

Forestis Menu 125€

Forestis Salad Bowl

Marinated cabbage

Apple, buttermilk, horseradish, dill

14

Free-range egg from Braun farm ^{2, 3,}

Porcini mushrooms, baby spinach, truffle

28

Alpine miso cream soup ^{2, 3,}

Chestnuts, pomegranate

16

Pumpkin risotto ^{2,}

Pine nuts, sour cream, watercress

32

Veal cheek ²

Celeriac, black garlic, fresh goat cheese

48

Milk rice ^{2,}

19

Cheese tasting

18

South Tyrolean organic apples are distinguished by their unique color, flavor, and quality. Approximately 7,000 farmers grow this magnificent fruit, which accounts for 40% of the European market. A single apple contains over 30 vitamins and trace elements, 100 to 180 milligrams of potassium, and many other valuable minerals.

The chestnut trees typical of the Isarco Valley can live for 500–600 years, and sometimes even 1,000 years. In the fall, the spiny fruits ripen and are ready to eat. Chestnuts, or “Keschtn” as they are called in South Tyrol, are rich in starch and contain many nutrients and vitamins that have a positive effect on the human body.

Detox Menu 125€

Forestis Salad Bowl

Marinated cabbage

Apple, buttermilk, horseradish, dill

14

Grilled leek ^{2, 3,}

Mustard, wild thyme

24

Carrot cream soup ^{2, 3,}

Soy milk, wild cumin

16

Vegan ravioli ^{3,}

Mushrooms, onion, parsnip

28

Cauliflower ^{2, 3,}

Almonds, mountain saffron

38

70% Guanaja ^{2, 3,}

Chili pepper, buckwheat

19

Cheese tasting

18

Leeks belong to the same family as garlic and onions; they are a light vegetable, rich in water, fiber, vitamins, and minerals. Among their main benefits, they aid digestion, support normal immune system function thanks to vitamin C, and provide antioxidants. Furthermore, it is low in calories and easily fits into a healthy, balanced diet.

The parsnip has been increasingly forgotten since the 18th century. Yet, it is one of the oldest plants gathered by indigenous Eurasian peoples and was cultivated by the Greeks and Romans in ancient times. Parsnips are rich in vitamins C, A, E, and B.