

Bären
Adelboden

Hotel & Restaurant

Menu card

Welcome

We look forward to welcoming you as a guest and wish you a pleasant time with us in the restaurant Bären Adelboden.



Printed or downloadable version via QR code

Fresh salads & salad specialities

Autumn leaf salad ✓	9
With grapes and croutons	
Mixed salad ✓	12
Your choice of one of our homemade salad dressings: French, Italian, cranberry balsamic dressing.	

Homemade soups

Mountain herb soup ✓	14
Carrot - ginger - cream soup ✓	14
Pumpkin cream soup with seeds ✓	14

Main courses

Perch filets in a crispy batter	39
Served with our homemade tartar sauce, your choice of French fries / rice or fitness plate	

Starters

- N'dunderi al limone**  21
The N'dunderi, popular on the Amalfi Coast, are based on a recipe from antiquity. from ancient times. We serve them made by our pasta specialist, Vincenzo Mastrobuono, from Naples, homemade ricotta and wheat flour wheat flour gnocchi served with a refreshing lemon sauce.
- Äplermagronen** 21
Your choice, with or without bacon - served with Apple Sauce
- Beef tartare as a starter** 27
Prepared in the classic style

Bear tartare Main Courses

- Beef tartare*** 36
Prepared in the classic style with the spiciness of your choice, served with toast
- Vogellisi Beef Tartare** 37
Hand-cut, with high-quality olive oils, garlic, 3-year-old alpine cheese, a little mustard and chilli - served with french fries.

* As an accompaniment Cognac, Calvados or Whisky




= Vegetarian dishes

La Pasta

- Spaghetti Napoli**  23
Prepared with a tomato sauce according to a Napolitan recipe
- Äplermagronen** 25
with or without bacon - served with applesauce
- N'dunderi al limone**  27
The N'dunderi, popular on the Amalfi Coast, are based on a recipe from antiquity. from ancient times. We serve them made by our pasta specialist, Vincenzo Mastrobuono, from Naples, ricotta and wheat flour gnocchi. wheat flour gnocchi served with a refreshing lemon sauce
- Spaghetti Marinaio** 34
With scampi, garlic and chili

Homemade Röstis

- With pumpkin, gratinated with mountain cheese and served with a fried egg  25
- With bacon or 26
With ham, gratinated with raclette cheese 26
- With a fine grilled sausage (pork) from our house butcher 29
Fritz Gempeler. Served with onion jus

Vegi

- Spaetzligratin**  29
With vegetables, gratinated with mountain cheese
- Cock-a-doodle-doo Curry**  **vegan** 29
Aromatic curry stew with fresh vegetables, sweet potatoes and herbs. Served with rice

 = Vegetarian dishes

Fine bear specialities

Calf's liver	38
Prepared as desired with onion sage butter or an herb sauce an herb sauce, served with homemade rösti	
Bären Schnitzel	43
Tender Swiss veal, fried with a homemade herb breadcrumbs herb breading, served with French fries	
Pork Cordon Bleu	39
From the cutlet, filled with smoked Raclette cheese and and fine ham. Prepared according to the original recipe of the traditional restaurant "Della Casa" in Bern, served with french fries and vegetables.	
Veal escalope in Oberland style with mushrooms	43
Served with creamy sauce, spaetzli and vegetables	
Bären Schnägge	49
Pink roasted cubes of beef fillet served in a "Schnägge-Pfännli" and topped with a specially created sauce, served with rice or French fries	
Beef fillet	
Tender, excellently seasoned fillet from the village butcher Fritz Gempeler. Roasted as you wish, served with herb butter or Béarnaise sauce, vegetables and side dish of your choice	
Lady`s Cut 150gr.	54
Man`s Cut 250gr.	65
Side dishes	
French fries, noodles, rice or rösti	

Autumn specialities

Venison escalope (EU)	45
With cognac cream sauce Brussels sprouts, red cabbage, spaetzli and cranberry apple	
Deer entrecôte (EU)	42
On wild mushroom sauce with Brussels sprouts, red cabbage, spaetzli and cranberry apple	
Wild boar fillet medallions	39
On an elderberry sauce with Brussels sprouts, red cabbage, spaetzli and cranberry apple	
Fresh from the aquarium (No joke)	
Trout blue	39
Served with boiled potatoes or rice, served with nut butter	
Trout fried	39
Served with boiled potatoes or rice	

Fondues

Traditional Swiss Cheese Fondue 	29
Bären mix from the village cheese dairy	
Adelboden cheese fondue with smoked farmhouse bacon	32
Bären mix from the village cheese dairy	
Champagne & Truffle Cheese Fondue 	34
A creation by Manfred Schmid from village cheese dairy	

The epitome of Swiss cosiness

Originating in the Alps of French-speaking Switzerland, the delicacy of melted cheese conquered the whole of Switzerland and is now the epitome of Swiss cosiness worldwide.

Our fondue mixtures are carefully and regionally produced by village cheese specialist Manfred Schmid and invite you to enjoy and wilt.

We wish you "e Guetä"!

Little one with bear hunger

Yogi bear ✓ 8
French fries with ketchup or mayonnaise

Bubu ✓ 10
Spaghetti with tomato sauce

Winnie the Pooh 10
Small Wiener schnitzel of pork with french fries

Kung Fu Panda 12
Chicken nuggets with french fries

Side dish ✓ 6
Peas & carrots



✓ = Vegi dishes

Our chefs

Rolf Zimmermann, recommends:

Starters

Asparagus cream soup with saffron

14

Main course

Sautéed calf kidneys with Dijon mustard

35

Served with butter noodles and herb tomato

Dessert

Crema Catalan with lime

13

simply enjoy