

Frische Säfte

Detox (88 kcal)
Kurkuma, Ingwer, Limette, Apfel, Ananas

Green Power (98 kcal)
Stangensellerie, Grüner Apfel, Spinat,
Zitrone, Minze, Gurke

New Energy (118 kcal)
Randen, Gala Apfel, Granatapfel, Ingwer,
Traube

Sunshine (108 kcal)
Ananas, Zitronengras, Traube, Birne, Zitrone

Suvretta Klassiker

Clubsandwich
«Suvretta House»
«Hier spielen Kalorien keine Rolle»

Vegetarisches
Clubsandwich
«Suvretta House»

Gesunde Bowls

Beauty Bowl
Frisée, Ur-Dinkel, Petersilie, Minze, Feta,
Nektarine, Salz-Zitrone

Relax Bowl
Baby Lattich, Avocado, Zitrusfrucht,
Barunüsse, Sesam Dressing

Poke Bowl
Jasmin Reis, Swiss Lachs, Mango,
Wakame, Gurke

Detox Bowl
Freekeh, Artischocke, Trauben, Engadiner Stein
Mischpilze und Kurkuma-Vinaigrette

St. Moritz Bowl
Bündner Gerste, Gurke, Rande, Meerrettich, Crème
fraîche, Kräutersalat, mit 30 g Suvretta Selection
Golden Osietra Kaviar

vegetarisch Laktose Gluten
Alle Speisen sind glutenfrei erhältlich

Leicht & Gesund

Geschmorter Fenchel
mit Erdbeeren, Kirsche, Burrata
und Mandeln

Mehrkornbrot
mit Avocado, Hüttenkäse, Kresse
und Zitrusfrucht

Caesar Salad
Baby-Lattich, Broccroutons, Parmesan, Sardellen
und knusprigem Speck

HIGH PROTEIN Swiss Lachs Tatar
mit Avocado, Mango und Sprossen

HIGH PROTEIN Saiblings
Ceviche
mit grüner Gazpacho, Jalapeño
und Koriander

Warme Speisen

Geröstete Tomatencreme
Suppe

Gedämpfter
Krabben Bao
mit Limette und Koriander

HIGH PROTEIN Gebratener
Atlantik-Wolfsbarsch
mit Nizza Gemüse und chimichurri

Falafel
«Suvretta House»

Bewusster Genuss

HIGH PROTEIN Birchermüesli
mit Waldbeeren

Granola
mit Beeren und Bündner Joghurt

HIGH PROTEIN Chia Pudding
mit Kokos und Mango

vegetarisch Laktose Gluten
Alle Speisen sind glutenfrei erhältlich

SUVRETTA

Spa

Mineral- & Softgetränke alkoholfrei CHF

Valsler / Passuger (prickelnd)	77 cl	10
	47 cl	8.5
	35 cl	7.5
Valsler / Allegra (still)	77 cl	10
	47 cl	8.5
	35 cl	7.5
Rivella	33 cl	8
Apfelschorle	33 cl	8
Coca-Cola, Fanta, Sprite	33 cl	8

Heissgetränke CHF

Suvretta Wellness Tee Hausrezept		12
Kräuter Tee		12
Verveine / Kamille / Frische Minze / Rooibos Cream Orange / Rote Beeren		
Grüner Tee		12
Green Dragon / Jasmin Gold		
Schwarzer Tee		12
Assam Bari / Darjeeling / Earl Grey		
Matcha Latte mit Kokosmilch und Honig		14
Espresso		7
Doppelter Espresso		12
Caffé Crème		10
Cappuccino		10
Latte Macchiato		12
Ovomaltine		10

Regionale Biere CHF

Palü Bier	33 cl	12
Bernina Weizen	33 cl	12
Zupò alkoholfrei	33 cl	12

Champagner CHF

Laurent-Perrier Héritage	10 cl	28
Laurent-Perrier Cuvée, Rosé	10 cl	33

Weine 10 cl CHF

Weissweine		
Suvretta House Chardonnay AOC		16
Weingut Manfred Meier Zizers, Graubünden, Schweiz		
Malanser Pinot Gris AOC		15
Familie Liesch Malans, Graubünden, Schweiz		

Roséwein		
Schiller AOC		14
Weingut Manfred Meier Zizers, Graubünden, Schweiz		

Rotweine		
Suvretta House Pinot Noir Réserve AOC		23
Weingut Manfred Meier Zizers, Graubünden, Schweiz		

Brunello di Montalcino DOCG		22
Il Poggione Toscana, Italien		

Cocktails CHF

Gentleman's Mule		31
Suvretta House Gentleman's Gin, Limette, Ginger Beer		

Bloody Mary		28
Vodka, Tomatensaft, Zitronensaft		

Aperol Spritz		25
Aperol, Prosecco, Soda		

Mocktails CHF

Engadin Sunrise		22
Cranberry, Passionsfrucht, Zitronensaft, Grenadine, Mandelsirup		

Virgin Mojito		22
Limette, Rohrzucker, Minze, Ginger Ale		

Suvretta Spritz		22
Jsotta Senza Bitter, Tonic, Gurkenscheibe, Basilikum		

*auf Wunsch reichen wir Ihnen unsere grosse Weinkarte










Fresh Juices




- | | |
|------------------------------------------------------------------------------|--------|
| Detox (88 kcal)
turmeric, ginger, lime, apple, pineapple | CHF 20 |
| Green Power (98 kcal)
celery, green apple, spinach, lemon, mint, cucumber | CHF 20 |
| New Energy (118 kcal)
beetroot, gala apple, pomegranate, ginger, grape | CHF 20 |
| Sunshine (108 kcal)
pineapple, lemongrass, grape, pear, lemon | CHF 20 |

