

*"It is better to enjoy and regret
than to regret not having enjoyed."*
(Giovanni Boccaccio)

Welcome to Seealm Hög!

A place this special deserves something truly memorable.

Enjoy our traditional regional dishes, fresh fish specialties
and a variety of vegetarian and vegan delights.

Many ingredients come from
local farmers in Serfaus-Fiss-Ladis
and every dish is carefully prepared daily
to ensure top quality.

We wish you a delightful culinary experience.

Your Seealm Hög Team



Salad

Small green salad 	(G,M,O) also possible in vegan	€ 8,00
Large green salad 	(G,M,O) also possible in vegan	€ 11,10
Small mixed salad 	(G,M,O) also possible in vegan	€ 8,00
Large mixed salad 	(G,M,O) also possible in vegan	€ 11,10
Caesar Salad with marinated strips of chicken breast (C,D,G,M,O)		€ 22,20
King prawns with chili-truffle mayonnaise and cucumber-rocket salad served with root bread (A,B,C,E,F,G,M,N,O,P)		€ 22,70

Starters

Burrata 	with cherry tomato-confit and root bread (A,F,G,N,O,P)	€ 22,00
Homemade pastrami-carpaccio served with truffle mayonnaise, caviar and root bread (A,C,E,G,M,N,O,P)		€ 22,00

Seealm Special

House smoked trout from the Oetz valley served with lamb's lettuce, root bread and horseradish (A,D,F,G,M,N,O,P)	€ 28,30
---	---------

Traditional

Pick-off		
Selection of local dried meat and cheese specialities (A,C,F,G,H,L,M,N,O,P)		€ 18,70
Tyrolean cheese platter		
with butter and fig mustard (A,E,G,H,L,M,N,O,P)		€ 21,10

***We also offer a variety of gluten-free dishes,
Please ask for our gluten-free menu.***

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	<i>large</i> € 8,00
with noodles or sliced pancake or fried batter pearls (A,C,E,G,L,O,P)	<i>small</i> € 5,60
Fiss barley soup	<i>large</i> € 10,50
with smoked pork neck and bread (A,F,L,N,O,P)	<i>small</i> € 8,10
also available in vegan -€ 1,50 (A,F,L,N,O)	
Tomato cream soup 	<i>large</i> € 10,30
with white bread croutons (A,F,H,L,N,O,P)	<i>small</i> € 7,50
Tom Kha Gai soup	<i>large</i> € 12,00
with chicken, vegetables, mushrooms and glass noodles (F,N)	<i>small</i> € 9,50
Also possible in vegan -€ 1,50 (F,N)	

Fish

Fish'n Chips "Seealm Style"	
Flounder filet with sweet potato chips, sauce remoulade and tomato relish (A,C,D,E,G,M)	€ 26,80
Pike-perch fillet under a dill-mustard crust	
with roast potatoes and zucchini (C,D,G,M,O)	€ 28,80
Pan-fried catfish fillet	
on a spicy paprika sauce with green-pea pasta rice (A,C,D,O)	€ 29,80
Spaghetti in a wild-herb cream sauce	
with fried dices of salmon, rocket and parmesan (A,D,G,O)	€ 26,80

Vegetarian and Vegan

Spinach-spaetzle with gorgonzola sauce and tomatoes 	(A,C,G,O)	€ 19,80
Penne with vegan Bolognese and rocket 	(A,L)	€ 18,40
Chickpea-carrot Masala 		
with Jasmin rice and sesame seeds (L,N)		€ 20,00
Lentil stew 		
with a variety of vegetables and rocket		€ 19,10
Mushroom ragout with pretzel dumplings 	(A,C,E,G,N,O,P)	€ 19,10

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

Mains

Seealm Cordon Bleu from pork filled with ham and local cheese served with French fries or jacket potato (A,C,E,F,G,H,N,O,P)	€ 25,90
Boiled prime beef served in a broth with roasted potatoes and cream spinach served with apple-horseradish and sour cream sauce (F,G,L,O)	€ 29,30
Half of a fried farmer's chicken with barbecue vegetables served with either rice or French fries (L,O)	€ 23,00
Entrecôte (200 g) with herb butter served with bacon-beans, French fries and grill sauce (A,C,G,M,O)	€ 34,00
Fried corn-fed chicken breast served with a creamy herb polenta and zucchini-chickpea ratatouille (G)	€ 27,80
Veal-cream tripe (heart, lungs and tongue) with pretzel dumplings and sour cream (A,C,D,E,F,G,L,M,N,O,P)	€ 25,00
Red curry from local beef with vegetables and Jasmin rice (L,N)	€ 25,50
Also possible in vegan (L,N)	€ 21,10
Curry sausage with French fries (L,O)	€ 19,70
Pork schnitzel "Viennese style" with French fries (A,C,E,F,G,H,N,O,P)	€ 20,60
Spaghetti Bolognese (A,C,G,L,O)	€ 15,90

