

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

Moving Mountains dishes rely on the latest developments in nutritional research. Ingredients related to the region, tasty, wholesome, nutritious and easily digestible - purely plant-based (with options) and rich in taste and flavour. Look for this symbol: 

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 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
Infusades white tea	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 0.0	33 cl	7
Erdinger	50 cl	9