

# WELCOME TO HAUS HILTL

Founded in 1898 by Ambrosius Hiltl, Haus Hiltl is the world's oldest vegetarian restaurant according to Guinness World Records and is run today by the fourth generation of the family. For over 120 years, 365 days a year, you can indulge delicacies from early in the morning until late at night – not only in our flagship on Sihlstrasse, but also at Hiltl Dachterrasse above PKZ Women on Bahnhofstrasse, at Hiltl Sihlpost located directly at Zurich's main station, at Hiltl Langstrasse situated in Zurich's multicultural district 4, at Hiltl Pflanzbar at Paradeplatz and during summer at Strandbad Mythenquai and at Seebad Kilchberg.

We cook our dishes fresh every day in our own kitchen and confectionery with devotion and love for detail. We focus on local and regional produce, fresh, ripe fruits and vegetables. All our Hiltl Wines are vegan.

We wish you "bon appetit"!



## Seasonal Menu

Pumpkin Coconut Soup 

coriander, chili, galangal, coconut chutney

11.50

Gratinated Goat Cheese with Lamb's Lettuce 

blackberry vinaigrette, sunflower seeds, honey, fleur de sel, black pepper

Starter

16.50

Main course

25.50

Beetroot Carpaccio 

pear, rocket, horseradish, walnuts

16.50

Autumn Classics 

red cabbage, chestnut, brussel sprouts, mushroom sauce, spelt spätzli\*

29.-

South Indian Black Curry 

eggplant, tomato, potato, mustard seeds, basmati rice, coconut chutney

25.50

## Seasonal Dessert

Vermicelles 

chestnut, meringues\*, whipped cream, kirsch, grapes

11.50

with vanilla ice cream

+1.50

## Daily Special until 3.30 pm

19.50

with salad or soup

24.50

Soup of the Day

11.50

### Monday, 14. October

Provençale Vegetables 

eggplant, artichoke, pine nuts, zucchini, rosemary, spinach noodles

### Tuesday, 15. October

Indian Jalfrezi 

cauliflower, carrot, peas, ginger, coconut milk, ginger raita\*, basmati rice

### Wednesday, 16. October

Äpler Maccaroni 

leek, potato, carrot, grated Swiss cheese, apple puree

### Thursday, 17. October

Arabian Bamja 

eggplant, okra, couscous, plain yoghurt\*

### Friday, 18. October

Kaiserknödel 

organic egg, bell pepper, chives

#HILTL @HILTL  
hiltl.ch/feedback



TripAdvisor & Google

# SEASONAL

## Aperitif

### Milito

vanilla infused Negroni, Hiltl Prosecco, grape vanilla syrup

14.-

### Michelle La Belle

Brewdaz Brewery, Zurich, American Pale Ale

9.-



## Wine

10 cl

75 cl

### Grüner Veltliner 2018

Domäne Gobelsburg, Austria

8.50

55.-

### Zweigelt 2015

Schlosskellerei Gobelsburg, Austria

8.50

55.-

### Sauser

Winery Zweifel, Zurich

3.-

## Homemade

25 cl

50 cl

### Grape Blueberry Juice

apple, lemon

8.-

15.-

### Purple Smoothie

aronia berry, beetroot, apple, cinnamon

8.-

15.-

### Ginger Lemongrass Ice Tea

white tea, lemon balm, lime

6.-

9.-

### Grape Vanilla Lemonade

red grape juice, cardamom, soda water

6.-

9.-

### Plum Lassi

cardamom, lavender, vanilla

7.-

### Blackberry Lavender Water

«Zurich» water

7.-

### Cucumber Ginger Water

«Zurich» water

7.-

**COOKING CLASSES  
AT HILTL ACADEMY**

Learn more about vegetarian & vegan cuisine and  
how to prepare your favourite Hiltl dish at home.  
[hiltl.ch/academy](https://hiltl.ch/academy)

**HILTL**  
AKADEMIE

# STARTER

<b>Soup of the day, Seasonal Soup</b> 🗨	11.50
<b>Hiltl Tartare</b> 🌿*🥚*🍷🍴🍴🍴 eggplant, organic egg*, capers, whole wheat toast*	18.50
<b>Mixed Salad</b> 🌿🍴 seasonal salad, Hiltl Salad Dressing	9.50
<b>Hiltl Starters Platter</b> 🍷🍴🍴🍴🍴🍴🍴 cold & warm delicacies, crudités, homemade sauces, chutneys for a minimum of 2 people, price per person	19.50
<b>Thai Papaya Salad</b> 🌿🍷🍴🍴🍴 green papaya, satay skewer, peanuts, coriander	17.50
<b>Crispy Tofu Salad</b> 🌿🍴🍴🍴 seasonal salad, Hiltl Salad Dressing, mango apple chutney	15.50
<b>Korean Style Cauliflower</b> 🌿🍷🍴🍴🍴 pickled cucumber, coriander, Asian BBQ sauce, lime	15.50

