

NI BAR & ROOFTOP TERRACE X TRESSBRÜDER

BIO-Food with a View

Food from
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N I
B A R

TOP VIEW,
TOP FOOD, TOP DRINKS.
© Caro & Selig



Caro & Selig

Tegernsee



INHALE. EXHALE!

Caro & Selig in Tegernsee, as part of the Marriott Autograph Collection, celebrates comfortable retreat, connection to the region, and elegant naturalness. Organically nestled in the breathtaking landscape of the Alps, this boutique hotel in Tegernsee stands for sophisticated design, classic craftsmanship, and a special ambiance – very much in the spirit of Caroline of Baden, Queen of Bavaria. Here you will find a place where personal well-being is considered in all its facets. Our goal: a 4-star superior hotel in Tegernsee that invites regeneration and inspiration.

THIS RELAXATION... IN THE ROOMS OF OUR SUPERIOR BOUTIQUE HOTEL

Retreat and sleep as the ultimate luxury: Our 123 rooms and suites in modern, high-quality design are designed so that you can arrive in the moment and recover sustainably. In our boutique hotel in Tegernsee, sleeping comfort comes first, so that we fulfill all the needs that serve your regeneration. Fall asleep with a feeling you haven't had in a long time: blissful happiness.

THE TRESS BROTHERS RESPONSIBILITY

The goal of the Tress Brothers is to shape their actions according to their sustainability principles. From the selection of organic raw materials to the preparation on your plate – every step is carefully considered. At Caro & Selig, enjoy not only the good taste, but also the benefits of the Tress Brothers’ sustainability principles.



100 % ORGANIC

Furthermore, the Tress Brothers value organic products from the Bioland, Demeter, and Naturland associations. These associations rely on ecological standards that maintain soil fertility and avoid the use of synthetic pesticides and fertilizers.



FOOD WASTE

On the way from the field to the plate, one-third of all food is wasted. That's why the Tress family consistently avoids food waste. All ingredients are processed according to the Leaf-to-Root and Nose-to-Tail principles.



RENEWABLE ENERGY

The Tress Brothers source green electricity at all their production sites. Overall, they can reduce their Corporate Carbon Footprint by approximately 304 tonnes of CO₂e compared to using conventional electricity. Furthermore, the heat comes from renewable energy sources.



SPECIES-APPROPRIATE ANIMAL HUSBANDRY

To reduce meat consumption, vegetarian cuisine is our focus – and if it should be meat, then good meat from species-appropriate organic farms. This promotes appreciation for the animal and increases awareness when consuming meat.”



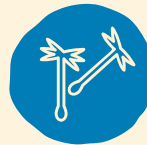
REGIONAL & SEASONAL

By using organic food, the Tress Brothers make a significant contribution to promoting biodiversity and species diversity.



HEALTH

The dishes of the Tress Brothers are designed to be well-balanced, so that they are beneficial for your health.



COMMON GOOD ECONOMY

For the Tress family, economic activity is not an end in itself. They want to contribute to the common good through their actions. Therefore, they regularly have themselves certified according to the standards of the Economy for the Common Good.



TRANSPORT & SUPPLY CHAIN

By using regional ingredients, they focus on sustainability with short delivery routes, which minimizes CO₂ emissions and promotes local economic cycles. In this way, they contribute to the conservation of ecological resources.

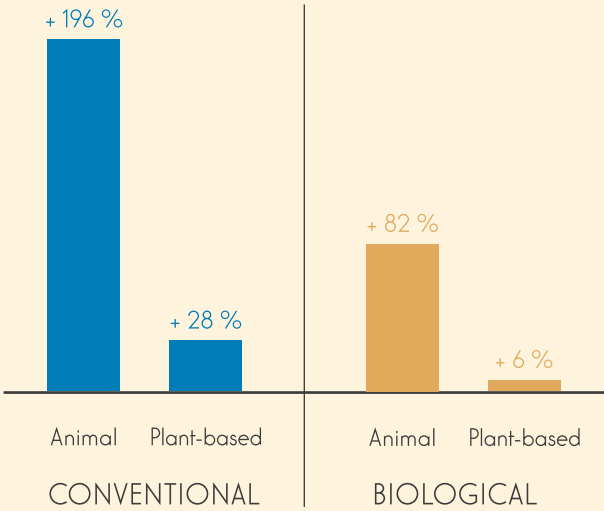
MUST TASTE GOOD TO ALL. FAIRLY CALCULATED

