

Lunch

from 12:00 to 17:00

Die Post

Wirtshaus seit 1728



www.alpinhotel-post.com

 vegetarian



BEWUSST TIROL – CONSCIOUSLY TYROL

Consciously enjoying Tyrol means savoring Tyrolean Products. This is the central theme of the initiative “Bewusst Tirol”, in which farmers and innkeepers work hand in hand to offer you a unique Tyrolean taste experience.

OUR FOOD

We are making the foremost effort to offer you regional products from Tyrol. Most of our purchases are therefore provided by local farmers and suppliers.

SELECTED PROVIDERS INCLUDE

Pirpamer Markus, Vent (Beef-, Lamb-, Game meat)
Gstrein Arno, Sölden (Game, Meat and Sausages)
Schultes Werner, Sölden (Game meat)
Familie Mrak, Längenfeld (Fish)
Florianihof, Haiming (Pork meat)
Maria & Martin Grüner, Obergurgl (goat cheese)
Kapeller Franz, Mieming (Potatoes)
Erlebnissenerei Zillertal (Milk and Milk products)
Holzknecht Erika, Längenfeld (Cheese)
Biohof Glatzl, Haiming (Flour, Polenta corn meal)
Petra Holzknecht (Eggs)




ÖTZTAL REGION OF CULINARY EXCELLENCE – THE MOUNTAIN LAMB & SHEEP

The producers guarantee the best possible quality, following a set of specific guidelines – with clear definitions of regionality and quality. 100% of animal farming and processing takes place in the Ötztal Valley. The superior quality is a result of the animal welfare, breeding and feeding. In fact, the Ötztal Region of Culinary Excellence holds an extensive traditional knowledge about all factors, which affect the quality of the Ötztal mountain sheep & lamb.

The main task of the “Austria Region of Culinary Excellence” is the preservation of small farms. It is the initiative’s mission to provide and support regional premium products. After a decade of dedication, the “Austria Region of Culinary Excellence” has become a strong brand, making of regionality and seasonality an everyday reality.

Salad

Summer salad / potatoes / radishes / seeds / bacon / egg
upon request without bacon  16,--

Mixed salad 

big 13,70

small 8,--

2 cheese dumplings / brown butter / salad  16,--


Soup

Goulash soup 9,90


Consommé / cheese dumpling 9,20

Consommé Celestine 8,20


Warm starters

Warm boiled beef / onions / radishes	16,50
Homemade pasta bolognese	17,--
Homemade pasta / spinach / curds 	16,50

Main courses

Wiener Schnitzel – breaded veal escalope	
French fries or potato salad / cowberries	28,--
Smoked deer sausage	
horse radish / roast potatoes / bacon cabbage salad	17,50
Fregola Sarda/ tomatoes / zucchinis / parmesan 	19,50

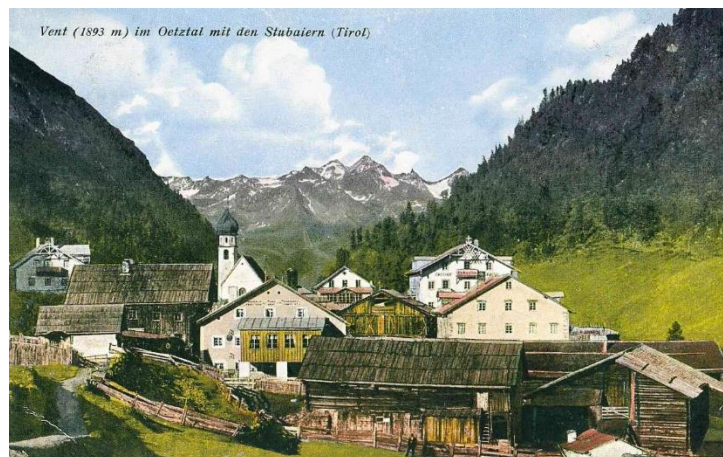
Savoury

Cheese plate / butter / bread 	15,50
Tyrolean bacon / butter / special tyrolean bread	13,50
Peasant toast / roast pork / cabbage salad / cheese	16,--

Desserts

Kaiserschmarrn / raisin omelette cut up in pieces / cowberries		15,20
Affogato – Espresso & vanilla ice cream		6,--
Apple strudel		
	natural	7,50
	with whipped cream	8,50
	with custard sauce	9,--
Cake	natural	5,20
	with whipped cream	6,20

In case of intolerances or allergies please ask our service staff!



Vent, ca. 1910

EVERY TUESDAY BARBECUE EVENING

per person 56,--

- incl. soup, salads, bread
- various meat specialties, fish and seasonal vegetables from the OFYR-Grill and Smoker

EVERY THURSDAY FONDUE EVENING BY PRE-ORDER

Fondue Bourguignon or Fondue Chinoise

(2 people or more)

per person 52,--

- beef-, pork- and chicken fillet
- vegetables
- 5 different Fondue sauces
- french fries, baguette
- salad bowl

Cheese fondue

(2 people or more)

per person 39,--

- swiss cheese with kirsch
- baguette
- bacon and ham
- baby potatoes
- grapes and apples