



SPORTZENTRUM
PRAU LA SELVA

Fliins 

Food & Beverage Menu

Please order at the cashier

Appetisers & Salads

Big mixed Salad	CHF	13.00
<i>Small mixed salad</i>	<i>CHF</i>	<i>7.00</i>
Big green salad	CHF	12.00
<i>Small green salad</i>	<i>CHF</i>	<i>6.00</i>

Seasonal salad variations

* with chicken breast strips <i>and homemade herb butter</i>	CHF	21.00
* with fish fingers <i>and tartar sauce</i>	CHF	20.00
* with pork steak <i>and homemade herb butter</i>	CHF	22.00

All salads are served with our house dressing, Italian dressing or vinegar and oil.

Vegetarian Special	CHF	21.00
<i>Asian vegetarian salad with 3 crispy baked spring rollls, soy and sweet chili sauce</i>		

Swiss sausage and cheese salad	CHF	15.50
<i>Cervelat, Bündner mountain cheese, pickles, red onions, marinated with our house dressing</i>		

Bündner Plättli	CHF	18.00
<i>with smoked ham, Salsiz, smoked bacon, Bündner mountain cheese, pickles and pearl onions</i>		

Finely sliced Salsiz	CHF	8.00
<i>with pickles and pearl onions</i>		

Main Courses

A pair of Wiener <i>with bread</i>	CHF	7.00
<i>with French fries</i>	CHF	14.00
Chunky pork Bratwurst <i>with bread</i>	CHF	10.00
<i>with French fries and onion sauce</i>	CHF	18.00
7 Chicken Nuggets <i>with French fries</i>	CHF	15.00
1 Chicken Nugget	CHF	1.50
Mountain Cheese Cordon Bleu	CHF	27.00
<i>Pork, served with French Fries and crisp vegetables</i>		
Schnitzel „Wiener Art“	CHF	25.00
<i>Pork, served with French Fries and crisp vegetables</i>		
Bacon Burger “Prau la Selva”	CHF	19.00
<i>Beef, with roasted bacon, house sauce, served with French Fries</i>		
Spaghetti with tomato sauce	CHF	16.00
<i>small portion</i>	<i>CHF</i>	<i>14.00</i>
Spaghetti Bolognese	CHF	18.00
<i>small portion</i>	<i>CHF</i>	<i>16.00</i>
Spaghetti Aglio, Olio e Peperoncino	CHF	14.00
<i>small portion</i>	<i>CHF</i>	<i>12.00</i>
Pizokels „Prau la Selva“	CHF	21.00
<i>with bacon, roasted onions, cream and apple compote</i>		
Bündner Maluns	CHF	21.00
<i>served with Bündner mountain cheese and apple compote</i>		
Portion French fries	CHF	8.00
<i>small portion</i>	<i>CHF</i>	<i>6.00</i>
Portion ketchup, mayo, mustard	CHF	0.50

Cold Drinks

Small bottle	0,45l	CHF	4.00
<i>Valser Mineral, Cola, Fanta, Sprite, Fuse Tea, Rivella, Shorley, Focus Water, Vitamin Well</i>			
Big bottle	1,5l	CHF	10.00
<i>Valser Mineral Classic, Shorley, Fuse Tea Lemon</i>			
Red Bull	0.25l	CHF	4.50
Nocco <i>Peach, Tropical</i>	0.33l	CHF	4.50
Powerade <i>Mountain Blast</i>	0.5l	CHF	4.50
Gatorade <i>Cool Blue,</i>	0.75l	CHF	5.50
Michel <i>orange, multivitamin juice</i>	0.2l	CHF	4.00
Schweppes Tonic	0.2l	CHF	4.00

Beer

Calanda Edelbräu	0,33l	CHF	4.50
Calanda Glatsch	0,4l	CHF	5.50
Calanda Lager	0,58l	CHF	6.50
Calanda Radler	0,33l	CHF	4.50
Calanda Senza <i>alcohol free</i>	0.33l	CHF	4.50
Erdinger Weizenbier	0,5l	CHF	6.50
Sol Cerveza	0.33l	CHF	5.00
Birra Moretti	0.33l	CHF	5.00

Wine by the glass

Jeninser Riesling & Sylvaner	0,1l	CHF	5.50
Bottle Riesling & Sylvaner	0,5l	CHF	24.00
Malanser Pinot Noir	0,1l	CHF	5.50
Bottle Malanser Pinot Noir	0,5l	CHF	24.00
Cüpli Prosecco	0,1l	CHF	6.50
Bottle Prosecco	0,75l	CHF	45.00
Möhl Cider <i>unfiltered / alcohol free</i>	0,5l	CHF	6.00

Hot Drinks

Coffee	CHF	4.00
Espresso	CHF	4.00
Double Espresso	CHF	5.50
Flat White	CHF	4.50
Cappuccino	CHF	4.50
Latte Macchiato	CHF	5.00
Ovomaltine hot / cold	CHF	4.00
Punsch <i>alcohol free</i>	CHF	4.00
Hot / cold chocolate	CHF	4.00

+cream CHF 1.00

Various Sirocco Teas per cup CHF 4.50

*Ceylon Sunrise, Black Chai, Japanese Sencha,
Verbena, Rooibos Tangerine, Moroccan Mint,
Camomile Orange Blossoms, Piz Palü herbal tea,
Ginger Lemon Dream, Red Kiss fruit tea*

with alcohol

Café Luz	CHF	6.50
Café Fertig	CHF	7.00
Coretto Grappa	CHF	6.50
Hauskaffee	CHF	7.50
Café Baileys	CHF	7.50
Tee Rum	CHF	6.50
Jägertee	CHF	6.50
Glühwein	CHF	6.00

Refreshing Summer Drinks

Aperol Sprizz		CHF	9.00
Hugo		CHF	9.00
Campari Orange		CHF	9.00
Bombay Sapphire & Tonic		CHF	12.00
Havanna Club Cuba Libre		CHF	12.00

Spirits

House Grappa	2cl	CHF	5.00
Grappa di Barolo	2cl	CHF	7.00
Grappa di Amarone	2cl	CHF	7.00

Various Brandy	2cl	CHF	5.00
<i>Plum, Kirsch, Williams, Herbal, Pomaceous fruit</i>			

Vieille Prune (old plum)	2cl	CHF	7.00
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Ramazotti	4cl	CHF	6.50
Braulio	4cl	CHF	6.50
Martini Bianco	4cl	CHF	6.50
Baileys	4cl	CHF	7.00
Amaretto	4cl	CHF	7.00
Campari	4cl	CHF	7.00

Ballantines Whisky	4cl	CHF	8.00
Bombay Sapphire Gin	4cl	CHF	8.00
Havanna Club Rum 3 years	4cl	CHF	8.00
Moskovskaya Vodka	4cl	CHF	8.00