

Welcome!

Dear Guest

Nice to have you here!

For the third time, our Heid-Stübli restaurant has moved as a pop-up restaurant within the walls of the Giardino restaurant. We have had such good experiences with this that the pop-up summer Heid-Stübli with terrace connection will be available again this summer. In addition, the restaurant Kuchikästli is also available with sophisticated international dishes. Best of all, you can enjoy dishes from both restaurants no matter where you sit.

Did you know that we only use Swiss meat from the region? Furthermore, we work closely with Nina Hitz from the Churwalden Community Stable: We support her vision of regional, animal-friendly husbandry and are proud to count her as one of our business partners.

Did you know that our Glacella da Valbella is lovingly made in Valbella according to an authentic Italian recipe and that the ice cream can be enjoyed in all AlpinTrend establishments?

We are pleased to be your hosts today. Our service team led by Brian Lüers will be happy to advise and serve you! Enjoy your time with us to the fullest.

Elias Leu
Your Host & Hotel Manager

We are happy to serve you the LenzerGrill, Raclette, Fondue, Fondue Chinoise and Meat from the Hot Stone in the Summer Heid Stübli and on our Terrace.

Restaurant Kuchikästli



STARTERS


Colourful Leaf Salad ^{1/7/9/10/11} 			10
with Homemade, Italian Dressing or Orange Dressing			
Mixed Salad ^{1/7/9/10/11} 			12
with Homemade, Italian Dressing or Orange Dressing			
Beef Tatare classic or devilish (hot) ^{1/7/9/10/11}	150g	30	
Finely chopped beef fillet with Shalotts, Gherkins, Parsley, Egg Yolk, Garlic and Mustard served with Toast and Butter	90g	25	
			<i>Surcharge Half Board large +10/ small +5</i>
Tian with sautéed Shrimps ^{5/7/9}			24
Small Cake of Mango and Avocado with Tomato Coulis and Herbs			
Quinoa with Cranberrys ^{7/9}			15
with fermented Garlic, Feta and Mint			
Marinated Green Asparagus ⁹			19
with Orangen Vinaigrette with Pink Grapefruit and Raw Ham			


SOUP

Soup of the Day ^{7/9/10/12/13}			11
Lemon Grass-Coconut Soup ^{9/13} 			13
Cress Soup ^{7/9}			13

VEGETARIAN MAIN COURSE

Sommerbowl ^{1/7/9/10/11} 17
with different Leaf Salads
accompanied with Avocado, Buffalo Mozzarella, Pomegranate and Mango

Red Thai Curry ^{9/12/13}  24
in Coconutmilk Sauce with Corn, Sugar Pea, Spring Carrots and Asparagus

Coconut Polenta ^{4/9/12/13}  24
with Pak Choi in Soja Broth and Vegetables

Lukewarm Hummus ^{12/13}  27
with Tofu roasted in and glazed Vegetables

Add to you Dish:

Chicken Stripes + 11
Beef Fillet Cubes + 19
3 King Prawns + 14
Tofu + 7

MAIN COURSES WITH FISH

Roasted King Prawns «Aglie e Olio» ^{1/4/5/7/9} 36
with Spaghetti, Olives, Pepperoncini, Garlic and Parmesan

Sautéed Cod ^{3/7/9} 42
on Carrot-Ginger Puree with Babyvegetables, Olives und Lime Espuma

MAIN COURSES WITH MEAT

Breaded Veal Escalope Viennese ^{1/4/7/8/10}	180g	48
with seasonal Vegetables	120g	42
	<i>Surcharge Half Board larg +15 / small +10</i>	
Portion Cranberry Jam		On Demand
Homemade Lenzerhorn Sausage ^{7/9/10/11}		33
with Grison's air-dried Meat and Raw Ham served with Mediterranean Vegetables and Cranberry Mustard		
Swiss Beef Entrecôte «Strindberg» ^{1/4/7/9/11}		50
with Onion-Mustard Crust	<i>Surcharge Half Board</i>	+15
on Port Wine Sauce and Vegetables		
LenzerGRILL ^{5/7/9/10/11}	à discrétion	69
From 2 Persons. Price per Person.	<i>Surcharge Half Board</i>	+15
Be your own Grill Master!		
Pork, Beef, Veal, Raclette Cheese, various Sausages and marinated Chicken. In addition, pickled Vegetables, homemade Sauces and two side dishes of your choice - you decide how to prepare it.		



All main courses are available with:

Jasmine Rice, French Fries, Vegetables, Potato Gratin, Coconut Polenta, Lukewarm Hummus, New Potatoes, Salad.



