

# WELCOME TO HAUS HITL

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 family's fourth generation. 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.

In the 1950s Margrith Hiltl, the grandmother of Rolf Hiltl, travelled to Delhi as the official delegate of Switzerland to the World Vegetarian Congress. Inspired by the Indian culture, she returned to Switzerland – her luggage full of Indian recipes and spices. To this day, these dishes are an integral part of the Hiltl Buffet as well as the à la carte menu and are very popular among our guests.

[hiltl.ch/history](http://hiltl.ch/history)

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 «en Guete»!



## Seasonal Menu


Carrot Ginger Soup 	11.50
organic soy sauce, lemon, coriander	
Lambs Lettuce 	14.50
organic egg*, cashews, organic smoked tofu, croûtons	
Tom Kha Planted. Gai with Pistachio Rice 	25.50
planted. chicken, shiitake, coconut milk, lemongras, kaffir lime	
Gnocchi with Beetroots 	26.50
spinach, almonds*, olive oil, organic feta*	

## Seasonal Dessert

Hiltl Cream Slice 	9.-
apple, organic sultana, cinnamon, whipped cream	

<b>Daily Special</b> until 3.30pm	19.50
with salad or soup	24.50
Soup of the Day	11.50

### Monday, 16. March

Carrot with Tarragon Sauce 
Leaf spinach, long grain rice, sunflower seeds

### Tuesday, 17. March

Vegetable Feta Stew 
bell pepper, zucchini, organic Feta, olive, oven potatoes

### Wednesday, 18. March

Arabia Bamja 
eggplant, lady finger, couscous, nature yogurt*

### Thursday, 19. March

Tofu Mirsang 
organic tofu, bell pepper, spinach, ginger, basmati rice, mango apple chutney

### Friday, 20. March

Arabia Artichoke 
tomato, carrot, saffron, ginger, couscous, cinnamon harissa

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TripAdvisor & Google

# SEASONAL

## Apéro

### Appletime

Pisco Aba, Swiss organic appel juice, lime, basil, bitter lemon

### Craftline IPA

Sonnenbräu, Rebstein, St. Gallen



14.-

9.-

## Wine

### Pinot Noir VdP Suisse

Brunner Weinmanufaktur, Luzern, 2017

### Château de Châtagneréaz, 1er Grand Cru

Chasselas, Mont-sur-Rolle, AOC La Côte, 2017

10 cl

75 cl

9.-

59.-

8.50

55.-

## Homemade

### Blood Orange Pineapple Juice

orange

### Black Smoothie

pineapple, almonds, vegetable charcoal

### Lychee Apple Ice Tea

peach apple tea, cardamom, lemon balm

### Grapefruit Thyme Lemonade

«Zurich» water, lime juice

### Mandarine Cinnamon Water

«Zurich» water, lemon balm

### Pink Power Tea

fruit tea «Strawberry Dream», fresh mint, orange, lime

25 cl

50 cl

8.-

15.-

8.-

15.-

6.-


9.-

6.-

9.-

7.-

6.50

**HILTL**   
**AT HOME**

Order comfortably online  
[hiltl.ch/shop](https://hiltl.ch/shop)  
[farmy.ch](https://farmy.ch)  
[mosis.ch](https://mosis.ch)

**HILTL**  
since 1898

The banner also features images of a wooden board with various appetizers and a bowl of salad.

# STARTERS










<b>Soup of the day or seasonal Soup</b> 🗨️	11.50
<b>Hiltl Tartare</b> 🌿*🥚*🥫*🍞*🍴🥑 eggplant, organic egg*, capers, whole wheat toast*, butter*	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, planted. 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> 🌿🍷🍴🥕🍴 baked cauliflower, pickled cucumber, coriander, Asian BBQ sauce, lime	15.50

# SALADS








<b>Country Platter</b> 🥗🍴 since 1930, mixed salad, potatoes, herb curd, selection of cheese	25.50
<b>Thai Papaya Salad</b> 🌿🍷🥗🥕🍴 green papaya, planted. satay skewers, 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, sticky rice	27.50
<b>Crispy Tofu Salad</b> 🌿🥗🍴🍴 seasonal salad, Hiltl Salad Dressing, mango apple chutney	25.50
<b>Caesar Salad</b> 🥗🥕🥫🍴🍴 iceberg lettuce, organic egg, hard cheese, organic smoked tofu, croûtons*	24.50



