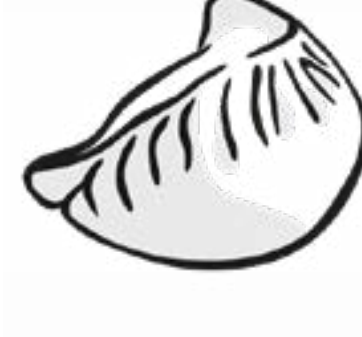




MOMO

TENZ CLASSICS

STEAMED OR DEEP FRIED



BEEF
100 % Swiss Beef



CHICKEN
100 % Swiss Chicken Meat



VEGI
Spinach, peas, potatoes,
paneer, mushrooms, tofu



VEGAN
Shiitake mushrooms, champignons,
chickpeas, coriander



SPINACH-RICOTTA
Spinach, Tenz cheese mix (CH)

ÖPIS NEUS

STEAMED



Limited Momo Edition:
Super fresh and available for a
limited time only. Ask us about
our latest creations!
Price per Momo may vary.

SHAPALEY & CO.

DEEP FRIED

SHAPALEY
100 % Swiss Beef

TSEPALEY
Spinach, potatoes,
Tenz cheese mix (CH)

MOMO PORTIONS

SMALL – 8 Pcs. **19.2**

MEDIUM – 10 Pcs. **24.0**

LARGE – 12 Pcs. **28.8**

SHAPALEY & CO.

PORTIONS

SMALL – 2 Pcs. **14.4**

MEDIUM – 3 Pcs. **21.6**

SAUCES **2.0**

Spicy Mayo

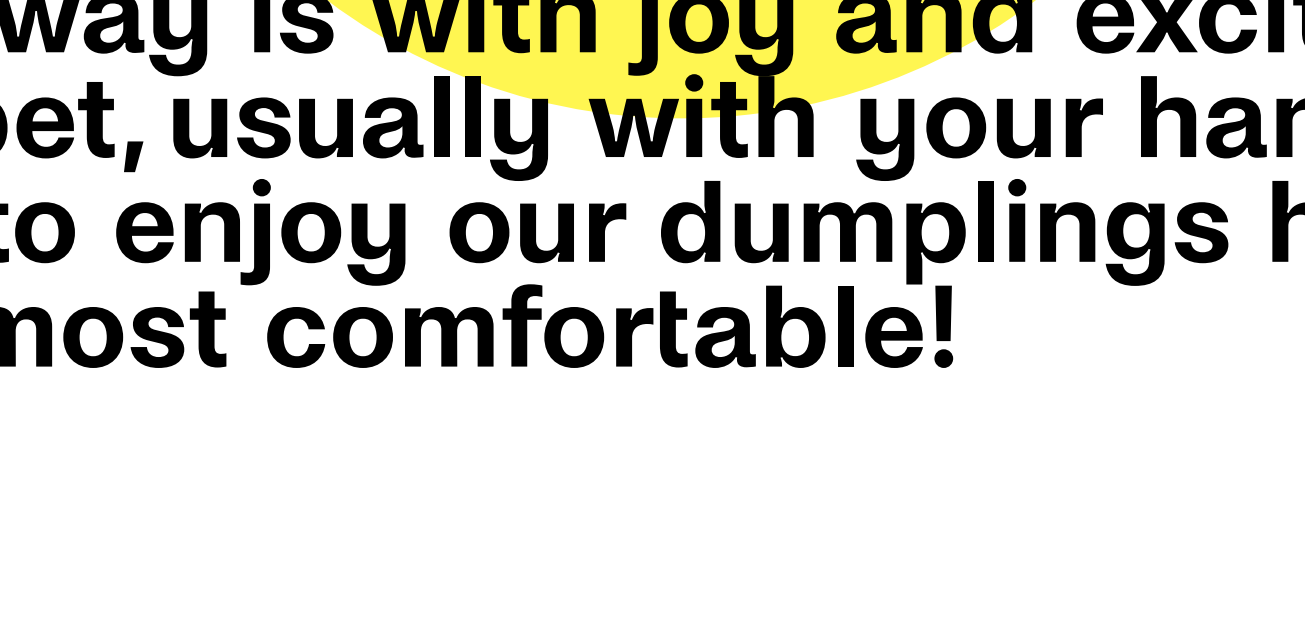
Classic Joghurt

Cheesy Cocktail

Madras Curry

Pink Tandoori

TENZ FACTS



How do you eat momo?
The best way is with joy and excitement
and in Tibet, usually with your hands. But
feel free to enjoy our dumplings however
you feel most comfortable!

