



Fjellskål



Starters and sharing plates

Fjellskåls fish soup 179,-

Main course 279,-

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

Fjellskåls shellfish soup 279,-

Main course 379,-

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

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

Salad with tuna tataki 349,- ④

Lightly pan fried fresh tuna | Mixed salad | Cherry tomatoes | Poached egg ③ | Topped with Dijon mustard-vinaigrette ⑩

Fjellskåls Cognac-marinated salmon “gravlax” and smoked salmon 219,-

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 289,-

Choose between herb marinated tenderloin beef or whale meat

Capers | Rocket | Aged parmesan cheese ⑦ | Extra virgin olive oil

Caviar symphony 239,- ④

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

Vendace caviar “Kalix-Løyrom” 50 g. 599,- ④

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

ROGN Sturgeon-Caviar symphony 799,- ④

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

Sturgeon Caviar jars 15 g. | 30 g. | 50 g. | 125 g. ④

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

Siberian sturgeon | White sturgeon | Oscietra | GOLD Imperial | Beluga

15 g.	500,-		550,-		700,-		750,-		2000,-
30 g.	950,-		1050,-		1350,-		1450,-		3950,-
50 g.	1500,-		1650,-		2100,-		2350,-		6400,-
125 g.	3700,-		4000,-		5000,-		5700,-		15500,-

All caviar served with toasted gluten-free bread upon request

Sashimi ④ ⑭

**Aurora Salmon 189,- | Rainbow trout 189,- | Glitne halibut 189,- | Local live scallops 199,-
Bluefin Tuna “Chu-toro” 339,- | Yellowfin tuna 219,- | Mahogany Clam 199,- | Sea Urchin green/red 199,-**

Ponzu sauce ① ④ | Soya sauce ① | Gluten-free upon request | Ginger | Wasabi ⑩ | Lemon

Oysters pr. piece ⑭

Boudeuse no. 5 69,- | Gillardeau/Royale no. 3 89,-

Wild local flat oysters 98,- | Blue Point oysters 76,-

Served on ice | Lemon | Tabasco and/or mignonette sauce served upon request

Gratinated oysters with chervil- and tarragon butter with parmesan + 10,- each ⑦



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Starters and sharing plates

Shrimps platter (shell on) 279,- ②

Main course 549,-
Lemon | Mayonnaise ③

Giant Tiger Prawns 345,- ②

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

Stone crab claws 479,- ②

Main course 949,-
Lemon | Creamed mustard mayo (Normal mayonnaise upon request) ③ ⑦ ⑩

Norwegian Lobster & Mixed salad 599,- ②

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

Snow crab 449,- ②

Main course 889,-
Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise ③

King crab 749,- / Fresh from our aquarium 889,- ②

Main course 1489,- / Fresh from our aquarium 1769,-
Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise ③

Langoustines 479,- ② ⑦

Main course 949,-
Grilled with chervil- and tarragon butter or freshly boiled and serve chilled | Lemon | Mayonnaise ③

Grilled Octopus 465,- ⑭

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

Steamed mussels 179,-

Main course 329,-
White wine | Extra virgin olive oil | Garlic | Leaf-Parsley | Touch of chili | Served with aioli ③ ⑩

French fries for mussels 69,- ① Traces

⑫ ⑭

Creamed spicy mussels 189,-

Main course 349,-
Whipping cream | Extra virgin olive oil | Spicy Chili | Garlic | Leaf-parsley

French fries for mussels 69,- ① Traces

⑦ ⑫ ⑭

Horse mussel “king mussel” live local 139,- each

Gratinated with Chervil- and Tarragon butter | Parmesan | Garlic

⑦ ⑭

Scallops live local 189,- each

Gratinated with Chervil- and Tarragon butter | Parmesan | Garlic

⑦ ⑭

Pan-seared local Scallops, Beurre blanc & White Sturgeon Caviar from ROGN 389,-each

④ ⑦ ⑫ ⑭



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Main course fish

Fish of the day 349,-

Oven grilled with garlic oil | Oven baked seasonal vegetables ⑦ | Butter steamed Broccoli ⑦ | Salt baked potatoes | Sauce ⑦ ⑫
④