Suvretta Classics

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Club Sandwich
"Suvretta House"  
"Calories don't matter here" | CHF 46 |
| Vegetarian Club Sandwich    (498 kcal)
"Suvretta House" | CHF 38 |

Healthy Bowls






- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Beauty Bowl   (328 kcal)
frisée, spelt, parsley, mint, feta, nectarine, salted lemon | CHF 28 |
| Relax Bowl   (358 kcal)
baby lettuce, avocado, citrus fruit, baru nuts, sesame dressing | CHF 28 |
| Poke Bowl  (428 kcal)
jasmine rice, swiss salmon, mango, wakame, cucumber | CHF 42 |
| HIGH PROTEIN Detox Bowl   (388 kcal)
freekeh, artichoke, grapes, "Engadiner Stein", mixed mushrooms and turmeric vinaigrette | CHF 28 |
| HIGH PROTEIN St. Moritz Bowl   (378 kcal)
Grisons barley, cucumber, beetroot, horseradish, crème fraîche, herb salad and 30g Suvretta Selection Golden Osietra caviar | CHF 98 |

 vegetarian  lactose  gluten
All dishes are available gluten-free upon request





Light & Healthy

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Braised fennel   (420 kcal)
with strawberry, cherry, burrata and almonds | CHF 32 |
| Whole grain bread   (390 kcal)
with avocado, cottage cheese, cress and citrus fruits | CHF 22 |
| Caesar salad    (488 kcal)
baby lettuce, bread croutons, parmesan, anchovies and crispy bacon | CHF 28 |
| HIGH PROTEIN Swiss salmon tataré (328 kcal)
with avocado, mango and sprouts | CHF 39 |
| HIGH PROTEIN Char ceviche   (340 kcal)
with green gazpacho, jalapeño and coriander | CHF 39 |

Warm Dishes

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Roasted Tomato creme soup   (280 kcal) | CHF 23 |
| Steamed crab bao  (308 kcal)
with lime and coriander | CHF 38 |
| HIGH PROTEIN Pan-fried Atlantic sea bass  (520 kcal)
with Niçoise vegetables and chimichurri | CHF 62 |
| Falafel
"Suvretta House"  (488 kcal) | CHF 38 |

Sweet delights

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| HIGH PROTEIN Bircher Muesli   (318 kcal)
with forrest berries | CHF 21 |
| Granola   (328 kcal)
with berries and Grison yogurt | CHF 21 |
| HIGH PROTEIN Chia Pudding (308 kcal)
with coconut and mango | CHF 21 |

SUVRETTA

Spa

Mineralwater & Softdrinks

	alcohol-free	CHF
Valsler / Passuger (sparkling)	77 cl 10 47 cl 8.5 35 cl 7.5	
Valsler / Allegra (still)	77 cl 10 47 cl 8.5 35 cl 7.5	
Rivella	33 cl 8	
Apfelschorle	33 cl 8	
Coca-Cola, Fanta, Sprite	33 cl 8	

Hot Beverages

	CHF
Suvretta Wellness Tea Home recipe	12
Herbal Tea	12
Verveine / chamomile / fresh mint / rooibos orange cream / red berries	
Green Teas	12
Green Dragon / Jasmin Gold	
Black Teas	12
Assam Bari / Darjeeling / Earl Grey	
Matcha Latte with coconut milk and honey	14
Espresso	7
Double Espresso	12
Caffé Crème	10
Cappuccino	10
Latte Macchiato	12
Ovomaltine	10

Regional Beers

	CHF
Palü Beer	33 cl 12
Bernina Weizen	33 cl 12
Zupò without alcohol	33 cl 12

Champagne

	CHF
Laurent-Perrier Héritage	10 cl 28
Laurent-Perrier Cuvée, Rosé	10 cl 33

Wine

10 cl CHF

White Wines	
Suvretta House Chardonnay AOC	16
Manfred Meier Winery Zizers, Grisons, Switzerland	
Malanser Pinot Gris	15
Liesch Family Malans, Grisons, Switzerland	
Rosé Wine	
Schiller AOC	14
Manfred Meier Winery Zizers, Grisons, Switzerland	
Red Wines	
Suvretta House Pinot Noir Réserve AOC	23
Manfred Meier Winery Zizers, Grisons, Switzerland	
Brunello di Montalcino DOCG	22
Il Poggione Tuscany, Italy	

Cocktails

CHF

Gentleman's Mule	31
Suvretta House Gentleman's Gin, lime, ginger beer	
Bloody Mary	28
Vodka, tomato juice, lemon juice	
Aperol Spritz	25
Aperol, Prosecco, soda	

Mocktails

CHF

Engadin Sunrise	22
Cranberry, passion fruit, lemon juice, grenadine, almond syrup	
Virgin Mojito	22
Lime, cane sugar, mint, ginger ale	
Suvretta Spritz «Non Alcoholic»	22
Jsotta Senza Bitter, tonic, cucumber slice, basil	

*Upon request, we will provide you with our extensive wine list