



DEAR GUESTS

We see it as our privilege to get the chance to create your menu – to cook with regional ingredients and to pamper you with our service.

If you have special dietary needs, please discuss this with your doctor. This allows us to meet your individual needs in the best way possible.

We hope you enjoy your meal!

The Insel Gruppe Hospitality Management team





Here you will find our entire range of products.

BREAD

Croissant CHF 1.60* | Zöpfli CHF 1.80* Brown bread | Roll | Multigrain roll Darvida | Rusk

SPREADS

Butter | Margarine Jam: Apricot | Strawberry Quince jelly Honey | Nutella

MEAT | CHEESE SELECTION

Cold meat variation CHF 9.80* (**)

Babybel CHF 1.50* | Camembert CHF 1.50* (**)

Gruyère | Emmental | Cheese spread

FRUITY

Bircher muesli Berries CHF 5.10* Fresh fruit salad CHF 3.10* Apple compote

PORRIDGE VARIATION | TOPPINGS

Semolina porridge | Daily porridge Cinnamon sugar | Berries | Crunchy

DRINKS

Coffee | Decaffeinated coffee Tea, according to preference Milk | Caotina | Ovomaltine: warm | cold Orange juice | Apple juice

^{*}These services are included for patients with private and semi-private insurance.

YOGHURT

Strawberry | Raspberry | Mocha Natural

QUARK

Apricot | Strawberry

SNACKS

Kambly Goldfish CHF 1.20* Nut mixture unsalted CHF 2.50* Darvida | Rusk

ROLL SANDWICHES

Cheese CHF 3.60* | Ham CHF 3.60*

MORE DELICACIES

Bircher muesli with berries CHF 5.10* Caffe Lattè CHF 2.90* High-energy frappé: Chocolate Vanilla | Mango Milk protein: Vanilla | Coffee

FRUIT

Fresh fruit salad CHF 3.10* Apple | Banana | Daily fruit Apple compote

FRUIT JUICE

Orange juice | Apple juice

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OUR RECOMMENDATION

Enjoy an exquisite selection of seasonal and regional specialities, carefully curated by our chefs. Using high-end ingredients and sophisticated recipes, we create a refined menu every day that delivers both deliciousness and quality.

MONDAY 15.12.2025

SPECIAL

Veal involtini alla Nonna Bramata polenta Roasted brussels sprouts

SPECIAL



TUESDAY 16.12.2025

Aubergine piccata Saffron risotto

ORIGINAL



Winter salad
with root vegetables
Couscous
Spinach and cranberries

ORIGINAL (%)



Grisons air-dried beef on plate House bread

WEDNESDAY 17.12.2025

SPECIAL

Braised beef Mashed potatoes Carrots

SPECIAL DESSERT

Macchiato tart

ORIGINAL



Winter salad with root vegetables Couscous Spinach and cranberries Special Menu CHF 19.50
Original Menu CHF 16.50
Special Dessert CHF 4.20

These services are included for patients with private and semi-private insurance.

OUR RECOMMENDATION

THURSDAY 18.12.2025

SPECIAL



Spaghetti Sauce with porcini mushrooms

ORIGINAL E



Gourmet pâté, Cumberland sauce, Celery salad "Waldorf" House bread

SATURDAY 20.12.2025

SPECIAL W

Aubergine piccata Saffron risotto

ORIGINAL 🔚



Gourmet pâté, Cumberland sauce, Celery salad "Waldorf" House bread

Special Menu CHF 19.50
Original Menu CHF 16.50
Special Dessert CHF 4.20

These services are included for patients with private and semi-private insurance.