The prices for our food often don't represent the actual costs. The consequential costs, which manifest themselves in the form of, for example, polluted groundwater, diet-related illnesses, or climate change, are paid by us sooner or later, as we have to bear the costs for the ecological damage. If these consequential costs are not disclosed, we distort the actual prices. We believe that organic farming comes closest to the real price, as a large number of environmental costs are represented.

IMPORTANT TOPIC.
BUT IT'S OKAY TO BE
IMPERFECT SOMETIMES!

THE REAL PRICE.
THANK YOU FOR YOUR
CONTRIBUTION TODAY!

The costs would have to be so much higher if the costs for the environment and society were factored in.



Quelle: Michalke, Amelie; Fitzer, Fabian; Pieper, Maximilian; Kohlschütter, Nils; Gaugler, Tobias (2019): How much is the dish? - Was kosten uns Lebensmittel wirklich?.

7 GOOD REASONS

... to invest in a sustainable future.
For you, for your children, your grandchildren,
and everyone who comes after us.

- 1

Sustainability creates a **positive feeling** of contributing and mindfulness. By choosing environmentally friendly products and services, you actively contribute to environmental protection.
- 2

Sustainability means fewer harmful chemicals and pesticides, thus contributing to better health and greater well-being.
- 3

Sustainability preserves our **eco-system** by conserving habitats, protecting species, and keeping natural processes intact.
- 

4

Sustainability includes **social aspects**; whoever acts sustainably not only advocates for a greener world but also ensures that discrimination is combated and equality is promoted.
- 5

Sustainability contributes to the **common good** by ensuring that decisions are made not only based on economic criteria but also on ecological and social ones.
- 6

Sustainability promotes **cross-generational responsibility** by enabling us to meet our current needs while also securing the needs of future generations.
- 7

By making sustainable choices, you invest in a **positive & sustainable future**. You not only secure your own prosperity but also the opportunities and possibilities of future generations.

WHAT IS YOUR
GOOD REASON?

ORGANIC PLEASURE VARIETY

You have the choice! With us, you individually create your menu from several small components. To perfectly enjoy the NI BAR's variety of delights, we recommend 4 - 5 dishes, depending on your appetite. The dishes are perfect for sharing.

MIX & MATCH IT'S YOUR CHOICE!



ANY MORE QUESTIONS?

Should you still have any questions about our dining concept, or should you need assistance in choosing your dishes, *our team will be happy to help!* For questions about allergens and intolerances, please speak to our staff directly.



All ingredients in this menu come from certified & controlled organic cultivation (except game) - DE-ÖKO-006
Dishes may differ from the illustrations.



🌱 = Vegan 🌾 = Gluten-free

STARTERS

GAZPACHO 🌱🌾 10.50 €
with lemon oil, roasted
sunflower seeds & lemongrass

Light and refreshing: cold tomato soup refined with aromatic lemon oil. Crunchy sunflower seeds add texture, while lemongrass introduces a lemony-spicy freshness.



TOMATO
CREAM 🌾 10.50 €
with mozzarella, basil oil,
balsamic jelly, pine nuts & Parmesan

Classically elegant: Fine tomato cream meets delicate mozzarella. A touch of basil oil and balsamic jelly add aromatic accents, while roasted pine nuts and Parmesan provide a nutty depth.

STARTERS

TARTARE OF BROAD BEAN 10.50 €

with onion panna cotta, parsley, pepper chutney & horseradish broth

Tartare made by the vegan butcher Benjamin. Refined with onion panna cotta, parsley, pepper chutney & horseradish broth.