# INDIAN & ASIAN

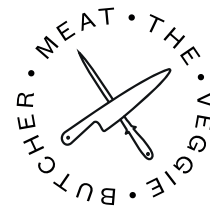
<b>Korean Style Cauliflower</b> 	28.50
baked cauliflower, pickled cucumber, coriander, Asian BBQ sauce, lime, sticky rice	
<b>Indian Thali Platter</b> 	37.50
several curries, pickles, chutneys, ginger raita, papadum, basmati rice, naan	
<b>Palak Paneer</b> 	29.50
Indian soft cheese, spinach, jeera, ginger, date chutney, naan *, basmati rice	
<b>Green Thai Curry</b> 	32.50
eggplant, long beans, planted. chicken, coconut milk, coriander, lemongrass basmati rice or rice noodles	
<b>Red Thai Curry</b> 	31.50
bamboo sprouts, oyster mushrooms, eggplants, coconut milk, lemongrass basmati rice or rice noodles	
<b>Riz Colonial</b> 	28.50
sweet curry sauce, mushrooms, cashews *, fruits basmati rice, whole grain or long grain rice, whipped cream * or vegan whipped cream * on request with spicy Madras sauce 	
<b>Fruits Casimir</b> 	29.50
fruity curry sauce, quorn, coconut chutney *, almonds * basmati rice, whole grain or long grain rice, whipped cream or vegan whipped cream	
<b>Banana Madras</b> 	28.50
Madras sauce, mango, cashews *, papadum basmati rice, whole grain or long grain rice, whipped cream * or vegan whipped cream *	

# VEGETABLES & PASTA

<b>Vegetable Platter</b> 	26.50
seasonal vegetables, baked potatoes, herb curd *	
<b>Rösti with Vegetables</b> 	25.50
vegetables of the day, Café de Paris *, fried organic egg * with cheese	
<b>Gnocchi with Saffron Sauce</b> 	28.50
baby spinach, cherry tomatoes, pine nuts	
<b>Carbonara</b> 	24.50
organic smoked tofu, peas, organic egg, spaghetti *, whole wheat pasta * or gnocchi (from gluten-free ingredients)	
<b>Hiltl Bolognese</b> 	24.50
carrot, celery, soy mince, spaghetti *, whole wheat pasta * or gnocchi (from gluten-free ingredients)	
<b>Pesto</b> 	23.50
basil, pine nuts, Swiss cheese, spaghetti *, whole wheat pasta * or gnocchi (from gluten-free ingredients)	
<b>Truffle Mushroom Risotto</b> 	32.50
Parmivegano, red wine reduction, chervil root chips	
Grated Swiss cheese or vegan alternative (Parmivegano) on request	



# VEGGIE BUTCHER FIND THESE AND MORE IN THE HILTL VEGIMETZG



<b>Hiltl Tartare</b>	29.50
eggplant, organic egg*, capers, pure spelt toast*, butter* country or sweet potato fries	+3.-
<b>Hiltl Burger</b>	28.50
brioche bun, pickled cucumber, country or sweet potato fries	
<b>Hiltl Cheeseburger</b>	30.50
brioche bun, pickled cucumber, organic Swiss cheese* or vegan cheese*, country or sweet potato fries	
<b>Hiltl Bacon Cheeseburger</b>	32.50
brioche bun, pickled cucumber, organic Swiss cheese* or vegan cheese*, country or sweet potato fries	
<b>Green Burger</b>	30.50
green brioche bun, pea guacamole, pimientos de padrón, country or sweet potato fries	
<b>Mushroom Stroganoff</b>	31.50
bell pepper, paprika, pickles, Rösti or rice, whipped cream* or vegan whipped cream*	
<b>Hiltl Cordon Bleu</b>	32.50
organic Swiss cheese, organic seitan, organic smoked tofu, vegetables, country or sweet potato fries	
<b>Züri Geschnetzeltes</b>	32.50
mushrooms, organic seitan, white wine, Rösti, whipped cream* or vegan whipped cream*	
<b>Hiltl Meatloaf</b>	32.50
morel sauce, soy mince, vegetables, mashed potatoes	
<b>Hiltl Meatballs</b>	28.50
homemade red wine sauce, mashed potatoes, root vegetables	

## KIDS' MENU UP TO 12 YEARS

<b>Mixed Salad</b>	5.-
carrot, corn, cucumber, green salad, Hiltl Salad Dressing	
<b>Nuggets with Mixed Salad or Fries</b>	9.50
carrot, corn, cucumber, green salad, Hiltl Salad Dressing	
<b>Spaghetti</b>	8.50
tomato sauce , basil pesto  or Hiltl Bolognese	
<b>Hiltl Meatballs</b>	11.50
cream sauce, mashed potatoes	
<b>Country Fries or Sweet Potato Fries</b>	5.-
Hiltl Ketchup & Hiltl Mayo	
<b>Coupe Denmark</b>	6.50
vanilla ice cream, chocolate sauce, whipped cream	
<b>Hiltl Syrup</b>	on the house
<b>Babyccino</b>	on the house
hot milk, milk foam, chocolate powder	

