

W E E K L Y S P E C I A L !

週替わり!

Please ask our staff about our weekly
special Bentô

R A M E N

„Tantan Men“

ラーメン

slightly spicy ramen soup with miso and sesame:

- Minced pork, various vegetables & egg 27
- vegetarian, with various vegetables & egg 26

L U N C H S A L A D S

サラダ

Yakiniku Salad (warm) 29

Thin, marinated beef slices (CH) on lettuce.
Served with miso soup.

Salmon Teriyaki Salad (warm) 29

Fried salmon with teriyaki sauce on lettuce.
Served with miso soup.

Chicken Teriyaki Salad (warm) 28

Fried chicken (CH) with teriyaki sauce on lettuce.
Served with miso soup.

Chicken Karaage Salad (warm) 28

Marinated and deep fried chicken bites with house sauce on lettuce.
Served with miso soup.

LUNCH MENU

弁当 — LUNCH BENTÔ - BOX

Bentô-Box „Yakiniku” 31.5

Bentô box with rib eye beef slices, marinated and fried, 4 inside-out rolls, sashimi & salad. Served with rice & miso soup.

Bentô-Box „Fried Salmon Teriyaki” 31.5

Bentô box with fried salmon in teriyaki sauce, two kinds of fried dishes, sashimi & salad. Served with rice & miso soup.

Bentô-Box „Chicken Teriyaki” 30.5

Bentô box with chicken teriyaki, two kinds of fried food, sashimi & salad. Served with rice & miso soup.

Bentô-Box „Chicken Karaage” 30.5

Bentô box with fried chicken nuggets, two kinds of fried foods, sashimi & salad. Served with rice & miso soup.

YU - AN BOWLS (DONBURI) 丼

Yakiniku Don 29

Rib eye beef slices, marinated and fried on rice or salad. Served with a salad or a homemade miso soup.

(extra onsen egg: 3.-)

Salmon Teriyaki Don 29

Fried salmon with teriyaki sauce on rice or on a salad. Served with a salad or a homemade miso soup.

Chicken Teriyaki Don 28

Fried chicken with teriyaki sauce on rice or salad. Served with a salad or a homemade miso soup.

Chicken Karaage Don 28

Marinated and deep fried chicken bites with house sauce on rice or salad. Served with a salad or a homemade miso soup.

Una Don 37

Grilled freshwater eel with teriyaki sauce and Japanese rice. Served with salad or miso soup.

ボケ

POKÉ BOWLS

Yu-An Poké	29
with raw salmon, tuna or "mix" (thuna, salmon & kingfish), avocado, cucumber, Yu-An marinade, onsen egg on sushi rice	
Yu-An Poké Salat	29
with raw salmon, tuna or "mix" (thuna, salmon & kingfish), avocado, cucumber, Yu-An marinade, onsen egg on lettuce	

SUSHI & SASHIMI

寿司

Sushi Set	30
<u>Nigiri</u> : 2 salmon, 2 tuna, 1 kingfish, 1 shrimp	
<u>Inside Out Rolls</u> : 4 California, 4 Salmon/Avocado	
Maki Set	27
<u>Inside Out</u> : 8 California, 4 Salmon/Avocado	
<u>Hoso Maki (thin rolls)</u> : 6 Tekka Maki (Thuna)	
Sashimi Set	34
<u>Sashimi</u> : 3 salmon, 3 tuna, 3 kingfish, 1 calamari, 1 shrimp, 2 sweet shrimp; served with rice & miso soup	
Sushi & Sashimi Set	32
<u>Sashimi</u> : 2 tuna, 2 salmon, 1 kingfish <u>Nigiri</u> : 2 tuna, 2 salmon	
<u>Inside Out</u> : 4 California, 4 Salmon/Avocado	

INSIDE - OUT ROLLS

Salmon Aburi Rolls (8 Stk.)	28
with raw salmon, cucumber, ginger, shiso and flambéed salmon	
Spicy Thuna Crunch Rolls (8 Stk.)	27
Spicy tuna tartare, cucumber, avocado and deep fried tempura flakes	

.. and many others. Please ask.

裏巻き

V E G E T A R I A N V

Bentô-Box vegetarian	28
Bentô box with vegetable tempura, tofu "Ankake", vegetarian sushi rolls & salad.	
VEGI Sushi Set	26
Sushi assortment of different vegetarian sushi.	
VEGI Poké	26
beetroot, avocado, cucumber, fried tofu, sliced tofu pockets (Inari), cherry tomatoes; on sushi rice or salad.	

ベギ

A P P E T I Z E R S & E X T R A S

Edamame V	7.5
Cooked soybeans, salted	
„Ohitashi“ with spinach V	9.5
Spinach dipped in house sauce (soy sauce & vegetable stock)	
„Gomaae“ with Coco beans V	9.5
Blanched coco beans with sesame sauce	
Kaisou salad V	12
Seaweed Salad	
Sashimi extra	16
Small portion of sashimi with tuna, salmon & kingfish	
Inside out rolls extra (4 pcs.)	8
4 pieces of California rolls or salmon and avocado rolls	
Tempura prawns extra (2 pcs.)	13
2 fried shrimps with sauce	
Chicken karaage extra (4 pcs.)	12
4 marinated & fried chicken nuggets	
Vegetarian tempura V	16.5
Various market vegetables fried in tempura batter	
Tôfu & avocado salad (small) V	12
Blattsalat & Tôfu an hausgemachter Sesamsauce	

D R I N K S

Cold, unsweetened green tea 3dl/ 5dl	5/6.5
Mugi Cha (cold, unsweetened barley tea) 3dl/ 5dl	5/6.5
Mineral 3dl	5
Coca Cola, Coca Cola Zero, Apfelschorle, Ice-T (offen), Citro, Tonic Water	
Ramune (Japanese lemonade) 2dl	6
Mineral 5 dl	6.5
Appenzeller silent, Appenzeller carbonated	
Tea in the pot*	5.5
Green tea, Genmai-cha, Hôji-cha, Jasmin tea (*1x refill for free)	
Tea in the glas	5
Black tea, Peppermint tea, Chamomile, Fresh ginger tea (5.5)	
Amboss beer (ZH)	6
Amboss Blond, Amboss Amber	
Amboss Weizen Bier 5 dl (ZH)	9.5
Asahi (Japan)	7.5
Sapporo (Japan)	7.5
Kirin (Japan)	7.5
Hitachino „red rice“ / „white ale“ (Japan)	8.5
Rising Sun Pale Ale (Japan)	9.5
Appenzeller Panaché Naturtrüb 2,5%	5.5
Appenzeller Sonnwendig (Alkoholfrei)	5.5
<u>Apero, sake, wine, prosecco, spirits:</u>	
„Please ask for the separate menu card“	
Coffee, espresso, decaffeinated Coffee	4.5

Allergens and intolerances:

We're happy to provide information

Meat declaration:

Poultry and meat come from Swiss production

Fish (MSC-certified):

Thuna: Maldives/Philippines, Salmon: Scotland, Kingfish: Australia/Japan