SMOKED CAULIFLOWER CREAM 10.50 €

with blueberries, caramelized nuts & herb oil

Cauliflower smoked for several hours on our charcoal grill, then made into a cream. Served with a blueberry ragout and cream, whose fruity sweetness harmonizes wonderfully with crunchy nuts.

SPICY BEEF CUBES 10.50 €

with coriander, celery, chickpeas, sweet potatoes & lime-honey broth

Spicy and fiery: The flavorful marinated meat comes together with chickpeas and celery, while sweet potatoes provide a creamy counterpoint. The intense lime-honey broth and fresh coriander add an exotic lightness.

CURED TROUT 10.50 €

with remoulade gel on buckwheat salad, cucumber relish & orange-ginger broth

Fresh and zesty: tender trout on cool remoulade gel. The nutty buckwheat salad combines with crunchy cucumber relish, while a fruity-spicy orange-ginger broth provides a pleasant freshness.



TERRINE OF GOAT CHEESE 10.50 €

with apple-vanilla jelly, peas and oil of dried tomatoes

Goat cheese with a dominant, characteristic flavor? Not with us! Here, the goat cheese takes on a completely new direction with apple and vanilla. Accompanied by peas for a bit of bite and the oil of dried tomatoes.

NI BAR & SIMON TRESS

„For me, nature creates the plate – not only out of family tradition, but because I am convinced that good taste and the finest enjoyment can only be achieved with food of the best organic quality!“

Simon Tress

Simon Tress is not only responsible for the culinary direction of the multifaceted gastronomy business among the four Tress brothers, but he is also the first organic star chef in Europe to be awarded a MICHELIN star. According to the MICHELIN GUIDE, his cuisine represents „an original idea, not off-the-shelf, and a prime example of sustainability!“ For example, all ingredients in his Restaurant 1950 come from a distance of no more than 25 kilometers, and the waste generated per evening from the vegetarian 5-course menu barely covers the bottom of an espresso cup! We are very pleased that guests of the NI Bar in Tegernsee can now also experience a part of this very unique idea on their plates!



Having grown up on their parents' organic farm, the Tress brothers have organic farming in their blood. They run their business according to the values of their grandfather, who converted the farm to organic in 1950, in his spirit and according to the philosophy „Together for People & Nature“!

MAINS

VEGANES 15.50 € BUTTER CHICKEN

with sweet potato fritters, lukewarm fennel salad, roasted pepper cream & nuts

Creamy and mild: Our delicate butter chicken harmonizes perfectly with the light crunch of the sweet potato fritters. Lukewarm fennel salad and nutty toppings add lightness, while roasted pepper cream rounds off the taste experience.



PULLED PORK 22.50 €

with potato-herb fritters, coleslaw, bacon cream & jus

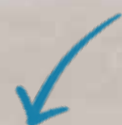
Rustic and refined: tenderly braised pulled pork on crispy herb fritters. Delicious jus meets hearty coleslaw and velvety bacon cream – a play of textures and intense flavors.

MAINS

BEEF CURRY 22.50 €

with roasted cauliflower, oriental couscous, mint yogurt & hummus

Hearty and exotic: The intense beef curry combines with the robust cauliflower. Flavorful couscous and creamy hummus provide oriental depth, while mint yogurt contributes a cool, fresh note.



LAMB MEATBALLS

22.50 €

with creamy polenta, ratatouille, gremolata & jus

Hearty and aromatic: Tender lamb meatballs meet velvety polenta. The colorful ratatouille complements with Mediterranean flavors, and our fresh gremolata as well as rich jus add savory counterpoints.



TOP FOOD - TOP VIEW - TOP DRINKS

The NI BAR stands for an extraordinary cocktail concept that promises indulgence at the highest level. Inspired by the region and its diversity, the entire team creates drinks that impress with selected, regional ingredients and captivate with their sophistication and uniqueness. Each creation is a tribute to nature, craftsmanship, and the special character of the Tegernsee Valley.