# SALAD

<b>Country Platter</b> 🍷🍴 since 1930, mixed salad, potatoes, herb quark, selection of cheese	25.50
<b>Thai Papaya Salad</b> 🌿🍷🍴🍴🍴 green papaya, satay skewer, peanuts, coriander	26.50
<b>Protein Bowl</b> 🌿🍷🗨 quinoa, edamame, tofu, pea guacamole	26.50
<b>Poke Bowl</b> 🌿🍷🍴🍴🍴🍴 beetroot, Thai Papaya Salad, edamame, wasabi, nori leaf, sticky rice	27.50
<b>Crispy Tofu Salad</b> 🌿🍴🍴🍴 seasonal salad, Hiltl Salad Dressing, mango apple chutney	25.50

# DINE & DANCE



Hiltl Buffet à discrétion, free club entry & 1 free drink from CHF 59.–  
[hiltlclub.ch/reservation](https://hiltlclub.ch/reservation)

# INDIAN & ASIAN

## Korean Style Cauliflower

pickled cucumber, coriander, Asian BBQ sauce, lime, sticky rice

28.50

## Indian Thali Platter

several curries, pickles, chutneys, ginger raita, papadum, basmati rice, naan

37.50

## Palak Paneer

Indian soft cheese, spinach, jeera, ginger, date chutney, naan\*, basmati rice

29.50

## Green Thai Curry

eggplant, long beans, quorn, coconut milk, coriander, lemongrass  
basmati rice or rice noodles


32.50

## Red Thai Curry

bamboo sprouts, oyster mushrooms, eggplants, bell pepper, coconut milk, lemongrass  
basmati rice or rice noodles

31.50

## Riz Colonial

sweet curry sauce, mushrooms, cashews\*, fruits  
basmati rice, whole grain or long grain rice and with whipped cream\* or vegan whipped cream\*  
on request with spicy Madras sauce 

28.50

## Fruits Casimir

fruity curry sauce, quorn, coconut chutney\*, almonds\*  
basmati rice, whole grain or long grain rice and with whipped cream or vegan whipped cream

29.50

## Banane Madras

Madras sauce, mango, cashews\*, papadum  
basmati rice, whole grain or long grain rice and with whipped cream\* or vegan whipped cream\*

28.50

# VEGETABLES & PASTA

## Vegetable Platter

seasonal vegetables, oven potatoes, herb quark\*

26.50

## Rösti with Vegetables

vegetables of the day, Café de Paris\*, fried organic egg\*  
with cheese

25.50  
+2.-

## Gnocchi with Saffron Sauce

oven pumpkin, mushrooms, cress

28.50

## Carbonara

organic smoked tofu, peas, organic egg, spaghetti, whole wheat pasta or gnocchi (from gluten-free ingredients)

24.50

## Hiltl Bolognese

carrot, celery, soy mince, spaghetti\*, whole wheat pasta\* or gnocchi (from gluten-free ingredients)

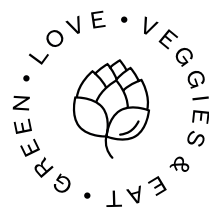
24.50

## Pesto

basil, pine nuts, Swiss cheese, spaghetti\*, whole wheat pasta\* or gnocchi (from gluten-free ingredients)

23.50

Grated Swiss cheese or vegan alternative on request



# VEGGIE BUTCHER

## Hiltl Tartare

eggplant, organic egg\*, capers, pure spelt toast\*, butter\*  
country or sweet potato fries

29.50  
32.50

## Hiltl Burger

brioche bun, pickled cucumber, country or sweet potato fries

28.50

## Hiltl Cheeseburger

brioche bun, pickled cucumber, organic Swiss cheese\* or vegan cheese\*, country or sweet potato fries

30.50

## Hiltl Bacon Cheeseburger

brioche bun, pickled cucumber, organic Swiss cheese\* or vegan cheese\*, country or sweet potato fries