MORE

SALADS

SON LABU **7.5**

A traditional Tibetan salad
made of pickled radish

KANGRA **7.5**

Cucumber, peanuts,
soy-sesame dressing

LABU MARPO **7.5**

Carrot salad, edamame,
and sultana raisins

TENZ HUUSSALAT **15.0**

Mixed leaf salad with toasted seeds
and homemade dressing

SOUPS

THENTHUK VEGAN **20.5**

A cozy hug in a bowl –
straight from the Roof of the World.
Planted (vegan protein), spinach, soy, sesame

THENTHUK BEEF **22.5**

A cozy hug in a bowl –
straight from the Roof of the World.
100 % Swiss Beef, spinach, soy, sesame

LAPING

LAPING – Tibetan Street Food
The Tibetan street food special for the curious
(available Thursday to Saturday)

WHITE LAPING **7.5**

Cold mung bean glass noodles

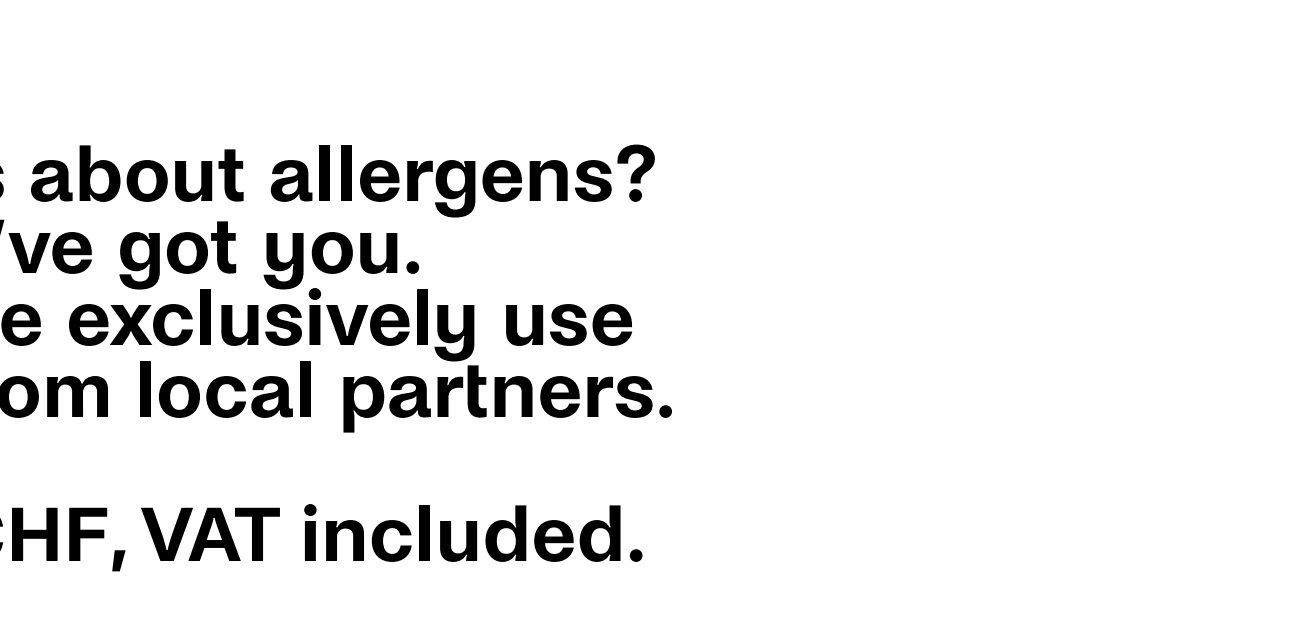
YELLOW LAPING **9.5**

Cold, spicy wheat-bean glass noodles

DESSERT

TSAMPA CHEESECAKE **9.4**

TENZ FACTS



Tsampa is Tibet's staple food, made from
roasted barley flour. Traditionally, Tibetans mix
it with liquid – usually tea – and knead it
by hand into small balls before being eaten.

Got questions about allergens?
Just ask – we've got you.
By the way, we exclusively use
Swiss meat from local partners.

All prices in CHF, VAT included.

