

## Seasonal menu

# FLAVOUR & BALANCE

Health à la carte

The well-being of our patients and their visitors is at the heart of everything we do. Discover our signature FLAVOUR & BALANCE cuisine – by the Swiss Medical Network.

Light, healthy – and perfectly balanced for your well-being.

## Starters

|  |             |       |
|--|-------------|-------|
| Avocado tartare with smoked trout (Farming/CH) and yuzu juice, coconut emulsion with chicken broth | CHF         | 18.00 |
| Green asparagus and soft-boiled egg, Grana Padano and chorizo crumble, kefir foam                  | CHF         | 22.00 |
| Caesar salad bruschetta (FR)   | Starter CHF | 21.00 |
|  | Main CHF    | 31.00 |

## Mains

|  |     |       |
|--|-----|-------|
| Fresh saffron tagliatelle with green asparagus tips and burratina  | CHF | 37.00 |
| Beef tenderloin (CH) with morels, spring vegetable garden and Anna apples with clarified butter                      | CHF | 52.00 |
| Roasted monkfish medallion (FAO 27) with full-bodied meat jus, Milanese risotto and fennel chiffonade, raw ham chips | CHF | 45.00 |
| Spring poultry (FR) blanquette, jasmine rice and fresh coriander   | CHF | 42.00 |

## Desserts

|                    |     |       |
|--------------------|-----|-------|
| Tiramisu revisited | CHF | 14.00 |
| All Lemon          | CHF | 15.00 |
| Gourmet coffee     | CHF | 14.00 |

## Hot beverages

|  |     |      |
|--|-----|------|
| Coffee / Decaffeinated coffee            | CHF | 4.50 |
| Espresso                                 | CHF | 4.50 |
| "Renversé" coffee                        | CHF | 5.50 |
| Cappuccino                               | CHF | 5.50 |
| Ovomaltine / Caotina / Warm or cold milk | CHF | 5.50 |

## Teas & infusions by NEWBY

### English Breakfast

Originally from Scotland and served at the Balmoral Castle in the Highlands, the timeless English Breakfast remains a staple of an English breakfast. Robust and invigoratingly fresh

Earl Grey CHF 6.50

Tea originally from Howick Hall in Northumberland. Named after Prime Minister Earl Grey, a combination of bergamot orange and black tea.

Green Sencha CHF 6.50

Tea traditionally appreciated in Japan, from the first spring harvests, recognizable and timeless.

Mint CHF 6.50

The penetrating taste of mint leaves, rich in menthol oil, naturally make this caffeine-free herbal tea the ideal refreshing drink at the end of a meal.

Verbena CHF 6.50

This caffeine-free herbal tea is subtly refreshed with citrus notes thanks to the presence of elegant lemon verbena leaves.

Chamomile CHF 6.50

Naturally soothing, this soft herbal tea composed of chamomile flowers offers a moment of tranquility.

## Juices & fruit nectars

|                                   |          |       |
|-----------------------------------|----------|-------|
| Strawberries, Tomatoes<br>Granini | 20cl CHF | 5.50  |
| Fresh fruit juice of the day      | 25cl CHF | 10.00 |

## Soft drinks

|  |          |      |
|--|----------|------|
| Red Rivella, Coca-cola, Zéro, Ramseier apple juice | 33cl CHF | 5.50 |
| San Pellegrino Bitter                              | 10cl CHF | 5.50 |
| Fever-Tree Tonic                                   | 20cl CHF | 6.50 |
| Fever-Tree Mediterranean                           | 20cl CHF | 6.50 |

## Mineral water

|               |          |      |
|---------------|----------|------|
| Green Henniez | 50cl CHF | 6.00 |
|               | 75cl CHF | 8.00 |
| Blue Henniez  | 50cl CHF | 6.00 |
|               | 75cl CHF | 8.00 |

# Wine by the glass

## White wines

|  |     |     |      |
|--|-----|-----|------|
| Vilette "Les Echelettes" Domaine Porta, Aran-sur-Vilette   | 1dl | CHF | 8.50 |
| Dorin d'Epesses (Aged in casks for 16 months, 12 months on lees "AOC Lavaux"), Gaillard 2022 & Fils SA | 1dl | CHF | 9.00 |
| ADN Alvarinho DOC, Green Wine, 2022  | 1dl | CHF | 8.00 |

## Rosé wine

|                         |     |     |      |
|-------------------------|-----|-----|------|
| Rosato Toscana IGT 2023 | 1dl | CHF | 6.50 |
|-------------------------|-----|-----|------|

## Red wines

|  |     |     |      |
|--|-----|-----|------|
| Pinot noir AOC "Le Portaroux" Vilette, 2023            | 1dl | CHF | 8.00 |
| Gamaret d'Epesses (Barrelled), Gaillard & Fils, 2019   | 1dl | CHF | 8.50 |
| Quinta do Pinto, Lisboa, Portugal, Merlot & syrah 2020 | 1dl | CHF | 9.00 |

