



Menu

Welcome

We are very pleased to welcome you as our guest
and wish you a pleasant time with us at the
Restaurant Bären Adelboden

Fresh salads & salad specialities

Summer leaf salad with carrot strips & croutons 	9.50
Mixed salad 	12
Tomato – Mozzarella – Salad with fresh basil 	15

Your choice of our homemade dressings:
French, Italian or lemon-honey dressing


Homemade soups

Mountain herb soup 	14
Tomato soup with basil baguette 	14
Cucumber cream soup with smoked salmon dumplings	15




Vegetarian dishes

Starters

N'dunderi al limone 	22
We serve you our pasta speciality with homemade ricotta- wheat flour gnocchi and a refreshing lemon sauce	
Beef tatar as a starter	28
prepared in the classic style	

Main courses

Vogellisi salad plate with melon and egg 	25
served with lemon-honey dressing	
Roastbeef plate with tatar sauce	29
Side dish: French fries	6
Battered perch fillets	39
served with a homemade tatar sauce, at your choice French fries, rice or a salad plate	

Bären tatar

Beef tatar 38

prepared in the classic style and the spiciness of your choice,
served with toast

As an accompaniment cognac, calvados or whisky

Vogellisi beef tatar 39

Hand-cut, with high quality olive oils, garlic,
3-year-old alpine cheese, mustard and chili - served with French fries.

La Pasta

Spaghetti Napoli  25

Spaghetti Bolognese 28


Spaghetti Marinaio 34

with scampi, garlic and chili



N'dunderi al limone  28

We serve you our pasta speciality with homemade ricotta- wheat flour
gnocchi and a refreshing lemon sauce

Homemade rösti

Vegetarian rösti 	26
with dried tomatoes, olives, fried egg and mozzarella	
Rösti with bacon	27
gratinated with raclette cheese	
Rösti with ham	27
gratinated with raclette cheese	
Grilled sausage with rösti	29
With a grilled sausage (pork) from our house butcher Fritz Gempeler, served with onion gravy	

Vegetarian & vegan

Potato dumplings  vegan	29
served with avocado pesto and cherry tomatoes	
Kikeriki Curry  vegan	29
Aromatic curry stew with fresh vegetables, sweet potatoes and herbs served with rice	

 **vegan** Vegan dishes

 Vegetarian dishes

Bären specialities

Calf's liver	39
prepared at your choice with an onion sage butter or a herb sauce served with homemade rösti	
Escalope Bären	45
Tender Swiss veal, fried with a homemade herb bread-crumbs served with French fries	
Pork cordon bleu	39
From the cutlet, filled with smoked raclette cheese and fine ham. Prepared according to the original recipe from the traditional restaurant "Della Casa" in Berne, served with French fries and vegetables.	
Sliced veal Zurich style with rösti	44
Veal escalope Oberland style with mushrooms	45
served with a cream sauce, noodles and vegetables	
Bären snails	49
Pink roasted cubes of beef fillet served in a "snail-plate" and gratinated with a specially created sauce, served with a side dish of your choice	
Fillet of beef	
Tender, excellently seasoned fillet from the village butcher Fritz Gempeler. Roasted at your choice, served with herb butter or bearnaise sauce, vegetables and side dish of your choice	
Lady`s Cut 150 g	56
Man`s Cut 250 g	65
Side dishes	
French fries, noodles, rice or rösti	

Summer specialities

Summer salad plate

Your choice of our homemade dressings:
French, Italian or lemon-honey dressing

Grilled chicken breast (200 g) CH	34
Pork meat-skewer with bacon (180 g)	38
Veal paillard (180 g)	44
Black tiger prawns (200 g)	39
Fillet of beef (150 g)	56
Fillet of beef (250 g)	65
French fries	7

Fondues

Traditional Swiss cheese fondue 	29
Bären mix from the village cheese dairy	
Adelboden cheese fondue with smoked bacon	32
(from 2 persons)	
Bären mix from the village cheese dairy	
Champagne & truffle cheese fondue 	34
(from 2 persons)	
A creation by Manfred Schmid from the village cheese dairy	

For our little guests

Yogi bear ✓	8
French fries with ketchup or mayonnaise	
Bubu ✓	12
Spaghetti with tomato sauce	
Winnie Pooh	12
Small pork escalope Viennese style served with French fries	
Kung Fu Panda	14
Chicken nuggets with French fries	
Side dish ✓	7
Peas & carrots	

