



# Fjellskål



## STARTERS & SHAREABLES

### Fjellskål's Fish Soup 195,- / Large portion 295,-

Creamed fish soup with white fish | Red fish | Carrots | Leek | Topped with leaf-parsley and chervil oil  
④ ⑦ ⑫

### Fjellskål's Shellfish Soup 329,- / Large portion 475,-

Creamed shellfish soup with king crab | Hand peeled shrimps | Topped with leaf-parsley and chervil oil  
② ⑦ ⑫ ⑭

Our soups served with freshly baked bread ① and whipped butter ⑦ (gluten-free upon request)

### Salad with Tuna Tataki 395,- ④

Lightly seared fresh tuna | Mixed salad | Cherry tomatoes | Poached egg ③ | Topped with miso-dressing

### Fjellskål's Cognac-Marinated Salmon "Gravlax" and Smoked Salmon 249,- ④

Served with creamed mustard sauce ⑩ (lactose-free) | Sour cream with dill, lemon & red onion ⑦  
Change the smoked salmon to wild smoked salmon for + 70,-

### Carpaccio of Tenderloin Beef or Whale Meat 299,- ①

Choose between herb marinated tenderloin beef or whale meat  
Capers | Rocket | Aged parmesan cheese ⑦ | Extra virgin olive oil

### Caviar Symphony 269,- ④

Four kinds of Norwegian caviar | Toasted bread ① | Sour cream ⑦ | Red onion | Lemon

### Vendace Caviar "Kalix-Løyrom" 50 g. 599,- ④

Toasted bread ① | Sour cream ⑦ | Red onion | Dill | Lemon

### ROGN Sturgeon-Caviar symphony 799,- ④

Four kinds of Sturgeon-Caviar | Toasted bread ① | Sour cream ⑦ | Red onion | Lemon

### Sturgeon Caviar Jars 15 g | 30 g | 50 g | 125 g ④

Toasted bread ① | Sour cream ⑦ | Red onion | Dill | Lemon

	Siberian Sturgeon	White Sturgeon	Oscietra	Oscietra Light	GOLD imperial	Beluga
15g	550,-	580,-	700,-	850,-	750,-	2000,-
30g	1100,-	1150,-	1400,-	1650,-	1500,-	3950,-
50g	1800,-	1910,-	2400,-	2600,-	2500,-	6500,-
125g	4500,-	4700,-	5500,-	6300,-	6000,-	16000,-

All Caviar served with toasted gluten-free bread upon request

### Sashimi ④ ⑭

Aurora salmon 195,- | Rainbow trout 195,- | Glitne halibut 195,-  
Kingfish/Hamachi 265,- | Bluefin tuna "Chu-toro" 379,- | Yellowfin tuna 265,-  
Local live scallops 239,- | Mahogany clam 199,- | Sea urchin green/red 229,-  
Ponzu sauce ① ④ | Soya sauce ① (gluten-free upon request) | Ginger | Wasabi ⑩ | Lemon

### Oysters & Clams per piece ⑭

Boudeuse no. 5 - 84,- | Gillaardeau no. 3 - 99,- | Regal D'OR no. 3 - 109,- | Blue Point oysters - 92,-  
Wild local flat oysters - 109,- | Wild local gigas oysters - 104,- | Wild local Carpet clam - 79,-  
Served on ice | Lemon | Tabasco and/or mignonette sauce served upon request  
Gratinated oysters with chervil and tarragon butter with parmesan + 10,- each ⑦

**Shrimps Platter (shell on) 295,- / XL-Shrimps (shell on) 395,- ②**

Large portion 585,- / XL-Shrimps 785,-  
Fresh shrimps | Lemon | Mayonnaise ③

**Giant Tiger Prawns 395,- ②**

Pan fried tiger prawns | Shellfish bullion ⑦⑫ | Garlic and a touch of chili

**Stone Crab Claws 495,- / Large portion 979,- ②**

Lemon | Creamed mustard mayo (normal mayonnaise upon request) ①③⑦⑩

**Norwegian Lobster & Mixed Salad 695,- ②**

Fresh boiled ½ lobster served chilled | Crisp lettuce | Cherry tomatoes | Avocado | Red onion | Topped with mango mayo ③

