



# Fjellskål



## Starters and Plates for Sharing

### **Fjellskål's Fish Soup 189,-**

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 299,-**

Large portion 449,-

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 Dijon mustard-vinaigrette ⑩

### **Fjellskåls Cognac-Marinated Salmon "Gravlax" and Smoked Salmon 249,-**

Served with creamed mustard sauce (lactose-free) | Sour cream with dill, red onion & lemon ⑦

Change the smoked salmon to wild smoked salmon for + 70,- ④ ⑩

### **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 249,- ④**

Four kinds of Norwegian caviar | Toasted bread | 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	500,-	550,-	700,-	800,-	750,-	2000,-
30g	950,-	1050,-	1350,-	1550,-	1450,-	3950,-
50g	1500,-	1650,-	2100,-	2500,-	2350,-	6400,-
125g	3700,-	4000,-	5000,-	6000,-	5700,-	15500,-

**All caviar served with toasted gluten-free bread upon request**

### **Sashimi ④ ⑭**

**Aurora salmon 195,- | Rainbow trout 195,- | Glitne halibut 195,- | Local live scallops 229,-**  
**Bluefin tuna "Chu-toro" 379,- | Yellowfin tuna 249,- | 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 - 79,- | Gillardeau no. 3 - 98,- | Regal D'OR no. 3 - 108,- | Blue Point oysters - 88,-**  
**Wild local flat oysters - 104,- | Wild local gigas oysters - 99,- | 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**



# Fjellskål



## Starters and Plates for Sharing

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

Large portion 585,- / XL-Shrimps 785,-  
Fresh shrimps | Lemon | Mayonnaise③

**Giant Tiger Prawns** 375,- ②

Pan fried tiger prawns | Shellfish bullion ⑦ | Garlic and a touch of chili

**Stone Crab Claws** 495,- ②

Large portion 979,-  
Lemon | Creamed mustard mayo (normal mayonnaise upon request) ①③⑦⑩

**Norwegian Lobster & Mixed Salad** 685,- ②

Fresh boiled ½ lobster served chilled | Crisp lettuce | Cherry tomatoes | Pomegranate | Avocado | Red onion | Topped with mango mayo③

**Snow Crab** 455,- / **Fresh from our Aquarium** 579,- ②

Large portion 895,- / Fresh from our Aquarium 1149,-  
Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise③

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

Large portion 1785,- / Fresh from our Aquarium 2245,-  
Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise③

**Langoustines** 545,- ②⑦

Large portion 1079,-  
Grilled with chervil and tarragon butter or freshly boiled and serve chilled | Lemon | Mayonnaise③

**Grilled Octopus** 495,- ⑭

Garlic | Chili | Extra virgin olive oil | Ponzu sauce①

**Steamed Mussels** 189,-

Large portion 359,-  
White wine | Extra virgin olive oil | Garlic | Leaf-parsley | Touch of chili | Served with aioli③⑩  
**French fries for mussels** 79,- ①Traces  
⑫⑭

**Creamed Spicy Mussels** 199,-

Large portion 379,-  
Whipping cream | Extra virgin olive oil | Spicy chili | Garlic | Leaf-parsley  
**French fries for mussels** 79,- ①Traces  
⑦⑫⑭

**Horse Mussel “King Mussel” Live Local** 189,- each

Gratinated with chervil and tarragon butter | Parmesan | Garlic  
⑦⑭

**Live Local Scallops** 229,- each

Gratinated with chervil and tarragon butter | Parmesan | Garlic  
⑦⑭

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

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



# Fjellskål



## Main Course Fish

### **Cod Loïn 545,-**

Oven-baked with chervil and tarragon butter | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes |  
Butter sauce<sup>⑦⑫</sup>  
④⑦

### **Turbot 545,- ④⑦**

Oven-baked with chervil & tarragon butter | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes |  
Butter sauce<sup>⑦⑫</sup>

### **Halibut 545,- ④⑦**

Oven-baked with chervil & tarragon butter | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes |  
Butter sauce<sup>⑦⑫</sup>

### **Salmon «Aurora» 495,- ④**

Oven-grilled with garlic oil | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed Broccolini<sup>⑦</sup> | Salt-baked potatoes | Pickled cucumber |  
Sour cream with dill, red onion & lemon<sup>⑦</sup>

### **Monkfish 545,- ④**

Oven-grilled with garlic oil | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | 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 vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked  
potatoes Butter sauce<sup>⑦⑫</sup>

