





Family Salzano

If I would have listened more to my mother when I was a teenager, my knowledge about plants, flowers and herbs would be much wider. My mum always had the right plant ready, when we were in pain or had an ache. I had to go with my parents to find these different herbs and flowers, by that time I did not care what they looked like or what use they had. I was skeptical about the impact of these medicinal herbs. As you say, with age becomes wisdom and now I treasure the nature with its plants and the knowledge of their strength and healing power. I am thankful to my mother, that she then forced me to learn more about our nature and regional plants so that I am able to infuse my knowledge into our menu. This way I am happy to forward some of Switzerland's traditions to you with our food. I wish you an enjoyable experience.

Sonja Salzano

When I am in the forest, on a river or in the mountains looking for herbs and flowers, I can completely let go. This trip into nature is both relaxing and inspiring at the same time. When I now explore alpine herbs I feel nature's power, which really makes me happy. In the past I never had time to go out and study all the different plants. As I now spend more time searching for all different kinds of plants I realize how amazing and precious our nature is and how much we can use in our kitchen, which is good for our health and gives us all sorts of different benefits for our body. I am very thankful for that and I hope with our menu we are able to pass some excitement on to you.

Buon appetito

Patrizio Salzano



Kitchen philosophy

The idea for our new kitchen concept was born when we started to build our Salzano SPA. We put a lot of time and effort into our alpine SPA. A lot of old wood, pine wood and natural materials like stone, hay, herbs and wheat and warm colors were used to emboss our SPA. Every single color and every detail was planned by us.

So it became clear, to go the same way with our food menu. We started with an oak-tree soup and pine tree ice cream. The feedback from our regulars was more than positive | no they even encouraged us to go further with this concept. Try pure nature on your plate and let yourself be pampered with our natural spa treatments | Harmonic symbiosis.

We took the topic alpine kitchen of the past and are trying to construe it new with a future touch, creative, innovative and full of surprises. To be able to find all these special ingredients in our surroundings will be a challenge we take with passion. In mountain regions, seasonal and local products are only available for a limited time.

That our vision in form of dishes can become reality, we need the right people for it. Our kitchen-team with their big love for nature is key to the quest. Everything will be freshly prepared for you with a high quality and therefore with more work effort; maybe for you a little more waiting time.

Thank you for your understanding and we are happy to indulge you with our passion.





Bread is no implicitness...

Nowadays we eat bread as the most normal thing you do. But around two hundred years ago it was a rare and highly demanded product. Most of the alpine residents had a rough struggle to get cereal and this was one of the biggest worries they had.

Nowadays here in the Alps we still have some religious rituals concerning good weather and a good harvest. Crop failure induced big fluctuations in price that created revolts and conflicts. The lack of cereal was more common in alpine regions than lower areas of Europe. The reason for this was the dominant growth of livestock farming in the Alps which displaced agriculture farming. Meat and cheese engrave today's picture of the alpine areas. Special bread sorts you see in today's bakeries are nothing new; many of them were common in the past too.

A few examples are rye, spelt or the emmer wheat. Rye was popular as it was a more robust cereal than wheat, common for spaetzli and dumplings. In the 1400's Switzerland had a high demand of rye, so in many German regions they started farming and exported to Switzerland.

The fermentation knowhow of the sourdough got lost with the falling of the Roman Empire. The reapplication of the sourdough started in the western Alps in regions above 2000 meters above sea level, the reason for this is the good growth of rye in higher regions and rye is also much better for the sourdough fermentation than wheat.

Today you now see many breads which are made out of "old" cereal as the characteristics are very healthy and high in fiber.

Head chef Jan-Philipp Wesemann



Jan-Philipp Wesemann has been the new head chef at Salzano since August 2021: He comes from the top gastronomy and has been working at Lake Zurich for the last six years: „The innovative, nature-oriented kitchen concept totally inspires me, it matches my nature. Here I can use my gastronomic experience, experiment and give free rein to my creative streak. I'm attracted to unusual products from nature, and nature here is a paradise!“

Through the **Lombachalp**

Get surprised from our kitchen team!
Experience a culinary journey through the forest, fields and meadows.
A menu, which has been created by our head chef Jan-Philipp Wesemann and his team.

You have the choice of a three, five or seven course meal.

