Dear guests

We are delighted to welcome you to the cozy Stüva Marmoré for some most enjoyable and indulgent moments. Enjoy a relaxing time in our comfortable, authentic and original "Engadiner Arvenstube" with Swiss pine wainscoting and an old soapstone oven with local stones from the Val Fex.

Together with his colleagues Sebastian Fieschi, Elisabetta Fieschi-Chiari, Matteo Patscheider, Andrea Lucchinetti and Michele Togni, our Executive-Chef from Chiavenna and Bellaria/Rimini, Andrea Chiari, aims to indulge you with uncomplicated, tasty, fresh, innovative and authentic, Italian cuisine to your plate. The team enjoys the support of our professional and competent service staff.

Andrea, who served as our head-chef at Hotel Margna in Sils-Baselgia for over 6 years, aims to enrich authentic Italian cuisine with innovative, modern ideas and give it a refreshing touch.

We have marked the vegetarian dishes in our menu with a (V). We include cheese in our vegetarian dishes, but not fish or seafood.

What's more, we couldn't resist and decided to upgrade the wine cellar again. You will find great wines, some of which are not so well known, at interesting prices. You're in for a treat.

Finally, we would also like to provide some extra information for guests with dogs. Small to medium-sized dogs (Labradors, Collies, etc.) are very welcome in our Stüva restaurant and on the terrace in the summer.
However, dogs are not allowed in Restaurant Maria (except for guide dogs for people with disabilities). Large dogs such as St. Bernards, Bernese mountain dogs, etc. are not permitted in the Stüva or on the terrace because space there is limited.
All dogs must stay under the table – without exception. For hygiene reasons, dogs are not permitted to sit on the benches or chairs under any circumstances. *Thank you for your understanding.*

We are very pleased to have you as our guest and we wish you "bun apetit!"

HOTEL MARIA SILS

Regula & Andreas Ludwig
Your hosts

Andrea Chiari
Executive Chef

All prices are in CHF and include the applicable VAT

P.S.: **We wish to expressly point out that we are unable to accept AMEXCO, DINERS or TWINT as methods of payment.** You can settle your bill in cash or using VISA, MASTERCARD, MAESTRO or POSTCARD.
Please note that Sils-Mountain Spring Water is subject to a charge of CHF 4.-- per bottlle.

Starters

Hand-cut tartare of local veal with lime on grilled zucchini with delicate tuna sauce	26	32
Classic warm "Parmigiana di Melanzane" in a crispy basket with tomato coulis and basil (V) *(Parmigiana is a speciality from Sicily made with eggplant, tomatoes and cheese)*		22
Sashimi of house-smoked salmon with mountain herbs, marinated melon pearls and guacamole with Ponzu sauce *(Ponzu = soy sauce, mirin, citrus fruits, rice vinegar)*	26	32
Classic shrimp cocktail with Calypso sauce		16
King prawns sautéed in olive oil with tomatoes, garlic, chilli and peperoncini, served on bruschetta (moderately spicy)	24	30

Salads

Medley of various seasonal salads, dressing of your choice (V)	11	16
Green leaf salad with dressing of your choice (V)	8	12
Sciatt from Valtellina on a mixed seasonal salad with apple and blueberries, served with dressing of your choice (V)	14	18
Lamb's lettuce salad with sauteed bacon strips, egg and bread croûtons, served with dressing of your choice	14	18

Soups

Double beef broth with julienne of vegetables and Sherry	10
Classical barley soup of the Grisons	13
Fennel cream soup with crispy "praline" of spiced lentil mousse, served with powder of "Guanciale di Norcia" *(Guanciale = Air dried pork neck from Umbria)*	14

Pasta ... e basta!

Spaghetti “Aglio, Olio e Peperoncino” with Mazzancolle-shrimps from Sicily *(the shrimps are peeled)*	26	32
Creamy beetroot-risotto with porcini mushrooms, stracciatella of burrata-cheese and crispy pistachios (V)	28	34
Strozzapreti of pumpkin on “fonduta” of Taleggio Valsassina, served with a delicate stroganoff of venison fillet	28	34
Classic Lasagne alla Bolognese *This world-famous pasta dish is inseparably linked to Bologna, Italy’s capital of gastronomy.*	24	30
Pizzoccheri alla valtellinese – according to a classic recipe from Teglio in Valtellina, th e home of pizzoccheri (V)	24	30
Home made Capuns Sursilvans (small portion: 3 pieces, large portion: 5 pieces) *This typical speciality from the Grisons is made from a light "Spätzli" dough with diced vegetables and air-dried meat wrapped in Swiss chard leaves, poached in a vegetable broth with cream and served with sauteed strips of Grison cured ham.*	25	31

Fish

Please note that our fish dishes do not include any side dishes.

