

# Autumnal welcome



## Starters from the Ittingen cuisine

**Cream of pumpkin soup made of Ittingen nutmeg pumpkin**  
with homemade black croûtons  
11.–



**Cream of chestnut soup**  
with pear cubes marinated in Ittingen cherry and Ittingen black walnut  
12.–

**Gnocchi with Ittingen pumpkin**  
with Ittingen sage pesto and fried pumpkin cubes  
as a starter 16.– / as main course 28.–



**Homemade game pâté**  
with salad bouquet and sauteed mushrooms  
served with Ittingen grape dressing  
19.–

## Salad

**Autumn salad**  
lamb's lettuce and chicory  
with apple slices, figs, walnuts and Ittingen blue cheese  
with cowberry dressing  
14.–

on request with bacon from the Ittingen pork  
+ 2.–

**Baked Rebkäsli from our dairy**  
with lamb's lettuce and Ittingen plum compote  
with Ittingen grape dressing  
16.–



## Game main dishes

### Escalope of venison

with homemade spätzli, red cabbage, glazed chestnuts and mulled wine pear  
served with Ittingen gravados sauce  
46.–

### Sliced game with grapes

and homemade spätzli, red cabbage, seasonal mushrooms, glazed chestnuts  
and mulled wine pear served with juniper cream sauce  
38.–

### Jugged venison

with homemade spätzli, red cabbage  
glazed chestnuts and mulled wine pear  
31.–

### Game Burger

with homemade chestnut bun and Ittingen bacon  
Ittingen "Hofkäse" cheese, gherkins, pickled Ittingen pumpkin  
served with homemade pumpkin ketchup and Ittingen sour cream  
32.–

optionally with crispy XL French fries or classic cabbage salad  
4.–



*We buy our game from a Culinarium partner, who buys the meat from 40 hunting areas  
from the cantons of Thurgau, Zurich and St. Gallen.*

## Our monastery classics

### Ittingen ox fillet

with mashed of Ittingen potato and pumpkin, beans from the monastery garden  
with pear cubes, bacon and quince gravy  
58.–

### Simply classic

220g Schnitzel from the Ittingen pork in an Ittingen herbal bread crust  
served with XL French fries  
32.–

### Carthusian pan

Medallions of pork from our farm with an apple bacon sauce  
and homemade spätzli  
37.–

### Saltimbocca of veal from our farm estate

with sage from the monastery garden and air-dried Ittingen raw ham  
served with Ittingen "Röteli" cherry-gravy  
apple risotto with Ittingen blue cheese and vegetables  
39.– / small main course 34.–



## Vegetarian dishes

### Autumn plate

homemade spätzli, Brussels sprouts, red cabbage, chestnuts  
pan fried seasonal mushrooms and mulled wine pear  
29.–

### Wild mushroom Stroganoff

served with Ittingen sour cream and homemade grape seed flour noodles  
27.–

### Black-Jack

Jackfruit BBQ-burger with tomato, Ittingen gherkin,  
roasted onions, rocket salad and Ittingen yoghurt dip  
in a homemade bun made with "Bäckernachtmehl" (black flour)  
25.–  
optionally with crispy XL french fries or coleslaw salad  
4.–

## Fish

### Crispy Swiss pike-perch strips from the Tropenhaus Frutigen

in Ittingen Amber beer dough with sauce tartar and pan-fried potatoes  
35.– / small main course 30.–

Our Swiss waters are far from being able to cover the domestic consumption of fish. Nevertheless, thanks to innovative fish farmers, we don't have to do without good and healthy Swiss fish.