Kids

Small pork schnitzel with French fries (A,C,E,F,G,H,N,O,P)	€ 11,20
Chicken Nuggets with French fries (A,C,E,H,L,M,N,O)	€ 9,80
Spaghetti Bolognese (A,C,G,L,O)	€ 9,80
Spaghetti with tomato sauce  (A,C,G,L,O)	€ 8,10
Boiled Frankfurts with French fries (A,L,M,O)	€ 9,80
Fish sticks with French fries (A,C,D,E,H,L,M,N,O)	€ 9,80
French fries  (A,O)	€ 7,20
Sweet potato fries with sour cream dip  (A,G,M)	€ 9,80
Small Grießschmarren (semolina scramble with powdered sugar)  with apple sauce (A,C,F,G)	€ 9,80

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

Dessert

Mürbteig Apfelstrudel

Apple strudel in shortcrust pastry, served warm with powdered sugar and vanilla sauce or whipped cream (A,C,F,G,H)

€ 9,60

Serfauser Grießschmarren

semolina scramble with powdered sugar available either with sour cherries or apple sauce or cranberries (A,C,F,G)

€ 16,90

Steamed Austrian yeast dumpling

filled with plum jam and served with vanilla sauce or melted butter and poppy seed sugar (A,C,G,H)

€ 11,60

Frozen yoghurt

with fresh fruits and puffed Quinoa (G)

€ 10,50

Warm chocolate cake

with whipped cream and chocolate sauce (A,C,E,G)

€ 11,80

Cheesecake



with wild-berry ragout and whipped cream (H,O)

€ 10,90

Cake

Cream cake (A,C,F,G,H,P,O)

with whipped cream

€ 7,00

without whipped cream

€ 6,20

Cake (A,C,F,G,H,P,O)

with whipped cream

€ 6,80

without whipped cream

€ 6,00

***We also offer a variety of gluten-free dishes,
Please ask for our gluten-free menu.***

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

Aperitif

Glass Prosecco *(O)	0,1l	€ 5,10
Campari Soda *(O)	4 cl	€ 6,30
Campari Orange *(O)	4 cl	€ 8,30
Aperol Spritz *(O)	0,2l	€ 7,90
Hugo *(O)	0,2l	€ 7,90
Lillet Rosé Spritz *(O)	0,2l	€ 7,90

Non-alcoholic beverages

Glass Serfauser mountain spring water *	0,2l	€ 0,90
	0,4l	€ 1,20
Carafe Serfauser mountain spring water *	0,5l	€ 1,30
	1,0l	€ 2,30
"Tiroler Urgestein" <i>our regional water</i>	0,33l	€ 4,00
sparkling or still, bottle	0,75l	€ 6,10
Coca-Cola / Fanta / Cola-Mix / Sprite	0,2l	€ 3,80
	0,4l	€ 5,10
Almdudler (herbal lemonade), bottle	0,35l	€ 4,70
Almdudler Zero *contains Phenylalanine, bottle	0,35l	€ 4,70
Coca-Cola Zero *contains Phenylalanine, bottle	0,33l	€ 4,70
Ice tea lemon, bottle	0,33l	€ 4,70
Ice tea peach, bottle	0,33l	€ 4,70
"Schiwasser" (Raspberry cordial)	0,2l	€ 3,30
with still or sparkling water	0,4l	€ 4,50
Elderflower cordial	0,2l	€ 3,30
with still or sparkling water	0,4l	€ 4,50
Apple juice	0,2l	€ 3,80
	0,4l	€ 5,10
Apple juice	0,2l	€ 3,80
with still or sparkling water	0,4l	€ 5,10
Black current juice	0,2l	€ 3,80
	0,4l	€ 5,10
Black current juice	0,2l	€ 3,80
with still or sparkling water	0,4l	€ 5,10
Orange juice, bottle	0,2l	€ 4,20
Tomato juice, bottle	0,2l	€ 4,20
Kinley Tonic Water, bottle	0,2l	€ 4,30
Kinley Bitter Lemon, bottle	0,2l	€ 4,30
Thomas Henry Tonic Water, bottle	0,2l	€ 4,70
Red Bull, bottle	0,25l	€ 5,50
Glass milk *(G)	0,2l	€ 3,20
	0,4l	€ 4,40

**Tap water is, of course, free of charge.*

We only charge for service and general costs, plus applicable taxes.