## Champagne & Sparkling wines

|  |     |     |       |
|--|-----|-----|-------|
| Vallate, Prosecco DOP « Extra-Dry », Vénétie, Italie | 1dl | CHF | 9.00  |
| Louis Roederer Collection, Louis Roederer            | 1dl | CHF | 18.00 |

## Beers

With and without alcohol

|                                       |      |     |      |
|---------------------------------------|------|-----|------|
| Eichhof Braugold / Erdinger Weissbier | 33cl | CHF | 6.50 |
| Eichhof 0.0.%                         | 33cl | CHF | 6.50 |

## Wine bottles

White wines from Switzerland

|  |        |     |       |
|--|--------|-----|-------|
| Vilette "Les Echelettes" Domaine Porta, Aran-sur-Vilette   | 70cl   | CHF | 49.00 |
| Charmont d'Epesses (Barrelled) 2022  | 70cl   | CHF | 57.00 |
| Dézaley-Marsens AOC Gr. Cru, Arthur Duplan, Domaine Tour de Marsen 2022, Domaine de la Capitaine       | 70cl   | CHF | 70.00 |
| Domaine La Capitaine, La Côte, 2023  | 75cl   | CHF | 61.00 |
| Marsanne, Domaine J.-D. Porta, Vilette 2023  | 50cl   | CHF | 47.00 |
| Dorin d'Epesses (Aged in casks for 16 months, 12 months on lees "AOC Lavaux"), Gaillard 2022 & Fils SA | 70cl   | CHF | 51.00 |
| Chardonnay Grande Reserve, Domaine du Daley, Lutry 2023  | 75cl   | CHF | 85.00 |
| Viognier Grande Reserve, Domaine du Daley, Lutry 2023  | 75cl   | CHF | 84.00 |
| Charmont d'Epesses (Sweet), Gaillard & Fils SA, Epesses 2022   | 37,5cl | CHF | 49.00 |

## White wines from abroad

|  |      |     |       |
|--|------|-----|-------|
| ADN Alvarinho DOC, Green Wine, 2022          | 75cl | CHF | 55.00 |
| Sauvignon Blanc VR Minho Villa Nova 2022     | 75cl | CHF | 50.00 |
| Crozes Hermitage, AOC, Les Launes blanc 2021 | 75cl | CHF | 65.00 |
| CARM Reserva branco DOP, Douro, 2022         | 75cl | CHF | 58.00 |

## Rosé wines

|   |      |     |       |
|---|------|-----|-------|
| Rosato Toscana IGT 2023                 | 75cl | CHF | 40.00 |
| Œil de Perdrix, Lutry, Lavaux AOC, 2022 | 75cl | CHF | 57.00 |



## Red wines from Switzerland

|  |      |     |        |
|--|------|-----|--------|
| Pinot noir AOC "Le Portaroux" Vilette, 2023  | 70cl | CHF | 47.00  |
| Gamaret d'Epesses (Barrelled), Gaillard & Fils, 2019                                 | 70cl | CHF | 57.00  |
| Epesses "Cornaline", Assembly of grape varieties, Gaillard&Fils SA<br>2023           | 70cl | CHF | 48.00  |
| Merlot l'Arziller (Barrelled), Domaine J.-D. Porta 2022                              | 70cl | CHF | 78.00  |
| Gama Nera Tradition, Assembly of grape varieties, Domaine du<br>Daley, Lutry 2022    | 75cl | CHF | 85.00  |
| Mersyca Grande Reserve, Assembly of grape varieties, Domaine<br>du Daley, Lutry 2021 | 75cl | CHF | 130.00 |
| Amesamis, Christin Rütsche, Domaine Montimbert, Chardonne,<br>2023                   | 75cl | CHF | 72.00  |

## Red wines from abroad

|   |      |     |        |
|---|------|-----|--------|
| Châteauneuf-du-Pape AOC, Delas, Haute Pierre, 2017                              | 75cl | CHF | 111.00 |
| Les Pagodes de Cos 2016, Château Cos d'Estournel, M. Reybier<br>(Saint-Estèphe) | 75cl | CHF | 117.60 |
| Quinta do Pinto, Lisboa, Portugal, Merlot & syrah 2020                          | 75cl | CHF | 59.00  |

## Champagne & Sparkling Wines

|   |        |     |        |
|---|--------|-----|--------|
| Vallate, Prosecco DOP « Extra-Dry », Vénétie, Italie          | 75cl   | CHF | 45.00  |
| Jeeper, Grande Réserve Blanc de Blancs, M. Reybier            | 75cl   | CHF | 90.00  |
| Jeeper, Grand Rosé, M. Reybier                                | 75cl   | CHF | 120.00 |
| Louis Roederer Collection, Louis Roederer                     | 75cl   | CHF | 149.00 |
| Louis Roederer Brut, Blanc de Blancs, Vintage, Louis Roederer | 75cl   | CHF | 224.00 |
| Louis Roederer Collection, Louis Roederer                     | 37.5cl | CHF | 69.00  |
| Champagne Michel Reybier, Brut, Premier Cru, Michel Reybier   | 75cl   | CHF | 120.00 |