*In addition to the water from the inside of the Lötschberg mountain, the modern circulation system of the Tropenhaus Frutigen is an important factor for the high quality. The use of Antibiotics, hormones or other medications are deliberately avoided. Sustainability and species-appropriate animal husbandry are given top priority in fish farming at the Tropenhaus Frutigen.*



### Trouts from our own raising

enduring and environmental friendly production  
(only available for dinner)

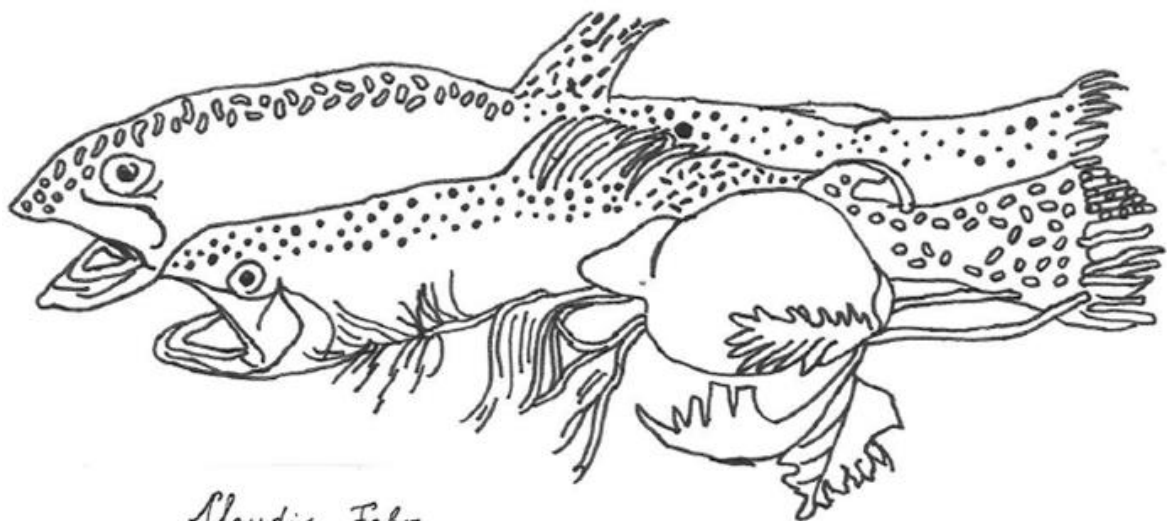
#### **Pan-fried rainbow trout**

with fluffy herb butter  
dry rice or boiled potatoes  
33.–

#### **Rainbow trout poached in Ittingen Amber beer stock**

dry rice or boiled potatoes  
33.–

*The Carthusian monks were already running a fishery, in the nearby „Nut tree lake“. We have been raising our own trout's for many years now. Our historic spring (230 up to 180 Liter per minute) and the wonderful water quality of it are making it possible for us to raise trout's. The young trouts mainly originate from our own upbringing or nearby fish farms. The breeding follows in five natural ponds near our market garden. We are feeding our trout's with biological food. They are reaching a length from about 29 cm and a living weight of just about 280 g within 1.5 up to 2 years. We raise 2'400 trouts per year. Some of those trouts are being brought to our kitchen alive. The other half is smoked and for sale in our monastery shop.*





**0 kilometers**, 100% taste.

“Why look far afield when all that is good is close by?”

Our kitchen crew's 0-kilometer menu combines the best ingredients from Kartause Ittingen's farming estate. The delicious creations are made with products from our cheese dairy, butcher shop, fish farm, market garden, wine cellar, orchard, granary and from our hop gardens.

The 0-kilometer menu is our contribution to supporting local produce and reducing CO<sub>2</sub>. We are proud that we are able to cook with so many products from our own farming estate.

Not only it is top quality, but it could not be any fresher!

The products we use in Kartause Ittingen's kitchen are 95% **Swiss**. For ingredients our farming estate cannot produce we cooperate with selected local (**5- or 10-kilometer menu**) or regional producers and suppliers. The pork, veal and beef is from our farming estate or nearby farms. The lamb comes either from the estate or from Toggenburg.

Our trout filets originate from German and Danish aquacultures. For our chicken dishes we use Culinarium-certified Swiss poultry only.



We support the principles of Culinarium association and cook whenever possible with regional products.

If you have any questions about ingredients in our dishes in connection with allergies or intolerances, please ask our service team.

All prices in Swiss Francs including VAT