3-Course Menu | 85

Starter | Main | Dessert

5-Course Menu | 120

2 starters | Soup | Main | Dessert

7-Course Menu | 160

3 starters | Fish | Meat main | Cheese | Dessert

Orders

3 - course menu until 8:30 pm

5 - course menu until 8 pm

7 - course menu until 7 pm

Please tell us what ingredients you do not enjoy or if you have any allergies we need to know about.

In order to perfectly round off the enjoyment of exquisite dishes, a fine drop of **wine** is of course a must. The most diverse flavours of our wines should also inspire you and accompany you on your culinary journey. Our service team will be happy to advise you.

Wild **herbs** from our garden

Goats cheese served on a hot Lombach-stone, our guests' favorite starter dish. Who's surprised, the cheese is from the Lombach area and we take the stones from the river right with him.

The unique larch belongs to the pine family and has the hardest wood of the conifers. It is special among the conifers because it is the only one that loses its needles in winter. It grows mainly in mountainous areas up to an altitude of 2400 metres.

Our larch in the garden protects the small Chalet Bergromantik. Its scent is resinous and gentle at the same time, just like a real mountain tree.

It is not very well known that it is also a versatile medicinal plant. The healing properties of the larch were already appreciated in the Middle Ages. It has a mood-lifting effect, especially for flu and colds it has an antibacterial and expectorant effect and much more.

For our dishes we mainly use the young shoots and the seeds from the small cones.

Ribwort plantain

Did you know that ribwort plantain can be eaten without any problems? The whole plant from root to flower is edible and can be eaten raw or cooked. Particularly popular, however, are the ribwort buds, which have a slightly nutty flavour when raw and a more mushroom-like flavour when roasted.

Tip: Use ribwort leaves to soothe insect bites; simply crush them and rub them on the insect bite.

Yarrow one of the most beautiful weeds in the garden. It has a slightly bitter taste and an aromatic note reminiscent of camomile. The young leaves are particularly tasty. Yarrow is also popular as a medicinal plant because it helps with abdominal pain, digestive disorders and has an anti-inflammatory effect.

Goutweed

Does goutweed annoy you as an annoying weed in your garden? Then consider its positive side as a spice in the kitchen. The slightly pungent tasting herb is excellent as a seasoning in many dishes and is rich in vitamin C. So instead of pulling it out and throwing it in the green waste bin, it also deserves a place in the kitchen.



Smoking was for over hundreds of years one of very rare options to preserve food. Is smoking a today a unnecessary extravagance? Get surprised!

Birch

The birch is easily recognisable with its white and black trunk. Did you know that the birch is also often used as a medicinal plant? For example, it helps with many skin problems and painful and painful diseases. The birch is also suitable as a food and has a high vitamin C content. We mainly use the birch buds and birch leaves in natural cooking, but also in spa treatments and as a tea.

Brook trout up close

Our brook trout thrives in the nearby Lombach. The headwaters of the Lombach are located at about 1564 m above sea level on Alp Lombach below the Augstmatthorn. The char prefers cold and oxygen-rich waters; the power of nature and the fresh spring water provide the char with an ideally matched habitat here.

The brook trout is a rich, high-quality fish with polyunsaturated omega-3 and omega-6 fatty acids.

Spelt, the ancient grain from the Bronze Age, has properties that most other foods can envy: Spelt is digestible, invigorating and cheerful. It is an excellent source of protein and an important source of essential amino acids. Our spelt comes from nearby Bönigen and Wilderswil.





Aromas

Our nose works at full speed every day. Would you have thought that we can perceive around 10,000 different scents with it? Our sense of taste, which can only perceive sweet, salty, sour and bitter, is a real slacker. After we have recognised a scent, however, things really get going. We don't just distinguish between good and bad scents. Here, too, there are nuances: scents can make us happy or sad, anxious or aggressive, they can warn us of something, trigger joy, inspire us or simply calm us down. calm.

Pine

Spruce and fir have always been valued as effective medicinal plants. For example, they help with colds, rheumatic complaints, promote circulation and contain a lot of vitamin C.

We use spruce in the kitchen in many dishes, for example in our bread. In the wellness area, in massages and treatments or as a strong sauna infusion. When inhaled as a tea or syrup, spruce can relieve inflammation of the throat or the throat, cough, flu or bronchitis. Try Sonja's spruce potion, which is a pleasure a pleasure even without a cold.



