



Mountain Guesthouse Forelle at Seealpsee

Dear Guests

Just once do nothing, away from all the stress and civilization and into nature's freedom. Lay in the grass and observe the environment, listen to the flowers grow for awhile. Can you see the trout jump out of the clear lake water? Dreaming under the starry night sky and breath in the fresh mountain air. Is there something more beautiful?

We are letting you stay to live this experience. Lay back and enjoy the unique Forelle atmosphere at lake Seealp.

Welcome
Family Fritsche and the «Forelle-Team»

Qualified Products

Origin of the products

It is our concern to serve you Swiss products from local production.

- Meet – Metzgerei Fässler, Steinegg
- Trout filet – Kundelfingerhof, Diessenhofen
- Trout – Bio Forellenzucht Rusch, Montlingen
- Fish – Frommis Delikatessen, St. Gallen
- Trout crispies – Frommis Delikatessen, St. Gallen
- Chicken – Frifrag, Märwil
- Milk products – Appenzeller Milch AG, Appenzell
- Alpine cheese – Alp Spitzig Stein und Alp Grosshütten, Seealp
- Cheese – Chäs Sutter GmbH, Appenzell
- Vegetables – Salonet AG, Montlingen
- Bread – Bäckerei Schäfli, Steinegg und Beck Böhli, Appenzell

We will gladly inform you about ingredients in our dishes that may trigger allergies or intolerances upon request.

Being a host means for us: to make your stay an unforgettable experience with cordiality, attention and a lot of joy.

Let us spoil you in this oasis of tranquility on the idyllic Seealpsee...



All prices in CHF. MwSt. Taxes already included in all fees.

Cold Dishes

Salad

Green leaf Salad	7.50
Mixed Salad	9.80
Mixed Salad plate	17.50
Cheese salad	15.50
with various salads	20.00
Cervelat sausage salad	13.50
with various salads	19.00
Sausage cheese salad	15.50
with various salads	20.00

Appenzeller- Plate

Small **Big**

Thin slices of air dried beef, garlic sausage, bacon and cheese	11.50	21.00
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Meat with bread

Cervelat sausage with bread	8.50
Black diamond sausage with bread	9.50
Garlic sausage with bread	9.50

Others

Small **Big**

Appenzeller cheese	9.00	12.50
Sandwiches with cheese, ham or Salami		7.50
with thin air dried beef		9.50

Breakfast plate 7:30 -11:00

Breakfast plate Simple	12.00
2 wheels of bread, jam, butter, cheese and 1 hot drink	
Breakfast plate Deluxe	19.00
2 wheels of bread, croissants, jam, butter, cheese and meat, yogurt 90g, 1 glass of orange juice and 1 warm drink	

Warm Main Course

Soups

Soup of the day	8.50
Small soup of the day	6.50

Fish specials

Trout fish crispy with Tartare and Hollandaise Sauce	22.00
As a starter	13.50
Trout fish crispy with French fries	27.50
Trout fish crispy with vegetables	31.50
Trout fish crispy with mixed Salad	29.50
Trout-filet with white wine herb sauce, rice and vegetables	33.50

Pork Meat

Breaded pork Schnitzel with French fries	21.00
Fitness plate (Breaded pork schnitzel with mixed salad)	22.00

Calf Meat

Calf Schnitzel with champignon cream sauce, pasta and vegetables	36.50
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Beef Meat

Rump steak with garlic butter, French fries and vegetables	33.00
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Chicken

Tender chicken breast with mixed Salad	26.00
Tender chicken breast with Spätzli and vegetable garnish	31.50

Warm Main Course

Appenzeller Local Sausage and Meat Loaf Specials

Appenzeller local sausage (boiled) with potato Salad	19.00
Bratwurst Sausage with brown onion sauce and French fries	21.00

Vegetarian Specials

Cheese Spätzli and apple puree and vegetables	25.00
Cheese Spätzli with apple puree	19.50
Vegetable plate	25.50
French fries with ketchup	9.50

Gluten- and lactose free

Tender chicken breast with Spätzli and vegetables	33.00
Steamed trout filet with rice and vegetable garnish	32.00
Spätzli and apple puree with vegetables	24.00

Senior (small plate)

Breaded pork Schnitzel with French fries	19.50
Fitness plate (Breaded pork schnitzel with mixed salad)	16.00
Cheese Spätzli and apple puree and vegetables	17.00

Appetizers

Beginner	Vol. %	4cl
Fragola · wild strawberry liqueur with Prosecco	24	9.50
Amicero · ginger, oranges appetizer with Prosecco	11	8.50
Spritzone	6	7.50
Amicero · ginger, oranges appetizer with Prosecco	-	6.50
Appenzeller Alpenbitter	29	6.50
Martini Bianco	15	6.50

Sparkling Wines

Italian

Prosecco Val d'Oca Argento, Extra Dry	2dl	11.00
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Germany

Henkel Brut Piccolo, Sekt	2dl	9.00
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France

Pommery piccolo brut	2dl	20.00
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Open house wines

White wines switzerland

Chateau de Vufflens · Chasselas	1 dl	5.00
Bolle, Waadt, Vinocasa	2 dl	10.00
	3 dl	15.00
	5 dl	25.00
	7.5dl	37.00

Fresh, intense and floral aroma · racy and elegant · the winery is located directly at the foot of the imposing fortress of Chateau Vufflens

Red wines switzerland

Klausewy · Pinot Noir	1 dl	4.50
Felixer am Oelberg, Walenstadt	2 dl	9.00
	3 dl	13.50
	5 dl	22.50