**Snow Crab 465,- / Large portion 895,- ②**

Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise ③

**King Crab 895,- / Fresh from our Aquarium 1145,- ②**

Large portion 1795,- / Fresh from our Aquarium 2245,-  
Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise ③

**Langoustines 545,- / Large portion 1079,- ②⑦**

Grilled with chervil and tarragon butter or freshly boiled and serve chilled | Lemon | Mayonnaise ③

**Grilled Octopus 495,- ⑭**

Garlic | Coriander | Chili | Extra virgin olive oil | Ponzu sauce ①

**Steamed Mussels 189,- / Large portion 359,- ⑫⑭**

White wine | Extra virgin olive oil | Garlic | Leaf-parsley | Touch of chili | Served with aioli ③⑩

**French fries for mussels 79,- ①Traces**

**Creamed Spicy Mussels 199,- / Large portion 379,- ⑦⑫⑭**

Whipped cream | Extra virgin olive oil | Spicy chili | Garlic | Leaf-parsley

**French fries for mussels + 79,- ①Traces**

**Horse Mussel "King Mussel" Live Local 189,- each ⑦⑭**

Gratinated with chervil and tarragon butter | Parmesan | Garlic

**Live Local Scallops 239,- each ⑦⑭**

Gratinated with chervil and tarragon butter | Parmesan | Garlic

**Live Local Scallops & White Sturgeon Caviar from ROGN 395,- each ④⑦⑫⑭**

Pan-seared | Beurre Blanc | Topped with White Sturgeon Caviar from **ROGN**



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## FISH

### Turbot 565,- ④⑦

Oven-baked with chervil & tarragon butter | Oven-baked seasonal vegetables⑦ | Butter-steamed broccolini⑦ | Salt-baked potatoes | Butter sauce⑦⑫

### Halibut 565,- ④⑦

Oven-baked with chervil & tarragon butter | Oven-baked seasonal vegetables⑦ | Butter-steamed broccolini⑦ | Salt-baked potatoes | Butter sauce⑦⑫

### Salmon «Aurora» 495,- ④

Oven-grilled with garlic oil | Oven-baked seasonal vegetables⑦ | Butter-steamed Broccolini⑦ | Salt-baked potatoes | Pickled cucumber | Sour cream with dill, red onion & lemon⑦

### Monkfish 545,- ④

Oven-grilled with garlic oil | Oven-baked seasonal vegetables⑦ | Butter-steamed broccolini⑦ | Salt-baked potatoes | Creamed shellfish sauce with saffron ②⑫⑭⑦

### Whole Flounder 495,- ④

Served on the bone | Oven-grilled with garlic oil | Oven-baked seasonal vegetables⑦ | Butter-steamed broccolini⑦ | Salt-baked potatoes | Butter sauce⑦⑫

### Fish & Chips 359,- ①④

Cod fried in airy beer batter | Mixed Salad | Tartar sauce③⑩

### Fish of the Day 395,- ④

Oven-grilled with garlic oil | Oven-baked seasonal vegetables ⑦ | Butter-steamed broccolini⑦ | Salt-baked potatoes | Sauce ⑦⑫

### Fish & Chips of the Day 329,- ①④

Fish fried in airy beer batter | Mixed Salad | Tartar sauce③⑩

### Whale Meat Steak 525,-

Served with celeriac puree⑦⑨ | Butter-steamed broccolini⑦ | Oven-baked seasonal vegetables⑦  
Choose between red wine sauce or mushroom sauce ⑦⑫

Make it Surf&Turf – Grilled lobster tail + 399,- ②

## Extra sides

French fries 79,- ①Traces | Sweet potato fries 89,- ①Traces | Salt-baked potatoes 89,-  
Side salad small/large 109,-/179,- | Extra sauce 49,-⑦

All fish dishes may contain traces of shellfish

## Side Salad

Lettuce | Cherry tomatoes | Pickled red onion | Cucumber | Avocado | Vinaigrette  
Small 109,- Large 179,-

## STARTER

### “Rakfisk” Fermented trout filet 295,- ④

Almond potatoes | Sour cream⑦ | Coarse Mustard⑩ | Red onion | Pickled beetroot | Flat-Bread①

## MAIN COURSE

### Fjellskål’s “Persetorsk” Sugar-Salted cod, pressured for 48 hours 595,- ④

Almond potatoes | Carrots | Green mushy peas⑦ | Egg butter③⑦ | Crispy-fried bacon⑦