With the power of **nature**

„Nature is the best guide of life“: This quote by the Roman philosopher Cicero accompanies us every day in our daily work. For good reason: because Mother Earth is not only a perfect guide, but also holds a long and valuable list of treasures for us. Herbs, medicinal plants and flowers, exquisite fruits, rich moor, high-quality care oils, goat butter or salts. Come on a journey of discovery and pamper your body with the valuable Kurland products - with the power of nature.

Salzano Garden

We are fortunate to be able to harvest many herbs, berries and fruits from our garden.

Ruedi's orchard

Magnificent, idyllic on the southern slope of Lake Brienz lies Ruedi Huggler's organic high-trunk orchard on an area of 7000 m² above the village of Brienz. Its location is unique. It is still in an intact area, without chemical influence and plastic covers. Old fruit varieties thrive in this orchard without the use of chemicals and artificial fertilisers. Here in the Alpine region, surrounded by many species of flowers, the cycle of biodiversity still exists. You can still recognise the old cultivated landscape above the village centre of Brienz in the „Louwelli“. Until the 1950s, Brienz was surrounded by a rich cultivated landscape with countless high-trunk fruit trees, which provided the livelihood for the villagers.

The orchard is a last relic from this time. It was therefore declared a protected object by the municipality of Brienz in 1977. With the last revision of the local plan, however, the building zone was extended to the edges of the orchard and the protected object was removed.



Origin of the **Brechelbad**[®]

The Haslauer Brechelbath[®] | an attractive alternative to a “conventional” Bio or herbal sauna! Mild heat, real herbs, warm wood, and fir tree needles | a real treat. The gentle increase in temperature and the herbal steam shots activate intense perspiration without straining the circulation.

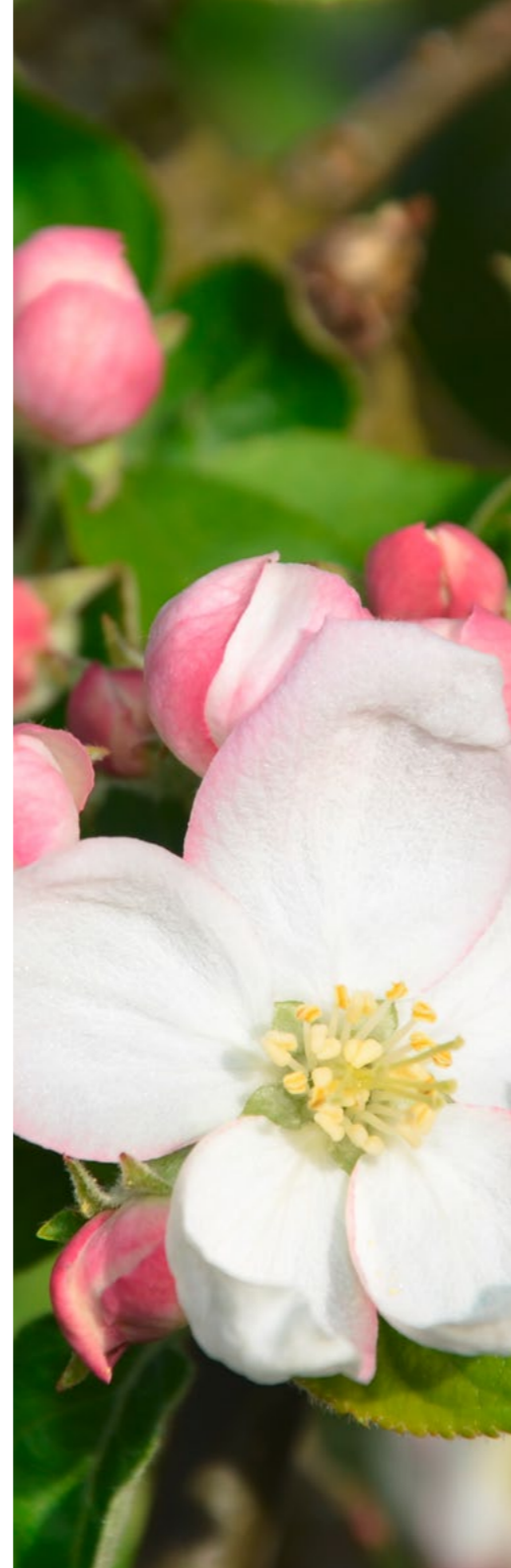
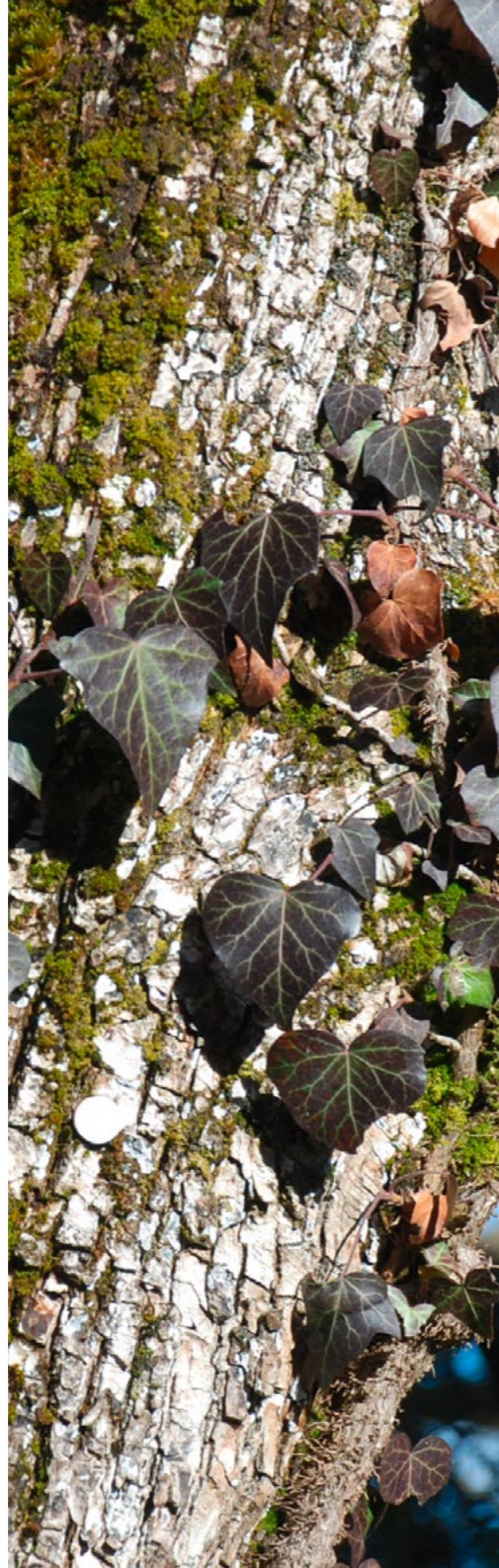
Additionally, the fir tree needles on the floor boost the circulation in the soles of the feet by a soft massaging effect. Furthermore, a genuine „fir tree scent“ miraculously unblocks the respiratory passages!

