

**„For a long Life,
you have to eat well.“**

SEBASTIAN KNEIPP

Dear guests,

We present you our new menu. This contains an increased selection of „Vital dishes“. Through an optimal combination of these dishes you can activate body and spirit.

We wish you good enjoyment!



APERITIF

CASTELLER

Fraenzi Frizzante

0,1 l

€ 5,50

Fraenzi Rosé

Aperol Spritz

Prosecco | Soda | Aperol

0,3 l

€ 7,80

Hugo

Prosecco | Soda | Elder flower sirup | Mint

0,3 l

€ 7,80

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Passion fruit juice | Black currant juice

Aperol | Lime juice

0,3 l

€ 7,80

Apfellunder

Elder flower sirup | lemon juice | Cranberry sirup

0,3 l

€ 5,80

Apple juice



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STARTERS

PRAWN PAN

PRAWNS | CHERRY TOMATOES | FRESH HERBS

16,50 €

Avocado contains valuable fats and supports the creation of Serotonin.

FRUITY AVOCADO SALAD

AVOCADO | MANGO | POMEGRANATE
PINIE NUTS | LAMB'S LETTUCE

15,50 €



BAKED CHICKEN BREAST STRIPS

MARINATED VEGETABLE SALADS | GREEN LETTUCE
DRESSING | SWEET CHILLI DIP

16,50 €

POTATOE (RÖSTI) „CAPRESE“

MOZZARELLA | BASIL | GRATED TOMATOES | ARUGULA SALAD

13,50 €

MIXED SALAD

SMALL

6,50 €

LARGE

8,50 €



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SOUPS

BEEF BROTH

BRÄTSTRUDEL

7,50 €

PUMPKIN-CURRY-SOUP (VEGAN)

COCONUT CHIPS

8,20 €



Did you know that Curry got invented in Brittain during the 19th Century?

The inspiration was a spice mix from India.

By now there exist around 60 diferent mixtures of Curry.



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MEAT DISHES

Thyme helps to relax the bronchi and strengthens the bodies immune system.

LAMB BACK

ALMOND-THYME CRUST |
MEDITERRANEAN VEGETABLE RAGOUT | RISOTTO

32,50 €



DEER RAGOUT

BRUSSEL SPROUTS | HAZELNUT SPÄTZLE

26,50 €

REGIONAL

ZWIEBELROSTBRATEN

ROAST BEEF STEAK | MELTED ONIONS | ROAST POTATOES

30,50 €



CHICKEN DRUMSTICKS (Coq au Vin)

RED WINE SAUCE | STEAMED VEGETABLES | KARTOFFELSTAMPF

24,50 €



BURGER (GLUTEN FREE)

RÖSTI | BEEF-PADDY | PICKLES
TOMATOE | MOUNTAIN CHEESE | PICKLED ONIONS

STEAKHOUSE SAUCE | COLESLAW

22,50 €



FISH DISHES

LOUP DE MER

WHITE BEAN CREAM | GREEN GARDEN VEGETABLES

27,50 €



FISH BOWL

RED LENTILS | SCALLOP |
PRAWNS | VEGETABLE TOPPING

26,50 €



Lentils are some of the oldest cultivated plants in the world. Almost no other plant is as varialbe. It's been used for over 8000 years and there are over 3000 different kinds.

REGIONAL FROM THE GRILL

EACH STEAK IS SERVED WITH TWO SIDES OR SAUCE OF YOUR CHOICE

TURKEY STEAK 200g

26,00 €

The world nutrient organisation
FAO recommends for a
balanced diet
about 600 g meat for males
and about 300 g meat
for females per week.