Vegi , Vegan

DRINKS

HOMEMADE ICE TEAS

GREEN TEA LEMON	3 DL 5 DL	5.0 7.0
ROSEHIP HIBISCUS	3 DL 5 DL	5.0 7.0
GINGER HONEY LEMON	3 DL 5 DL	5.0 7.0

HOMEMADE ICED DRINKS

ICED LIME REFRESHER	4 DL	5.4
ICED OAT MATCHA LATTE	4 DL	7.1
ICED OAT CARAMEL MACCHIATO	4 DL	6.5

SOFTDRINKS

MINERAL SPARKLING	3.3 DL 5 DL 1 L	5 7 11
MINERAL STILL	3.3 DL 5 DL 1 L	5 7 11
CITRO DRAFT	3 DL 5 DL	5.0 7.0
COLA / COLA ZERO	3.3 DL	5.0
SPRITE / SPRITE ZERO	3.3 DL	5.0
RIVELLA ROT / BLAU	3.3 DL	5.0
APFELSCHORLE	3.3 DL	5.0
TONIC WATER DRAFT	3 DL 5 DL	5.0 7.0
BITTER LEMON DRAFT	3 DL 5 DL	5.0 7.0
GINGER ALE DRAFT	3 DL 5 DL	5.0 7.0
SPICY GINGER DRAFT	3 DL 5 DL	5.0 7.0
EL TONY MATE	3.3 DL	6.0

BIERE

FELSENAU HELL DRAFT	3 DL 5 DL	4.5 7.0
FELSENAU AMBER DRAFT	3 DL 5 DL	4.5 7.0
FELSENAU SCHÜMLI (ALCOHOL-FREE)	3.3 DL	5.0
BÄRNER MÜNTSCHI	3.3 DL	7.5
PANACHE	3 DL 5 DL	4.5 7.0
CORONA	3.3 DL	7.5
MÖHL «SUURE MOSCHT» (SOUR CIDER)	5 DL	7.5

TIBETAN FAVORITES

BHOE-CHA Tibetan Butter Tea	2 DL	4.0
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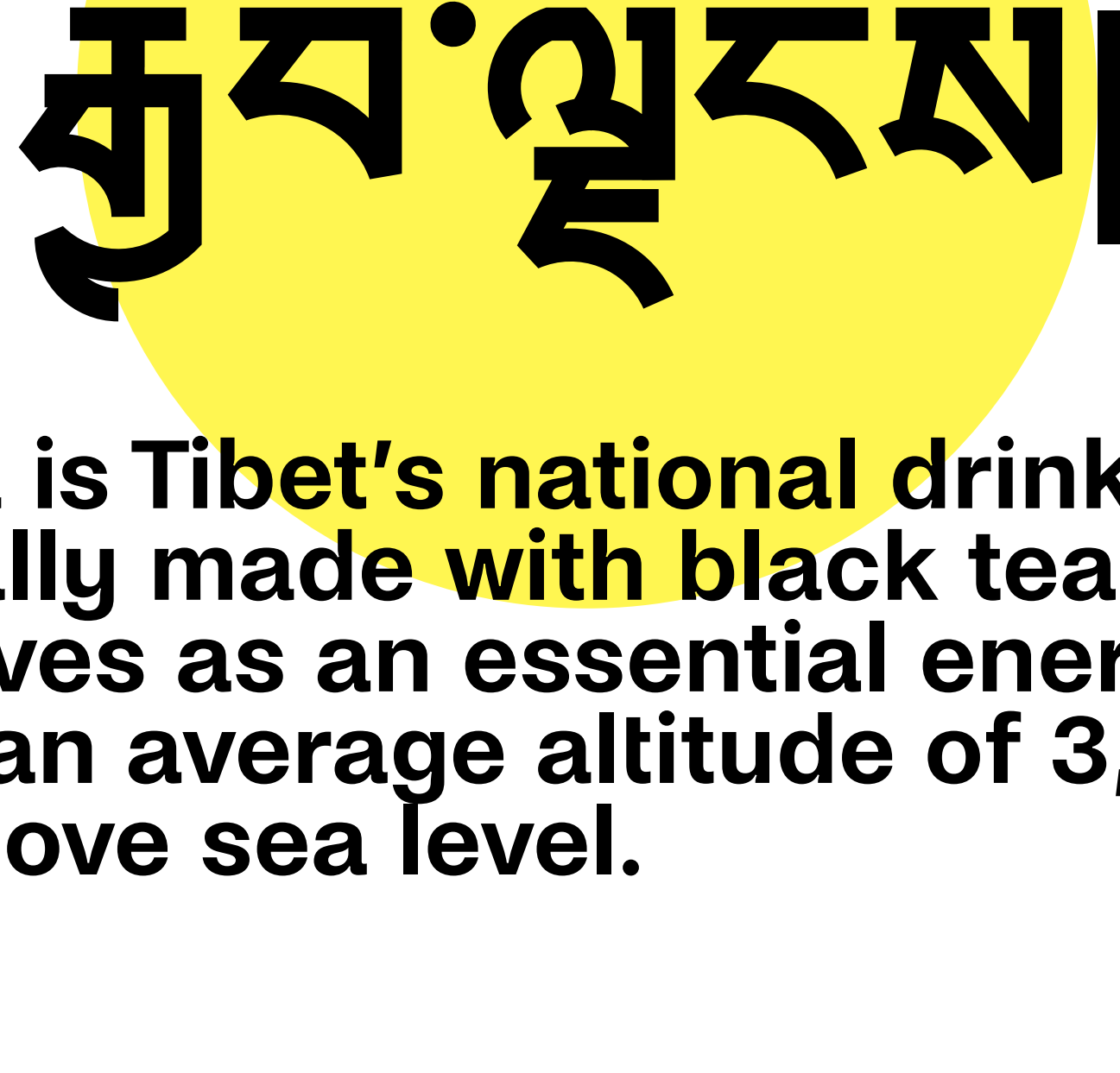
CHAI	3 DL	5.5
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HOMEMADE HOT DRINKS

