



## Welcome

At The Cambrian we love to share our passion for outdoor activities in the Alpine playground that is Adelboden. Our menu has been created to further compliment the good things that you've been doing for your body and soul. We passionately believe that healthy eating is where it's at and there's no reason that good honest and healthy food shouldn't taste fantastic.

Beside fresh fish and quality meat our sharing menu is full of fresh vegetables and herbs, nuts and other sources of proteins and healthy carbs like quinoa, bulgur wheat and lentils.

Food is about sharing and that's what this menu is all about. We'd recommend you select three to four dishes per person to fully appreciate the breadth of our kitchen's offering.

— If you have any questions regarding allergies, our staff will be happy to assist you —



## „Sharing dishes“ Menu

The dishes you will find on this menu are small portions served in the middle of the table and thought to be shared. We recommend 4 dishes per person for an average hunger.

As the goal is to share, order together in the aim of tasting as many different flavours as possible!

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### Salads / Cold dishes

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- Grilled tofu with a spicy smoked sauce on a pear-cinnamon-compote — 16.00
- Oven-cooked beetroot with purslane, chard, rocket, maple syrup and roasted walnuts — 14.00
- Couscous salad with dried figs, apricots and feta cheese — 13.00
- Red cabbage salad with oranges, quinoa and roasted pumpkin seeds — 14.00
- Lentil hummus with roasted cashew nuts and pita bread — 14.00
- Baked farmer's cheese with mesclun salad, cranberries and mandarin vinaigrette — 16.00

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### Soups

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- Carrot-parsnip cream soup with rocket pesto — 9.00
- Black salsify cream soup with allspice and fried kale — 9.00
- Lime grass essence with crayfish — 8.50

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### Meat

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- Marinated lamb chops with coriander-mint sauce — 32.00
- Braised beef shoulder on pumpkin-potato-mousseline — 24.00
- Grilled corn-fed poularde strips with Chinese cabbage, lemon pepper and sweet-sour sauce — 23.00

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### Fish / Shells

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- Grilled scallops on a mango-pineapple-chili salsa — 22.00
- Cooked salmon tranche with smoked salt and pistachio-olive crust — 25.00

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### Side dishes

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- Borlotti beans puree with orange oil and thyme — 11.00
- Oven-cooked sweet potatoes with sultanas, cashew nuts, maple syrup and lime quark — 15.00
- Polenta fries with aioli of roasted garlic — 9.00
- Lemon rice with curry leaves, almonds and dates — 8.00
- Hokkaido pumpkin with cardamom and caraway — 12.50
- Oven-cooked parsley root with spring onions and fresh herbs — 10.50
- Stewed Pak Choi with star anise yoghurt — 17.00



## Traditionally served main courses

Marinated lamb chops with coriander-mint sauce  
Lentil hummus and Hokkaido pumpkin — 42.00

Rump steak with sweet potatoes, lime quark and parsley root — 36.00

Grilled scallops on mango-pineapple-chili salsa and Borlotti beans puree — 39.00

Tom-Ka-Gai soup with prawns — 22.00

Grilled tofu with a spicy smoked sauce on a pear-cinnamon-compote  
Lemon rice with curry leaves, almonds and dates — 25.00

## Dessert / Cheese

Caramelized pineapple with coconut ice cream — 17.00

Baked chocolate-ganache with mandarin oil and blood orange sorbet — 16.00

Carrot cake with cinnamon, kiwi sorbet and caramelized macadamia nuts — 15.00

Cheese plate with nuts, fruit bread and chutney — 22.00

### Homemade sorbets:

Kiwi, blood orange, lemon, mango, strawberry

### Homemade ice cream

Vanilla, chocolate, coconut, mocha

3.80 per scoop

1.50 whipped cream



## Suppliers & Origin

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### Our local suppliers

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Eggs	Büschen, Adelboden
Dairy products & cheese	Schmid, Adelboden
Bread	Bakery Haueter, Adelboden
Mineral water	Adelbodner Mineral, Adelboden

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### Origin of meat & fish

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Beef	Switzerland
Corn-fed poularde	France
Lamb	Wales, England
Crayfish	FAO 04, inland waters, Asia
Scallops	FAO 21, wild catch, Atlantic
Salmon	Scotland, breeding, aquaculture