



The Glasshaus - 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 menu is full of fresh vegetables and herbs, nuts and other sources of proteins and healthy carbs like quinoa, bulgur wheat and lentils.

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



Starters

Beetroot salad with sprout, raspberry vinegar and walnut oil — 17.00
With green salad and walnuts

Turnip cabbage salad with coriander, vanilla and coffee oil — 19.00
With green salad

Salad of chickling peas with ras el hanout spices, cranberries, avocado and argan oil —19.00

Salad of rice noodles
Papaya, mango, thai basil, black radish, ginger and sesame — 21.00

Pan fried manouri cheese on a bed of Mediterranean grilled vegetables and pesto —23.00

Raw marinated entrecote of beef with “Leccino” olives, rocket salad and parmesan —25.00

Soups

Bell pepper soup with Apulian Olive oil — 15.00

Beetroot soup with grated Granny Smith apple — 15.00



Main courses

Corn-fed poularde breast with raw swiss ham and sage — 42.00

Swiss beef cheek with star anise, cardamom, ginger, sesame oil und soya — 45.00

Swiss lamb shank with mint and Irish fillet of lamb — 48.00
Lime and cumin

Fried pike-perch in a Panko breadcrumb with yoghurt-orange sauce — 38.00

Slow cooked “Swiss Alpine” salmon on his bed of Jerusalem artichoke — 54.00

Homemade Agnolotti pasta with braised eggplant — 31.00
With a smoked tomatoe sauce and parmesan
(Side dishes not included)

Homemade chicken ravioli with nut butter and sage — 31.00
(Side dishes not included)

Vegetarian variation

Select 3 different side dishes to compose your main course — 32.00

Side dishes – choose 2 side dishes for your main course

Thai rice with crispy ginger

Polenta fries with garlic dip

Sweet potatoes and wasabi mash

Sautéed spinach and parsley

Steamed Pak Choi

Salad of cheackpeas with ras el hanout spices, dates, lime (cold)

— All prices in CHF, VAT and service charge included —



Desserts | Cheese

Swiss Toblerone Mousse with berries compote and caramelized hazelnuts — 14.00

Luke warm chocolate cake with macerated plum — 17.00
(Preparation time: 25 minutes)

Carrot cakes with spices, mango-passion fruit sorbet and quince — 18.00

Swiss cheese selection with black walnut, pumpkin seeds pesto and chutney — 25.00
Fruit bread and pear bread

Homemade sorbets

Mango-Passion fruit, strawberry, plum, coconut-lime

Homemade ice cream

Vanilla, cinnamon, praline

Daily ice-cream and sorbet upon request

4.50 per scoop
1.50 whipped cream

Suppliers & origin

Our local suppliers

Pear bread
Dairy products & Cheese
Bread

Tee-Room Schmid, Adelboden
Schmid, Adelboden
Haueter, Adelboden

Origin meat & fish

Lamb
Beef
Chicken
Corn-fed poularde
Pike-perch
Salmon

Switzerland | Ireland
Uruguay
Switzerland
France
Estonia
Switzerland