Grilled sea bass fillet with lemon and finest Tuscan olive oil	39	45
Strips of sole-fillet «Prince Murat» with artichokes, potatoes and tomatoes in delicate white wine sauce with a hint of truffle	43	49
Monkfish medallions in almond crust with lime, pink pepper and mushroom ragout, served with saffron sauce	44	50
Perch fillet involtini in panko - stuffed with arctic char, lemon thyme and spinach - with a delicate sauce of Cannellini beans, sage and herb pesto, served with mashed potatoes and crispy leek	43	49
Trout au bleu with melted butter or fried à la meunière *(The sauce meunière is served on the side)*		40

Meat

Please note that our meat dishes do not include any side dishes unless stated otherwise.

Veal

Veal piccata Milanese style with strips of ham and mushrooms	36	42
Classic Wiener-Schnitzel with cranberries	35	41
Sliced calf's liver alla Modenese with aged Modena Balsamic Vinegar and crispy Tropea onions	33	39
Sliced veal fillet with wild mushrooms Val Fex	36	42
Ossobuco (veal shank) alla Gremolata *This excellent italian dish goes perfectly with mashed potatoes (+ CHF 10.--) or with our outstanding risotto alla milanese (+ CHF 12.--)*	36	42

Beef

Tagliata of Swiss Prime Angus sirloin steak Café de Paris *This French bistro classic was created in the 1930s: not in Paris but in Restaurant du Coq d'Or in Geneva. Our crispy French fries make the perfect accompaniment (+ CHF 7.--).*		47
Grilled Irish Angus beef fillet, served as you choose either plain, with red wine sauce, with green pepper sauce or with herb butter		49
Stroganoff à la Maria (slightly spicy) *Cubes of beef fillet with mushrooms and pickled gherkins, complemented by a slightly spicy paprika cream sauce. At Hotel Maria we serve the stroganoff **without** pepperoni*		47

For special occasions, or just because!

Classic Chateaubriand with Béarnaise sauce or green pepper sauce, served with a selection of vegetables and side dish of your choice (included)

For 2 persons or more	price per person	68

Cordon bleu … a legend

The cordon bleu at Hotel Maria is legendary. Did you know that cordon bleu dates back to an honorary shipping prize – the "blue ribbon" (cordon bleu) – which was awarded at the beginning of the 20th century to the fastest passenger ship to complete the East–West passage across the Atlantic? In 1929 and 1933 the passenger ship "Bremen" won this coveted trophy. After the second record-breaking voyage, the captain tasked his Swiss head chef with creating a special dish to celebrate the day, preferably something with cheese. And this is how the dish consisting of meat, ham and cheese now known as cordon bleu came into being.

All of our 11 cordon bleu options are made using top-class Swiss veal. Prices do not include side dishes or vegetables.

Cordon bleu Classico 38
with ham and Alpine cheese

Cordon bleu Montanara 39
with cheese, bacon, porcini mushrooms and ham

Cordon bleu Toscana 39
with cheese, ham, mozzarella, tomatoes and arugula

Cordon bleu Siciliana (medium spicy) 39
with cheese, ham, bell peppers, hot peppers, onions and olives

Cordon bleu Tirolese 39
with cheese, smoked ham and dried tomatoes

Cordon bleu à la fribourgeoise 39
with Fribourg Vacherin cheese, ham and leek

Cordon bleu Delizioso 40
with Malögin cheese from Maloja, pickled courgettes and Tyrolean bacon

Cordon bleu Aglio 39
with cheese, ham, garlic, tomatoes and arugula

Cordon bleu Tartufo 40
with truffle cheese, ham and pears

Cordon bleu Inverno (very spicy) 40
with Taleggio cheese, Parma ham, artichokes and very spicy "Nduja Calabrese"

Cordon bleu Vegetariano (V) 36
Cordon bleu of eggplant with Gorgonzola-cheese, tomatoes and arugula

Side dishes and vegetables

Side dishes and vegetables may only be ordered together with a main course.

