

# Marhaba

## Dinner menu 1001 nights

**25 november until spring 2022**

Hotel-Restaurant Sonnenberg, Kriens

daily from 18:00 Uhr



### Declaration of origin

Whenever possible we get our food from farmers on the Sonnenberg or other regional suppliers and we only use Swiss meat.

Our fish comes from sustainable European fisheries.

If you have questions about allergens (gluten, egg, milk, soy, etc.) in our dishes please contact our restaurant manager. We are happy to inform you.

**Milk products & Ice Cream:** Emmi, Lucerne

**Eggs:** Family Bachmann, Malters

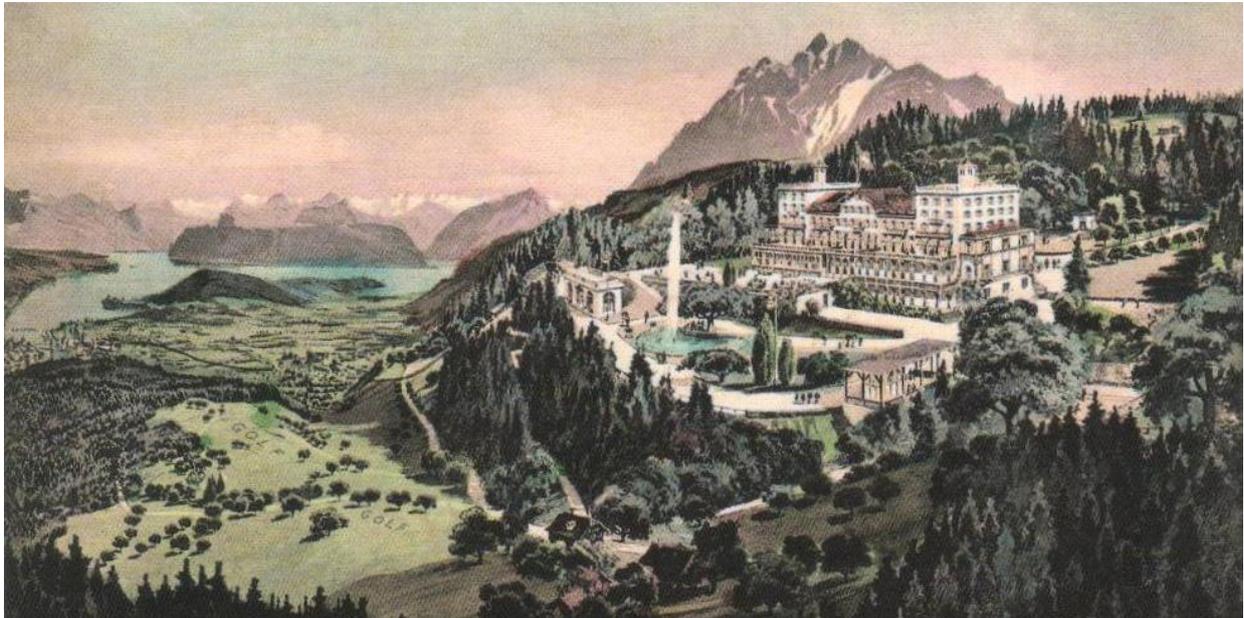
**Bio beef:** Family Wigger, Obernau

**Meat generally:** Switzerland

**Fish:** EU from sustainable fishing

All prices are in Swiss Francs (CHF) including VAT.

# Welcome to the Sonnenberg



Health resort Hotel Sonnenberg, 1902

The hotel and restaurant tradition has existed over one hundred years on Mount Sonnenberg. Originally the hotel was built in the middle of the 19th century as a health resort. The very impressive building (picture above) offered an outstanding panoramic view over the city of Lucerne, the Lake Lucerne and the Alps. The world economic crisis between the First and Second World Wars brought this health resort to the edge of economic ruin. During the Second World War the business went bankrupt. In the following years the health resort Sonnenberg was used as accommodation for Swiss citizens forced to return from foreign countries. During the 50's the hotel was eventually torn down.

Today's Hotel-Restaurant Sonnenberg was built in 1963. At its new location, it offers an even better panoramic view of the Lucerne lowlands, the lakes and Mount Pilatus. The restaurant with its modern, contemporary furnishings and large panoramic windows seats 120 people, while the sun terrace with its wonderful view seats over 70. The Hotel-Restaurant Sonnenberg has several banquet and seminar rooms, all equipped with the latest technical equipment. A children's playground and the hotel owned 18-hole mini-golf course with exiting challenges round up the offer for big and small alike.

On May 2007 the Hotel-Restaurant Sonnenberg was re-opened as a training centre. It is run by the association The Büz, which has helped more than 500 people to find (new) jobs since its foundation.

We thank you for your visit and wish you a pleasant meal.