Red berries and subtly spicy · powerful and dense · Swiss country wine

Ancora · Galotta, Merlot	1 dl	6.50
Cave de Jolimont, Waadt, Vinocasa	2 dl	13.00
	3 dl	19.50
	5 dl	32.50
	7.5dl	48.00

Cherries and raspberries, spices and wood · gentle, with lovely finish · The renowned oenologist Thierry Ciampi is responsible for this excellent wine

White Quality Wines

Switzerland	2 dl	5 dl
Chantepleur Fendant Gilliard S.A., Sion, Nüesch	8.00	20.50
Féchy Sélectionné par Sonderegger Vins, Heiden	9.50	21.50
«Le Demi» Johannisberg Gilliard S.A., Sion, Nüesch		22.50
«Hospices de Salquenen» · Chasselas, Chardonnay, Pinot Blanc Mathier, Salgesch, Nüesch		26.50

Red Quality Wines

Switzerland	2 dl	5 dl
Jeninser · Pinot Noir Jürg Obrecht, Jenins	9.50	22.50
Dôle Mathier, Salgesch, Nüesch	8.50	21.50
Austria	5 dl	
Blauer Zweigelt Weinguth Leth, Erath, Vinocasa		23.50
Italian	5 dl	
Primitivo IGT Barnocelli, Sonderegger		20.00
Chianti Classico Villa Trasqua · Sangiovese Chianti, Nüesch		20.00
Monferato Tindaro · Barbera, Cabernet Sauvignon Neirano, Piemont, Nüesch		25.00
Amarone della Valpolicella DOC Vinocasa		32.00
Spain	5 dl	
Rioja Castroviejo · Tempranillo Diaz, Rioja, Nüesch		24.00

Not found the right one? Ask for the wine menu!

Liquor

Bitter	Vol. %	4cl
Appenzeller Alpenbitter	29	6.50
Alpsteinbitter ·Goba	28	6.50

Liquers	Vol. %	4cl
Appenzeller Rahmlikör 9050	18	6.50
Williams Honig	35	6.50
Vieille Prune	43	11.50
Vieille Williams	40	11.50
Amaretto	28	9.00
Grand Marnier	40	11.00
Baileys	17	6.50

Grappa	Vol. %	4cl
Grappa Amarone	43	10.50
Grappa Agricola	40	9.50

Cognac	Vol. %	4cl
Calvados	40	10.50
Remy Martin	40	13.00

Gin	Vol. %	4cl
Bärley Gin Original Dry with Bärley Tonicwater	40	18.00
Gin 27 Premium Appenzell Dry Gin with Flauder Gents (Tonic Water)	43	14.00

Whisky	Vol. %	4cl
Säntis Malt · Edition Forelle	50	14.00
Säntis Malt · Edition Dreifaltigkeit	52	13.00
Säntis Malt · Edition Marwees	18	9.00
Säntis Malt · Edition Himmelberg	43	11.00
Säntis Malt · Apricot Malt Liqueur	35	9.00

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Warm Drinks

Coffee

Coffee with cream	4.50
Espresso	4.50
Milk coffee	4.50
Cappuccino	5.00
Latte Macchiato	6.00
Coffee with whipped cream	6.00
Double espresso	6.00

With Schnapps

Coffee fertig · Coffee with pipfruit Schnapps	6.50
Coffee Luz · Coffee with plum, pipfruit, herbs and sweet purne Schnapps	6.20
Holdrio · Rose hip tea with plum Schnapps	6.20
Jägertee	6.60
Forölle coffee (House coffee)	8.50
«Biberflade» Coffee · Appenzeller Schnapps	8.50
Coffee 9050	8.50
Baileys coffee	8.50
Schümli Pflümli coffee	8.50
Amaretto coffee	8.50

Tea

Black, Green, Lime blossom, Camomile, Verbena, Rose hip, Fruit, Peppermint	4.30
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Punch

Alcohol-free Rum-, Orange- or Apple punch	4.30
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Milk Drinks

Ovomaltine, Chocolate	warm	4.50
	Cold	4.40
	Whipped cream	6.00

Cold Drinks

Mineral and Soft Drinks

Still or sparkling mineral water	33cl	4.80
	50cl	5.60
	100cl	10.50
Flauder, Citro, Orange, Yolo, Shorley, Rivella red and blue, Coca Cola, Coca Cola zero, Ice tea	33cl	4.80
Still or sparkling mineral water, Flauder, Iisfee, Yolo, Rivella red, Shorley, Coca Cola, Ice tea (Pet bottle)	50cl	5.60
Flauder, Citro, Yolo, Orange, Shorley, Rivella red, Coca Cola, Ice tea	150cl	13.80
Flauder Gents (Tonic Water)	20cl	4.80
Bärley Tonic	27cl	5.00

Appenzeller Beer

Säntis Kristall · Spezli Little bottle	33cl	4.90
Zitronen Panaché · Lemon Panache	33cl	4.90
Bschorle · Alcohol-free	33cl	4.90
Quöllfrisch hell · Blonde Beer	50cl	6.30
Dunkel · Dark Beer	50cl	6.30
Légère · Light Beer	50cl	6.30
Sonnwendlig · Alcohol-free	50cl	6.30
Quöllfrisch naturtrüb · Unfiltered Beer	50cl	6.60

Various Juicies

Möhl- Clear cider- With alcohol	50cl	6.30
Möhl- Turbid cider- With alcohol	50cl	6.30
Möhl- Cider- Alcohol-free	50cl	6.30
Ghürotne · Sweet and sour cider	50cl	6.30
Orange Juice, Red grape Juice	20cl	4.80