FRIDAY 19.12.2025

SPECIAL

Veal involtini alla Nonna Bramata polenta Roasted brussels sprouts

ORIGINAL (§



Vegetable carpaccio with pine nuts Cress and alpine herbs tofu House bread

SUNDAY 21.12.2025

SPECIAL

Braised beef Mashed potatoes Carrots

ORIGINAL 🕟



Vegetable carpaccio
with pine nuts
Cress and alpine herbs tofu
House bread

SPECIAL DESSERT

Macchiato tart

VEGETARIAN Chickpea hummus

Pita bread Leaf salad

CLASSIC Chicken thigh steak

Port wine sauce

Pasta Gletscherhüetli Italian vegetables

DESSERT Stewed apple slices

DINNER

VEGETARIAN CLASSIC Risotto with parmesan Roasted vegetables Mixed salad with egg

SOUP OF THE DAY

Potato Soup with Marjoram

VEGETARIAN Potato pancakes

Cheese sauce

Mixed vegetables

CLASSIC Minced veal patties

Rosemary sauce Potato Noodles Carrots and peas

DESSERT Passion fruit cream

DINNER

VEGETARIAN Mediterranean salad with mozzarella

Vivafit bread roll

CLASSIC Tuna salad

Vivafit bread roll

SOUP OF THE

DAY

Potato Soup with Marjoram

VEGETARIAN Sweet and sour tofu ragout

Jasmine rice Frisée salad

CLASSIC Roasted pork shoulder

Wholegrain mustard sauce

Rösti patties Leaf spinach

DESSERT Raspberry praline tartlet

DINNER

VEGETARIAN CLASSIC

Cheese and vegetable spätzli

BON

APPÉTIT

We adjust the portion size to your wishes.

Lollo salad

SOUP OF THE DAY Potato Soup with Marjoram

Greek patties **VEGETARIAN**

> Peperonato sauce Baked potatoes

Beef stroganoff strips **CLASSIC**

> Polenta Zucchini

Swiss caramel cream **DESSERT**

DINNER

Lentil salad with sbrinz cheese **VEGETARIAN**

Vivafit bread roll

Country-style smoked ham plate 🖾 **CLASSIC**



Vivafit bread roll Celery salad

Potato Soup with Marjoram **SOUP**

OF THE DAY

VEGETARIAN Rice patties

Herb sauce Snow peas

CLASSIC Beef bolognese

Spaghetti Mixed salad

DESSERT Fruit salad

DINNER

VEGETARIAN CLASSIC

Potato and vegetable gratin with Gruyère

Butterhead lettuce

SERVICE
WITH A SMILE
We would be
happy to
advise you on
our offers.

SOUP
OF THE DAY

Potato Soup with Marjoram

VEGETARIAN Grain-based meatloaf

Tomato herb sauce Spinach noodles

Cauliflower

CLASSIC Grandma's meatloaf

Sour cream sauce Fried potatoes Green beans

DESSERT Nut roll

DINNER

VEGETARIAN Spring rolls

CLASSIC Sweet chili sauce

Glass noodles with vegetables

SOUP
OF THE DAY

Potato Soup with Marjoram

VEGETARIAN Sweet potato and chickpea curry

Mixed salad

CLASSIC Viennese-style veal goulash

Rice

Broccoli

DESSERT Raspberry yogurt cream

DINNER

VEGETARIAN CLASSIC Lemon-basil rondelli

Cream sauce Frisée salad

SOUP
OF THE DAY

Potato Soup with Marjoram

OUR POPULAR CLASSICS

Choose from our menu suggestions or pick and choose your favourite parts.

SPAGHETTI

Tomato sauce Grated cheese

CHICKEN BREAST

Gravy sauce Rice Carrots

CHICKEN MEATBALLS

Gravy sauce Mashed potatoes Cream spinach

MINCED VEAL STEAK

Gravy sauce Rice Kartotten

QUINOA-POTATO-BURGER

Rice | Cream spinach

WIENERLI 🖾

Palatinate carrot soup Homemade bread Mustard | Ketchup

CAFÉ COMPLET

Homemade bread | Butter Jam | Cheese

BIRCHER MUESLI

Homemade bread

APPLE CAKE CAKE OF THE DAY

PORRIDGE VARIATION TOPPINGS

Semolina porridge (at all meals)
Daily porridge (Breakfast | Dinner)
Cinnamon sugar | Berries
Crunchy

SOUPS

Vegetable broth
Palatinate carrot soup
Soup of the day high-energy

SALADS

Lettuce | Mixed salad French dressing Italian dressing

SWEETS

Crème caramel | Apple compote Fresh fruit salad | Ice cream Sorbet | Whipped cream Choose your menu from our suggestions or create your favourite menu from the items listed.