Pop-Up Summer Heid-Stübli



APPETIZERS

Grisons's Plate with House-Bread ^{4/7/9/10/11} 2 Persons 35
Grisons Meat Specialties from Bischli from Churwalden: 1 Person 25
Grison's air-dried Beef, Coppa, Salsiz, Raw Ham, Bacon
and Lenzerheide's Alpine Cheese, classic Garnishes

Lenzerheide's Alpine Cheese Platter ^{7/9/10/11} 16

Simple Sausage-Cheese Salad with Grisons Alpine Cheese ^{1/7/10/11} 16



11

Focaccia with Rosemary ^{4/8} 11
Goes well with any Appetizer or Starter

SOUP

Rich Grison's Barley Soup ^{4/7/9/10} 13

SWISS SPECIALITIES

Classic Rösti ^{1/7/9/10} 21
with Ham and fried Egg and gratinated with Alpine Cheese

Vegetarian Rösti ^{1/9/7/10} 20
with mediterranean Vegetables and gratinated with Raclette Cheese

Classic Alpine Macaroni ^{1/4/7/9/10} 18
with Pasta, cubed Ham, Onions, creamy Cheese Sauce
served with Apple Puree



13

Homemade Capuns ^{1/4/7/9/10} 25
Spätzli Dough with Bacon in Chard Leafs, gratinated with Alpine Cheese



14

RACLETTE

Raclette Candlelight – for the small Appetite ^{1/7/9/10/11} 22

180g aromatic Raclette Cheese served with boiled Potatoes
Pearl Onions, Gherkins, Baby Corn, and marinated Mushrooms

Raclette Candlelight à discrétion ^{1/7/9/10/11} 38

Aromatic Raclette Cheese served with boiled Potatoes
Pearl Onions, Gherkins, Baby Corn, and marinated Mushrooms



Per Year of Age

1.5

Kids from 4 to 11 years old, are welcome to join the Raclette à discrétion from their Parents.

CHEESE FONDUE

We serve our fondues for 1 person or more people.
250g fondue, with cubed bread and boiled potatoes. Price per Person.

Classic Cheese Fondue ^{4/7/9/10} 26

Cheese Fondue with Bacon & roasted Onions ^{4/7/9/10} 31

MEAT FROM THE HOT STONE

Have a pleasurable eating experience by grilling your own meat on a hot stone.
Our hot stone meat is served per person and optionally with:

Beef Fillet	200g	48
	<i>Surcharge Half Board</i>	+10
Pork Fillet	200g	33
Chicken Breast	200g	23

Each meat is served with the following Sauces: Curry, Cocktail, Chimichurri und Tartar

Choose your Side Dishes:

Fried Potatoes with Bacon and Onions ⁷	Portion	6.5
French Fries	Portion	6.5
Crisp Rösti ⁷	from 2 Portions	11.5
White steamed Rice	Portion	5.5
Mediterranean Vegetables	Portion	5.5
Mixed Salad ^{1/7/9/10/11}	Portion	6.5
Leaf Salad ^{1/7/9/10/11}	Portion	6

FONDUE CHINOISE À DISCRÉTION

Served at the table with everything your heart desires - let us spoil you!
We serve our Fondue Chinoise from 2 persons. Price per Person.

Fondue Chinoise à discrétion ^{1/7/9/10/11}		56
with Veal, Beef and Pork	<i>Surcharge Half Board</i>	+10
served with pearl Onions, Gherkins, Baby Corn and pickled Mushrooms, as well as French Fries and Rice and our homemade Sauces: Curry, Cocktail, Chimichurri und Tartar		

We are happy to serve you the Fondue Chinoise with the following meat combinations:

Surcharge for Fondue Chinoise with Veal only		7
Surcharge for Fondue Chinoise with Beef only		7
Surcharge for Fondue Chinoise with Veal and Beef		8
	<i>Surcharge Half Board all Combinations</i>	+16



Kids from 4 to 11 years old,
are welcome to join the Fondue Chinoise à discrétion from their Parents.

Per Year of Age

2.5

DELICIOUS PIZZA FROM THE STONE OVEN

Experience Italian flair.

Our Pizzaiolo bakes your pizza fresh and with love!

Pizza Margherita ^{4/7/9}	16.5
Tomato Sauce, Mozzarella and fresh Basil	
Pizza Prosciutto e Funghi ^{4/7/9}	19.5
Tomato Sauce, Mozzarella, Ham, Mushrooms and Oregano	
Pizza Quattro Stagioni ^{4/7/9}	22
Tomato Sauce, Mozzarella, Ham, Mushrooms, Bell Peppers, Oregano and Olives	
Pizza Diavola ^{4/7/9/10}	22.5
Tomato Sauce, Mozzarella, Salami picante, Onions, Garlic, Oregano and Chili	
Pizza Hawaii ^{4/7/9/10}	20.5
Tomato Sauce, Mozzarella, Ham, Pineapple and Curry	
Pizza Calzone (covered) ^{4/7/9}	23
Tomato Sauce, Mozzarella, Ham and Mushrooms	
Pizza Capo ^{4/7/9}	19
Tomato Sauce, Mozzarella, Zucchini, Eggplant, Bell Pepper and Mushrooms	
Pizza Bufala ^{4/7/9}	20
Tomato Sauce, Buffalo-Mozzarella, Cherry Tomatoes and Basil	
Farmers Pizza ^{1/4/7/9}	24.5
Tomato Sauce, Mozzarella, Onions, Bacon, Egg, Lenzerheidner alpine Cheese and Oregano	
Pizza Parma ^{4/7/9}	24
Tomatensauce, Mozzarella, Parmaschinken, Parmesan und Rucola	
Pizza Quattro Formaggi ^{4/7}	23
Tomato Sauce, Mozzarella, Gorgonzola, Goat Cheese and Parmesan	
Pizza Mamma Mia ^{4/7/9}	22.5
Tomato Sauce, Mozzarella, Salami picante, Mascarpone, Rocket and Parmesan	

