



MENU

HEARTY DAYTIME DISHES

served from 11:30 am to 5.30 pm



Green Leaf Salad 

French or Italian dressing

CHF 9.50

Lamb's Lettuce Salad

with egg and croutons **CHF 12.50** 

with bacon, egg and croutons **CHF 15.50**

Mountain Hikers Salad 

garnished with seeds, nuts and seasonal fruits

CHF 17.50

Soup of the Day

please ask what we are serving today

CHF 12.00

Potato soup


with smoked salmon

CHF 14.50

Mürren Platter with Planed Saus Alp Cheese 

served with whole wheat bread, fig mustard and butter

CHF 23.00

Herdsmen's Macaroni 

with grated cheese, roasted onions and apple sauce

CHF 23.00

Mountain Hikers' Rösti 

served with colourful vegetables and toasted nuts

CHF 25.00

Bernese Rösti

gratinated with raclette cheese and crispy bacon strips

CHF 26.50

«Alpenruh-Rösti» 

with pear, ham and mountain cranberries, gratinated with Brie

CHF 27.00



Ticino-style Rösti

gratinated with tomato, basil pesto and mozzarella

CHF 27.00

Schwarzmonch Sausage (veal and pork)

served with onion sauce and homemade rösti

CHF 28.50

Cheese Fondue

from 2 persons (250g per person)

Herdsmen's cheese blend from Molki Meiringen
with bread

CHF 29.50 per person

Mürren Platter

Dry-cured meats, Harder ham, dry-cured sausage and Mürren planed cheese
served with whole wheat bread, butter and fig mustard

CHF 32.50

Pork cutlet «Viennese style»

with french fries and vegetables

CHF 31.00

Portion French fries CHF 8.50 

SOMETHING SWEET

Kaiserschmarrn

sweet cut-up pancake with vanilla sauce


CHF 13.50

Fruit Tarts

Please ask for today's selection

CHF 8.00 with whipped cream + CHF 2.00

Nut Croissant CHF 4.50

Vegetarian: 



COLD BEVERAGES

Mürren Water	30cl....	3.00
Mürren Water	50cl....	4.00
Mürren Water	1l....	8.00
Valschwasser sparkling/still	33cl....	4.50
Valschwasser sparkling/still	75cl....	8.00
Sanbitter.....	10cl....	4.50
Tonic / Bitter Lemon.....	20cl....	5.00
Orange / Multivitamin juice (glass)	30cl....	5.50
Coca Cola / Coca Cola Zero	50cl....	6.00
Fanta.....	50cl....	6.00
Sprite.....	50cl....	6.00
Eistee.....	50cl....	6.00
Ramseier Apfelschorle.....	50cl....	6.00
Rivella red/blue.....	50cl ..	6.00
Ramseier Suure Moscht 4%ABV.....	49cl....	6.50
Ramseier Suure Moscht (non-alcoholic)...	49cl....	6.50

HOT BEVERAGES WITHOUT ALCOHOL

Coffee/Espresso	4.50
Coffee with milk	5.00
Cappuccino	5.50
Coffee Melange (with whipped cream)	6.00
Latte Macchiato.....	6.00
Double Espresso.....	6.00
Hot or cold milk.....	4.50
Hot or cold Chocolate/Ovo	5.00
Hot Chocolate/Ovo (with whipped cream)	6.00
Apple-Punsch	5.00
Tea, selected flavours.....	5.00

HOT BEVERAGES WITH A KICK

Kaffee Fertig	
Coffee with Kernobst	40%ABV....7.50
Kaffee Lutz	
Kernobst/Zwetschgen/Kräuter	40%ABV....7.50