CHICKEN MEATBALLS

Gravy sauce Mashed potatoes | Carrots

MINCED VEAL STEAK

Gravy sauce | Carrots and Peas Mashed potatoes

CHICKEN NUGGETS

Cocktail sauce Roast potatoes | Peas

MINCED BEEF & PASTA HÖRNLI

Apple compote

FISH FINGERS

Mayonnaise Rice | Cream spinach

CREPES

Nutella | Apple compote

CHEESE SPÄTZLI

Vegetable dices

SPINACH TORTELLINI

Cream sauce | Grated cheese Cucumber salad

PASTA HÖRNLI

Tomato sauce | Grated cheese Corn salad

VEGETABLE BALLS

Cocktail sauce Rice | Vegetable sticks

CHICKEN COLD MEATS

Roll Carrot salad

WIENERLI IN PASTRY 🔚



Bouillon with letters pates Vegetable sticks

ADDITIONS TO BREAKFAST

Cheese spread & Grissini Cornflakes

ADDITIONS TO SNACKS IN-BETWEEN

Cheese spread & Grissini Vegetable sticks Apple compote Dried fruit mix Pretzel

OUR RANGE OF DRINKS

Mineral water, tea and coffee can be ordered free of charge at the ward at any time. The following drinks will be invoiced separately.

SOFT DRINKS

Coco Colo		
Coca-Cola	5dl	CHF 3.20*
Coca-Cola zero	5dl	CHF 3.20*
Insel iced tea	5dl	CHF 3.20*
Apple spritzer	5dl	CHF 3.20*
Rivella Red Blue	5dl	CHF 3.20*
Mineral water		
(for visitors only)	5dl	CHF 3.20*

^{*}These services are included for patients with private and semi-private insurance.

OFFER FOR VISITORS

If you would like to eat together with your relatives on the ward or in your room, you can choose from the following offer.

BREAKFAST

Coffee Milk Brown bread Roll Butter Jam Cheese	CHF 8.30
LUNCH AND DINNER	
Classic Menu Vegetarian Menu Special Menu Original Menu	CHF 14.80 CHF 19.50 CHF 16.50
Bircher muesli with bread and butter Ham sandwich	CHF 7.00
or Cheese sandwich	CHF 7.00
Dessert of the day (Lunch) Special Dessert (Lunch) Crème caramel (Dinner)	CHF 4.20 CHF 4.20 CHF 4.20



GENERAL INFORMATION

DECLARATIONS



vegetarian



vegan



contains pork



not suitable for pregnant women

DECLARATION OF ORIGIN

We mainly use baked goods, meat and fish from Switzerland. Scan the QR code to find out more about the origins of our products.





HOSPITALITY SUPPORT

Every day, **80,000** pieces of crockery and cutlery are washed, **210** food trolleys for **38** wards are distributed and **2,100** sets of cutlery are packed.

METICULOUS ATTENTION

20 employees spend around an hour and a half preparing around 780 trays for each meal.



FROM THE PANTRY

Sustainable sourcing:

prioritising regional, seasonal and environmentally friendly ingredients.

Fair partnerships:

with reliable and transparent suppliers.

Responsibility and innovation:

we work with partners with high environmental and social standards.

HOMEMADE

62 employees cook over **740,000** meals per year for our patients.

FROM OUR IN-HOUSE BAKERY

Every day, **50** round fruit cakes are baked and up to **450** desserts are served.



FROM THE SOUP POT

We like to serve a generous ladle full: around **100** litres of soup are freshly made every day.



SUSTAINABLE HOSPITALITY

Read here about how Insel Hospitality Management contributes to sustainability and environmental protection.

