

«BIENVENUE» OR « BEINVEGNI » AT THE BELLE EPOQUE RESTAURANT

Does good food have to be bad for you? Not at the Schweizerhof Hotel in Flims. Because **food** tastes even better when it's **sourced** and **cooked as regionally and sustainably as possible** – whether it is **vegetarian, vegan**, or with a **flavourful piece of meat**. Our food is almost as good for your conscience as it is for your body. Enjoy the **lovingly prepared dishes** in our restaurant, sometimes with local Grisons cuisine, sometimes French-inspired dishes – and how about an **excellent wine** to accompany your **candlelight meal**?

NEW you can choose from a **vital** dish every day – as **regional, seasonal** and **sustainable** as possible, mostly **vegetarian**, always **wholesome** and full of **fresh vegetables**. Two days a week we serve **fresh 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 taking a step further. We see it as our task to switch to sustainable and regional products step by step.

OUR PRODUCERS

Chef Sören Pajewski is looking for producers who, just like us, put their heart and soul into their products. Here is a small excerpt.

Cheese	Sennerei Andeer, Maria & Martin Biennerth process only milk from purely sustainable dairy farming. PS. the small cheese dairy is worth a visit – ask at the reception.
Potatoes	Biohof Las Sorts , Marcel Heinrich's mountain potatoes grow in the Albula Valley on sandy soil at 1000 m above sea level.
Barley	Gran Alpin, organic mountain grain from Graubünden
Vegetables	Seasonal: Biohof Scheia – beautiful family farm above Flims
Vegetables & Fruit	FHL Chur, the special wholesaler with products from the region
Pears & Apples	Winery and orchards of Andrea Lauber from Malans/ Bündler Herrschaft
Salmon	from sustainable aquaculture in Lostallo, Grisons
Meat	LUMA and other Swiss companies
Hemp products	Alpine pioneer from Zizers
Eggs	Glennerhof from Ilanz



All Prices include. 7,7% VAT

N = Nuts, L = Laktose, G = Gluten

vegetarian = 

vegan = 

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

Regarding allergies or allergenic food ingredients, please contact our staff.

Origin: Salmon (CH - breeding), Beef (CH), Pork (CH), Chicken (CH), Veal (CH)

SALADS, STARTERS AND SOUPS

Price in CHF
Per portion 1/2 1/1

Caesar Bowl

fresh lettuce marinated with Caesar dressing, Croûtons
grated Sbrinz and crispy fried bacon^G

16 24

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

6 10

Vital Bowl with red lentils & hemp nuts ✓

mixed leaf salads with summery raw vegetables, seeds and sprouts
with **goat cream cheese**,^L
with **boiled egg from the Glennerhof**

16 24

5 9

3

Small summer leaf salad ✓

various leaf salads, ideal as a side dish

9

Our homemade dressings for your bowl

French, Italian ✓ Honey-Mustard or House ✓

Burrata with tomatoes and wild garlic

creamy burrata with fully ripened tomatoes and oil made from home-grown wild garlic^{G,L} 24

Marinated Swiss beef tartare

with egg yolk cream and plucked lettuce, served with toast^G

70g 130g

24 32

Root vegetable tartare & bread chips

baked on salt, with egg yolk cream and plucked lettuce^G

70g 130g

18 26

Summer carrot soup with crispbread

herb oil and carrot walnut pesto^{G,N}

17

„Gran Alpin“ barley soup^G

air-dried Grisons beef, croûtons and fresh herbs

15

VEGETARIAN & VEGAN & ALLERGENS

Do you follow a vegetarian or vegan diet or have dietary restrictions?

If you eat with us several days a week, the vegetarian or vegan selection may be too small. Please contact our service team so that we can prepare a fine alternative for you every day.

Please give us a little notice.



Guestbook entry Albert Einstein



Daniel & Mengia Hotel founder



Friedrich Nietzsche/ Segnes

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



include. 7,7% VAT

;, L = Laktose, G = Gluten

vegetarian = 🌿

vegan = 🌱

vital = 💚

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

Regarding allergies or allergenic food ingredients, please contact our staff.

Origin: Salmon [CH - breeding], Beef [CH], Pork [CH], Chicken [CH], Veal [CH]

MAIN COURSES

	Price in CHF
<p>Filet & Short Rib from swiss beef roasted filet & 72h sous vide rib with mountain pepper jus, crispy sugar snap salad and potato fritters^G</p>	58
<p>Pork Kotelette from LUMA 300g with herb butter, roasted Bimi - mini broccoli and French fries from eastern Switzerland</p>	50
<p>Char filet from the Val Lumnezia with dill veloute, mini carrots and blue potatoes^L</p>	48
<p>Homemade Capuns Sursilvans Grisons speciality made from an old house recipe with mountain cheese from Andeer and salsiz^{G, L}</p>	32
<p>Wild mushroom Capuns - our vegetarian variation on the classic  garnished with pickled red wine onions and grated Belper bulb^{G, L}</p>	32
<p>Potato pockets & vegan tzaziki  with slightly spicy filling and colourful garden vegetables^G</p>	36

OUR GRISONS SPECIALITY

Capuns are an integral part of Grisons cuisine and represent the region's culinary tradition with its imagination, creativity and variety.