32.50

## Green Burger

green brioche bun, pea guacamole, pimientos de padrón, country or sweet potato fries

30.50

## Mushroom Stroganoff

bell pepper, paprika, pickles, Rösti or rice, whipped cream\* or vegan whipped cream\*

31.50

## Hiltl Cordon Bleu

organic Swiss cheese, organic seitan, organic smoked tofu, vegetables, country or sweet potato fries

32.50

## Züri Geschnetzeltes

mushrooms, organic seitan, white wine, Rösti, whipped cream\* or vegan whipped cream\*

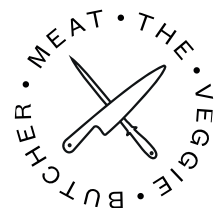
32.50

## Hiltl Meat Loaf

morel sauce, soy mince, vegetables, mashed potatoes

32.50

Delicacies to take home with you from our vegetarian butchery next door.



### Seitan

With water, wheat flour dough starch gets extracted and thus pure wheat protein remains (30 g / 100 g seitan).

### Soy mince

Buffered and extruded soy flour (like popcorn) mixed with water.

### Tempeh

Fermented, whole cooked soybeans. Rich in vitamin B<sub>12</sub>.

### Tofu

Soy drink is refined by adding Nigari thus turning into a soy bean curd.

### Okara

By-product of the tofu production. In Hiltl it was long regarded as a secret ingredient for our Hiltl Tartare.

### Quorn

Fermented mushroom culture, bound with egg whites.

All products from Switzerland, except Quorn from England.

# HITL BUFFET

Over 100 homemade dishes from around the world: fresh salads, hot dishes, curries, chutneys and delightful desserts. Serve yourself starter, main course and dessert.

by weight per 100g 5.30

all you can eat 59.–

Breakfast all you can eat 39.–

Monday to Friday from 6.30 until 10.30 am and on Saturdays until 11.30 am (incl. 1 hot beverage & 1 dl juice)

Brunch all you can eat 59.–

on Sundays from 9.30 am until 2.30 pm (incl. 1 glass of Hiltl Prosecco, 2 hot beverages & juices)

## INGREDIENT DECLARATION



All our dishes are declared with the following allergens. Despite conscientious food separation and careful preparation, our dishes may contain traces of other allergens. We are happy to advise guests with allergies or intolerances individually.

= alcohol	= mustard	= slightly hot
= celery	= nut	= hot
= egg ingredients	= onion	* = available without
= garlic	= peanut	= vegan available
= gluten	= sesame	= vegan
= lupin	= soy bean	= protein
= milk ingredients	= sulfite	= waiter provides information

## DIDN'T GET ENOUGH?

We offer a supplement of many of our main courses for free.

## ALREADY FULL?

Our staff will wrap your leftovers for takeaway.

# DESSERT FROM OUR PASTRY SHOP

## Mango-Variation

ice cream, cake, mousse, fruits

14.50

## Tiramisù

biscuit, organic egg, mascarpone, amaretto

12.50

## Panna Cotta

vanilla, coconut, raspberry sauce

10.50

## Hot Brownie with Vanilla Ice Cream

confiseur chocolate sauce, walnuts, whipped cream

12.50

## Chocolate Mousse

Grand Cru Couverture 70 %, organic egg, whipped cream  
vegan Soy Chocolate Mousse available

12.50

## Mille-Feuilles with Custard Cream

a classic since 1960, puff pastry, vanilla

9.50

## Cheesecake

a classic since 1950, organic egg, cream cheese, lemon

9.50

## Caramelköpfl

vanilla, lemon, fresh fruits

10.50

## Chocolate Cake

Grand Cru Couverture 70 %, organic egg, contains gluten-free ingredients

9.50

# HAUSGEMACHTE GLACE



per scoop

## Vegan

mango lime / raspberry lychee / banana chocolate  / coconut charcoal / pistachio orange  / blueberry almond 

5.-


## Classic

Vanilla  / vanilla cookie    / coffee  / chocolate brownie    

5.-

whipped cream  or vegan whipped cream 

+1.50

hot chocolate sauce  

+2.50

## Affogato al Caffè

vanilla ice cream, double espresso

9.50

# HITL DESSERT BUFFET

Serve yourself from the Hiltl Buffet a wide range of mousse, crumble, cakes, fresh fruits and much more.