SIRLOIN STEAK 200g

33,00 €

PORK FILLET MEDALLIONS

28,00 €

SIDES

BAKED POTATOE | FRENCH FRIES | POTATOE DIPPERS
ROAST POTATOES | SWEET POTATOE FRIES
MEDITERANEAN GRILLED VEGETABLES | BEANS WITH BACON
4,90 €

SAUCES

PORTWINE GRAVY | PEPPERED CREAM SAUCE | STEAKHOUSE SAUCE
SOUR CREAM | HERBAL BUTTER
4,90 €



VEGETARIAN DISHES

REGIONAL

CHEESE SPAETZLE

TYPICAL MIXED CHEESE | MELTED AND ROASTED ONIONS
FRESH GARDEN HERBS

10,50 €

The cheese culture has traveled far since the time of the sumerians and the orient, when they found their way into the Allgäu due to Carl Hirnbein in the 19th century. Hirnbein's workings have had a large and continuous impact on the Allgäu milk economy and tourism.

WHITE BEAN CREAM (VEGAN)

WHITE BEANS | GREEN GARDEN VEGETABLES | MINT DIP

16,50 €



RISOTTO-ROSE (VEGAN)

BEETROOT | GEORGIA-BEET | ARTICHOCKE | GREEN ASPARAGUS

15,50 €



LENTIL DAL (VEGAN)

RED LENTILS | PAPADAM

13,50 €



DESSERT

CRÈME BRÛLÉE

TONKA BEANS | LIME | FRESH FRUITS | BLUEBERRY COMPOTE

8,50 €

CHOCOLATE - MOUSSE (VEGAN)

AVOCADO | COCOA | CASHEWS | SOUR CHERRIES

9,50 €



SORBET (VEGAN)

3 DIFFERENT KINDS

7,50 €



CREPÉ

ORANGE RAGOUT | GRAND MANIER | GRILLED APPLE ICECREAM

10,50 €

The Active Ingredients in cinnamon help with loosing weight.
which means: there's always space for dessert!



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NON-ALCOHOLIC BEVERAGES

Allgäuer Alpenwasser

S'middlere (medium) | S'bludde (still)

0,25 l	€	2,80
0,75 l	€	5,90

Coca Cola | Coca Cola Zero | Spezi

Allgäuer Schbrudl Orange

0,2 l	€	3,50
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Allgäuer Schbrudl Lemon

0,4 l	€	4,80
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Fruitjuice

Appel | Orange | Maracuja | Currant | Cherry | Ananas

Spritzer

0,2 l	€	2,90
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0,4 l	€	4,20
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Pur

0,2 l	€	3,50
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0,4 l	€	5,00
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Thomas Henry

Ginger Ale | Tonic Water | Bitter Lemon

0,2 l	€	4,50
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BEER *from the brewery Schäffler*

<i>Allgäuer Hell Weißbier</i>	0,3 l	€ 3,50
<i>Radler Russ Cola-Weizen</i>	0,5 l	€ 4,50

Bottled Beer

Zwickl naturtrübes Kellerbier | Hausbier halbdunkel

<i>Weißbier alcohol-free</i>	0,5 l	€ 4,90
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Beer *from the brewery Meckatzer*

Leichtes Weizen | Bier alcohol-free

<i>Weißbier dunkel</i>	0,5 l	€ 4,90
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COFFEE AND COFFEE SPECIALITIES

<i>Kaffee Crema</i>	€ 3,20
<i>Espresso</i>	€ 2,90
<i>Espresso doppio</i>	€ 4,50
<i>Espresso Macchiato</i>	€ 3,00
<i>Latte Macchiato</i>	€ 3,70
<i>Cappuccino</i>	€ 3,90
<i>Milchkaffe</i>	€ 3,90
<i>Heiße Schokolade</i>	€ 3,60

TEA FROM ALTHAUS

<i>Glas</i>	€ 2,90
<i>In the jug</i>	€ 4,80

*Our service staff will be happy to provide you with information
about our diverse range of teas.*



Allergens THAT REQUIRE LABELING the regulation (EU) Nr. 1169/2011 des EUROPÄISCHEN PARLAMENTS und des Rates vom 25. Oktober 2011 tritt am 13. Dezember 2014 in Kraft.