### “Spekesild” Traditionally cured herring filets 395,- ④

Sugar-salted herring filets | Almond potatoes | Mashed yellow turnip | Pickled beetroot | Red onion | Dill | Sour cream⑦

### Fjellskåls “Lutefisk / Lye Fish” 645,-

Almond potatoes | Green mushy peas⑦ | Crispy-fried bacon and bacon fat⑦ | Coarse mustard ⑩

### Pan fried Cod loin 565,- ④

Almond potatoes | Carrots | Green mushy peas⑦ | Crispy-fried bacon⑦ | Butter sauce⑦⑫

All fish dishes may contain traces of shellfish

## MEAT

### STARTER

### Carpaccio of Tenderloin Beef or Whale Meat 299,- ①

Choose between herb marinated tenderloin beef or whale meat

Capers | Rocket | Aged parmesan cheese⑦ | Extra virgin olive oil

## MAIN COURSE

### Tenderloin Steak

A fine Selection of Aged Norwegian tenderloin steak: Crossbreed of Wagyu & Angus from NYYYT

200 g 765,- | 300 g 1095,- | 400 g 1395,-

Served with celeriac purée⑦⑨ | Butter-steamed broccolini⑦ | Oven-baked seasonal vegetables⑦

Choose between red wine sauce or mushroom stew⑦⑫

Make it Surf&Turf – Grilled lobster tail + 399,- ②

### Extra sides

French fries 79,- ①Traces | Sweet potato fries 89,- ①Traces | Salt baked potatoes 89,- | Side salad small/large 109,-/179,- | Extra sauce 49, ⑦

### Norwegian A4 Wagyu Tenderloin – 100% Pure Breed – Marbling Grade 6-8

Tataki per 100 g 750,-

Grilled on high heat until medium-rare, then cut into sashimi slices. Served with Yakiniku sauce①④⑥⑪

### Fjellskål’s Signature Burger 395,- ①③⑦⑩

180/ 100 g juicy burger of ground beef from Wagyu & Angus | Aged cheddar cheese | Caramelized onion | Romano lettuce | Tomato

Pickled cucumber | Hamburger dressing | French fries ①Traces | Aioli

Change to sweet potato fries + 15,- ①Traces



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## SHELLFISH



### Shellfish Symphony 899,-

A selection of the best of today's shellfish. Langoustines and king crab grilled with garlic oil | Stone crab, snow crab, and fresh shrimps (shell on) served boiled and chilled | Mussels steamed with white wine and garlic, or creamed in a spicy sauce

② ⑫ ⑭

### Large Shellfish Symphony 2085,-

A selection of the best of today's shellfish. ½ Norwegian lobster and king crab grilled with garlic oil | Stone crab, snow crab, and fresh shrimps (shell on) served boiled and chilled | Mussels steamed with white wine and garlic, or creamed in a spicy sauce

② ⑫ ⑭

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### Fjellskål's «Luxury» Shellfish Symphony (min. 2 pers.) 1945,- per person

**Our signature platter, an unforgettable seafood experience!**

Live Norwegian **lobster** and **langoustines** from our aquarium, prepared after your wish, please ask your waiter.

Fresh gratinated **king scallops** | Raw **oysters**, can be gratinated | **Mussels** regular or spicy

Accompanied with fresh **King crab** | **Shrimps** (shell on) | **Stone crab claws**

We recommend adding a jar of **Sturgeon-Caviar** to fulfill the experience, please ask your waiter for the Caviar menu.

And then - sit back and enjoy the best Fjellskål and the sea has to offer!

② ⑦ ⑫ ⑭

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### Crab Symphony 1475,- ②

King crab | Snow crab | Stone crab claws

Served boiled and chilled or grilled with garlic oil

### Snow Crab | Mussels | Fresh Shrimps 695,-

Served boiled and chilled or grilled with garlic oil | Mussels steamed with white wine and garlic, or creamed in a spicy sauce

② ⑫ ⑭

### Norwegian Lobster | King Crab | Langoustines 1599,-

Served boiled and chilled or grilled with garlic oil

②

### Langoustines | King crab | Fresh Shrimps 1385,-

Langoustines and king crab served boiled and chilled, or grilled with garlic oil, in addition to shrimps (shell on) served boiled and chilled

②

### Norwegian Lobster from our Aquarium 279,- per Hg ②

(min. 600 grams)

Served steamed with salt, grilled with garlic oil, or 50/50

We have a large selection of shellfish in our fresh seafood counters and aquariums. If you miss anything, please ask us, and we will do our best to meet your request.

