



# Mountain Guesthouse Forelle at Seealpsee

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## Dear Guests

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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

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## Origin of the products

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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 – Braun Früchte und Gemüse AG, Bronschhofen
- 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

<b>Salad</b>	<b>Small</b>	<b>Big</b>
Green leaf Salad	6.50	8.50
Mixed Salad	8.50	10.50
Salad bowl 		10.50
Mixed Salad plate with melon		18.50
Cheese salad		15.50
with various salads		20.50
Cervelat sausage salad		15.50
with various salads		20.50
Sausage cheese salad		15.50
with various salads		20.50
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<b>Appenzeller- Plate</b>	<b>Small</b>	<b>Big</b>
Thin slices of air dried beef, garlic sausage, bacon and cheese	13.00	22.50
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<b>Meat with bread</b>		
Cervelat sausage with bread		9.50
Plate of thin slices of air dried beef		25.00
Garlic sausage with bread		10.50
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<b>Others</b>	<b>Small</b>	<b>Big</b>
Appenzeller cheese	9.50	13.50
Sandwiches with cheese, ham or Salami		9.00
with thin air dried beef		10.00
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<b>Breakfast plate 7:30 -11:00</b>		
Breakfast plate Simple		13.00
2 wheels of bread, jam, butter, cheese and 1 hot drink		
Breakfast plate Deluxe		20.00
2 wheels of bread, croissants, jam, butter, cheese and meat, yogurt 90g, 1 glass of orange juice and 1 warm drink		

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# Warm Main Course

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## Soups

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Soup of the day	9.00
Small soup of the day	7.00
Carrot- Ginger soup   	9.00

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## Fish specials

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Salomon - Trout fish crispy with Tartare and Hollandaise Sauce	22.50
As a starter	14.00
Salomon - Trout fish crispy with French fries	28.00
Salomon - Trout fish crispy with vegetables	32.00
Salomon - Trout fish crispy with mixed Salad	30.00
Trout-filet with white wine herb sauce, rice and vegetables	34.50

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## Pork Meat

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Breaded pork Schnitzel with French fries	23.00
Fitness plate (Breaded pork schnitzel with mixed salad)	25.00

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## Calf Meat

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Calf Schnitzel with champignon cream sauce, pasta and vegetables	38.50
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## Beef Meat

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Rump steak with garlic butter, French fries and vegetables	36.00
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## Chicken

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Tender chicken breast with mixed Salad	27.00
Tender chicken breast with Spätzli and vegetable garnish	31.50

# Warm Main Course

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## Appenzeller Local Sausage and Meat Loaf Specials

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Appenzeller local sausage (boiled) with potato Salad	19.50
Bratwurst Sausage with brown sauce and French fries	22.00

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## Vegetarian Specials

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Cheese Spätzli and apple puree and vegetables	26.00
Cheese Spätzli with apple puree	20.50
Vegetable plate	26.50
French fries with ketchup 	10.50
Malted grains burger in Appenzeller spelt bread with French fries 	30.00

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## Gluten- and lactose free

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Steamed trout filet with rice and vegetable garnish	33.00
Spätzli and apple puree with vegetables	25.00

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## Senior (small plate)

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Breaded pork Schnitzel with French fries	20.50
Fitness plate (Breaded pork schnitzel with mixed salad)	17.50
Cheese Spätzli and apple puree and vegetables	18.00

# Appetizers

<b>Beginner</b>	<b>Vol. %</b>	<b>4cl</b>
Fragola · wild strawberry liqueur with Prosecco	24	12.00
Amicero · ginger, oranges appetizer with Prosecco	11	12.00
Spritzone · tropical citrus note with a balanced bitter note	6.8	12.00
Bellini Cipriani · White peach with Prosecco	5.5	12.00
Manzoni · Berry sirup with Flauder (alcohol-free)	-	10.00
Amicero · ginger, oranges appetizer with Prosecco (alcohol-free)	-	10.00
Appenzeller Alpenbitter	29	7.50
Martini Bianco	15	6.50

# Sparkling Wines

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## Italian

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<b>Prosecco Val d'Oca</b> Argento, Extra Dry	2dl	12.00
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## Germany

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<b>Henkel Brut</b> Piccolo, Sekt	2dl	11.00
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# Open house wines

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## White wines switzerland

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<b>Chateau de Vufflens</b> · 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

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## Red wines switzerland

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<b>Ancora</b> · 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	48.50

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

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## Rosé wines switzerland

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<b>Oil de Perdrix "Belle Coralline"</b> · Pinot Noir	1 dl	5.00
Cave Emery, Sion, Vinocasa	2 dl	10.00
	3 dl	15.00
	5 dl	25.00

Strawberries, blueberries and currants · harmonious, racy and fruity · wine from a traditional family business

# White Quality Wines

<b>Switzerland</b>	<b>2 dl</b>	<b>5 dl</b>
<b>Fendant les quatre Saison AOC</b> Gilliard S.A., Sion, Nüesch	8.50	21.00
<b>Féchy</b> Sélectionné par Sonderegger Vins, Heiden	9.50	23.50
<b>Johannisberger Chantepleur</b> Gilliard S.A., Sion, Nüesch		22.50
<b>«Hospices de Salquenen»</b> · Chasselas, Chardonnay, Pinot Blanc Mathier, Salgesch, Nüesch		29.50

