoes	Biohof Las Sorts, Marcel Heinrich's mountain potatoes grow in the Albula Valley on sandy soil 1000 metres above sea level.
Barley	Gran Alpin, organic mountain grain from Graubünden
Vegetables & fruit	Ecco Jäger, the special wholesaler with products from the region
Pears & apples	Andrea Lauber's winery and orchards from Malans/ Bündner Herrschaft
Salmon	from sustainable aquaculture in Lostallo, Graubünden
Trout	from near-natural rearing in Bremgarten. Aargau
Meat	from LUMA and other Swiss farms
Hemp products	Alpenpionier from Zizers
eggs	Glennerhof in Ilanz

The prices are inkl. 7,7% MWST ab 1.1.2024 8.1%

N = Nuts, L = Lactose, G = Gluten

vegetarian = 

vegan = 

vital = 

All soups, dressings and sauces may contain traces of mustard and celery.

If you have any allergies or allergenic food ingredients, please contact our staff.

Herkunft: Salmon (CH – Breeding), Beef (CH), Pig (CH), Chicken (CH), Calf (CH), Trout (CH)

## SALADS, STARTERS & SOUPS

Price in CHF  
je Portion 1/2 1/1

### Caesar Bowl

Baby lettuce marinated with Caesar dressing  
croutons, sliced Sbrinz and crispy fried bacon <sup>G,L</sup>

16 24

Especially delicious with a **chicken thigh steak** sous vide



6 10

### leaf salad with mixed seeds and nuts

crunchy vegetables and colourful sprouts<sup>N</sup>

12 20

Our homemade dressings

French, Italian,  Honey-Mustard or House 

### Marinated Swiss beef tartare

70g 130g

with egg yolk cream and lettuce, served with buttered toast <sup>G</sup>

24 32

### Root vegetable tartare baked on salt (vegan possible)

with egg yolk cream, homemade bread crisps and salad <sup>G</sup>

70g 130g

16 24

### 80g slices of chopped Alpine salmon with its caviar

with cucumber variation, dill, caper leaves and crispbread <sup>G, L, N</sup>

29

### Falafel and hummus from the mountain broad

served with pickled beetroot, harissa yoghurt dip and a small herb salad <sup>N</sup>

20

### Pumpkin and coconut soup with ravioli

with pumpkin seed oil and pumpkin rolls and caramelised seeds <sup>N</sup>

18

### Barley soup "Gran Alpin"

with Bündnerfleisch, croutons and fresh herbs <sup>G, L</sup>

16

## VEGETARIAN & VEGAN & ALLERGENS

Do you follow a vegetarian or vegan diet or have dietary restrictions? If you eat with us for several days, the vegetarian or vegan selection may be too small. Please contact our service team so that we can prepare a delicious alternative for you every day. Please give us some advance notice.




Guestbook entry Albert Einstein Daniel & Mengia Hotel founder Friedrich Nietzsche/ Segnes


Visit the **HOTEL TOUR** on Fridays and learn more about our history!

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## MAIN COURSES

Price in CHF

<b>180g fillet of Swiss beef with thyme crust</b> with port wine jus, potato gratin of Albula potatoes and bacon bean bundles <sup>L,G</sup>	58
<b>Pork chops from LUMA</b> with herb butter, roasted young broccoli and French fries from Eastern Switzerland <sup>L</sup>	50
<b>Fried trout fillet from Bremgarten</b> with herb foam sauce, mustard potato mash from the albula potato and two kinds of fennel <sup>L</sup>	42
<b>Homemade Capuns Sursilvans</b> Graubünden speciality cooked in milk stock according to an old house recipe with Andeerer cheese and salsiz <sup>G, L</sup>	34
<b>Wild mushroom capuns - our vegetarian version of the classic</b>  with pickled red wine onions and Belper tuber <sup>G, L</sup>	34
<b>Gnocchi made from Grisons mountain potatoes</b>  with homemade lentil tofu, mini vegetables dried tomatoes and caramelised onions	34

## OUR CANTONAL SPECIALITY

Capuns are an integral part of Graubünden cuisine and epitomise the art of cooking in Graubünden with its imagination, creativity and variety.

