

# Mountain Guesthouse Forelle at Seealpsee

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## Dear Guests

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Welcome to Seealpsee - a place where time ticks slower and nature sets the rhythm. Leave everyday life behind you, listen to the gentle lapping of the water and watch the trout snapping at insects in the clear mountain air.

Enjoy a break full of peace and pleasure. Our kitchen will spoil you with regional specialties, fresh trout and hearty Appenzell delicacies - all prepared with love and care.

Whether it's breakfast with a view of the mountains, a cozy lunch on our sun terrace or an atmospheric dinner - we make sure that your stay with us is a real experience.

## Welcome

Family Fritsche and the «Forelle-Team»

# high quality & regional

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## Origin of the products

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

- **Meat** - Metzgerei Fässler, Steinegg / Larina AG Fleischveredelung, Steinegg
- **Trout** - Bio Forellenzucht Rusch, Montlingen / Forellenzucht Barbara Dörig, Wasserauen
- **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

Do you have any allergies or intolerances? Please contact us - we will inform you about possible ingredients in our dishes.

## Hospitality with heart

For us, being a host means more than just providing hospitality - we want to make your stay an unforgettable experience with warmth, attention and joy.

Let us spoil you - in our oasis of peace on the idyllic Seealpsee lake



# morning & start

Breakfast times 7:30 – 11:00 a.m.

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## Breakfast · fresh & nutritious

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<b>Breakfast plate Simple</b>	13.00
2 wheels of bread   jam   butter   cheese   1 hot drink	
<b>Breakfast plate Deluxe</b>	20.00
2 wheels of bread   croissants   jam   butter   cheese   meat yogurt 90g   1 glass of orange juice   1 warm drink	
<b>Mountain breakfast</b>	15.00
crispy Rösti   natural	
<b>Hiking breakfast</b>	17.00
crispy Rösti   natural   fried egg	
<b>Summit breakfast</b>	21.00
crispy Rösti   natural   fried egg   fried bacon	

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

# fresh & cold

<b>fresh salads · light &amp; crunchy</b>	<b>small</b>	<b>medium</b>	<b>big</b>
Green leaf Salad · fresh leaf salad   homemade dressing	6.50	8.50	
Mixed Salad · leaf salad   mix salad   homemade dressing	8.50	10.50	
Salad bowl  · leaf salad   cucumber   carrot   tomato   melon   vegan		10.50	
Mixed Salad plate · big mixed salad   melon wedge   homemade dressing			18.50
<b>Hearty salad creations · rustic &amp; fine</b>	<b>simply garnish</b>		
Cheese salad · Appenzeller cheese   onions   red wine vinegar dressing		16.50	21.50
Cervelat sausage salad · whole cervelat   onions   homemade dressing		16.50	21.50
Sausage cheese salad · cervelat slices   Appenzeller cheese   onions		16.50	21.50
<b>Appenzell specialties · original &amp; delicious</b>	<b>Small</b>	<b>Big</b>	
<b>Appenzeller - plate</b> air dried beef   garlic sausage   bacon   cheese   bread	13.00	22.50	
<b>Cervelat</b> Swiss classic sausage   bread   served cold		9.50	
<b>Air-dried beef - plate</b> thin slices of air-dried beef   bread	14.50	25.00	
<b>Garlic sausage</b> garlic sausage   bread		10.50	
<b>Appenzeller Cheese</b> spicy cheese   from Appenzell   bread	9.50	13.50	
<b>Sandwich variations</b> bread   topped with cheese   cheese   meatloaf   salami		9.00	

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# hearty & warm



<b>Soups · warming &amp; soothing</b>	<b>small</b>	<b>big</b>
Soup of the day · fresh   seasonal ingredients	7.50	9.50
Carrot- Ginger soup · carrot   ginger   little spicy   		9.50
<b>Swiss meat classic · hearty and traditional</b>		
<b>Breaded pork Schnitzel</b>		23.00
Fried gold brown   french fries   lemon   ketchup		
<b>Fitness plate pork</b>		25.00
Breaded pork Schnitzel   fried gold brown   mixed salad   homemade dressing		
<b>Calf Schnitzel</b>		38.50
Natur   champignon cream sauce   pasta   vegetables		
<b>Rump steak</b>		36.00
garlic butter   french fries   vegetables		
<b>Fitness plate chicken</b>		27.00
Egg breading   gravy   mixed salad   homemade dressing		
<b>Tender chicken</b>		31.50
Egg breading   gravy   homemade Spätzli   vegetables		
<b>Appenzeller local sausage (boiled)</b>		19.50
Traditional sausage   mustard   homemade potato salad		
<b>Bratwurst Sausage</b>		22.00
Aromatic gravy   French fries   ketchup		

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## Vegetarian Specials · seasonal & vegetarian

