

"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 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. 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 & mountain beans	Biohof Las Sorts, Marcel Heinrich's mountain potatoes and mountain beans grow in the Albula Valley on sandy soil 1000 meters 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, Grisons
Pikeperch	directly from the Gotthard Pass, Gotthard-Zander
Meat	from LUMA and other Swiss farms
Hemp products	Alpenpionier from Zizers
Eggs	Glennerhof in Ilanz
Bread	bakery Romana in Laax – country of production: Switzerland



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.

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

SALADS, STARTERS & SOUPS

	Price in CHF	
	per portion 1/2	1/1
Caesar Bowl Baby lettuce marinated with Caesar dressing croutons, sliced Sbrinz and crispy fried bacon ^{G,L}	16	24
Especially delicious with a chicken thigh steak sous vide	6	10
Mediterranean leaf salad with beetroot falafel and tahini cream Carrots, tomatoes, cucumber, white cabbage, and mixed seeds ^{N,G}	12	20
Our homemade dressings French, Italian , Honey-Mustard or House		
Marinated Swiss beef tartare with egg yolk cream and lettuce, served with buttered toast ^G	70g 24	130g 32
Root vegetable tartare baked on salt (vegan possible) with egg yolk cream, homemade bread crisps and salad ^G	70g 16	130g 24
Homemade pumpkin ravioli with curry foam sauce with pumpkin seed oil, caramelized seeds, and flower sprouts ^{G,L,N}	3pcs. 19	7pcs. 29
"Graubünden" Jerusalem artichoke cream soup with its purée and chips and roasted walnuts ^{G,N}		17
Barley soup "Gran Alpin" with "Bündnerfleisch", croutons and fresh herbs ^{G,L}		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
Duet of beef fillet and braised veal cheek with shallot jus, celery variation, and pommes dauphine ^{G,L,N}	58
Pork chop 300g from LUMA with herb butter, roasted young broccoli and French fries from eastern Switzerland ^{L,G}	48
Veal ragout "Grandmother's style" in a rich red wine sauce with mashed potatoes and colorful vegetables ^{L,G}	42
Roasted salmon fillet from Lostallo with herb crust Aquarello risotto with dill, two types of fennel and orange foam ^{L,G}	45
Homemade Capuns Sursilvans "Graubünden" speciality cooked in milk stock according to an old house recipe with Andeerer cheese and salsiz ^{G,L}	34
Wild mushroom capuns - our vegetarian version of the classic with pickled red wine onions and Belper bulb ^{G,L} 	34
Three types of cauliflower with vegetable quinoa miso cream, dried tomatoes and herbs ^{G,N}  	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
Honey tartlets made with Laax honey with citrus variation and Ebly crunch ^{G,N,L}	16
Chocolate-raspery-tart with dates   and three kinds of raspberry ^{N,G}	15
Small panna-cotta with fruit compote ^{G,L,N}	9
Affogato a scoop of vanilla ice cream with an espresso poured over it ^L	8
Homemade sorbets  Blood orange, plum, raspberry, or mango-passion fruit	per Scoop 4
Homemade ice cream ^L vanilla, dark chocolate ^N , strawberry, cinnamon or sour cream and lime	per Scoop 4
Cheese selection from the cheese board with fruit mustard and Grisons pear bread ^{G,L,N}	15
Portion of cream ^L	1
 HOUSE BRANDS /MARC	 2cl
Plum	9
Williams	9
“Alte Arve” pine tree extract Schnaps	15
Marc Henri (Pinot Noir)	14
Completer	16
 COFFEE SPECIALITIES	
„Schweizerhof coffee” with Röteli and cream ^L	15
Irish coffee with whiskey and cream ^L	15
Coffee Baileys with cream ^L	15
French coffee with Grand Marnier und cream ^L	15

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FOR OUR YOUNG CONNOISSEURS - UP TO 13 YEARS

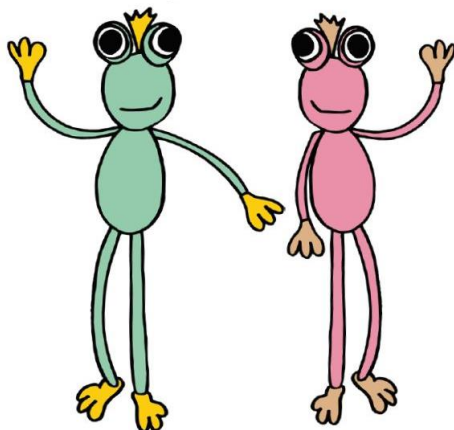
TO THE STARTER	Price in CHF
Creamy tomato soup 	5
Vegetable broth with pancakes ^{G,L} 	5
Melon boats and ham	7
Cucumber and carrot sticks with herb dip ^L 	5
Salad from the buffet	5

SO THAT I BECOME BIG & STRONG

Fishsticks with potato and pea mash ^{G,L}	14
Pasta with tomato sauce  and grated cheese ^G	12
Pasta with Bolognaise Minced beef with grated cheese and apple sauce ^G	14
Homemade corn-fed chicken nuggets with colourful vegetables and French fries ^G	16
Cheeseburger with beef with tomato, cucumber, salad and French fries ^{G,L}	18

BECAUSE I LIKE IT

A scoop of ice cream of your choice ^{L,N,G} 	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	20
or	
2 courses from the gourmet dinner menu [smaller portion]	20


WISHING YOU A GOOD MEAL
RUDI & ROSI

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