

*It is much better to enjoy and then regret,  
than regret to have never been able to enjoy.*  
(Giovanni Boccaccio)

Dear guests, with this in mind,  
we would like to welcome you to the Seealm Hög.

A magical place needs magic to exist.

We will spoil you not only with our established regional dishes,  
but also with fish specialities  
as well as vegetarian and vegan delicacies.

Many of our products come directly from our farmers  
in the Serfaus-Fiss-Ladis region.





Highest quality is of utmost importance to us  
and therefore our dishes are freshly prepared every day.

Enjoy your meal and have a delightful time.


Your Seealm Hög Team



## *Salad*

|   |                              |                      |         |
|---|------------------------------|----------------------|---------|
| Large green salad    | (G,M) also possible in vegan | gr. grüner Salat     | € 10,70 |
| Small green salad    | (G,M) also possible in vegan | kl. grüner Salat     | € 7,70  |
| Large mixed salad    | (G,M) also possible in vegan | gr. gemischter Salat | € 10,70 |
| Small mixed salad    | (G,M) also possible in vegan | kl. gemischter Salat | € 7,70  |
| Caesar Salad<br>with fried strips from a corn-fed chicken breast                                      | (C,D,G,M)                    |                      | € 22,20 |
| Tempura softshell-crab<br>served in a Bao-Bun with green papaya-salad<br>and homemade lime-mayonnaise | (A,B,C,D,E,F,G)              |                      | € 22,70 |


## *Starters*

|  |           |  |         |
|--|-----------|--|---------|
| Burrata  |           |  | € 21,20 |
| with cherry tomato confit and rye baguette   | (A,G)     |  |         |
| Pastrami   |           |  |         |
| with apple-coleslaw, walnut-rosemary bread<br>and mustard-sour cream (all homemade)        | (A,G,L,M) |  | € 21,20 |

## *Seealm Special*

|   |                     |  |         |
|---|---------------------|--|---------|
| House smoked trout from the Oetz valley                   | geräucherte Forelle |  |         |
| served with lamb's lettuce, twisted bread and horseradish | (A,D,G,M)           |  | € 27,20 |


## *Traditional*

|   |             |  |         |
|---|-------------|--|---------|
| Pick-off  | Brettljause |  |         |
| Selection of local dried meat and cheese specialities   | (A,C,G,M)   |  | € 18,00 |
| Tyrolean cheese platter  | Käseauswahl |  |         |
| with butter and fig mustard   | (A,G,H,M,O) |  | € 20,30 |

### Allergen information:

A- gluten, B- crustacean, C- eggs, D- fish, E- peanut, F- soy, G- milk-lactose, H- pulses  
L- celery, M- mustard, N- sesame, O- sulphite, P- lupines, R- molluscs






## Soup

|  |                                    |                               |
|--|------------------------------------|-------------------------------|
| Beef consommé<br>with noodles or sliced pancake or fried batter pearls (A,C,E,G,L,O)   | <i>Nudeln/Frittaten/Backerbsen</i> | large € 7,70<br>small € 5,40  |
| Cauliflower cream soup<br>with vanilla and smoked salmon (G,D,L)<br>also available in vegetarian -€ 1,50 (G,L)                           | <i>Karfioleremesuppe</i>           | large € 10,50<br>small € 8,10 |
| Tomato cream soup <br>with white bread croutons (F,L,O) |                                    | large € 9,80<br>small € 7,10  |
| Tom Kha Gai soup<br>with chicken, vegetables, mushrooms and glass noodles (F,N)<br>Also possible in vegan -€ 1,50 (F,N)                  |                                    | large € 11,50<br>small € 9,10 |

## Fish

|   |                           |         |
|---|---------------------------|---------|
| Fish'n Chips "Seealm Style"<br>Flounder filet with sweet potato chips, sauce remoulade<br>and tomato relish (A,C,D,E,F,G,M) |                           | € 25,80 |
| Pikeperch stew<br>with potatoes and savoy cabbage (D,L,O)   | <i>Gulasch vom Zander</i> | € 28,80 |
| Tyrolean speckled trout<br>with barbeque vegetables mash and seasonal mushrooms (D,G)                                       | <i>Bachsaibling</i>       | € 30,00 |
| Spaghetti in a wild-herb cream sauce<br>with fried dices of salmon, rocket and parmesan (A,D,G,O)                           |                           | € 25,80 |

