

# 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"!

















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

**HILTL**


## Seasonal Menu

Asparagus Soup 		
green asparagus, lemon juice, leek		11.50
Asparagus Strawberry Salad 	FOOD ZURICH special dish	
pine nuts, buffalo mozzarella		18.50
Tofu Mirsang      		
bell pepper, spinach, ginger, basmati rice, coconut-chutney*		25.50
Asparagus Plate     		
white & green asparagus, baked potatoes, hollandaise*		29.50
Erdbeer-Törtli   		
Grandoru couverture, vanilla cream		9.50

## Daily Special

Soup of the Day		11.50
Dish of the Day until 3.30 pm		19.50
with salad or soup		22.50


### Monday, 20. May

Asparagus Pastry       
puff pastry, tomato, mascarpone, spring onion

### Tuesday, 21. May

Summer Vegetables        
seasonal vegetables, rosemary potatoes, herbal foam




### Wednesday, 22. May

Venere Risotto    
carrot, feta cheese

### Thursday, 23. May

Kaiserknödel      
organic egg, vegetable stew, bell pepper

### Friday, 24. May

Fennel Tomato Stew     
olives, olive oil, tagliatelle, pine nuts

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## Seasonal Drinks

### Aperitif

Enrico

Hiltl Prosecco, strawberry, elderflower, mint

14.-

Gartengold Cider

from old apple trees, pure - directly pressed (33 cl)

6.50

### Wine

Sólo Blanco 2018

Bodegas Aranjón, Utiel Requena DO, Spain

10 cl

75 cl

8.50

55.-

Blauer Zweigelt 2017

Georg Schneider, Thermenregion, Austria

8.50

55.-

### Homemade

Strawberry Apple Juice

orange

25 cl

50 cl

8.-

15.-

Green Smoothie

spinach, cucumber, mango

8.-

15.-

Sencha Cucumber Ice Tea

lemon juice, cardamom

6.-

9.-

Strawberry Rhubarb Lemonade

black currant

6.-

9.-

Strawberry Lemon Balm Water

«Züri» water

7.-



## Starter

### Hiltl Tartare

eggplant, organic egg\*, capers, whole wheat toast\*

18.50

### Mixed Salad

seasonal salad, Hiltl Salad Dressing

9.50

### Crispy Tofu

seasonal salad, Hiltl Salad Dressing, mango apple chutney

14.50

### Hiltl Starters Platter

cold & warm delicacies to share, crudités, homemade sauces, chutneys for a minimum of 2 people, price per person

19.50

### Caesar Salad

lettuce, organic egg, Swiss cheese, organic smoked tofu

14.50

### Gratinated Goat Cheese with Honey

Swiss goat cheese, kale, beetroot

17.50

### Satay Skewers

seasonal salad, satay sauce, peanut dip

17.50

## Salad

### Country Platter

since 1930, mixed salad, boiled potatoes, herb quark, organic Steinerberger mountain cheese, organic Tilsiter

25.50

### Crispy Tofu Salad

seasonal salad, Hiltl Salad Dressing, mango apple chutney

24.50

### Caesar Salad

lettuce, organic egg, Swiss cheese, organic smoked tofu

24.50

### Heinz Hiltl's Chef Salad

mixed salad, cottage cheese, cashews

25.50

### Protein Salad Bowl

quinoa, edamame, tofu, pea guacamole

26.50

### Satay Salad

seasonal salad, satay sauce, peanut dip

26.50

## Indian & Asian

### Indian Thali Platter

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

37.50

### Green Thai Curry

eggplant, choy sum, quorn, coconut milk, baby corn, coriander, long beans, lemongrass  
basmati rice or rice noodles

32.50

### Red Thai Curry

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


30.50

### Palak Paneer

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

28.50

### 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 

27.50

### 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

### Banana Madras

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

27.50

## 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

25.50

### Saffron Gnocchi

tomato, saffron, leaf spinach

27.50

### Carbonara

organic smoked tofu, peas, organic egg, spaghetti \*, spelt noodles \* or gnocchi (from gluten-free ingredients)

24.50

### Hiltl Bolognese

carrot, celery, soy mince, spaghetti \*, spelt noodles \* or gnocchi (from gluten-free ingredients)

23.50

### Pesto

basil, pine nuts, Swiss cheese, spaghetti \*, spelt noodles \* or gnocchi (from gluten-free ingredients)

22.50

Grated Swiss cheese or vegan alternative on request



### Didn't get enough?

A supplement of many of our main courses for free.

