

KULINARISCH'S
VOM ROLF GROB



BÄREN
GONTEN | APPENZELL

HANDWECH



We are delighted that you have chosen to be our guest ...

... and to spend time enjoying the culinary delights in store for you at the Bären.

Everything we serve is always fresh, and all our dishes are prepared with loving skill. Our culinary treats see the creative fusion of light and modern international cuisine with hearty but sophisticated Appenzeller tradition.

Our innovative kitchen team is highly adept at using high quality, seasonal products to create harmony from apparent contradictions.

Enjoy your time with us and let the Bären team look after you with pleasure, enthusiasm and typical Appenzeller hospitality.

Welcome to the Bären!

Rolf Grob
Chef



FOR STARTERS

✓ Our popular house salad mixed lettuce leaves served in a bread basket with carrots, mushrooms, chickpea and herbs	14.00
Lamb`s lettuce with marinated figs, braised sweetbread and deep fried Appenzeller sausages	16.00
French duck liver served with honey-apple confit, home-made terrine and flaky puff pastry	28.00
Home pickled wild salmon from Scotland with scallops on lentils served with a pastis-mustard vinaigrette	28.00
Hand minced steak tartare of beef fillet With Belpler Knolle, quail egg and brioche	29.00
Mountain poultry as a roulade and a ragout in a noodle dough in combination with carrots	25.00
✓ Sweet potatoes cream soup with pike perch and lemon	16.00
✓ Vongole, calamari and mussels served on a fennel risotto	21.00

✓ Vegetarian dishes

For information on allergens in the individual dishes, please contact our staff.



AS A MAIN COURSE

Local veal filet with braised beetroot, celeriac and fried potatoes served on parsley wood puree	52.00
Mountain pork filet with our house whisky-sausage served with Rheintaler ribel corn and seasonal vegetables	45.00
Pike perch and cambero rosso from Sicily in combination with saffron risotto and cima di rapa	42.00
✓ Polenta from the Rheintaler ribel corn, gratinated with withe mould cheese and black winter truffle	42.00
without black winter truffle	32.00

TRADITION AND CLASSIC

Chateau Briand from the Appenzeller cow seasonal vegetables, French fries and sauce bearnaise served for two person, price per person	58.00
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DEPENDING OND MARKT AND OFFER

Whole sea sole with seasonal vegetables and fried potatoes

Served in two courses for 2-4 person:

Whole Appenzeller mountain poulard braised in the oven

Whole Appenzeller ribel corn duck braised in the oven



LAST BUT NOT LEAST

Our ever-popular Polar bear! A scoop of homemade Tahiti vanilla ice cream doused in our house whisky straight from the barrel and freshly ground Maggia Valley pepper	13.00
Crème brulee with Appenzeller gingerbread and fleur de sel	18.00
Dried fruits pickled in rum, home-made Malaga ice-cream and bergamot mousse	18.00
Dessert menu or cheese from our seasonal menu	18.00
Homemade ice cream Please ask our waiting staff for details	per scoop 5.00 with whipped cream + 1.00