

*It is much better to enjoy and then regret,
than regret to have never been able to enjoy.*
(Giovanni Boccaccio)

Dear guests, with this in mind,
we would like to welcome you to the Seealm Hög.

A magical place needs magic to exist.

We will spoil you not only with our established regional dishes,
but also with fish specialities
as well as vegetarian and vegan delicacies.

Many of our products come directly from our farmers
in the Serfaus-Fiss-Ladis region.

Highest quality is of utmost importance to us
and therefore our dishes are freshly prepared every day.

Enjoy your meal and have a delightful time.

Your Seealm Hög Team



Salad

Large green salad		<i>(G,M)</i> also possible in vegan	€ 10,70
Small green salad		<i>(G,M)</i> also possible in vegan	€ 7,70
Large mixed salad		<i>(G,M)</i> also possible in vegan	€ 10,70
Small mixed salad		<i>(G,M)</i> also possible in vegan	€ 7,70
Caesar Salad			
with fried strips from a corn-fed chicken breast		<i>(C,D,G,M)</i>	€ 24,20
Vitello tonnato from veal			
with homemade tuna ice cream		<i>(C,D,G,M)</i>	€ 24,00

Starters

Burrata			
with cherry tomato-confit and rye baguette		<i>(A,G)</i>	€ 21,20
Homemade pastrami-carpaccio			
with truffle mayonnaise and caviar		<i>(A,C,G,M)</i>	€ 21,20

Seealm Special

House smoked trout from the Oetz valley			
served with lamb's lettuce, twisted bread and horseradish		<i>(A,D,G,M)</i>	€ 27,20

Traditional

Pick-off			
Selection of local dried meat and cheese specialities		<i>(A,C,G,M)</i>	€ 18,00
Tyrolean cheese platter			
with butter and fig mustard		<i>(A,G,H,M,O)</i>	€ 20,30

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> € 7,70
with noodles or sliced pancake or fried batter pearls (A,C,E,G,L,O)	<i>small</i> € 5,40
Carrot-turmeric-ginger soup	<i>large</i> € 11,80
with seared scallops (G,L,R)	<i>small</i> € 9,40
also available in vegetarian -€ 3,00 (G,L)	
Tomato cream soup 	<i>large</i> € 9,90
with white bread croutons (A,F,L,O)	<i>small</i> € 7,20
Tom Kha Gai soup	<i>large</i> € 11,50
with chicken, vegetables, mushrooms and glass noodles (F,N)	<i>small</i> € 9,10
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)	€ 25,80
Pike-perch fillet on eggplant-sesame cream	
with roasted potatoes and pomegranate (D,N)	€ 29,00
Tyrolean speckled trout	
with barbeque vegetables mash and seasonal mushrooms (D,G)	€ 30,00
Spaghetti in a wild-herb cream sauce	
with fried dices of salmon, rocket and parmesan (A,D,G,O)	€ 25,80

Vegetarian and Vegan

Mac'n Cheese "Seealm Style" baked cheese macaroni 	(A,C,G,O)	€ 19,80
Penne with vegan Bolognese and rocket 	(A,L)	€ 17,70
Chickpea-carrot Masala 		
with Jasmin rice and sesame seeds (L,N)		€ 19,20
Local porcini mushroom risotto 		
with fried vegetables (G,L,O)		€ 21,20
Mushroom ragout with lye bread dumplings 	(A,C,G,O)	€ 18,40

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Mains

Seealm Cordon Bleu from pork filled with ham and local cheese served with French fries or jacket potato (A,C,G)	€ 24,90
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)	€ 28,20
Half of a fried farmer's chicken with barbecue vegetables served with either rice or French fries (L,O)	€ 22,10
Entrecôte (200 g) with a honey-mustard crust, served with speck wrapped green beans, French fries and barbecue sauce (A,C,G,M,O)	€ 32,70
Fried corn-fed chicken breast served with a creamy herb polenta and zucchini-chickpea ratatouille (G)	€ 26,70
Creamy veal "Beuscherl" (lung and heart stew) with bread dumpling and sour cream (A,C,D,G,L,M,O)	€ 24,00
Red curry from local beef with vegetables and Jasmin rice (N)	€ 24,50
Also possible in vegan (N)	€ 20,30
Curry sausage with French fries (O)	€ 18,90
Pork schnitzel "Viennese style" with French fries (A,C,G)	€ 19,90
Spaghetti Bolognese (A,L,O)	€ 15,40