# Drink recommendation

## Beer

### **Casablanca, 5 vol.%**

Maroccan Lager beer with a fruity aroma  
7 per 3,3dl

## White wine

### **Johanniter, Organic Winery Sonnenberg, Kriens, 2018**

Grape: Johanniter  
8 per 1dl, 52 per 7,5dl

### **Domaine Riad Jamil blanc, Marocco, 2018**

Grape: Chardonnay  
7 per 1dl, 48 per 7,5dl

## Red wine

### **Cuvée Sonnenberg – our house wine Charles Rolaz, Vaud, Switzerland, 2017 / 2018**

Grapes: Cabernet Sauvignon, Merlot, Gamaret, Garanoir  
7 per 1dl, 49 per 7,5dl

### **Domaine Larroque Beni M'Tir AOG, Marocco, 2019**

Grapes: Merlot, Syrah  
7 per 1dl, 49 per 7,5dl

### **Château Roslane, Les Celliers de Meknes, Marocco, 2017**

Grapes: Merlot, Cabernet Sauvignon, Syrah  
9 per 1dl, 62 per 7,5dl

## Digestif

### **Arak Mabrouka dates, 40 vol.%**

Slightly sweet hard liqueur of dates, perfect for desserts  
6.50 per 4cl

### **Arak Mabrouka figs, 40 vol.%**

Hard liqueur, not as sweet with more flavour  
6.50 per 4cl

## Coffee

### **Türk kahvesi**

Extra finely ground Turkish coffee from Ibrik  
5

# Sharing-Menü

Dear guests, welcome to the Orient!

Enjoy our recommendation and immerse yourself into the aromatic world of 1001 nights.

## Let us surprise you with our selection

price per person

72

59 vegetarian

The menu is available for a minimum of two people and will be shared.

We are happy to take any intolerances into consideration. Just let us know.

Your culinary fairy tale begins with a Moroccan peppermint tea, followed by a variety of mezze, salads and warm appetizers...



... followed by a selection of our oriental main courses...



...and the cherry on the top is a mix of sinfully sweet desserts will make your taste buds explode once again.

Enjoy!

# Choice of Mezze

## Base

The mezze base consists of hummus, falafel, salted-lemons, olives and pita/zatar bread

12

+9 for each additional mezze:

- 1 Baba ganoush**  
Eggplant puree, tahini, lemon juice, garlic, parsley
- 2 Sabenech**  
Spinach, figs, roasted slivered almonds, onions, sumac
- 3 Rummaniye salad**  
Lentil salad with eggplant and pomegranate seeds
- 4 Cauliflower salad**  
with zatar, dates, parsley
- 5 Oriental potato salad**  
with feta, olives and pine nuts
- 6 Tabouleh bulgur**  
with tomatoes, cucumber, parsley, olive oil, lemon juice, peppermint
- 7 Caramelised carrots**  
with tahini yoghurt and pomegranate seeds
- 8 Spicy bean salad**  
with green and borlotti beans
- 9 Beetroot mutabbal**  
with caramelised walnuts
- 10 Spicy red pepper salad**  
with chilli, onions, tomatoes, herbs

## Fancy a skewer?

**Chicken skewers** as a side dish  
2x 40g of tender Swiss chicken breast  
10

**Kebab skewers** as a side dish  
2x 40g mixed from lamb and bio beef  
12

## Warm appetizers

**Stuffed vine leaves**  
with rice and herbs (4 pieces)  
15

**Burekas**  
Puff pastry filled with feta (4 pieces)  
16

**Sambousek**  
Puff pastry filled with lamb and bio beef and onions (4 pieces)  
20

## Soup

**Lebanese lentil-vegetable soup**  
flavoured with lemon and turmeric  
14

# Vegetarian

## Moroccan style tajine

Stew with courgettes, chilli peppers, aubergines, lentils, chickpeas and ras el-hanout, served on couscous

29

## Tapouachadama

Baked sweet potatoes with chilli peppers, figs, spring onions, feta and coriander

27

# Meat and Fish

## Isfan chicken

Chicken breast roasted in an almond coating, stuffed with feta and dates on oriental vegetables

34

## Jerusalem kebab

Lamb and bio beef kebab skewers with almonds and pine nuts

38

## Damascus beef

Bio beef stew with chickpeas, saffron and quinces

42

## Casablanca seabream

Fried seabream fillets with onions and sumac on oriental vegetables

36

Choose from one of the following side dishes:

- ~ Saffron basmati rice with fideli and barberries
- ~ Sweet potatoes with spicy herb oil
- ~ Couscous



# Sweet temptations

## Cakes

Cinnamon almond cake

Chocolate halva cake

7

+1.50 Cream

Date crumble cake

8

+1.50 Cream

## Pistachio honey parfait

with mint and marinated fruits

12

## Rice pudding

with orange jelly and almond fingers

11

## Baklava

Filo dough filled with minced pistachios and honey

12



## Ice cream & sorbets from Emmi

Vanilla\*, Strawberry, Chocolate Brownie, Coconut, Hazelnut Caramel, Caramel, Caffé croccante, Tiramisù, Pistachio as well as

Garden berry chocolate, Plum, Mango-Passion Fruit

3.80 per scoop

+1.50 cream

\* also available lactose-free