OUR RECOMMENDATION TO COMPLEMENT THE TRESS BROTHERS' DISHES:

TEGERNSEE FIZZ

Local gin with young spruce shoots from the Tegernsee forests, fresh lime, honey, egg white, and soda.

BAVARIAN MULE

Bavarian vodka, Swiss stone pine liqueur from Gmund, fresh lime, and Regensburg ginger beer.

Both drinks are also available non-alcoholic.

15 € per drink



Share your favorite drink!
Follow and tag us

[f](#) [@](#) [@CAROUNDESELIG](#)



MAINS

HERB LINGUINE 15.50 €

with tomato-pepper gel, feta, capers, zucchini & rosemary-honey jus

Summer can be this green: Our herb linguine refined with a touch of tomato-pepper gel, feta, capers, zucchini & accompanied by a sweet rosemary-honey jus.



CREAMY BUCKWHEAT RISOTTO 15.50 €

with roasted vegetables, thyme jus, apple & eggplant cream

Delicate & fruity: Our velvety buckwheat risotto harmonizes perfectly with the robust roasted vegetables. A hint of thyme jus, fresh apple, and fine eggplant cream add a subtle touch of freshness.



ENJOY SUSTAINABLY. ENJOY CONSCIOUSLY!

As early as 2020, the Tress brothers made meat a side dish in their organic fine-dining restaurant „1950,“ the first restaurant in Germany to do so. With this concept, they aim to give meat the appreciation it deserves. Furthermore, they are certain that reduced meat consumption leads to resource-saving and conscious eating that benefits both us and our nature.

REGIONAL

We source our meat from trusted producers who raise their animals according to Bioland guidelines in the region.

NOSE-TO-TAIL PRINCIPLE

When an animal gives its life for us, we want to show it the greatest respect, and therefore the Tress brothers process the whole animal.

ANIMAL WELFARE

By reducing meat consumption, we can contribute to fewer animals being bred, which in the long term leads to improved animal husbandry.



VEGETABLES ARE THE STAR

Share your NI BAR organic indulgence today: Follow and tag us

[f](#) [@](#) @CAROUNDSELIG

DESSERTS

COCONUT PANNA COTTA V 9.50 €

with apple-rosemary chutney,
praline & coriander oil

Our classic coconut panna cotta, here refined
with apple-rosemary chutney, accompanied by
a praline and coriander oil.



SPICE SPONGE CAKE V 9.50 €

with chocolate-ginger cream,
berry jelly, praline & orange oil

In our vegan jelly, ginger meets chocolate
and spices. Complemented by the delightful
acidity from the orange praline.

COCOA ON STRAWBERRY JELLY V 9.50 €

with basil cream & mild lime broth

Jelly meets cream, cocoa kisses strawberry.
Accompanied by basil as a cream, refined with
a mild lime broth – an interplay of sweetness,
acidity, and aromatic lightness.



VANILLA CREAM 9.50 €

with chocolate, cherries
& salted caramel sauce

Vanilla and chocolate are practically unbeatable
as a team. The delicious cocoa sponge cake
comes accompanied by sweet vanilla and the
acidity of two kinds of cherry.

CULINARY EXPERIENCE

TASTE THE BLISS

Worldly yet rooted in the region: Our restaurant FREYHEIT – Grill & Bar is one of the top restaurants in Tegernsee and translates the spirit of Queen Caroline into special flavors. Whether fish, vegetarian, meat, or vegan, in our kitchen, all dishes are prepared with the same love and attention and refined on the lava grill. Enjoy your meal with a good feeling and savor the uniquely stylish ambiance of our restaurant in Tegernsee.

SIMPLY EAT WELL IN TEGERNSEE.