Kids

Small pork schnitzel with French fries (A,C,G)	€ 11,20
Chicken Nuggets with French fries (A,C)	€ 9,80
Boiled Frankfurts with French fries (C)	€ 9,80
Fish sticks with French fries (A,C,D)	€ 9,80
Spaghetti Bolognese (A,L,O)	€ 9,80
Spaghetti with tomato sauce  (A,L,O)	€ 8,10
French fries 	€ 7,20
Sweet potato fries with sour cream dip  (G,M)	€ 9,80
Small semolina Schmarren (sliced thick pancake)  with apple sauce (A,C,G)	€ 9,80

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Dessert

Short crust apple strudel with vanilla sauce or whipped cream (A,C,G,H)	€ 9,20
Serfauser semolina Schmarren (sliced thick pancake) available with sour cherries or apple sauce or cranberries (A,C,G)	€ 16,30
Steamed yeast dumpling filled with a plum jam and served with vanilla sauce or melted butter and poppy seed sugar (A,C,G)	€ 11,20
Frozen yoghurt with fresh fruits and puffed Quinoa (G)	€ 10,10
Carrot and pumpkin seed tart  with jackfruit sorbet	€ 11,80
Cheese cake  with strawberry-ragout and whipped cream (H)	€ 10,50

Cake

Cream cake (A,C,G,H,P,O)	with whipped cream	€ 6,80
	without whipped cream	€ 6,00
Cake (A,C,G,H,P,O)	with whipped cream	€ 6,60
	without whipped cream	€ 5,80

*We also offer various gluten-free dishes,
Please ask for our gluten-free menu.*

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Aperitif

Glass Prosecco *(O)	0,1l	€ 5,00
Campari Soda *(O)	4 cl	€ 6,10
Campari Orange *(O)	4 cl	€ 8,10
Aperol Spritz *(O)	0,2l	€ 7,20
Hugo *(O)	0,2l	€ 7,20
Lillet Rosé Spritz *(O)	0,2l	€ 7,20

Non-alcoholic beverages

Glass Serfauser mountain spring water *	0,2l	€ 0,80
	0,4l	€ 1,10
Carafe Serfauser mountain spring water *	0,5l	€ 1,20
	1,0l	€ 2,20
"Tiroler Urgestein" <i>our regional water</i>	0,33l	€ 3,90
sparkling or still, bottle	0,75l	€ 6,00
Coca-Cola / Fanta / Spezi / Sprite	0,2l	€ 3,70
	0,4l	€ 5,00
Almdudler (herbal lemonade), bottle	0,35l	€ 4,60
Almdudler Zero *contains Phenylalanine, bottle	0,35l	€ 4,60
Coca-Cola Zero *contains Phenylalanine, bottle	0,33l	€ 4,60
Ice tea lemon, bottle	0,33l	€ 4,60
Ice tea peach, bottle	0,33l	€ 4,60
Ski water (cordial)	0,2l	€ 3,20
with still or sparkling water	0,4l	€ 4,40
Elderberry cordial	0,2l	€ 3,20
with still or sparkling water	0,4l	€ 4,40
Apple juice	0,2l	€ 3,70
	0,4l	€ 5,00
Apple juice	0,2l	€ 3,70
with still or sparkling water	0,4l	€ 5,00
Black current juice	0,2l	€ 3,70
	0,4l	€ 5,00
Black current juice	0,2l	€ 3,70
with still or sparkling water	0,4l	€ 5,00
Orange juice, bottle	0,2l	€ 4,10
Tomato juice, bottle	0,2l	€ 4,10
Schweppes Tonic Water, bottle	0,2l	€ 4,20
Schweppes Bitter Lemon, bottle	0,2l	€ 4,20
Thomas Henry Tonic Water, bottle	0,2l	€ 4,60
Red Bull, bottle	0,25l	€ 5,40
Glass milk *(G)	0,2l	€ 3,30
	0,4l	€ 4,50
Glass butter milk *(G)	0,2l	€ 3,30
with cranberries plus € 0,50	0,4l	€ 4,50

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

The small token is solely to cover for service and other costs incl. taxes.

We appreciate your understanding.

A glass of 0.2 litre water accompanying coffee or wine is still free of charge.