HOT BEVERAGES WITH A KICK

Coretto	
Espresso with Grappa.....	43%ABV....6.50
Kaffee Baileys	
with Baileys and whipped cream	17%ABV. 10.50
Kaffee Inferno	
with apricot spirit and whipped cream ..	40%ABV. 10.50
Kaffee Alpenruh	
Pflümli and whipped cream	17%ABV. 10.50
Kaffee Amaretto	
Amaretto and whipped cream	40%ABV. 10.50
Irish Coffee	
Whiskey and whipped cream	40%ABV. 12.00
Schoggi Rum	
Rum and whipped cream.....	37.5%ABV....9.50
Holdrio	
Rosehip tea with Zwetschge	40%ABV....7.50
Münze Zwätschge	
Peppermint tea with Zwetschge	40%ABV....7.50
Fröschi	
Peppermint tea with green vodka.....	17%ABV....7.50
Jägertee	44%ABV....7.00
Glühwein/Mulled Wine	7.00
BIER	
Rugenbräu (glass)	4,8%ABV.... 20cl....3.90
Rugenbräu (glass)	4,8%ABV.... 30cl....4.50
Rugenbräu (glass)	4,8%ABV.... 50cl....6.00
Panaché (glass)	20cl....3.90
Panaché (glass)	30cl....4.50
Panaché (glass)	50cl....6.00
Rugenbräu Spezial	5,2%ABV.... 33cl....6.00
Rugenbräu Dunkel	5,2%ABV.... 33cl....6.00
Rugenbräu (non-alcoholic)	33cl....6.00
Hofbräu München Weizen	5,1%ABV.... 50cl.... 7.00



APERITIF

Pernod.....	40,0%ABV.....	4cl....	6.00
Martini Rosso / Bianco.....	15.0%vol.....	4cl....	6.50
Campari Orange	23,0%ABV.....	4cl....	9.00
Cynar Orange	16,5%ABV.....	4cl....	9.00
Aperol Spritz.....			10.00
Gin Tonic	40,0%ABV.....	4cl.	13.50

PROSECCO

Prosecco flute.....	10cl....	9.00
Prosecco bottle	75cl.	55.00

WINE

White

Epeses blanc du Lavaux, Vennerhus Weine.....	10cl....	7.00
.....	50cl.	26.00

Johannisberg Valais, Oskar Mathier-Oggier	10cl....	7.00
.....	50cl.	26.00

Chardonnay du Valais, Domaine Nick Wittwer.....	10cl....	7.00
.....	50cl.	26.00

Rosé

Blanc de Rouge, Domaine Nick Wittwer.....	10cl....	7.00
.....	50cl.	26.00

Red

Rouge d'Albone Salvagnin du Vaud Cave de la Côte	10 cl....	7.00
.....	50 cl.	26.00

Merlot del Ticino «Runcher», Carlo Tamborini.....	10 cl....	7.00
.....	50 cl.	26.00

Dôle du Valais, Domaine Nick Wittwer.....	10cl....	7.00
.....	50cl.	26.00

GIN

Bombay	40,0%ABV.....	4cl....	7.50
Gin 27	47,3%ABV.....	4cl....	8.50
Hendricks.....	41,3%ABV.....	4cl....	8.50

GRAPPA

di Barolo-Nebbiolo – Aldebrandini.....	43,0%ABV.....	2cl....	9.00
di Brunello – Aldebrandini ..	43,0%ABV.....	2cl....	9.00
di Moscato – Aldebrandini ..	43,0%ABV.....	2cl....	9.00

COGNACS & CALVADOS

Calvados Morin	40,0%ABV.....	4cl.	10.50
Cognac Martell VS	40,0%ABV.....	4cl.	12.50
Remy Martin VSOP	40,0%ABV.....	4cl.	14.50

FRUIT BRANDY

Williams	37,5%ABV.....	2cl....	8.00
Kernobst	40,0%ABV.....	2cl....	6.50
Chrüter	37,5%ABV.....	2cl....	6.50
Zwetschge	37,5%ABV.....	2cl....	6.50
Pflümüli	37,5%ABV.....	2cl....	6.50
Kirsch	37,5%ABV.....	2cl....	6.50

DISTILLED BRANDY

Vieille Prune - Fassbind	40.0%ABV.....	2cl....	8.00
Vieille Poire - Fassbind	40.0%ABV.....	2cl....	8.00
Vieille Prune - Fassbind	40.0%ABV.....	2cl....	8.00

LIKÖRE

Appenzeller	29,0%ABV.....	4cl....	6.50
Ramazotti	30,0%ABV.....	4cl....	6.50
Baileys	17,0%ABV.....	4cl....	6.50
Amaretto	28,0%ABV.....	4cl....	8.00

WHISKY

Johnny Walker Black Label .	40,0%ABV.....	4cl.	10.50
Tullamore Dew (Irish)	40,0%ABV.....	4cl.	10.50
Chivas Regal	40,0%ABV.....	4cl.	12.50
Oban.....	43.0%ABV.....	4cl.	14.50



Dear Guest

A warm welcome to the Hotel - Restaurant Alpenruh.
Discover the variety of our cuisine and enjoy our delicacies.

Thank you for placing your trust in us.

Your host
Marco Froese and his team

Hotel Alpenruh***