

## "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 climate-friendly 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 typically from 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. A brief overview:

Cheese	Sennerei Andeer, Maria & Martin Bienerth 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 meters above sea level.
Barley	Gran Alpin, organic mountain grain from Grisons
Vegetables & fruits	Ecco Jäger, the special wholesaler with products from the region
Salmon	from sustainable aquaculture in Lostallo, Grisons
Pikeperch	directly from the Gotthard Pass
Meat	from LUMA and other Swiss farms
Hemp products	Alpenpionier from Zizers
Eggs	Glennerhof in Ilanz



The prices are inkl. 8.1% VAT

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.

Origin: Salmon [CH - Breeding], Beef [CH], Pig [CH], Chicken [CH], Calf [CH], Pikeperch [CH - Breeding], trout [CH - Breeding]

## STARTERS

	Price in CHF	
	per portion 1/2	1/1
<b>Caesar Bowl</b> Baby lettuce marinated with Caesar dressing croutons, sliced Sbrinz and crispy fried bacon <sup>G,L</sup>	16	24
Especially delicious with a <b>chicken thigh steak</b> sous vide	plus 6	10
<b>Mediterranean leaf salad with tender wheat and crispy lentils</b>   with assorted vegetables, colourful sprouts and mixed seeds <sup>N,G</sup>	12	20
Our homemade dressings French, italian  , honey-mustard or house 		
<b>Marinated swiss beef tartare</b> with egg yolk cream and lettuce, served with homemade buttered toast <sup>G</sup>	70g 24	130g 32
<b>Root vegetable tartare baked on salt</b> (vegan possible)   with egg yolk cream, homemade bread crisps and herb salad <sup>G</sup>	70g 16	130g 24
<b>Colorful cherry tomatos on burrata cream</b> with basil pesto, grissini, olives, rocket salad and pine nuts <sup>G,L,N</sup>		17
<b>Asparagus Raviloli with lemon</b> with asparagus foam sauce, pine nuts and baby spinach <sup>G,L,N</sup>	3pcs 16	7pcs 28
<b>White wine foam soup with herbs from the Schweizerhof-Garden</b> with vegan cream cheese, confit cherry tomatos and herb oil  		16
<b>Barley soup "Gran Alpin"</b> with "Bündnerfleisch", croutons and fresh herbs <sup>G,L</sup>		16

## VEGETARIAN, VEGAN & ALLERGENS

Do you follow a vegetarian, vegan diet or do you 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>200gr Swiss beef Entrecôte with Café de Paris</b> with truffled potato gratin and sautéed spring onions <sup>L, N, G</sup>	57
<b>Pork chop 300g from LUMA</b> with herb butter, roasted young broccoli and french fries from the "Ostschweiz" <sup>L, G</sup>	48
<b>Pikeperch filet from Lago Maggiore with saffron foam sauce</b> with mashed potatoes, leaf spinach, feta cheese and pine nuts <sup>L, N</sup>	45
<b>Breaded corn fed chicken from the Rhein Valley</b> with grilled lemon, potatoes-cucumber salad and habanero mayonnaise <sup>L, N, G</sup>	36
<b>Homemade Capuns Sursilvans</b> Grisons 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 bulb <sup>G, L</sup>	34
<b>Cauliflower "Recado Negro" and stuffed courgetti flowers</b>  with colourful quinoa, sun-dried tomatoes and lemon oil <sup>G, N</sup>	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 CHF
<b>Granny Smith apple with nut crumble</b> with mint, lime, white chocolate and Granny Smith sorbet <sup>G, L, N</sup>	16
<b>Cheesecake with strawberry variation</b>   with lime and chocolate soil <sup>G, N</sup>	15
<b>Small panna cotta with fruit compote</b> <sup>G, L, N</sup>	8
<b>Affogato</b> a scoop of vanilla ice cream with an espresso poured over it <sup>L</sup>	8
<b>Homemade sorbets</b>  lychee, pineapple, raspberry or mango-passion fruit	per scoop 4
<b>Homemade ice cream</b> <sup>L</sup> vanilla, dark chocolate <sup>N</sup> , strawberry, hazelnut <sup>N</sup> or sour cream & lime	per scoop 4
<b>Cheese selection from the cheese board</b> with fruit mustard and Grisons pear bread <sup>G, L, N</sup>	15
<b>Portion of cream</b> <sup>L</sup>	1
<b>Fancy a shot to go with that?</b> Choose a house brand from the Lipp-Kunz family distillery	8
<b>HOUSE BRANDS /MARC</b>	2cl
Plum	10
Cherry	10
Williams	10
Marc Henri (Pinot Noir)	14
Marc Hortensia (Riesling/ Sylvaner /Chardonnay)	14

## COFFEE SPECIALITIES

<b>Khüala Sunset Brew</b> with homemade cold brew, orange juice and sugar syrup	9.5
	with rum 15
<b>Homemade Cold Brew</b> with 100% Arabica, steeped for 18 hours	8.5
<b>The Dubliner</b> with coffee, Bailey's, Mascabado sugar syrup and ice	15

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## FOR OUR YOUNG CONNOISSEURS - UP TO 13 YEARS

### TO THE STARTER

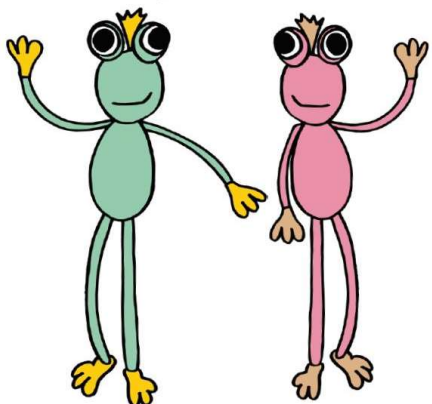
	Price in CHF
Creamy tomato soup 	8
Vegetable broth with pancakes <sup>G, L</sup> 	7
Melon boats and ham	10
Cucumber and carrot sticks with herb dip <sup>L</sup> 	8
Salad from the buffet	10

### SO THAT I BECOME BIG & STRONG

	Price in CHF	
	Per portion 1/2	1/1
<b>Fish sticks</b> with potato and pea mash <sup>G, L</sup>	15	18
<b>Pasta with tomato sauce</b>  and grated cheese <sup>G</sup>	15	16
<b>Pasta with bolognese</b> incised beef with grated cheese and apple sauce <sup>G</sup>	15	17
<b>Breaded alpine pork schnitzel</b> with seasonal vegetables and french fries <sup>G</sup>		22
<b>Cheeseburger with beef</b> with tomato, cucumber, salad and french fries <sup>G, L</sup>		20

### BECAUSE I LIKE IT

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

Starter and main course from the children's menu plus a scoop of ice cream of your choice	25
or	
2 courses from the dinner menu [smaller portion]	25

WISHING YOU A GOOD MEAL  
RUDI & ROSI

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