Fish & Chips of the day 295,-

Fish fried in airy beer batter | Tartar sauce ③ ⑩
① ④

Fish & Chips 329,-

Cod fried in airy beer batter | Tartar sauce ③ ⑩
① ④

Cod Loins 495,-

Oven baked with chervil- and tarragon butter | Oven baked seasonal vegetables ⑦ | Butter steamed Broccoli ⑦ | Salt baked potatoes |
Butter sauce ⑦ ⑫
④ ⑦

Turbot 525,-

Oven baked with chervil- and tarragon butter | Oven baked seasonal vegetables ⑦ | Butter steamed Broccoli ⑦ | Salt baked potatoes |
Butter sauce ⑦ ⑫
④ ⑦

Halibut 495,- ④ ⑦

Oven baked with chervil- and tarragon butter | Oven baked seasonal vegetables ⑦ | Butter steamed Broccoli ⑦ | Salt baked potatoes |
Butter sauce ⑦ ⑫

Salmon «Aurora» 469,- ④

Oven grilled with garlic oil | Oven baked seasonal vegetables ⑦ | Butter steamed Broccoli ⑦ | Salt baked potatoes | Pickled cucumber |
Sour cream with dill, red onion & lemon ⑦

Monkfish 525,- ④

Oven grilled with garlic oil | Oven baked Seasonal vegetables ⑦ | Butter steamed broccoli ⑦ | Salt baked potatoes | Creamed shellfish
sauce with saffron ② ⑫ ⑭

Whale meat steak 495,-

Served with celeriac puree ⑦ | Butter steamed Broccoli ⑦ | Oven baked seasonal vegetables ⑦ | Choose between **red wine sauce** or
mushroom sauce ⑦ ⑫

Make it **Surf&Turf** – Grilled lobster tail + 349,- ②

Extra sides

French fries 69,- ① Traces | Sweet potato fries 79,- ① Traces | Salt baked potatoes 79,- | Side salad small/large 89,-/149,- | Extra sauce 49,-
⑦

All fish dishes may contain traces of shellfish

Side salad

Salad | Cherry tomatoes | Red onion | Cucumber | Pomegranate | Avocado | Vinaigrette

Small 89,- Large 149,-



Fjellskål



Traditional season dishes

Starters

Rakfisk "Fermented trout file" 229,- ④

Almond potatoes | Sour cream^⑦ | Coarse Mustard^⑩ | Red onion | Pickled beetroot

Crispy pan-fried cod tongues 229,- ①④⑦

Caramelized onion^⑦ | Tartar sauce^{③⑩}

Main courses

Skreimølje "Steamed Cod steaks, liver and roe" 595,- ④

Almond potatoes | carrots | melted butter with chives^⑦

Fjellskåls Persetorsk "sugar-salted cod, pressured for 24 hours" 545,- ④

Almond potatoes | Carrots | Green mushy peas^⑦ | Egg butter^{③⑦} | Crispy-fried bacon^⑦

Spekesild "traditional cured herring filets" 389,- ④

Sugar-salted herring filets | Almond potatoes | Mashed yellow turnip | Pickled beetroot | Red onion | Dill | Sour cream^⑦

Fjellskåls Lutefisk "Lye Fish" 595,-

Almond potatoes | Green mushy peas^⑦ | Crispy-fried bacon and bacon fat^⑦ | Coarse mustard^⑩

All fish dishes may contain traces of shellfish

Meat

Tenderloin steak

1st. Selection aged Norwegian tenderloin steak

200 g. 589,- | **300 g.** 779,- | **400 g.** 959,-

Served with celeriac purée^⑦ | Butter steamed broccolini^⑦ | Oven baked seasonal vegetables^⑦

Choose between red wine sauce or mushroom stew^{⑦⑫}

Make it **Surf&Turf** – Grilled lobster tail + 349,- ②

Extra sides

French fries 69,- ①Traces | Sweet potato fries 79,- ①Traces | Salt baked potatoes 79,- | Side salad Small/Large 89,-/149,- | Extra sauce 49,-^⑦

Japanese A5 Wagyu tenderloin from Kagoshima – Marbling grade 8-10

Tataki pr. 100 g. 1000,-

Grilled on high heat to medium degree, and then cut into sashimi slices. Served with spicy ponzu sauce and Yakiniku sauce^{①④⑥⑪}