The ingredients for our dishes preferably come directly from the region and are sourced from local suppliers. Fresh vegetables from the valley or meat from Tegernsee alpine cattle – the grill brings out the individual taste of the ingredients in a new way. Accompanied by delicious side dishes, you can taste the abundance of the Tegernsee region. To complete your menu, treat yourself to a refined appetizer or a sweet finish.

Look forward to blissful indulgence in our grill restaurant FREYHEIT – Grill & Bar in Tegernsee!

DISCOVER OUR CURRENT MENU.



NI BAR & ROOFTOP-BAR

The highlight of our hotel: the rooftop terrace on the 5th floor with the NI BAR and a 360-degree panoramic view of Lake Tegernsee and the Bavarian Alps. The NI BAR is named after Queen Caroline's favorite daughter – the muse of the hotel. From coffee to sundowners and beyond, drinks and small snacks are served here, perfectly attuned to the region and the blissful ambiance. A delight for all the senses.



DRINKS THAT TELL STORIES

Just as Queen Caroline once expressed her love for the Tegernsee region, we unite this in the ingredients of our drinks: herbs from the surrounding alpine pastures, regional spirits mixed with Tegernsee beer, and other local ingredients are featured in the bar menu, conjuring the taste of the surrounding area into your glass. Delicious small bites accompany the drinks harmoniously, rounding off your culinary experience at the NI BAR in Tegernsee. Our signature cocktails made with local ingredients are served with or without alcohol.

OPENING HOURS

We look forward to welcoming you to our rooftop bar in Tegernsee at the following times:

Monday – Thursday: 5 PM – 11 PM
Friday & Saturday: 3 PM – 11 PM
Sunday & Public Holiday: 3 PM – 11 PM

Open year-round



MEETING & EVENT BLISSFUL MEETINGS

... in your seminar hotel in Bavaria.

Get to know our conference hotel at Lake Tegernsee for conferences, seminars, and events of all kinds. On approximately 450 square meters and with a small outdoor terrace, we will work together to create the perfect setting for your event. You will have three bright seminar rooms at your disposal, all with natural daylight and flexible technical solutions – ideal for individual set-ups & modern presentations.

EXCLUSIVE MEETINGS. RELAXED ENJOYMENT.

Whether a small get-together or events with up to 120 people: Here you will find a seminar and conference hotel in the idyllic surroundings of Munich that harmoniously combines business efficiency and personal bliss. The entire conference area can be booked exclusively, allowing you to design your event entirely according to your wishes and needs.

The spacious foyer offers space for exclusive culinary offerings, relaxed coffee breaks, or stylish aperitifs between program points. Complement your event with our wellness offerings at Lake Tegernsee for a completely successful break.



FEEL THE BLISS! SPA MOMENTS

We invite you to unwind and recharge with new energy during your wellness vacation in Tegernsee. Switch off during our treatments and find what is good for you right now. Experience extensive sauna sessions, refresh yourself in our indoor pool, treat yourself to a relaxing massage or a professional cosmetic treatment. Feel the well-being throughout your body in the spa area of our wellness hotel in Tegernsee and take some time to focus on yourself again.

EFFECTIVE NATURAL COSMETICS WITH TRADITION

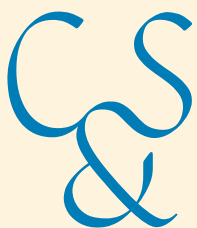
In our spa and wellness hotel on Lake Tegernsee, we pamper you with the high-quality natural products of the Saint-Charles Pharmacy. Based on the knowledge of Traditional European Medicine, they combine medicinal plants, aromatic oils, and natural ingredients for a holistic wellness experience.

THE WELLNESS AREA OF OUR HOTEL

- Indoor swimming pool
- Two saunas
- Steam room
- Two relaxation rooms with outdoor area
- Three treatment rooms
- Beauty and spa treatments with Saint Charles products

TO THE SPA OFFER





Caro & Selig, Tegernsee, Autograph Collection
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www.caroundselig.de

All ingredients in this menu come from certified & controlled
organic farming [except game] – DE-ÖKO-006