## Vegetarian and Vegan

|   |                      |         |
|---|----------------------|---------|
| Mac'n Cheese "Seealm Style" baked cheese macaroni  (A,C,G,O)                 |                      | € 19,80 |
| Penne with vegan Bolognese and rocket  (A,L)                                 |                      | € 17,70 |
| Chickpea-carrot Masala <br>with Jasmin rice and sesame seeds (L,N)           |                      | € 19,20 |
| Lentil stew <br>with a variety of vegetables, rocket and local rye bread (A) | <i>Linseneintopf</i> | € 18,40 |
| Mushroom ragout with lye bread dumplings  (A,C,G,O)                          |                      | € 18,40 |




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## *Mains*

|  |                   |         |
|--|-------------------|---------|
| Seealm Cordon Bleu from pork<br>filled with ham and local cheese<br>served with French fries or jacket potato (A,C,G)                          |                   | € 24,90 |
| Boiled prime beef served in a broth<br>with roasted potatoes and cream spinach<br>served with apple-horseradish and sour cream sauce (F,G,L,O) | <i>Tafelspitz</i> | € 28,20 |
| Half of a fried farmer's chicken with barbecue vegetables<br>served with either rice or French fries (L,O)                                     |                   | € 22,10 |
| Entrecôte (200 g) with a honey-mustard crust<br>served with speck wrapped green beans, French fries<br>and barbecue sauce (A,C,G,M,O)          |                   | € 32,70 |
| Fried corn-fed chicken breast served with a creamy herb polenta<br>and zucchini-chickpea ratatouille (G)                                       | <i>Maishendl</i>  | € 26,70 |
| Creamy veal "Beuscherl" (lung and heart stew)<br>with bread dumpling and sour cream (A,C,D,G,L,M,O)  |                   | € 23,00 |
| Red curry from local beef<br>with vegetables and Jasmin rice (N)   |                   | € 24,50 |
| <b>Also possible in vegan (N)</b>  |                   | € 20,30 |



## *Kids*

|  |                      |         |
|--|----------------------|---------|
| Small pork schnitzel with French fries (A,C,G)   |                      | € 11,20 |
| Chicken Nuggets with French fries (A)  |                      | € 9,80  |
| Spaghetti Bolognese (A,L,O)  |                      | € 9,80  |
| Spaghetti with tomato sauce (A,L,O)  |                      | € 8,10  |
| Boiled Frankfurts with French fries  |                      | € 9,80  |
| Fish sticks with French fries (A,D)  | <i>Fischstäbchen</i> | € 9,80  |
| French fries    |                      | € 7,20  |
| Sweet potato fries <br>with sour cream dip (G,M)                              | <i>Süßkartoffel</i>  | € 9,80  |
| Small semolina Schmarren (sliced thick pancake) <br>with apple sauce (A,C,G) |                      | € 9,80  |

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## *Dessert*

|  |   |         |
|--|---|---------|
| Short crust apple strudel<br>with vanilla sauce or whipped cream (A,C,G,H)   | <i>Apfelstrudel</i>                                   | € 9,20  |
| Serfauser semolina Schmarren (sliced thick pancake)<br>available with sour cherries or apple sauce<br>or cranberries (A,C,G)                           | <i>Sauerkirschen o. Apfelmus<br/>o. Preiselbeeren</i> | € 16,30 |
| Steamed yeast dumpling<br>filled with a plum jam and served with vanilla sauce or melted butter<br>and poppy seed sugar (A,C,G)                        | <i>Germknödel</i>                                     | € 11,20 |
| Frozen yoghurt<br>with fresh fruits and puffed Quinoa (G)  |   | € 10,10 |
| Banana Tris  (H)<br>Banana creme brulée, banana cake and banana chips |   | € 13,20 |
| Cheese cake <br>with mango-ragout and whipped cream (H,O)            |   | € 10,20 |

## *Cake*

|                          |               |                       |        |
|--------------------------|---------------|-----------------------|--------|
| Cream cake (A,C,G,H,P,O) | <i>Torte</i>  | with whipped cream    | € 6,80 |
|                          |               | without whipped cream | € 6,00 |
| Cake (A,C,G,H,P,O)       | <i>Kuchen</i> | with whipped cream    | € 6,60 |
|                          |               | without whipped cream | € 5,80 |

***We also offer various gluten-free dishes,  
Please ask for our gluten-free menu.***

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## *Aperitif*

|                         |      |        |
|-------------------------|------|--------|
| Glass Prosecco *(O)     | 0,1l | € 5,00 |
| Campari Soda *(O)       | 4 cl | € 6,10 |
| Campari Orange *(O)     | 4 cl | € 8,10 |
| Aperol Spritz *(O)      | 0,2l | € 7,20 |
| Hugo *(O)               | 0,2l | € 7,20 |
| Lillet Rosé Spritz *(O) | 0,2l | € 7,20 |

