



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,- | Gillaudeau 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



STARTERS & SHAREABLES

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



Fjellskål

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

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

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

Butter-steamed Broccolini 129,- ⑦

Celeriac purée 109,- ⑦⑨

Salt-baked Potatoes 89,-

French Fries 79,- ⑦Traces

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,- ①④

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