# Red Quality Wines

<b>Switzerland</b>	<b>2 dl</b>	<b>5 dl</b>
<b>Jeninser</b> · Pinot Noir Jürg Obrecht, Jenins	9.50	22.50
<b>«Hospices de Salquenen Assemblage Rouge»</b> Mathier, Salgesch, Nüesch		29.50
<b>Austria</b>		<b>5 dl</b>
<b>Blauer Zweigelt</b> Weinguth Leth, Erath, Vinocasa		25.00
<b>Italian</b>		<b>5 dl</b>
<b>Primitivo</b> IGT Barnocelli, Sonderegger		20.00
<b>Monferato Tindaro</b> · Barbera, Cabernet Sauvignon Neirano, Piemont, Nüesch		25.00
<b>Amarone della Valpolicella DOC</b> Vinocasa		36.00
<b>Spain</b>		<b>5 dl</b>
<b>Rioja Castroviejo</b> · Tempranillo Diaz, Rioja, Nüesch		24.00

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

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

# Liquor

<b>Bitter</b>	<b>Vol. %</b>	<b>4cl</b>
Appenzeller Alpenbitter	29	7.50
Alpsteinbitter ·Goba	28	7.50

<b>Liquers</b>	<b>Vol. %</b>	<b>4cl</b>
Appenzeller Rahmlikör 9050	18	7.50
Williams Honig	35	8.00
Vieille Prune	43	11.50
Vieille Williams	40	11.50
Amaretto	28	9.00
Grand Marnier	40	11.00
Baileys	17	7.00

<b>Grappa</b>	<b>Vol. %</b>	<b>4cl</b>
Grappa Amarone	43	11.00
Grappa Moscato	40	10.00

<b>Cognac</b>	<b>Vol. %</b>	<b>4cl</b>
Calvados	40	11.00
Remy Martin	40	13.00

<b>Gin</b>	<b>Vol. %</b>	<b>4cl</b>
Gin 27 Premium Appenzell Dry Gin with Flauder Gents (Tonic Water)	43	15.00

<b>Whisky</b>	<b>Vol. %</b>	<b>4cl</b>
Säntis Malt · Edition Forelle	50	15.00
Säntis Malt · Edition Dreifaltigkeit	52	15.50
Säntis Malt · Edition Marwees	18	10.50
Säntis Malt · Edition Himmelberg	43	15.00
Säntis Malt · Apricot Malt Liqueur	35	10.00

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# Warm Drinks

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## Coffee

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Coffee with cream	5.00
Espresso	5.00
Espresso Macchiato	5.50
Milk coffee	5.00
Cappuccino	6.00
Latte Macchiato	6.00
Coffee with whipped cream	6.50
Double espresso	5.50

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## With Schnapps

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Coffee fertig · Coffee with pipfruit Schnapps	7.00
Coffee Luz · Coffee with plum, pipfruit, herbs and sweet purne Schnapps	7.00
Holdrio · Rose hip tea with plum Schnapps	7.00
Jägertee	7.00
Forölle coffee (House coffee)	8.80
«Biberflade» Coffee · Appenzeller Schnapps	8.80
Coffee 9050	8.80
Baileys coffee	8.80
Schümli Pflümli coffee	8.80
Amaretto coffee	8.80

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## Tea

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Black, Green, Ginger lemon, Camomile, Verbena, White beach, Fruit, Peppermint	5.00
Cup hot water	2.00

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## Punch

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Orange- or Apple punch	5.00
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## Milk Drinks

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Ovomaltine, Chocolate hot / cold	5.00
	Whipped cream 6.50
Cup hot / cold milk	3.00

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# Cold Drinks

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## Mineral and Soft Drinks

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Still or sparkling mineral water	33cl	5.00
	50cl	6.00
	100cl	11.50
Flauder, Citro, Orange, Yolo, Shorley, Rivella red and blue, Coca Cola, Coca Cola zero, Ice tea	33cl	5.00
Still or sparkling mineral water, Flauder, Iisfee, Yolo, Rivella red, Shorley, Coca Cola, Ice tea (Pet bottle)	50cl	6.00
Flauder, Citro, Yolo, Orange, Shorley, Rivella red, Coca Cola, Ice tea	150cl	14.00
Flauder Gents (Tonic Water)	20cl	5.00

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## Appenzeller Beer

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Säntis Kristall · Spezli Little bottle	33cl	5.50
Zitronen Panaché · Lemon Panache	33cl	5.50
Bschorle · Alcohol-free	33cl	5.50
Gigner Beer	33cl	6.00
Quöllfrisch hell · Blonde Beer	50cl	7.00
Dunkel · Dark Beer	50cl	7.00
Légère · Light Beer	50cl	7.00
Sonnwendlig · Alcohol-free	50cl	7.00
Quöllfrisch naturtrüb · Unfiltered Beer	50cl	7.50

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## Various Juicies

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Möhl- Clear cider- With alcohol	50cl	7.00
Möhl- Turbid cider- With alcohol	50cl	7.00
Möhl- Cider- Alcohol-free	50cl	7.00
Ghürotne · Sweet and sour cider	50cl	7.00
Orange Juice, Red grape Juice	20cl	5.00