### Already full?

Our staff will wrap your leftovers for takeaway.

# Veggie Butcher

## Hiltl Tartare

eggplant, organic egg\*, capers, whole wheat toast\*  
country or sweet potato fries

## Hiltl Burger

homemade patty, coleslaw, country or sweet potato fries

## Cheeseburger

homemade patty, coleslaw, cheese, country or sweet potato fries

## Bacon Cheeseburger

homemade patty, coleslaw, cheese, «veggie bacon», country or sweet potato fries

## Green Burger

edamame quinoa patty, pea guacamole, country or sweet potato fries

## Mushroom Stroganoff

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

## Hiltl Cordon Bleu

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

## Züri Geschnetzeltes

mushroom, organic seitan, white wine, rösti, whipped cream\* or vegan whipped cream\*

## Hiltl Meat Loaf

morel sauce, soy mince, vegetables, mashed potatoes

Delicacies to take home with you from our Hiltl Vegimetzg next door.



29.50  
32.50

27.50

29.50

31.50

30.50

30.50

32.50

31.50

32.50

## 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.

# Hiltl 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 100 g 5.30

all you can eat 59.–

Breakfast all you can eat 35.–

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)

## Children's Menu up to 12 years

### Mixed Salad

carrot, corn, cucumber, leaf salads, Hiltl Salad Dressing




5.–

### Fruits Casimir

fruity curry sauce, quorn, coconut chutney\*, almond\*, mango whipped cream

9.50

### Spaghetti

tomato sauce or basil pesto   

8.50

### Country Fries

with Hiltl Ketchup & Hiltl Mayo

5.–

### Hiltl Syrup

on the house

### Babyccino

warm milk, milk foam, chocolate powder

on the house

## For our little artists

We're looking forward to the paintings on the Globi coloring sheets and on the glass panel right next to the stairway.  
By the way: our children's play trolley holds a variety of toys for our little guests.

## 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

11.50

### Chocolate Mousse

Grand Cru Couverture 70 %, organic egg, whipped cream  
vegan Soja 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

### Chocolate Cake

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

9.50

## Homemade Ice Cream & Fresh Fruits

### Vegan

mango lime / lychee raspberry / banana chocolate  / coconut charcoal / pistachio matcha 

per scoop

5.-



### Classic

vanilla cookie    / mocca coffee  / choco brownie    

5.-

whipped cream  or vegan whipped cream 

+1.50

hot chocolate sauce  

+2.50

### Coupe Denmark

vanilla cookie ice cream, Confiseur chocolate sauce, whipped cream

10.50

### Affogato al Caffè

vanilla cookie ice cream, double espresso

9.50

### Iced Cappuccino

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

10.50

### Schokoccino

vanilla cookie & choco brownie ice cream, cashews, whipped cream

10.50

### Fresh Fruits

exotic & seasonal

13.50

## Hiltl 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

carafe  
to share

## Juice

10 cl

25 cl

50 cl

### Tropical

5.-

8.-

15.-

pineapple, orange, guava, passionfruit

### Coconut Pineapple

apple, lemon, orange, coconut

### Tutti Frutti

pear, banana, apple, kiwi, orange

### Fitness

fennel, apple, lemon

### Carrot Ginger

#### Carrot

#### Orange

5.-

7.50

15.-

#### Mango Lassi

organic yoghurt milk, mango, garam masala

7.-

#### Ginger Shot

pineapple, lemon, apple (4 cl)

5.-



## Lemonades

### Ginger Lemon

6.-

9.-

### Passionfruit Peach

## Ice Teas

### Classic

Ceylon, cardamom, orange

6.-

9.-

### Rooibush

orange, peppermint, unsweetened

### Herbal

Alpine herbs, lemon juice, unsweetened

## Party on after the food is gone

Free entry into the Hiltl Club after a dinner of CHF 50.- or more.