by weight – per 100 g

5.30



# HOMEMADE DRINKS

SQUEEZED AND MIXED FRESHLY EVERY DAY AT HAUS HILTL

## Juice

### Tropical

pineapple, orange, guava, passionfruit

### Coconut Pineapple

apple, lemon, orange

### Tutti Frutti

pear, banana, apple, kiwi, orange

### Fitness

fennel, apple, lemon

### Carrot Ginger

#### Carrot

#### Orange

### Mango-Lassi

organic yoghurt milk, mango, garam masala

### Ginger Shot

pineapple, lemon, apple (4 cl)

## Lemonade & Punch

### Ginger Lemon

### Passionfruit Peach

### Tonic

## Ice Tea

### Classic

Ceylon, fruit tea, lemon

### Rooibos

orange, lemongrass, rosemary, unsweetened

### Herbs

alpine herbs, lemon balm, peppermint, unsweetened

### Dragon

Oolong tea, grapefruit, elderflower

carafe  
to share

25 cl

50 cl

8.-

15.-



5.-

6.-

9.-

6.-

9.-

# WATER & SOFT DRINKS

## Tapped

	25 cl	50 cl
Züriwasser sparkling	4.50	5.50
Swiss Apple Juice organic	6.-	9.-
Züriwasser served in the carafe still or sparkling, all you can drink per person		4.-

## Bottle

	33 cl
Coca Cola original, zero	5.50
Rivella red, blue	5.50
Elmer Citro	5.50
Ginger Beer (20 cl)	5.50

# COFFEE HOT OR ICED

Coffee	4.70
Espresso	4.70
Espresso Macchiato	4.90
Double Espresso	5.70
Flatwhite	6.50
Cappuccino	6.20
Latte Macchiato	6.50
Masala Coffee	6.50
Grain Coffee decaffeinated	4.50
Corretto Grappa	8.-
extra Espresso shot	+ 1.-
with whipped cream 🍌	+0.50
with flavour: caramel, hazelnut 🌰, vanilla	+0.50



Available with milk, lactose-free milk, oat drink, almond drink, soy drink, cream (all organic) or decaffeinated

# LATTE & CHAI

## Hot / Cold Chocolate

homemade chocolate sauce

## Kurkuma Latte

cinnamon, vanilla, unsweetened

## Indian Chai

chai syrup, garam masala

## Masala Chai

spiced tea, unsweetened

## Rooibos Chai

caramel syrup, decaffeinated

6.70

Available with milk, lactose-free milk, oat drink, almond drink or soy drink (all organic)

# TEA SPECIALITIES

## Fresh

Lemon Balm

Lemonthyme Lemongrass

Peppermint

Ginger



6.20

## Pyramid teabags

Hiltl Herbal Tea

raspberry leaves, rose hip, rose blossom

Fruit Tea

strawberry dream

Rooibos Lemongrass

Verbena

Camomile

Black Tea

English breakfast

Green Tea

finest Japan sencha

Jasmin

5.20

Available with milk, lactose-free milk, oat drink, almond drink, soy drink, cream (all organic) or lemon

# BEER

## Bottle

Hiltl Draft Chopfab	7.50	33 cl
Corona with lime (35.5 cl)	8.50	
Appenzeller Birra da ris gluten-free	8.50	
Appenzeller Sonnwendig non-alcoholic	7.50	



## From the barrel

	25 cl	50 cl
Wädibräu organic beer, unfiltered	6.50	8.50
Panaché with Wädibräu	7.–	9.–
Ginger-Panaché with Wädibräu and fresh ginger lemon syrup	7.–	9.–
Amboss Amber dark, local beer from Zurich's district 5	6.50	8.50
Weihenstephan wheat beer (30 cl)	7.–	9.–

# PROSECCO & CHAMPAGNER

	10 cl	75 cl
Hiltl Prosecco Prosecco, Italy, Treviso DOC, Le Contesse	9.50	55.–
Moët & Chandon Impérial Brut, Chardonnay, Pinot Noir, Pinot Meunier, France	14.–	88.–
Rimuss non-alcoholic organic sparkling wine, Switzerland	8.–	50.–

# HITL WINE

	10 cl	75 cl
Weiss	8.–	52.–
Weisse Cuvée	9.50	62.–
Rosé	8.–	52.–
Rot	8.–	52.–
Rote Cuvée	9.50	62.–

For more vegan wines see our wine list.

All wines could contain sulfite.

Hiltl wine bottles are also available at our Hiltl Shop next door or at the bar!