



by Mario Botta

## Spa Suites

Our two SPA Suites, Polaris and Muscida offer luxury in a very private atmosphere for two or more hours.

These offer you a unique private whirlpool, a steam room and a sauna. You can also choose between cosmetic and massage treatments.

We would be delighted to fulfill any of your food and beverage requests.

„Polaris“ for 2 hours 400 CHF  
Every additional hour 100 CHF


„Muscida“ for 2 hours 300 CHF  
Every additional hour 100 CHF

refreshing,  
relaxing &  
stimulating

Welcome under the light sails of Mario Botta's spectacular "Tschuggen Bergoase".

You may order your favorite dishes from 12.00 am till 7.00 pm.


 Vegetarian dishes

 Moving Mountain Gerichte

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All prices are in Swiss Francs and the VAT is included.



Moving Mountains menus - prepared with nutrient-dense ingredients, rooted in the sense of place of the Swiss mountains and celebrating a truly nourishing and joyous deliciousness. Just look for the Moving Mountains icon on our menus: 

### Regional products

#### “Tschuggen Birchermüesli”

Homemade specialties are not only a must, it's rather a great way to work and cook with regional products.

Our “Tschuggen Birchermüesli” provides the perfect base for a good start in the day or a small afternoon snack:

organic oatmeal from Grison, yogurt, curd cheese and milk produced by the Sennerei Maran in Arosa, the perfect mix of nuts and dried fruits, make a special highlight of our Swiss specialty.

*Our kitchen team assists you concerning questions about allergenic substances.*

### Declaration of origin

Fish, shellfish & crustaceans: upon request

Beef: CH & URY

Poultry: CH & FRA

Sausage & ham: CH & ITA

*We value our environment, therefore animal welfare and sustainable fishery are highly important to us.*

## SOUPS

CHF

### Tom Ka Gai

*Coconut milk soup with  
poultry stripes and  
oyster mushrooms*

18

### Beef Pho

*with ginger, cilantro  
and noodles*

18

## SALAD

### Salad Bowl

*with leaf salad, tomato, corn*

18

your choice of



*Italian Dressing/ Vegan French Dressing  
Caesar Dressing/ Vinegar & Oil*

*roasted king prawns,  
bell-pepper, radishes, cucumbers*

29

*roasted beef fillet stripes  
soy sprouts and cilantro*

34

*roasted tofu    
soy sprouts and cilantro*

27

## HOT DRINKS

	CHF
Coffee	5.50
Espresso	5.50
Double Espresso	7
Milk coffee	6
Cappuccino	6.50
Latte Macchiato	8
Double Espresso Macchiato	8
Ovomaltine	6
Hot Chocolate	5
<i>Your choice of: White -, Milk -, Dark chocolate</i>	
Tea Selection	8
<i>Exquisite tea in a many different varieties for sheer pleasure – including with the right food.</i>	
Fresh tea	12
<i>ginger, sage, peppermint, lemon</i>	

## CLUB SANDWICH

CHF

### Club Classic

29

*with chicken breast, egg  
Ramati tomatoes, cocktail sauce  
and Alpine bacon*

### Club Provence

27

*with grilled vegetables, egg,  
Ramati tomatoes and basil pesto*

### Club Salmon

28

*with Loch Fyne graved salmon,  
sprouts, honey-dill sauce,  
egg, Ramati tomatoes*

*Our Club Sandwiches are served  
with salad and potato chips.*

## DRINKS

CHF

Valser Silence	50 cl	8
Valser Classic	50 cl	8
San Pellegrino	50 cl	8
Aqua Panna	50 cl	8
Coca-Cola	33 cl	7
Coca-Cola light	33 cl	7
Coca-Cola zero	33 cl	7
Fanta	33 cl	7
Sprite	33 cl	7
Rivella ( <i>red, blue</i> )	33 cl	7
Apple and wild berries juice from Valposchiavo	20 cl	7
Apple spritzer	33 cl	7
Classic Tonic	20 cl	7
Ginger Ale	20 cl	7
Bitter Lemon	20 cl	7
Ginger Beer	20 cl	7
Chaya Tee Classic	33 cl	7
Chaya Alpentee	33 cl	7
“Bergoasen” iced tea	33 cl	6

### Fresh squeezed juices:

Orange juice	20 cl	12
Grapefruit juice	20 cl	12
Lemon juice	20 cl	12
Carrot juice	20 cl	12
Vegetable juice	20 cl	12

*You can also choose the ingredients  
by yourself.*

*For more information, please ask our spa staff.*

## SANDWICH

CHF

### Italian style

*with tomatoes,  
buffalo - mozzarella and  
homemade basil pesto*

15

### Spanish style

*with Serrano ham and  
parmesan cheese*

17

### Provincial style

*with antipasti vegetables,  
lemon-oil and herbs*

18

*Our Sandwiches are served  
with salad and potato chips.*

## DESSERT

CHF

### Choice of fruits and berries \*

18

### Homemade

Tschuggen Birchermüesli

10

### Cake selection

*from our dessert trolley*

7

### Cheese selection

*with dried fruits and bread*

21

## BEER

CHF

Calanda Edelbräu	33 cl	7
Heineken	33 cl	7
Schneider Weisse	50 cl	9

Arosa Sunna	33 cl	9
1800 IPA – Indian Pale	33 cl	9

## Non alcoholic

Calanda Senza	33 cl	7
Erdinger	50 cl	9