Reindeer tenderloin 689,-

Oven baked root vegetables^⑦ | Butter fried mushrooms^⑦ | Almond potatoes | Port wine sauce^{⑦⑫}

Fjellskåls signature burger 349,- / **Child portion** 199,- ①③⑦⑩

180/ 110 g. Juicy burger of groundentrecôte | Aged cheddar cheese | Caramelized onion | Romano lettuce | Tomato | Pickled cucumber

| Hamburger dressing | French fries^①Traces | Aioli

Change to **sweet potato fries** + 10,- ①Traces



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Main course shellfish

Shellfish symphony 799,-

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

② ⑫ ⑭

Large shellfish symphony 1799,-

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

② ⑫ ⑭

Crab symphony 1299,-

King crab | Snow crab | Stone crab claws
Served boiled and chilled or grilled with garlic oil

②

Snow crab | Mussels | Fresh shrimps 599,-

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 1399,-

Served boiled and chilled or grilled with garlic oil

②

Langoustines | King crab | Fresh shrimps 1199,-

Served boiled and chilled or crayfish and king crab grilled with garlic oil, shrimps boiled and chilled

②

Norwegian lobster from our aquarium 249,- pr. Hg ②

(min. 600 gram)

Served steam natural with salt | Grilled with garlic oil or 50/50

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

Fjellskåls «Luxury» Shellfish symphony (min. 2 pers.) 1699,- pr. 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 caviar menu.

Then it's just to enjoy the best Fjellskål and the sea has to offer!

② ⑦ ⑫ ⑭

Fjellskåls «Ocean Royal» Shellfish symphony 2789,- pr. person

Fjellskåls 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

Salad | Cherry tomatoes | Red onion | Cucumber | Pomegranate | Avocado | Vinaigrette

Small 89,- Large 149,-



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Side dishes

Side salad

Salad | Cherry tomatoes | Red onion | Cucumber | Pomegranate | Avocado | Vinaigrette
Small 89,- | Large 149,-

Salt baked potatoes 79,-

Seasonal oven baked vegetables 99,-

⑦

Butter steamed broccolini 99,-

⑦

Sauces 49,- ⑦

Butter sauce^⑫ | Creamed shellfish sauce with saffron^{② ⑫ ⑭} | Mushroom sauce^⑫ | Red wine sauce^⑫

Bread 59,-

①

Garlic bread 59,-

①

Gluten free bread 49,-

⑦ Traces

Gluten free garlic bread 59,-

⑦ Traces

French fries 69,-

① Traces

Sweet potato fries 79,-

① Traces

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

Under each dessert, we have recommended a suitable dessert wine for you. We have a nice selection of dessert wines, something special you wish, please ask your waiter.

Crème brûlée 179,-

Crème Brûlée it is a classic dessert, and a perfect ending to any meal you had with us.

Niepoort 20-year-old-tawny port 199,- ^⑫ | Oremus Tokaji late harvest 2019 129,- ^⑫
^{③ ⑦}

Chocolate fondant, berry coulis & vanilla ice cream 199,-

Our velvety chocolate fondant, simple & delicious, as it should be.

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

^{① a ③ ⑦ ⑧}Traces

Vanilla ice cream & GOLD selection caviar from ROGN 399,-

Our signature dessert. You are might thinking caviar and ice cream are insane. So did we, but the combination is amazing, if you dear to try you will get a taste revelation of sweet & salt, a kind of liquorice-like flavour with a nutty ending.

Suits perfectly with one of our two chosen dessert wines.

^{③ ④ ⑦}

Edel ice-cider 149,- ^⑫ | Riesling Auslese 1994 Jos. Christoffel jr. 149,- ^⑫

Raspberry sorbet topped with fruity Taittinger rosé champagne 299,-

(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 219,- ^⑫

Cheese platter with local and European variation

Small 199,- | Large 349,-

A variation of top quality cheeses, foreign and domestic. Made from either Cow-, Sheep- or Goat milk, with traditional accessories.

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

^{① ⑦ ⑧}

Château Gravas Sauternes 2018 149,- ^⑫