## *Non-alcoholic beverages*

|  |                       |        |
|--|-----------------------|--------|
| Glass Serfauser mountain spring water *              | 0,2l                  | € 0,80 |
|  | 0,4l                  | € 1,10 |
| Carafe Serfauser mountain spring water *             | 0,5l                  | € 1,20 |
|  | 1,0l                  | € 2,20 |
| "Tiroler Urgestein" <i>our regional water</i>        | 0,33l                 | € 3,90 |
| sparkling or still, bottle                           | 0,75l                 | € 6,00 |
| Coca-Cola / Fanta / Spezi / Sprite                   | 0,2l                  | € 3,70 |
|  | 0,4l                  | € 5,00 |
| Almdudler / Almdudler Zero (herbal lemonade), bottle | 0,35l                 | € 4,60 |
| Coca-Cola Zero, bottle *contains Phenylalanine       | 0,33l                 | € 4,60 |
| Ice tea lemon, bottle                                | 0,33l                 | € 4,60 |
| Ice tea peach, bottle                                | Pfirsich-Eistee 0,33l | € 4,60 |
| Ski water (cordial) with still or sparkling water    | 0,2l                  | € 3,20 |
|  | Schwässer 0,4l        | € 4,40 |
| Elderberry cordial with still or sparkling water     | 0,2l                  | € 3,20 |
|  | Hollunder 0,4l        | € 4,40 |
| Apple juice  | Apfel 0,2l            | € 3,70 |
|  | 0,4l                  | € 5,00 |
| Apple juice with still or sparkling water            | 0,2l                  | € 3,70 |
|  | 0,4l                  | € 5,00 |
| Black current juice                                  | Johannis 0,2l         | € 3,70 |
|  | 0,4l                  | € 5,00 |
| Black current juice with still or sparkling water    | 0,2l                  | € 3,70 |
|  | 0,4l                  | € 5,00 |
| Orange juice, bottle                                 | 0,2l                  | € 4,10 |
| Tomato juice, bottle                                 | 0,2l                  | € 4,10 |
| Schweppes Tonic Water, bottle                        | 0,2l                  | € 4,20 |
| Schweppes Bitter Lemon, bottle                       | 0,2l                  | € 4,20 |
| Thomas Henry Tonic Water, bottle                     | 0,2l                  | € 4,60 |
| Red Bull, bottle                                     | 0,25l                 | € 5,40 |
| Glass milk *(G)                                      | 0,2l                  | € 3,10 |
|  | 0,4l                  | € 4,30 |

*\*Tap water itself of course is free of charge.*

*The small token is solely to cover for service and other costs incl. taxes.*

*We appreciate your understanding.*

*Water accompanying coffee or wine are free of charge.*

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## *Beer*

|  |      |        |
|--|------|--------|
| Trumer "Pfiff" *(A)  | 0,2l | € 3,90 |
| Trumer small *(A)  | 0,3l | € 4,90 |
| Trumer large *(A)  | 0,5l | € 5,90 |
| Radler (shandy) cloudy small *(A)                            | 0,3l | € 4,90 |
| Radler (shandy) cloudy large *(A)                            | 0,5l | € 5,90 |
| Erdinger wheat beer small *(A)                               | 0,3l | € 5,10 |
| Erdinger wheat beer large *(A)                               | 0,5l | € 6,10 |
| Erdinger non-alcoholic wheat beer *(A)                       | 0,5l | € 6,10 |
| Erdinger dark wheat beer *(A)                                | 0,5l | € 6,10 |
| Stiegl "Freibier" non-alcoholic ale *(A)                     | 0,5l | € 5,90 |
| Hacker-Pschorr radler (shandy) non-alcoholic *(A)            | 0,5l | € 6,10 |
| Tyroler (brewed with Fisser Imperial barley) *(A)            | 0,3l | € 4,90 |
| Tyroler Radler *(A)  | 0,3l | € 4,90 |
| (Tyroler with seasonal cordial, soda water, lime, mint, ice) |      |        |