The original design of the Haslauer Brechelbath[®] captivates due to its authenticity. The wood-pannelled room is a replica of an Alpine Brechel cabin. The Brechelbath[®] oven, its copper crown filled with fir cones and twigs, is situated in the center. The herbal steam shots rise and set free the spicy aroma of a forest. The steam moves down the walls and gently strokes your back.

The history of this interesting bath goes back in time when valuable flax plants got broken and steamed, this work was done in bigger groups and the flax got broken in the rhythm of songs sung by the people. This process took part in a hut where the herbs spread its odour. Soon people realized that the steam and diaphoretic atmosphere had a positive impact on their well-being and health.

Photo: Brechelbad in our hotel





Caption

Declaration of origin:

Meat: Berner Oberland - Schweiz
Fish: Berner Oberland - Schweiz

Allergen: Our staff are happy to help you with food allergies.

Unsere Lieferanten:

Meat: Blaue Kuh, Matten | Michel Comestibles, Unterseen
Fish: Michel Comestibles | Tropenhaus, Frutigen | Fischverein Unterseen
Vegetables: Gourmador „vis-à-vis“ | Various farmers from the surrounding area
Fruits: Gourmador | Hotel garden | Ruedi's Orchard Brienz | Farmers from the region
Flour: Farm Hoflädeli Bönigen
Eggs: Daniel Niederhauser
Herbs: Mountain fields | Hotel garden | Swiss Alpine Herbs Därstetten
Cheese: Farmers from the neighborhood | Chäs Fritz, Interlaken
Bread: In-house production

Our Partner:

Swiss Alpine Herbs Därstetten
Saline de Bex - Salzbergwerk Bex

Menu:

Recipes: Jan-Philipp Wesemann
Pictures: Dolores Rupa | Monika Oberli | Fabian Salzano
Layout: Sandro Salzano

Prices: All Prices are in CHF including 7.7% Taxes

SALZANO

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