

# Restaurant Mühle summer delights

## Starters

### Nectarine and vegetable gazpacho

with Ittingen basil croutons and roasted pine nuts  
11.–

### Baked Rebkäse from our own dairy

with leaf salad, Thurgovian strawberry dressing and Ittingen apple chutney  
16.–

### Ittingen Coppa Carpaccio

with nasturtium salad from the monastery garden  
shavings from Ittingen "Hofkäse" cheese  
and homemade apple reduction  
17.–



## Salads

### Ittingen herb and flower salad

salad with fresh herbs and flowers from the monastery garden  
Ittingen "Rebchäsli"-cubes and crispy basil croutons  
12.–



### Monastery turret

from young Ittingen soft cheese and juicy tomatoes  
with homemade pesto of our own basil  
on salad with Ittingen rapeseed  
15.–



## Choose your favorite dressing

**Thurgovian** - with grated apples and herbs

**French** - according to an old house recipe

**Italian** - with extra virgin olive oil and "Balsamico di Modena"



## Main courses

### Loop the Loop the Burger

Juicy Ittingen beef 220g, spicy farm cheese, bacon fried onions, gherkin and Ittingen sour cream in Ittingen Loop bread

32.–

optionally with crispy XL french fries or coleslaw salad

4.–



### Mühle-Fitness plate

Colourful salad with Ittingen raw milk Brie, air-dried Ittingen raw ham melon and homemade herb butter ; optionally with

Ittingen pork steak 31.-

chicken breast 30.-

Alpstein beef entrecôte 38.-

## Our cloister-classics

### Carthusian pan

Medallions of pork from our farm with an apple bacon sauce and homemade spätzli

(with creamy mushroom sauce on request)

37.–



### Saltimbocca from Ittingen veal

with spicy air dried Ittingen raw ham and sage from the monastery garden Ittingen verjus sauce, homemade basil noodles and seasonal vegetables

45.–



### Simply classic

220g Schnitzel from Ittingen pork baked in Ittingen herb bread panade with crispy XL french fries

32.–



## Vegetarian Dishes

### Black-Jack

Jackfruit BBQ-burger with tomato, Ittingen gherkin, roasted onions, rocket salad and Ittingen yoghurt dip in a homemade bun made with "Bäckernachtmehl" (black flour)

25.–

optionally with crispy XL french fries or coleslaw salad

4.–

### Homemade tomato and curd dumplings

with tomatoes and cucumbers from the monastery garden, Ittingen basil pesto and with Ittingen grated "Hofkäse" cheese

26.–



## Fish

### Swiss pike-perch from the tropical house Frutigen\*

with homemade tomato noodles, seasonal vegetables and Ittingen lemon-thyme sauce

37.–

Our Swiss waters are far from being able to cover the domestic consumption of fish. Nevertheless, thanks to innovative fish farmers, we don't have to do without good and healthy Swiss fish.

*\*In addition to the fresh water from the inside of the Lötschberg, the modern circulation system of the Tropenhaus Frutigen is an important factor for the high quality. The use of antibiotics, hormones or other drugs is deliberately avoided. Sustainability and species-appropriate animal keeping are given top priority at the Tropenhaus Frutigen.*



**Trouts from our own raising**  
enduring and environmental friendly production

**Pan-fried rainbow trout**  
with herb butter  
dry rice or boiled Ittingen potatoes  
32.–

**Rainbow trout poached in Ittingen beer brew**  
dry rice or boiled Ittingen potatoes  
32.–

*The Carthusian monks were already running a fishery, in the nearby „Nut tree lake“. We have been raising our own trout's for many years now. Our historic spring (230 up to 280 litres per minute) and the wonderful water quality of it are making it possible for us to raise trouts. The young trouts mainly originate from our own upbringing or nearby fish farms. The breeding follows in five natural ponds near our market garden. We are feeding our trouts with biological food. They are reaching a length from about 29 cm and a living weight of just about 280 g within 1.5 up to 2 years. We raise 2'400 trouts per year. Some of those trouts are being brought to our kitchen alive. The other half is smoked and for sale in our monastery shop.*