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Beer

Trumer "Pfiff" *(A)	0,2l	€ 3,90
Trumer small *(A)	0,3l	€ 4,90
Trumer large *(A)	0,5l	€ 5,90
Radler (shandy) cloudy small *(A)	0,3l	€ 4,90
Radler (shandy) cloudy large *(A)	0,5l	€ 5,90
Erdinger wheat beer small *(A)	0,3l	€ 5,10
Erdinger wheat beer large *(A)	0,5l	€ 6,10
Erdinger non-alcoholic wheat beer *(A)	0,5l	€ 6,10
Erdinger dark wheat beer *(A)	0,5l	€ 6,10
Stiegl "Freibier" non-alcoholic ale *(A)	0,5l	€ 5,90
Hacker-Pschorr radler (shandy) non-alcoholic *(A)	0,5l	€ 6,10
Tyroler (brewed with Fisser Imperial barley) *(A)	0,3l	€ 4,90
Tyroler Radler *(A)	0,3l	€ 4,90
(Tyroler with seasonal cordial, soda water, lime, mint, ice)		

Hot beverages

Coffee *(A,C,G,H)		€ 3,70
Espresso *(A,C,G,H)		€ 3,30
Double Espresso *(A,C,G,H))		€ 5,20
Espresso Macchiato *(A,C,G,H)		€ 3,80
Cappuccino		
with milk foam or whipped cream *(A,C,G,H)		€ 4,10
Latte Macchiato *(A,C,G,H)		€ 4,40
Decaffeinated coffee *(A,C,G,H)		€ 3,70
Coffee Baileys *(A,C,G,H,O)		€ 8,00
Coffee Amaretto *(A,C,G,H,O)		€ 8,00
"Schümli-Pflümli"		
coffee, plum schnapps, whipped cream *(A,C,G,H,O)		€ 8,10
Hot chocolate *(A,C,G,H)	with whipped cream	€ 4,70
	without whipped cream	€ 4,50
Hot chocolate with rum *(A,C,G,H,O)	with whipped cream	€ 7,90
	without whipped cream	€ 7,70
Assorted tea *(A,C,G,H)		€ 3,60
Hot Lemon *(A,C,G,H)		€ 3,60
Tea with rum *(A,C,G,H,O)		€ 6,80
Glühwein (mulled wine) *(A,C,G,H)	1/4l	€ 5,70
Jaeger tea *(A,C,G,H)	1/4l	€ 5,70

Longdrinks

Cuba Libre with Havana 7 años *(A,O)	4 cl	€ 11,80
Hendricks Gin Tonic *(A,O)	4 cl	€ 11,80
Monkey 47 Tonic (with Thomas Henry Tonic) *(A,O)	4 cl	€ 11,90
Vodka Red Bull*(A,O)	4 cl	€ 9,80
Vodka Lemon *(A,O)	4 cl	€ 9,60

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Wine by the glass

Grüner Veltliner "Baumgartner" *(O)	1/8l	€ 3,80
	1/4l	€ 7,10
Blauer Zweigelt "Rothügel" *(O)	1/8l	€ 3,80
	1/4l	€ 7,10
Red- or white wine with soda/lemonade *(O)	1/4l	€ 4,80

Spirits

Obstler, Apricot, Williams (pear) *(O)	2 cl	€ 3,80
Williams with pear *(O)	2 cl	€ 4,20
Apricot with fruit *(O)	2 cl	€ 4,20
Vodka with fig *(A,O)	2 cl	€ 4,20
Vodka white *(A,O)	2 cl	€ 3,80
Vodka red *(A,O)	2 cl	€ 3,80
Flügerl *(A,O)	4 cl	€ 4,60
Jägermeister *(O)	2 cl	€ 4,00
Appenzeller *(O)	2 cl	€ 4,00
Ramazzotti *(O)	2 cl	€ 4,00
Baileys *(A,G,H,O)	2 cl	€ 4,00
Amaretto *(H,O)	2 cl	€ 4,00
Eggnog *(C,G,O)	2 cl	€ 4,00
Hazelnut liqueur *(A,H,O)	2 cl	€ 4,60
"Heiße Witwe" *(G,O)	4 cl	€ 4,60
"Oachkatzlschwoaf" *(C,G,O)	4 cl	€ 4,60
Zirberl *(A,O)	2 cl	€ 4,60
Inländer Rum *(O)	2 cl	€ 3,10

Hämmerle Fine Spirits

Hämmerle "Kriecherl" plum *(O)	2 cl	€ 7,60
Hämmerle "Subirer" pear *(O)	2 cl	€ 7,60
Hämmerle "Grafensteiner" apple *(O)	2 cl	€ 7,60
Hämmerle cherry *(O)	2 cl	€ 7,60
Hämmerle Vogelbeer *(O)	2 cl	€ 8,10
Hämmerle "Herzstück" Mispel *(O)	2 cl	€ 11,90
Hämmerle "Private Reserve" *(O)	2 cl	€ 11,90

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