



Mountain Guesthouse Forelle at Seealpsee

Dear Guests

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

Origin of the products

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

- **Meet** - 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



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

morning & start

Breakfast times 7:30 – 11:00 a.m.

Breakfast · fresh & nutritious

Breakfast plate Simple	13.00
-------------------------------	--------------

2 wheels of bread | jam | butter | cheese | 1 hot drink

Breakfast plate Deluxe	20.00
-------------------------------	--------------

2 wheels of bread | croissants | jam | butter | cheese | meat yogurt 90g |

1 glass of orange juice | 1 warm drink

fresh & cold

fresh salads · light & crunchy	small	medium	big
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
Hearty salad creations · rustic & fine	simply garnish		
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
Appenzell specialties · original & delicious	Small	Big	
Appenzeller - plate air dried beef garlic sausage bacon cheese bread	13.00	22.50	
Cervelat Swiss classic sausage bread served cold		9.50	
Air-dried beef - plate thin slices of air-dried beef bread	14.50	25.00	
Garlic sausage garlic sausage bread		10.50	
Appenzeller Cheese spicy cheese from Appenzell bread	9.50	13.50	
Sandwich variations bread topped with cheese cheese meatloaf salami		9.00	

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

hearty & warm

Soups · warming & soothing	small	big
Soup of the day · fresh seasonal ingredients	8.50	12.00
Carrot- Ginger soup · carrot ginger little spicy	  	12.00
Swiss meat classic · hearty and traditional		
Breaded pork Schnitzel		23.00
Fried gold brown french fries lemon ketchup		
Fitness plate pork		25.00
Breaded pork Schnitzel fried gold brown mixed salad homemade dressing		
Calf Schnitzel		38.50
Natur champignon cream sauce pasta vegetables		
Rump steak		36.00
garlic butter french fries vegetables		
Fitness plate chicken		27.00
Egg breading gravy mixed salad homemade dressing		
Tender chicken		31.50
Egg breading gravy homemade Spätzli vegetables		
Appenzeller local sausage (boiled)		19.50
Traditional sausage mustard homemade potato salad		
Bratwurst Sausage		22.00
Aromatic gravy French fries ketchup		

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

Vegetarian Specials · seasonal & vegetarian

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

Gluten- and lactose free · conscious and delicious

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

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

Senior (small plate) · small & filling

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

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

lake & aromatic

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

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

sparkling & fine

Beginner	Vol. %	4cl
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

Italian		
Prosecco Villa Sandi Brut Piccolo, Prosecco	2dl	13.50
Germany		
Henkel Brut Piccolo, Sekt	2dl	11.00

native & noble

White wines switzerland

Chateau de Vuflens · 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 Vuflens

Red wines switzerland

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	48.50

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

Rosé wines switzerland

Oil de Perdrix “Belle Coralline” · 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
Fendant Rouvinez VS Sonderegger Vins, Heiden	9.00	21.00
Féchy Sélectionné par Sonderegger Vins, Heiden	9.50	23.50
Johannisberger Rouvinez VS Sonderegger Vins, Heiden		22.50
«Hospices de Salquenen» · Chasselas, Chardonnay, Pinot Blanc Mathier, Salgesch, Nüesch		29.50

red & full moon

Switzerland	2 dl	5 dl
Jeninser · Pinot Noir Jürg Obrecht, Jenins	9.50	22.50
Austria		5 dl
Blauer Zweigelt Weinguth Leth, Erath, Vinocasa		25.00
Italian		5 dl
Primitivo IGT Barnocelli, Sonderegger		20.00
Monferato Tindaro · Barbera, Cabernet Sauvignon Neirano, Piemont, Nüesch		25.00
Amarone della Valpolicella DOC Vinocasa		36.00
Spain		5 dl
Rioja Castroviejo · 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.

high proof & fine

Bitter	Vol. %	4cl
Appenzeller Alpenbitter	29	7.50
Alpsteinbitter · Goba	28	7.50
Liquers	Vol. %	4cl
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
Grappa	Vol. %	4cl
Grappa Amarone	43	11.00
Grappa Moscato	40	10.00
Cognac	Vol. %	4cl
Calvados	40	11.00
Remy Martin	40	13.00
Gin	Vol. %	4cl
Gin 27 Premium Appenzell Dry Gin with Flauder Gents (Tonic Water)	43	15.00
Whisky	Vol. %	4cl
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

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

gentle & warming

Coffee

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

With Schnapps

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

Tea

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

Punch

Orange- or Apple punch	5.00
------------------------	------

Milk Drinks

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

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

cool & thirst-quenching

Mineral and Soft Drinks

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, lisfee, 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

Appenzeller Beer

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

Various Juicies

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

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

