



MENU

EVENING





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

All prices are in CHF and include service and VAT.
Declaration of meat origin as displayed

Vegetarian: 
Vegan: 

03/2026



SOUPS

Soup of the Day
as a main course CHF 10.00
as a starter CHF 9.00

STARTERS

Green Leaf Salad 
French or Italian dressing
CHF 9.50

Ceasar Salat  CHF 17.00
with chicken breast strips CHF 22.00

Mixed salad with goat cheese 
garnished with fresh figs, roasted nuts and mustard-honey dressing
CHF 21.00

REGIONAL PLATTERS

Platter with Planed Cheese 
served with whole wheat bread, fig mustard and butter
CHF 23.00

Mürrner Platter
Dry-cured meats, Harder ham, dry-cured sausage and Mürren planed cheese
served with whole wheat bread, butter and fig mustard
CHF 33.00



TRADITIONAL RÖSTI

Mountain Hikers' Rösti

served with colourful vegetables and toasted nuts
CHF 25.00

Bernese Rösti

gratinated with raclette cheese and crispy bacon strips
CHF 27.00

«Alpenruh-Rösti»

with pear, cooked ham, and cranberries, gratinéed with Brie cheese
CHF 27.00

«Ticino-Style» Rösti

baked with tomato, basil pesto, and melted mozzarella
CHF 27.00

MAIN COURSES

Schwarzmönch Sausage (veal and pork)

served with onion sauce and homemade rösti
CHF 29.00

Spareribs «Alpenruh»

marinated with homemade barbecue sauce
prepared sous-vide with roasted onions and French fries
CHF 29.00

Vienna Schnitzel (veal)

with french fries and vegetables
CHF 44.00

Beef Stroganoff

tender beef fillet cubes with bell peppers, cucumber strips and
mushrooms refined with vodka, served with seasonal market vegetables and pasta
CHF 48.00



VEGE-TASTISCH

Herdsmen's Macaroni

with grated cheese, roasted onions and apple sauce

CHF 23.00

Gratinated Courgette (Zucchini)

filled with a selection of vegetables, gratinated  (without cheese )

with raclette cheese and served with wild rice

CHF 23.00

Fresh Baked Potato (without cheese)

filled with a selection of vegetables, gratinated
with raclette cheese from the Bernese Oberland

CHF 25.00

CHEESE DISH

Cheese Fondue

from 2 persons (250g per person)

Herdsmen's cheese blend from Molkerei Meiringen

with bread CHF 29.00 per person

Side order of potatoes CHF 5.00

Side order of pear CHF 5.00

Side order of pickles CHF 5.00



DELICIOUS

Potato soup
with smoked salmon
CHF 14.00

Gratinated Spinach Spätzle 
with cream, cheese, garlic and cranberry cream
CHF 27.00

Burger «Alpenruh»
Beef with Country Cuts
CHF 28.00

Crispy fish fillets
Pike perch fillet in beer batter, parsley potatoes, tartar sauce
and seasonal vegetables
CHF 32.00

Herdsmen's Cordon-Bleu
Pork cordon bleu filled with mountain cheese and cured ham, served with French fries
CHF 38.00

«Züri-Gschnetzelttes»
Zurich-style sliced veal with creamy mushroom sauce and crispy rösti
CHF 44.00

Rumpsteak
with potato gratin, vegetables and herb butter
CHF 43.00

Lamb fillet
with Provencal sauce, rosemary potatoes and vegetables
CHF 45.00



OUR RECOMMENDATIONS

Homemade tomato soup

refined with cream and basil

CHF 12.00

Bruschetta Trilogy

A selection of three bruschetta variations

CHF 15.00

Fitness Plate

Large, mixed salad plate, garnished with fruits  CHF 23.00

...with crispy grilled chicken breast CHF 28.00

...with smoked salmon CHF 29.00

...with pink roasted beef entrecote CHF 39.00

Pork-Saltimbocca

with risotto and colorful mixed vegetables

CHF 34.00



SOMETHING SWEET

Kaiserschmarrn

sweet cut-up pancake with vanilla sauce

CHF 14.00

Toblerone Parfait

with wild hot berries

CHF 14.50

Chocolate souffle

with mango icecream

CHF 14.50



COLD BEVERAGES

Mürren Water	30cl....	4.00
Mürren Water	50cl....	5.00
Mürren Water	1l....	9.00
Valserwasser sparkling/still	50cl....	6.00
Valserwasser sparkling/still	75cl....	9.00
Sanbitter.....	10cl....	5.00
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....	7.00
Ramseier Suure Moscht (non-alcoholic)...	49cl....	7.00

HOT BEVERAGES WITHOUT ALCOHOL

Coffee/Esspresso	5.00
Coffee with milk	5.50
Cappuccino	6.50
Coffee Melange (with whipped cream)	6.50
Latte Macchiato.....	6.50
Double Espresso.....	6.50
Hot or cold milk.....	5.00
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
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Kaffee Lutz

Kernobst/Zwetschgen/Kräuter	40%ABV....	7.50
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HOT BEVERAGES WITH A KICK

Coretto

Espresso with Grappa.....	43%ABV....	7.00
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Kaffee Baileys

with Baileys and whipped cream.....	17%ABV.	11.00
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Kaffee Inferno

with apricot spirit and whipped cream..	40%ABV.	11.00
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Kaffee Alpenruh

Pflümli and whipped cream	40%ABV.	11.00
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Kaffee Amaretto

Amaretto and whipped cream	28%ABV.	11.00
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Irish Coffee

Whiskey and whipped cream	40%ABV.	12.50
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Schoggi Rum

Rum and whipped cream.....	37.5%ABV.	10.00
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Holdrio

Rosehip tea with Zwetschge	40%ABV....	7.50
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Münze Zwätschge

Peppermint tea with Zwetschge	40%ABV....	7.50
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Fröschli

Peppermint tea with green vodka.....	17%ABV....	7.50
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Jägertee

.....	44%ABV....	7.50
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Glühwein/Mulled Wine

.....	7.50
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BIER

Rugenbräu (glass)	4,8%ABV....	30cl....	5.10
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Rugenbräu (glass)	4,8%ABV....	50cl....	6.50
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Panaché (glass)	30cl....	5.10
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Panaché (glass)	50cl....	6.50
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Rugenbräu Spezial	5,2%ABV....	33cl....	6.00
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Rugenbräu Dunkel	5,2%ABV....	33cl....	6.00
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Rugenbräu (non-alcoholic)	33cl....	6.00
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Hofbräu München Weizen	5,1%ABV....	50cl....	8.00
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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.....			12.00
Gin Tonic	40,0%ABV.....	4cl.	13.50

PROSECCO

Prosecco flute	10cl.	10.00
Prosecco bottle	75cl.	56.00

WINE

White

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

Johannisberg Valais, Oskar Mathier-Oggier	10cl....	7.50
.....	50cl.	27.00

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

Rosé

Blanc de Rouge, Domaine Nick Wittwer.....	10cl....	7.50
.....	50cl.	27.00

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....	9.50
di Brunello – Aldebrandini ..	43,0%ABV	2cl....	9.00
di Moscato – Aldebrandini ..	43,0%ABV	2cl....	9.00

COGNACS & CALAYDOS

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
Pflümli	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

LIQUEUR

Appenzeller	29,0%ABV	4cl....	6.50
Ramazotti	30,0%ABV	4cl....	6.50
Baileys	17,0%ABV	4cl....	8.50
Amaretto	28,0%ABV	4cl....	8.50

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



Hotel Alpenruh***