## Appetizers

|   |     |     |       |
|---|-----|-----|-------|
| Campari, 23°                                      | 4cl | CHF | 8.00  |
| White / Red Martini                               | 4cl | CHF | 8.00  |
| White and red Porto, 19.5°                        | 4cl | CHF | 8.00  |
| Porto Rouge, Poças Junior, Colheita 2011, 20% vol | 4cl | CHF | 12.00 |

## Digestive liquors

|  |         |       |
|--|---------|-------|
| Apricot, 37.5% vol   | 2cl CHF | 10.00 |
| Williamine, 43% vol  | 2cl CHF | 10.00 |
| Limoncello, 30% vol  | 4cl CHF | 10.00 |
| Calvados AOC, 40% vol                                      | 2cl CHF | 8.00  |
| Grappe, "Le chamois de la Cornaline", Epesses, 42% vol     | 2cl CHF | 8.00  |
| Fine Lie, "Le chamois de la Cornaline", Epesses, 42% vol   | 2cl CHF | 8.00  |
| Vieux Marc, "Le chamois de la Cornaline", Epesses, 45% vol | 2cl CHF | 8.00  |

## Rhum

|   |         |       |
|---|---------|-------|
| Dictador, Icon Réserve 20 YO, Colombie, 40% vol | 2cl CHF | 11.00 |
|---|---------|-------|

The Dictador Icon Reserve 20 years old is an essential rum for discerning enthusiasts, distilled from Suger Cane Honey. Its intense amber color reflects a unique aromatic richness: spicy notes blend harmoniously with caramel, cocoa, vanilla and oak. The long and elegant finish, with citrus nuances, offers a sophisticated taste experience. A true masterpiece for those seeking refinement.

|  |         |       |
|--|---------|-------|
| El Dorado Special Reserve 15 YO, Guyana, 40% vol | 2cl CHF | 10.00 |
|--|---------|-------|

Here is a blend of rums (some up to 25 years old) having been aged in old bourbon barrels, which gives it an amber color and aromas of roasted coffee, candied orange, nuts, dark chocolate and spices. The round, complex and versatile palate is supported by notes of grilled tropical fruits and spices leading to a silky finish.

## Whisky

Kilchoman, Machir Bay, Ecosse/Islay, 46% vol 2cl CHF 9.00

Iconic version of Kilchoman, Machir Bay, before being a whisky, is the name of a picturesque beach located a few steps from the distillery on the island of Islay. This signature single malt is a blend of whiskeys aged 90% in first-fill ex-bourbon casks and 10% in oloroso sherry casks. Heavily peated (50 ppm), neither cold filtered nor colored, it is characterized by powerful notes of ashy smoke, citrus, white and tropical fruits, enhanced by a saline touch.

The Balvenie, Double Wood 12 YO, Ecosse/Speyside, 46% vol 2cl CHF 11.00

Balvenie DoubleWood is a 12 year old Single Malt which has, as its name suggests, a double maturation in its manufacturing process. Each stage of this aging gives the Single Malt particular qualities. In this way, it goes from a traditional oak barrel to a first-fill sherry barrel. The traditional barrels soften it and accentuate its character, the sherry barrels give it roundness and fullness.

# Gin

Gin Monkey 47, 47% vol 4cl CHF 15.00

This spirit pays homage to the monkey of English Commander Montgomery Collins, in office in Berlin at the end of the Second World War. The number 47 refers to the 47 plants and aromatics which flavor this gin produced in 1250 liter microcuvées and distilled in small stills. Ample and heady on the palate, it reveals strong accents of cinnamon and flowers as well as lemony, aniseed and herbaceous notes.

Gin Mare Mediterranean, 42.7% vol 4cl CHF 12.00

It is in an original setting that this gin was born: an old chapel from the 19th century, in Spain! And it is naturally this Mediterranean setting that inspired its designer, since he chose ingredients that refer to this terroir. Thus, juniper berry, Arbequina olives (the only ones to benefit from the Spanish AOC), oranges from Seville and Valencia, Greek rosemary, Italian basil, Turkish thyme... What brings all these botanicals together, their common denominator, is the Deep Blue! Hence its name, "Gin Mare", "Gin of the sea" in Latin... Let us recall the Latin nickname of the Mediterranean: "Mare Nostrum".



Map of fishing zones according to number (FAO)

Service and 8.1% VAT included.

Our team will be delighted to advise you on the composition of dishes in case of allergies or special dietary requirements.

Our breads and pastries are of French origin.