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

These chard-wrapped delicacies are made with lots of love. Each Capuns is filled and wrapped by hand and enriched with many fine ingredients.

The special thing about our recipe for Capuns Sursilvans: they are gently cooked in milk bouillon and they contain mint, amongst other ingredients. We also serve a vegetarian variety of this dish.

We recommend a good Grisons wine to accompany it.



All Prices include. 7,7% VAT

N = Nuts, L = Laktose, G = Gluten

vegetarian = 

vegan = 

vital = 

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

Regarding allergies or allergenic food ingredients, please contact our staff.

Origin: Salmon (CH - breeding), Beef (CH), Pork (CH), Chicken (CH), Veal (CH)

DESSERTS

	Price in CHF
Mousse & Honey with Hazelnut with yoghurt from Andeer and ice cream from Laax honey ^{G,L,N}	15
Crème Brûlée  with compote and sorbet of swiss fruits ^{N,G}	15
Warm chocolate brownie with pieces of white, dark and cream chocolate and fruity berry coulis ^{G,N}	14
Homemade sorbets  Melon, elderberry, lemon or mango-passion fruit	per scoop 4
Homemade ice creams ^L vanilla, chocolate ^N , strawberry, nut cake ^{N,G} or sour cream-lime	per scoop 4
Cheese selection from the cheese board with fruit mustard and pear bread ^{G,L,N}	15
Affogato a scoop of vanilla ice cream with an espresso ^L	8
Portion of cream ^L	1
COFFEE SPECIALITES	
„Schweizerhof coffee“ with Röteli and cream ^L	13
Irish coffee with whiskey and whipped cream ^L	13
French coffee with Grand Marnier and whipped cream ^L	13
Baileys coffee with whipped cream ^L	13
HOUSE BRANDIES/MARC	
Plum	9
Cherry	9
Williams pear	9
Marc Henri (Pinot Noir)	14
Marc Hortensia (Riesling / Silvaner / Chardonnay)	14

All Prices include. 7,7% VAT

N = Nuts, L = Laktose, G = Gluten

vegetarian = 

vegan = 

vital = 

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

Regarding allergies or allergenic food ingredients, please contact our staff.

Origin: Salmon (CH - breeding), Beef (CH), Pork (CH), Chicken (CH), Veal (CH)

FOR OUR YOUNG GOURMETS – UP TO AGE 13

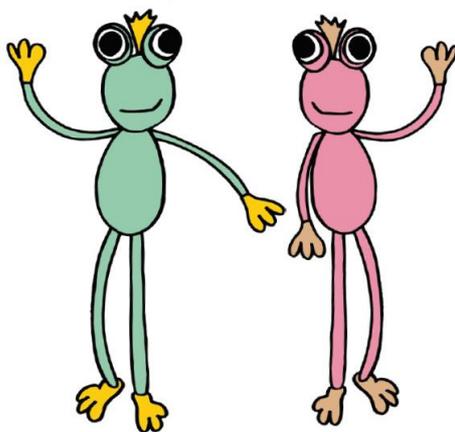
STARTERS	Price in CHF
Creamy tomato soup 	5
Vegetable broth with „Flädli“ pancake strips ^{G, L} 	5
Melon and ham	5
Cucumber carrot sticks with herb dip ^L 	5
Salad from the buffet	5

TO HELP ME GROW TALL AND STRONG

Fish fingers with mashed potato and peas ^{G, L}	14
„Hörnli“ (Swiss macaroni) with tomato sauce  and grated cheese ^G	12
„Hörnli“ (Swiss macaroni) with minced beef minced beef with grated cheese and apple purée ^G	14
three small sausages served with colourful vegetables and french fries ^G	15
Cheeseburger with beef with Tomato, pickle, salad and french fries ^{G, L}	15

BECAUSE I LOVE IT

a scoop of ice cream of your choice ^{L, N, G} 	4
--	---



KIDS MENU

**Starter and main from the children's menu
plus a scoop of ice cream of your choice** 20

or

**Two courses from the gourmet dinner menu
(smaller portion)** 20

„AN GUETA“ WISH YOU
RUDI & ROSI

All Prices include. 7,7% VAT

N = Nuts, L = Laktose, G = Gluten

vegetarian = 

vegan = 

vital = 

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

Regarding allergies or allergenic food ingredients, please contact our staff.

Origin: Salmon [CH - breeding], Beef [CH], Pork [CH], Chicken [CH], Veal [CH]