### Fjellskål's «Ocean Royal» Shellfish Symphony 3495,- pr. person

**Fjellskål's most exclusive shellfish platter!**

Norwegian **lobster** and **king crab** taken live from our aquarium, accompanied with live **king scallops**, gratinated in chervil and tarragon butter with parmesan and garlic. **Lobster** and **king crab** are prepared after your wishes, steamed or grilled, with garlic, herb butter or natural, ask your waiter for guidance.

We recommend adding a jar of **Sturgeon-Caviar** to make the Ocean Royal complete, as a starter or to accompany the shellfish, please ask your waiter for Caviar menu.

② ⑦ ⑫ ⑭

### Side Salad

Lettuce | Cherry tomatoes | Pickled red onion | Cucumber | Avocado | Vinaigrette

Small 109,- Large 179,-



# Fjellskål

## SIDE DISHES



### Side Salad

Lettuce | Cherry tomatoes | Pickled red onion  
Cucumber | Avocado | Vinaigrette  
Small 109,- | Large 179,-

**Seasonal Oven-baked Vegetables** 109,- ⑦

**Steamed Broccolini** 129,-

**Celeriac purée** 109,- ⑦⑨

**Salt-baked Potatoes** 89,-

**French Fries** 79,- ①Traces

**Sweet Potato Fries** 89,- ①Traces

**Bread** 59,- ①

**Garlic Bread** 59,- ①

**Gluten-free Bread** 49,- ⑦Traces

**Gluten-Free Garlic Bread** 59,- ⑦Traces

**Sauces** 49,- ⑦

Butter sauce⑫ | Creamed shellfish sauce with saffron②⑫⑭ | Mushroom sauce⑫ | Red-wine sauce ⑫

**Aioli | Remoulade | Tartar Sauce** ③⑩

Small 29,- | Large 59,-

**Mayonnaise** ③

Small 19,- | Large 39,-

**Chili Mayonnaise** ③

Small 29,- | Large 59,-

**Wipped Butter** 29,- ⑦

**Ponzu Sauce** 39,- ④

**Soy Sauce** 29,-

① (Gluten-free upon request)



# Fjellskål



## DESSERT

Following each dessert description, you will find our recommended wine pairing. We have a wide selection of dessert wines, and if you have any special requests, your waiter will be happy to assist you!

### Crème Brûlée 199,-

③⑦

Niepoort 20-year-old-tawny port 209,- ⑫

Oremus Tokaji late harvest 2019 129,- ⑫

### Chocolate Fondant, Berry Coulis & Vanilla Ice Cream 219,-

①a③⑦⑧Traces

Niepoort 20-year-old-tawny port 209,- ⑫

### Vanilla Ice Cream & GOLD Selection Caviar from ROGN 399,-

③④⑦

Edel Ice-Cider – Åkre Gård - 149,- ⑫

Riesling SL Honigberg Auslese 2018 - Weingut Steffen-Prüm 199,- ⑫

### Raspberry Sorbet Topped with fruity Taittinger Rosé Champagne 349,-

(Contains alcohol) ⑫

Taittinger Nocturne Rosé Sec 299,- ⑫

### Cheese Platter with Local and European Variation

Small 249,- | Large 399,-

A variation of top-quality cheeses, foreign and domestic. Made from either cow, sheep, or goat milk, with traditional accompaniments.

Seasonal cheese | Blue cheese | White cheese | Soft cheese | Firm cheese

①⑦⑧

Château Gravas Sauternes 2018 159,- ⑫

Riesling SL Honigberg Auslese 2018 - Weingut Steffen-Prüm 199,- ⑫

### Ice Cream and Sorbet

1 scoop 89,- | 2 scoops 139,- | 3 scoops 189,-

#### Flavors:

**Ice Cream**⑦ May contain traces of ⑤⑧ – Vanilla | Chocolate with chocolate chunks | Brown cheese

**Sorbet** May contain traces of ⑤⑦⑧ – Passion fruit | Raspberry | Strawberry