Vegetables

- Italian-style leaf spinach 6
- Courgettes with fresh tomatoes 6
- Green beans 6
- Glazed carrots 6
- Broccoli with almonds 6
- Cucumber salad with dill *(goes well with Wiener schnitzel!)* 6

Side dishes

- Crispy roesti (hash browns) 8
- French fries 7
- Boiled potatoes with parsley 7
- Boiled rice 7
- Tagliolini 8
- Spaghetti with tomato sauce *(perfect for veal piccata)* 9
- Creamy mashed potatoes 10
- Risotto with saffron alla milanese 12



Desserts

Sgroppino – stirred lemon sorbet with Prosecco and Vodka 11
This refreshing dessert comes originaly from the Ligurian Riviera

Frullato al Braulio – stirred vanilla ice cream with Braulio 11
The renowned "Amaro Alpino" from Bormio, combined with vanilla ice cream.

Lemon sorbet with Vodka 11

Apple sorbet with Calvados 11

Apricot sorbet with Abricotine 11

Affogato al caffè *(vanilla ice cream with espresso and whipped cream)* 12

Homemade Crème brûlée à la Grand-Mère with marinated berries and whipped cream 14

Warm apple tartlet with almond crumble, served with cinnamon ice-cream and whipped cream 14

Chestnut parfait from Val Bregaglia with Yuzu sauce and dark chocolate *(Yuzu = Japanese citrus fruit)*

Lukewarm chocolate tarte with liquid heart of red berries, served with vanilla ice cream and whipped cream 14

Classic Tiramisù – in a crispy interpretation by our chef Andrea Chiari 14

Delicious ice creams and refreshing sorbets per scoop 4
with whipped cream + CHF 1.50
Please ask our staff for the current selection

Origin of products and allergens

Our entrepreneurial attitude is that we procure – as far as possible – all of our products from suppliers in our valley. In doing so, we place great importance on fresh products of the very highest quality. We are pleased to advertise indirectly for our partners.

Please inform our service staff if you suffer from a food allergy or an intolerance (gluten, lactose, etc.). They will be happy to give you precise information about our dishes after consulting with our head chef.

Beef	Switzerland/Ireland	Heuberger, St. Moritz & Dorfmetzgerei, Silvaplana
Veal	Switzerland	Heuberger, St. Moritz & Dorfmetzgerei, Silvaplana
Porc	Switzerland	Heuberger, St. Moritz & Dorfmetzgerei, Silvaplana
Cured meat	Switzerland	Heuberger, St. Moritz & Dorfmetzgerei, Silvaplana
Sausages	Switzerland/Italy	Heuberger, St. Moritz & Dorfmetzgerei, Silvaplana Pozzoli, Castasegna
Sea bass	North Atlantic	Bianchi, Zurich & Geronimi, St. Moritz (freshly caught)
Sole	Noth Atlantic	Bianchi, Zurich & Geronimi, St. Moritz (trawl)
Perch fillets	Switzerland	Bianchi, Zurich & Geronimi, St. Moritz (aquaculture)
Monk fish	Noth Atlantic	Bianchi, Zurich & Geronimi, St. Moritz (trawl)
Trout	Switzerland/Italy	Bianchi, Zurich & Geronimi, St. Moritz (aquaculture)
Salmon	Scotland	Bianchi, Zurich & Geronimi, St. Moritz (farmed)
Shrimps	Asia	Bianchi, Zurich & Geronimi, St. Moritz (farmed)
Mazzancolle Shrimps	Sicily	Bianchi, Zurich & Geronimi, St. Moritz (farmed)
King prawns	Asia	Bianchi, Zurich & Geronimi, St. Moritz (farmed)
Fruit and vegetables		Biancotti, St. Moritz & Giuriani, Castasegna
Bread and baked goods		Bäckerei Allenspach, St. Moritz and Romer's Bakery
Cheese and dairy products		Sennerei, Pontresina, Semadeni, Vicosoprano, Latteria Bregaglia, Vicosoprano and Pozzoli Castasegna

December 2026