MATCHA LATTE	4 DL	7.5
CARAMEL MACCHIATO	4 DL	6.9
CINNAMON MACCHIATO	4 DL	6.9
TENZ HOT CHOCOLATE	4 DL	6.9
FRESH PEPPERMINT TEA	4 DL	6.4
GINGER HONEY LEMON TEA	4 DL	6.9

COFFEES & TEAS

COFFEE	4.5
ESPRESSO	4.0
DOPPIO (DOUBLE ESPRESSO)	6.0
CAPPUCCINO / MILK COFFEE	5.5
TEA – LÄNGGASS	5.0
Verbena, Fruit Tea, Green Tea, Black Tea	



Bhoe-Cha is Tibet's national drink. Traditionally made with black tea, butter, and salt, it serves as an essential energy source for life at an average altitude of 3,500 to 4,000 meters above sea level.

APÉRO DRINKS

APEROL SPRITZ	11.5
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Aperol, Prosecco, Soda Water

HUGO	11.5
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Elderflower Syrup, Prosecco, Soda Water

SPRITZED WHITE WINE (SWEET SOUR)	8.5
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BUBBLES

1 DL | 7.5 DL

PROSECCO DOC	8.0 59
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L'Anima di Vergani

100 % Glera

Prosecco, IT | 2023 | 11%

ROSÉ PROSECCO DOC	9.0 67
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L'Anima di Vergani

85% Glera, 15% Pinot Noir

Prosecco, IT | 2023 | 11,5%

SIGNATURE COCKTAILS

TENZ SOUR	15.5
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Ketel One Vodka, elderflower syrup, fresh lemon juice

TENZ BASIL SMASH	15.5
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Tanqueray Gin, basil, mango syrup

TENZ PASSION	16.5
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Captain Morgan White, Passoã, passion fruit, ginger beer, fresh lemon juice

MOCKTAILS

VIRGIN PINK HUGO	8.5
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Elderflower syrup, wild berry, lime, mint

GIN-GIN	11.5
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Tanqueray 0.0% Alcohol-Free, ginger ale, rosemary

ROSÉ

1 DL | 7.5 DL

ROSÉ ZÜRICHSEE AOC	9.0 67
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Dreistand

100% Pinot Noir

Zürich, CH | 2023 | 13%

WEISSWEINE

1 DL | 7.5 DL

LABIANCA LIGURIA	8.0 59
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DI LEVANTE IGT

Canine Lunae

Vermentino, Malvasia

Ligurien, IT | 2023 | 12,5%

SAUVIGNON BLANC	9.0 67
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Volpe Pasini

100% Sauvignon Blanc

Friuli, IT | 2023 | 12,5%

ROTWEINE

1 DL | 7.5 DL

ONTAÑÓN CRIANZA DOCA	9.0 67
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Ontañón

Tempranillo, Garnacha

Rioja, ESP | 2020 | 14%

BONSALTO TOSCANA IGT	10.5 75
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Fattoria Bonsalto

Sangiovese, Malvasia, Colorino

Toscana, IT | 2022 | 13,5%

LIKÖRE / DIGESTIFS

FRANGELICO	2 CL 4 CL	5.5 9.5
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INGWERER	2 CL 4 CL	6.5 11
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HIERBAS	2 CL 4 CL	6.5 11
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GRAPPA NONNINO	2 CL 4 CL	7.5 12
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That's not all, folks!
More spirits are available at the bar.

#STEAMSPIRIT

Share your Momoment at Tenz on Instagram, tag our account @tenz_momo, and you'll automatically enter our monthly giveaway for a 100 CHF Tenz voucher.

Tenz a lot & good luck!

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Vegi 🌱, Vegan 🌱