# Water & Soft Drinks




## Tapped

	25 cl	50 cl
ZH <sub>2</sub> O Züriwasser Drink & Donate – drink water & donate drinking water		3.–
Züriwasser sparkling	4.50	6.–
Swiss Apple Juice organic	6.–	8.–

## Bottle

		47 cl
Allegra still		6.50
Passugger sparkling		6.50
	<b>33 cl</b>	
Coca Cola original, zero	5.50	
Rivella red, blue, green	5.50	
Elmer Citro	5.50	
Ginger Beer (20 cl)	5.50	

# Coffee & Chocolate hot or iced

Coffee	4.70
Espresso	4.70
Espresso Macchiato	4.70
Double Espresso	5.70
Ristretto	4.–
Cappuccino	6.20
Latte Macchiato	6.50
Masala Coffee	6.50
Grain Coffee decaffeinated	4.50
Corretto Grappa	8.–
Hot / Cold Chocolate homemade chocolate sauce 	6.50
extra Espresso shot	+ 1.–
with whipped cream 	+ 0.50
with flavour: caramel, hazelnut  , vanilla	+ 0.50

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

## Latte & Chai

### Matcha Latte

organic green tea, ginger, unsweetened

6.70

### Kurkuma Latte

cinnamon, vanilla, unsweetened

### Indian Chai

chai syrup, garam masala

### Masala Chai

spiced tea, unsweetened

### Rooibush Chai

caramel syrup, decaffeinated

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

## Tea Specialities

### Fresh

#### Lemon Balm

6.20

#### Lemonthyme Lemongrass

#### Peppermint

#### Ginger

### Pyramid teabags

#### Hiltl Herbal Tea

raspberry leaves, rose hip, rose blossom

5.20

#### Fruit Tea

strawberry dream

#### Green Tea

finest Japan sencha

#### Rooibush Lemongrass

#### Verbena

#### Camomile

#### Black Tea

English breakfast

#### Jasmin

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

# Beer

## Bottle

<b>Hiltl Bier</b> Chopfab	33 cl	7.–
<b>Corona</b> with lime (35.5 cl)		8.–
<b>Appenzeller Birra da ris</b> gluten-free		8.–
<b>Appenzeller Sonnwendig</b> non-alcoholic		7.–

## From the barrel

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

# Prosecco & Champagne

	10 cl	75 cl
<b>Hiltl Prosecco</b> Prosecco, Italy, Treviso DOC, Le Contesse	9.50	55.–
<b>Moët &amp; Chandon</b> Impérial Brut, Chardonnay, Pinot Noir, Pinot Meunier, France	14.–	88.–
<b>Rimuss</b> non-alcoholic organic sparkling wine, Switzerland	7.–	45.–

# Hiltl Wine Bottles also available at our Hiltl Shop next door or at the bar

	10 cl	75 cl
<b>White</b> Riesling-Silvaner, Switzerland, AOC Zurich, Küssnacht, Gottlieb Welti (70 cl)	7.50	48.–
<b>White Cuvée</b> Sauvignon Blanc, Semillon, South Africa, Jean-Claude & Carolyn Martin	9.50	62.–
<b>Rosé</b> Grenache, Cinsault, Syrah, France, Salin-Zuger	7.50	48.–
<b>Red</b> Tempranillo, Spain, Bodegas Lynus	7.50	48.–
<b>Red Cuvée</b> Malbec, Cabernet Sauvignon, Argentina, Ojo de Vino – Dieter Meier	9.50	62.–

For more vegan wines see our wine list.

All wines could contain sulfite.