### **Fish & Chips 359,- ①④**

Cod fried in airy beer batter | Mixed Salad | Tartar sauce<sup>③⑩</sup>

### **Fish of the Day 395,- ④**

Oven-grilled with garlic oil | Oven-baked seasonal vegetables ⑦ | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes | Sauce ⑦⑫

### **Fish & Chips of the Day 319,- ①④**

Fish fried in airy beer batter | Mixed Salad | Tartar sauce<sup>③⑩</sup>

### **Whale Meat Steak 525,-**

Served with celeriac puree<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Oven-baked seasonal vegetables<sup>⑦</sup>  
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,-**



# Fjellskål



## Traditional Season Dishes

### **Pan-Seared Mackerel Filet 445,-** ④

Butter fried | Oven-baked summer cabbage⑦ | Salt-baked potatoes | Pickled cucumber | Sour cream with red onion, dill & lemon⑦

### **Wolffish Loin 545,-** ④

Oven-baked with garlic oil | Oven-baked summer cabbage & seasonal vegetables⑦ | Salt-baked potatoes | Creamed shellfish sauce with saffron ②⑦⑫⑭

### **Rose Fish/ Atlantic Red Snapper 525,-** ④

Oven-baked with chervil and tarragon butter | Oven-baked summer cabbage & seasonal vegetables⑦ | Salt-baked potatoes | Butter sauce⑦⑫

### **Wild Norwegian Salmon 695,-** ④

Oven-baked | Salt-baked potatoes | Oven-baked summer cabbage & seasonal vegetables⑦ | Pickled cucumber | Sour cream with red onion, dill & lemon⑦

### **Spekesild “Traditionally Cured Herring Filets” 395,-** ④

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

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 695,- | 300 g 975,- | 400 g 1195,-**

Served with celeriac purée⑦ | 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 sauce①④⑥⑩

### **Fjellskål's Signature Burger 385,- / Child Portion 199,-** 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



# Fjellskål



## Main Course Shellfish

### Shellfish Symphony 889,-

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 1985,-

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

---

### Fjellskål's «Luxury» Shellfish Symphony (min. 2 pers.) 1885,- 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

---

### Crab Symphony 1469,- 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 1365,-

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 269,- 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,-

**Salt-baked Potatoes 89,-**

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

⑦

**Butter-steamed Broccoli 129,-**

⑦

### Sauces 49,- ⑦

Butter sauce<sup>⑫</sup> | Creamed shellfish sauce with saffron<sup>② ⑫ ⑭</sup> | Mushroom sauce<sup>⑫</sup> | Red-wine sauce<sup>⑫</sup>

**Bread 59,-**

①

**Garlic Bread 59,-**

①

**Gluten-free Bread 49,-**

⑦Traces

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

⑦Traces

**French Fries 79,-**

①Traces

**Sweet Potato Fries 89,-**

①Traces

**Aioli | Remoulade | Tartar Sauce**

Small 29,- | Large 59,-

③ ⑩

### Mayonnaise

Small 19,- | Large 39,-

③

**Chili Mayonnaise**

Small 29,- | Large 59,-

③

**Whipped Butter 29,-**

⑦

**Ponzu Sauce 39,-**

① ④

**Soy Sauce 29,-**

① (Gluten-free upon request)



# Fjellskål



## Dessert

Following each dessert description, you will find our recommendation for a wine pairing. We have a wide selection of dessert wines. Should you have any special requests, your waiter is happy to help!

### **Crème Brûlée 189,-**

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

*Oremus Tokaji late harvest 2019 129,-* ⑫

③ ⑦

### **Chocolate Fondant, Berry Coulis & Vanilla Ice Cream 199,-**

*Niepoort 20-year-old-tawny port 199,-* ⑫

①a③⑦⑧Traces

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

You might think ice cream with caviar is insane. So did we, but trust us on this one. If you dare try, you will be met with a revelation of sweet, salty, and liquorice-like zest, leaving you on a note of nuts. Our signature dessert.

Goes perfectly with one of our two chosen dessert wines.

③④⑦

*Edel ice-cider 149,-* ⑫

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

### **Raspberry Sorbet Topped with Fruity Taittinger Rosé Champagne 349,-**

(Contains alcohol)

Our Second signature dessert. This dessert were made for a champagne dinner we arranged, we were struggling with combining a champagne with a dessert because the sugar level in champagne are quite low. But things does not always need to be so complex, so we tried something simple as raspberry sorbet, the result were a refreshing dessert with a nice balance an low sugar content.

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