There are almost as many recipes for this dish as there are cooks.

The chard wraps are prepared with a lot of love. Each individual capun is filled and wrapped by hand and enriched with many fine ingredients.

The special thing about our recipe for Capuns Sursilvans:  
They are carefully cooked in a milk broth and contain a hint of fresh mountain mint.  
We also offer a vegetarian version of this dish.


We recommend a good Grisons wine to go with it.




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## DESSERTS

Price in CHF

### Lukewarm apple crumble with fig sorbet

our "mini dessert" made from Malans apples & oats <sup>G,N</sup>

12

### Raspberry mousse in a glass with its compote

and flavours of vanilla <sup>L,G</sup>

14

### Lukewarm chocolate cake

with different textures of citrus fruits <sup>N,G</sup>

15

### Homemade sorbets

Fig, mandarin, raspberry or mango passion fruit

per Scoop 4

### Homemade ice cream <sup>L</sup>

Vanilla, dark chocolate <sup>N</sup>, strawberry, white coffee  
or sour cream-lime

per Scoop 4

### Cheese selection from the cheese board

with fruit mustard and pear bread <sup>G, L, N</sup>

15

### Affogato

a scoop of vanilla ice cream with an espresso poured over it <sup>L</sup>

8

### Portion of cream <sup>L</sup>

1

### A shot to go with it?

Choose a house brandy from the region

8

## HOUSE BRANDS /MARC

2cl

Plum / Cherry / Quince / Williams

9

Marc Vinars Trais (Zweigelt / Merlot / Cabernet Dorsa Blanco)

13

Marc Hortensia (Riesling / Silvaner / Chardonnay)

14

## COFFEE SPECIALITIES

„Schweizerhof coffee" with Röteli and cream <sup>L</sup>

13

Irish coffee with whiskey and cream <sup>L</sup>

13

French coffee mit Grand Marnier und cream <sup>L</sup>

13


Coffee Baileys mit cream, <sup>L</sup>


13

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## FOR OUR YOUNG CONNOISSEURS - UP TO 13 YEARS

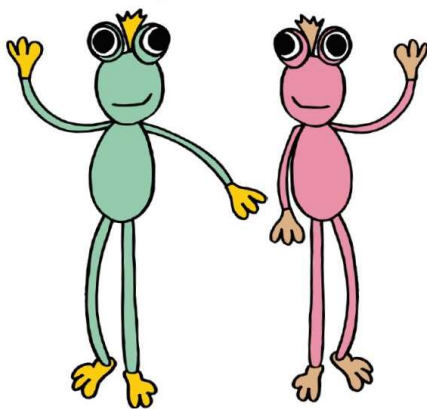
TO THE STARTER	Price in CHF
<b>Creamy tomato soup</b> 	5
<b>Vegetable broth with pancakes</b> <sup>G, L</sup> 	5
<b>Melon boats and ham</b>	7
<b>Cucumber and carrot sticks with herb dip</b> <sup>L</sup> 	5
<b>Salad from the buffet</b>	5

## SO THAT I BECOME BIG & STRONG

<b>Fishsticks</b> with potato and pea mash <sup>G, L</sup>	14
<b>Pasta with tomato sauce</b>  and grated cheese <sup>G</sup>	12
<b>Pasta with Bolognaise</b> Minced beef with grated cheese and apple sauce <sup>G</sup>	14
<b>Three small sausages</b> with colourful vegetables and French fries <sup>G</sup>	15
<b>Cheeseburger with beef</b> with tomato, cucumber, salad and French fries <sup>G, L</sup>	18

## BECAUSE I LIKE IT

<b>A scoop of ice cream of your choice</b> <sup>L, N, G</sup> 	4
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## KIDS' MENU


<b>Starter and main course from the children's menu, plus a scoop of ice cream of your choice</b>	20
or	
<b>2 courses from the gourmet dinner menu (smaller portion)</b>	20


WISHING YOU A GOOD MEAL  
RUDI & ROSI

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