## *Hot beverages*

|   |                       |        |
|---|-----------------------|--------|
| Coffee *(A,C,G,H)                                 |                       | € 3,70 |
| Espresso *(A,C,G,H)                               |                       | € 3,30 |
| Double Espresso *(A,C,G,H)                        |                       | € 5,20 |
| Espresso Macchiato *(A,C,G,H)                     |                       | € 3,80 |
| Cappuccino  |                       |        |
| with milk foam or whipped cream *(A,C,G,H)        |                       | € 4,10 |
| Latte Macchiato *(A,C,G,H)                        |                       | € 4,40 |
| Decaffeinated coffee *(A,C,G,H)                   |                       | € 3,70 |
| Coffee Baileys *(A,C,G,H,O)                       |                       | € 8,00 |
| Coffee Amaretto *(A,C,G,H,O)                      |                       | € 8,00 |
| "Schümli-Pflümli"                                 |                       |        |
| coffee, plum schnapps, whipped cream *(A,C,G,H,O) |                       | € 8,10 |
| Hot chocolate *(A,C,G,H)                          | with whipped cream    | € 4,70 |
|   | without whipped cream | € 4,50 |
| Hot chocolate with rum *(A,C,G,H,O)               | with whipped cream    | € 7,90 |
|   | without whipped cream | € 7,70 |
| Assorted tea *(A,C,G,H)                           |                       | € 3,60 |
| Hot Lemon *(A,C,G,H)                              |                       | € 3,60 |
| Tea with rum *(A,C,G,H,O)                         |                       | € 6,80 |
| Glühwein (mulled wine) *(A,C,G,H)                 | 1/4l                  | € 5,70 |
| Jaeger tea *(A,C,G,H)                             | 1/4l                  | € 5,70 |

## *Longdrinks*

|   |      |         |
|---|------|---------|
| Cuba Libre with Havana 7 años             | 4 cl | € 11,80 |
| Hendricks Gin Tonic                       | 4 cl | € 11,80 |
| Monkey 47 Tonic (with Thomas Henry Tonic) | 4 cl | € 11,90 |
| Vodka Red Bull                            | 4 cl | € 9,80  |
| Vodka Lemon                               | 4 cl | € 9,60  |

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## *Wine by the glass*

|  |      |        |
|--|------|--------|
| Grüner Veltliner "Baumgartner" *(O)        | 1/8l | € 3,80 |
|  | 1/4l | € 7,10 |
| Blauer Zweigelt "Rothügel" *(O)            | 1/8l | € 3,80 |
|  | 1/4l | € 7,10 |
| Red- or white wine with soda/lemonade *(O) | 1/4l | € 4,80 |

## *Spirits*

|  |      |        |
|--|------|--------|
| Obstler, Apricot, Williams (pear) *(O) | 2 cl | € 3,80 |
| Williams with pear *(O)                | 2 cl | € 4,20 |
| Apricot with fruit *(O)                | 2 cl | € 4,20 |
| Vodka with fig *(A,O)                  | 2 cl | € 4,20 |
| Vodka white *(A,O)                     | 2 cl | € 3,80 |
| Vodka red *(A,O)                       | 2 cl | € 3,80 |
| Flügerl *(A,O)                         | 4 cl | € 4,60 |
| Jägermeister *(O)                      | 2 cl | € 4,00 |
| Appenzeller *(O)                       | 2 cl | € 4,00 |
| Ramazzotti *(O)                        | 2 cl | € 4,00 |
| Baileys *(A,G,H,O)                     | 2 cl | € 4,00 |
| Amaretto *(H,O)                        | 2 cl | € 4,00 |
| Eggnog *(C,G,O)                        | 2 cl | € 4,00 |
| Hazelnut liqueur *(A,H,O)              | 2 cl | € 4,60 |
| "Heiße Witwe" *(G,O)                   | 4 cl | € 4,60 |
| "Oachkatzenschwaf" *(C,G,O)            | 4 cl | € 4,60 |
| Zirberl *(A,O)                         | 2 cl | € 4,60 |
| Inländer Rum *(O)                      | 2 cl | € 3,10 |

## *Hämmerle Fine Spirits*

|                                     |      |         |
|-------------------------------------|------|---------|
| Hämmerle "Kriecherl" plum *(O)      | 2 cl | € 7,60  |
| Hämmerle "Subirer" pear *(O)        | 2 cl | € 7,60  |
| Hämmerle "Grafensteiner" apple *(O) | 2 cl | € 7,60  |
| Hämmerle cherry *(O)                | 2 cl | € 7,60  |
| Hämmerle Vogelbeer *(O)             | 2 cl | € 8,10  |
| Hämmerle "Herzstück" Mispel *(O)    | 2 cl | € 11,90 |
| Hämmerle "Private Reserve" *(O)     | 2 cl | € 11,90 |

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