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<b>Cheese Spätzli</b>	26.00
Homemade Spätzli   melted cheese   fried onions   vegetables   sweet apple puree	
<b>Cheese Spätzli</b>	20.50
Homemade Spätzli   melted cheese   fried onions   sweet apple puree	
<b>Vegetable plate</b>	26.50
fresh vegetables   vegetable Schnitzel   hollandais sauce	
<b>French fries</b> 	10.50
Crispy   herbal salt   ketchup	
<b>Malted grains burger</b> 	30.00
Coleslaw   appenzell spelt bread   french fries   ketchup	

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## Gluten- and lactose free · conscious and delicious

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**Please inform our service staff explicitly if you would like a gluten- and lactose-free meal.**

<b>Spätzli</b>	25.00
Homemade gluten- and lactose-free Spätzli   vegetables   sweet apple puree	
<b>Steamed trout filet</b>	33.00
Lemon   rice   vegetables	

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## Senior (small plate) · small & filling

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<b>Breaded pork Schnitzel</b>	22.50
Fried gold brown   french fries   lemon   ketchup	
<b>Fitness plate pork</b>	19.00
Breaded pork Schnitzel   fried gold brown   mixed salad   homemade dressing	
<b>Cheese Spätzli</b>	19.50
Homemade Spätzli   melted cheese   fried onions   vegetables   sweet apple puree	

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# lake & aromatic

<b>Fish specials · fresh &amp; light</b>	<b>starter</b>	
<b>Fish crispy</b> Salmon trout   trout   in cider batter   homemade tartar sauce	14.00	22.50
<b>Fish crispy   French fries</b> Salmon trout   trout   in cider batter   homemade tartar sauce   french fries		28.00
<b>Fish crispy   vegetables</b> Salmon trout   trout   in cider batter   homemade tartar sauce   vegetables		32.00
<b>Fish crispy   mixed Salad</b> Salmon trout   trout   in cider batter   homemade tartar sauce   mixed salad		30.00
<b>Steamed trout-filet</b> White wine herb sauce   rice   vegetables		34.50

# sparkling & fine

<b>Beginner</b>	<b>Vol. %</b>	<b>4cl</b>
Fragola · wild strawberry liqueur   Prosecco	24	12.00
Amicero · ginger   oranges   Prosecco	11	12.00
Spritzzone · tropical citrus   bitter note   alternative aperol	6.8	12.00
Bellini Cipriani · white peach   Prosecco	5.5	12.00
Säntis Tonic · refreshing   tonic sirup   alcohol-free	-	10.00
Amicero · ginger   oranges   Prosecco   alcohol-free	-	10.00
Appenzeller Alpenbitter	29	7.50
Martini Bianco	15	6.50

# tingling & light

<b>Italian</b>		
<b>Prosecco Villa Sandi Brut</b> Piccolo, Prosecco	2dl	13.50

<b>Germany</b>		
<b>Henkel Brut</b> Piccolo, Sekt	2dl	11.00



# native & noble

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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 & harmonious

Switzerland	2 dl	5 dl
<b>Fendant Rouvinez VS</b> Sonderegger Vins, Heiden	9.00	21.00
<b>Féchy</b> Sélectionné par Sonderegger Vins, Heiden	9.50	23.50
<b>Johannisberger Rouvinez VS</b> Sonderegger Vins, Heiden		22.50
<b>«Hospices de Salquenen»</b> · Chasselas, Chardonnay, Pinot Blanc Mathier, Salgesch, Nüesch		29.50

# red & full moon

<b>Switzerland</b>	<b>2 dl</b>	<b>5 dl</b>
<b>Jeninser</b> · Pinot Noir Jürg Obrecht, Jenins	9.50	22.50
<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!**

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# high proof & fine

<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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# gentle & warming

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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	6.50
Coffee with whipped cream	6.50
Double espresso	6.50

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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)	9.00
«Biberflade» Coffee · Appenzeller Schnapps	9.00
Coffee 9050	9.00
Baileys coffee	9.00
Schümli Pflümli coffee	9.00
Amaretto coffee	9.00

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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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# cool & thirst-quenching

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## Mineral and Soft Drinks

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Still or sparkling mineral water	33cl	5.10
	50cl	6.20
	100cl	11.50
Flauder, Citro, Orange, Yolo, Shorley, Bio Icetea Alpine herbs, Bio Icetea Peach, Rivella red and blue, Coca Cola, Coca Cola zero	33cl	5.10
Still or sparkling mineral water, Flauder, Isfee, Yolo, Bio Icetea Alpine herbs, Bio Icetea Peach, Rivella red, Shorley, Coca Cola	50cl	6.20
		(Pet bottle)
Flauder, Citro, Yolo, Orange, Shorley, Bio Icetea Alpine herbs, Bio Icetea Peach, Rivella red, Coca Cola	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	6.50
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
Weizenbier	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

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