Thank you for your understanding.

A glass of water (0.2 l) remains complimentary with coffee or wine.

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

Beer

Trumer "Pfiff" *(A)	0,2l	€ 4,00
Trumer small *(A)	0,3l	€ 5,00
Trumer large *(A)	0,5l	€ 6,00
Radler (shandy) cloudy small *(A)	0,3l	€ 5,00
Radler (shandy) cloudy large *(A)	0,5l	€ 6,00
Erdinger wheat beer small *(A)	0,3l	€ 5,20
Erdinger wheat beer large *(A)	0,5l	€ 6,20
Erdinger non-alcoholic wheat beer *(A)	0,5l	€ 6,20
Erdinger dark wheat beer *(A)	0,5l	€ 6,20
Stiegl "Freibier" non-alcoholic ale *(A)	0,5l	€ 6,00
Hacker-Pschorr radler (shandy) non-alcoholic *(A)	0,5l	€ 6,20
Tyroler (brewed with Fisser Imperial barley) *(A)	0,3l	€ 5,00
Tyroler Radler *(A)	0,3l	€ 5,00
(Tyroler with seasonal cordial, soda water, lime, mint, ice)		

Hot beverages

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

*Upon request, we also serve cappuccino or latte macchiato with oat milk.
An additional charge of **€ 0,50** applies.

Longdrinks

Cuba Libre with Havana 7 años *(A,O)	4 cl	€ 12,00
Hendricks Gin Tonic *(A,O)	4 cl	€ 12,00
Monkey 47 Tonic (with Thomas Henry Tonic) *(A,O)	4 cl	€ 12,10
Vodka Red Bull*(A,O)	4 cl	€ 9,90
Vodka Lemon *(A,O)	4 cl	€ 9,80

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

Wine by the glass

Grüner Veltliner "Baumgartner" *(O)	1/8l	€ 3,90
	1/4l	€ 7,20
Blauer Zweigelt "Rothügel" *(O)	1/8l	€ 3,90
	1/4l	€ 7,20
Red- or white wine with soda/lemonade *(O)	1/4l	€ 4,90

Spirits

Obstler, Apricot, Williams (pear) *(O)	2 cl	€ 3,90
Williams with pear *(O)	2 cl	€ 4,30
Apricot with fruit *(O)	2 cl	€ 4,30
Vodka with fig *(A,O)	2 cl	€ 4,30
Vodka white *(A,O)	2 cl	€ 3,90
Vodka red *(A,O)	2 cl	€ 3,90
Flügerl *(A,O)	4 cl	€ 4,70
Jägermeister *(O)	2 cl	€ 4,10
Appenzeller *(O)	2 cl	€ 4,10
Ramazzotti *(O)	2 cl	€ 4,10
Baileys *(A,G,H,O)	2 cl	€ 4,10
Amaretto *(H,O)	2 cl	€ 4,10
Egg liqueur *(C,G,O)	2 cl	€ 4,10
Hazelnut liqueur *(A,H,O)	2 cl	€ 4,70
Hot plum Liqueur "Heiße Witwe" topped with whipped cream *(G,O)	4 cl	€ 4,70
Hot egg liqueur "Oachkatzlschwoaf" topped with whipped cream *(C,G,O)	4 cl	€ 4,70
Zirberl *(A,O)	2 cl	€ 4,70
Inländer Rum *(O)	2 cl	€ 3,20

Hämmerle Fine Spirits

Hämmerle "Kriecherl" plum *(O)	2 cl	€ 7,70
Hämmerle "Subirer" pear *(O)	2 cl	€ 7,70
Hämmerle "Grafensteiner" apple *(O)	2 cl	€ 7,70
Hämmerle cherry *(O)	2 cl	€ 7,70
Hämmerle Vogelbeer *(O)	2 cl	€ 8,20
Hämmerle "Herzstück" Mispel *(O)	2 cl	€ 12,00
Hämmerle "Private Reserve" *(O)	2 cl	€ 12,00

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