Pizza Tony ^{4/7/9} 23
Tomato Sauce, Mozzarella, Goat Cheese, Bacon, Salami picante and Garlic

Pizza Milano ^{4/7/9} 21.5
Tomato Sauce, Mozzarella, Bacon, Gorgonzola, Onions and Garlic

Pizza Napoli ^{3/4/5/7/9} 19
Tomato Sauce, Mozzarella, Capers, Olives and Anchovies

Pizza al Tonno ^{3/4/7/9} 20
Tomato Sauce, Mozzarella, Tuna, Onions, Capers, Garlic and Oregano

Pizza Stella 2.0 ^{4/7/9} 26
Mascarpone, Mozzarella, Salami, Cherry Tomatoes, Rocket and Parmesan

Pizza al Pesto ^{4/7/9} 19
Tomato Sauce, Mozzarella, Basil Pesto and Cherry Tomatoes

Pizza Heid-Stübli ^{4/7/9} 27.5
Tomato Sauce, Mozzarella, air-dried Grison Beef,
Lenzerheidner alpine Cheese and Porcini Mushrooms



11.5

Biene Maja ^{4/7/9}
Tomato Sauce and Mozzarella

Mickey Mouse ^{4/7/9}
Tomato Sauce, Mozzarella and Ham

Pinocchio ^{4/7/9}
Tomato Sauce, Mozzarella and Salami

DESSERTS

Piña Colada Panna Cotta ^{7/9}	11
Coconut Cream with Pineapple	
French Leom Tartewith Sorbet ^{1/4/7/9}	15
Homemade Tiramisù ^{1/4/7/9}	14
Apple Strudel with Vanilla Sauce ^{1/4/7/8/9}	13

ICE CREAM



The idea of house made ice cream arose from the AlpinTrend group motto «expect more». For you, our guest, only the best is enough! The Glacella is produced in the Posthotel Valbella for all AlpinTrend businesses. Glacella da Valbella is experienced and lived – house made and exclusively produced with Swiss milk from the region. Whether in the restaurants, on the terrace or as take away – Glacella da Valbella always tastes good.

Coupe Denmark ^{1/7/8/9/13}		14
Vanilla Ice Cream with Chocolate Sauce, whipped Cream and Almond Chips	small	10
Heisse Liebe ^{1/7/9}		15
Vanille- mit heissen Waldbeeren und Rahm	small	11
Stirred Ice Coffee ^{1/7/8}		14
Vanilla Ice Cream with hot Espresso and whipped Cream	small	10
Grison's Coupe ^{1/7/8}		14
Vanilla- and Walnut Ice Cream	small	10
With caramelised Walnuts and whipped Cream		
Scoop of Ice Cream ^{1/2/7/8}		3.5
with whipped Cream		+ 1.5
with Chocolate Sauce		+ 2
with Vodka		+ 5

Ice Cream Flavours

Vanilla, Strawberry, Chocolate, Coffee, Stracciatella, Walnut, Mango and Lemon Sorbet



Dino ^{1/7/8} Funny Animal Figure filled with Vanilla Ice Cream and Caramel Sauce

Twitty ^{1/7/8} Funny Animal Figure filled with Ice Cream

Vegan Dishes are marked with a Leaf 

Declaration

Our service team will be happy to inform you about ingredients that could trigger allergies or intolerances.

Allergies

1 - Eggs / 2 - Peanuts / 3 - Fish / 4 – Grains containing gluten / 5 - Crustaceans / 6 - Lupines / 7 - Milk / 8 - Nuts / 9 – Sulphur dioxide and sulphites / 10 - Celery / 11 - Mustard / 12 – sesame Seeds / 13 - Soja / 14 – Molluscs

All Prices are in Swiss Francs including 7.7% VAT.

Origin of our Meat- and Fish Products

Pork:	Switzerland	Poultry:	Switzerland
Veal:	Switzerland	Cod	Norway
Beef:	Switzerland	Prawns	Vietnam