Die 14 kennzeichnungspflichtige Allergene sind:

1 Glutenhaltige Getreide (d.h. Weizen, Roggen, Gerste, Hafer, Dinkel, Kamut) sowie daraus hergestellte Erzeugnisse (folgend: s.d.h.E.)	a coloring agent b Preservative
2 Krebstiere und Krebstiererzeugnisse	c Antioxidant
3 Eier und Eierzeugnisse	d Flavour enhancer
4 Fisch und Fischerzeugnisse	e Ferrous glucomate
5 Erdnüsse und Erdnusserzeugnisse	f Phosphate
6 Soja und Sojaerzeugnisse	g Nitrite curing salt
7 Milch und Milcherzeugnisse (einschließlich Laktose)	h Coffein
8 Schalenfrüchte (d.h. Mandel, Haselnuss, Walnuss, Kaschunuss, Pecannuss, Paranuss, Pistazie, Macadamianuss, Queenslandnuss) s.d.h.E.	i Quinine j Sweetening agent
9 Sellerie und Sellerieerzeugnisse	k Sweetener Aspartame
10 Senf und Senferzeugnisse	l waxed
11 Sesamsamen und Sesamsamenerzeugnisse	m Taurine
12 Süßlupine und Süßlupinenerzeugnisse	n Acidifying agent
13 Schwefeldioxid und Sulfite (ab 10 mg/kg oder Liter)	
14 Weichtiere (Mollusken, Schnecken, Tintenfische, Muscheln und Austern) und Weichtiererzeugnisse	

A Kann alle Allergene enthalten. Bitte fragt unseren Service.

Vorspeisen:

Garnelenpfännle 2,4
Fruchtige Avocado (vegan)
Gebackene Hähnchenbruststreifen 1,3
Kartoffel „Caprese“ 7
Bunter Salatteller 7,9,10,13

Fleischgerichte:

Lammrücken 3,7,9
Hirschragout 1,3,9
Zwiebelrostbraten (regional) 7,9
Hähnchenschlegel 9,A
Burger 6,9

Vegetarische Gerichte:

Kässpätzchen (regional) 1,3,7
weiße Bohnencreme (vegan) 9
Risotto (vegan)
Linsen dal (vegan)

Suppen:

Rinderbrühe 1,7,9
Kürbis-Curry-Suppe

Beilagen:

Ofenkartoffel 7 | Pommes frites | Kartoffeldippers
Bratkartoffeln 7 | Süßkartoffel Pommes
Mediterranes Grillgemüse | Speckbohnen 7,13

Dessert:

Creme brulèe 3,7
Schokomousse (vegan)
Crepé 1,3,7
Sorbet (vegan)

Fischgerichte:

Loup de mer 4,7,9
Fish-Bowl 2,4,6,9,14

Saucen:

Portweinjus 9
Pfefferrahmsauce 7,9
Steakhouse Sauce 9,10,13,
Sour-Cream 7 | Kräuterbutter 7



Aperitif:

Casteller Fraenzi b,17 | Aperol Sprizz a, b,l,13 | Hugo a,b,l,13 | Allgäu resort a,b,l,13

Kaffee:

Kaffee Crema h | Espresso h | Espresso doppio h | Espresso Macchiato 7,h | Latte Macchiato 7,h | Cappuccino 7,h | Milchkaffee 7,h | Heiße Schokolade 7

Bier

Allgäuer Hell 1 | Weißbier 1 | Radler 1,n | Russ 1,n | Colaweizen 1,a,h,n | Zwickl 1 | Hausbier 1 | Weißbier dunkel 1 | leichtes Weizen 1 | Weißbier alkoholfrei 1

Softdrinks:

Coca Cola a,c,h,n | Coca Cola light a,c,h,k,n | Bitter Lemon c,l,n | Tonic Water l,n | Ginger Ale a,n