# DESSERT FROM OUR PASTRY SHOP

## Tiramisù

biscuit, organic egg, mascarpone, amaretto

## Mango-Variation

sorbet, cake, mousse, fruit

## Panna Cotta

vanilla, coconut, raspberry sauce

## Caramel Flan

vanilla, lemon, fresh fruits

## Chocolate Mousse

Grand Cru chocolate 70 %, organic egg, whipped cream

## Straciatella Mousse

Grand Cru chocolate 70 %, coconut, vanilla

## Mille-Feuilles with Custard Cream

a classic since 1960, puff pastry, vanilla

## Cheesecake

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

## Hot Brownie with Vanilla Ice Cream

confiseur chocolate sauce, walnuts, whipped cream

## Chocolate Cake

Grand Cru chocolate 70 %, organic egg, made from gluten-free ingredients



12.50

14.50

10.50

10.50

12.50

12.50

9.50

9.50

12.50

9.50

# ICE CREAM

## Vegan

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

5.-



## Classic

vanilla  / 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

## Iced Cappuccino

coffee ice cream, coffee sauce, cashews \*, whipped cream

11.50

## Coupe Dänemark

vanilla ice cream, confiseur chocolate sauce, whipped cream

11.50

## Chococcino

vanilla & chocolate brownie ice cream, cashews, whipped cream

11.50

# HITL BUFFET

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

by weight per 100 g	5.30
all you can eat	59.–
<b>Breakfast – all you can eat</b>	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)	
<b>Brunch – all you can eat</b>	59.–
on Sundays and bank holidays from 9.30 am until 2.30 pm (incl. 1 glass of Hiltl Prosecco, 2 hot beverages & juices)	

## GOOD TO KNOW

These and other specialities are available at the Hiltl Vegimetzg, the first vegetarian butchery in Switzerland, right next door at St. Annagasse 18.

### planted.chicken

Made from pea protein, pea fibre, vitamin B12, Swiss rapeseed oil & water.

### Organic 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.

### Organic Tempeh

Fermented, whole cooked soybeans.

### Organic Tofu

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

### Organic 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.



## 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	 = information provided by waiter



# HOMEMADE DRINKS

SQUEEZED AND MIXED FRESHLY EVERY DAY

Carafe

## Juice

25 cl 50 cl

Seasonal

8.- 15.-

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

Seasonal Smoothie

Mango-Lassi

organic yoghurt milk, mango, garam masala

Ginger Shot

5.-

pineapple, lemon, apple (4 cl)

## Lemonade

Seasonal

6.- 9.-

Ginger Lemon

Passionfruit Peach

Hiltl Tonic



## Ice Tea

6.- 9.-

Seasonal

Classic

Ceylon, fruit tea, lemon

Rooibos

orange, lemongrass, rosemary, unsweetened

Herbs

alpine herbs, lemon balm, peppermint, unsweetened

Dragon

Oolong tea, grapefruit, elderflower

# WATER & SOFT DRINKS

## On tap

	25 cl	50 cl
Züri Water sparkling	3.80	5.50
Swiss Apple Juice organic	6.-	9.-
Züri Water served in a carafe still or sparkling, all you can drink per person		4.-
Cucumber Ginger Water		7.-
Seasonal Water		7.-

## 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
Flat White	6.70
Cappuccino	6.20
Latte Macchiato	6.50
Grain Coffee decaffeinated	4.50
Corretto Grappa	8.-
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 🍷	6.70
Kurkuma Latte cinnamon, vanilla, unsweetened	
Indian Chai chai syrup, garam masala	
Masala Chai spiced tea, unsweetened	
Rooibos Chai caramel syrup, decaffeinated	

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

# TEA

Herbal Tea		5.20
Fruit Tea		
Rooibos		
Verbena		
Camomile		
Black Tea		
Green Tea		
Jasmin		

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

## Fresh

Lemon Balm		6.20
Lemonthyme Lemongrass		
Peppermint		
Ginger		

## Punch

Seasonal	6.-	9.-
Ginger Lemon		
Passionfruit Peach		
Hiltl Tonic		

# BEER

## Bottle

Hiltl Draft Chopfab			<b>33 cl</b>
Hiltl Amber Chopfab			7.50
Corona with lime (35.5 cl)			7.50
Appenzeller Birra da ris gluten-free			8.50
Appenzeller Sonnwendig non-alcoholic			8.50
Seasonal Craft Beer			7.50
			9.-
<b>From the barrel</b>		<b>25 cl</b>	<b>50 cl</b>
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.-

