



Fjellskål



Starters and Plates for Sharing

Fjellskål's Fish Soup 189,-

Main course 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,-

Main course 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 fresh baked bread ① and whipped butter ⑦ (Gluten-free upon request)

Salad with tuna tataki 395,- 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 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 | 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 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 ③ | Gluten-free upon request | Ginger | Wasabi ⑩ | Lemon

Oysters pr. piece ⑭

Boudeuse no. 5 79,- | Gillardeau/Royale no. 3 98,-

Wild local flat oysters 104,- | Blue Point oysters 88,-

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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Shrimps Platter (shell on) 295,- ②

Main course 575,-
Lemon | Mayonnaise ③

Giant Tiger Prawns 375,- ②

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

Stone Crab Claws 495,- ②

Main course 979,-
Lemon | Creamed mustard mayo (Normal mayonnaise upon request) ① ③ ⑦ ⑩

Norwegian Lobster & Mixed Salad 685,- ②

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

Snow Crab 455,- ②

Main course 895,-
Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise ③

King crab 889,- / Fresh from our Aquarium 989,- ②

Main course 1769,- / Fresh from our Aquarium 1965,-
Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise ③

Langoustines 545,- ② ⑦

Main course 1079,-
Grilled with chervil- and tarragon butter or freshly boiled and serve chilled | Lemon | Mayonnaise ③

Grilled Octopus 495,- ⑭

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

Steamed Mussels 189,-

Main course 359,-
White wine | Extra virgin olive oil | Garlic | Leaf-Parsley | Touch of chili | Served with aioli ③ ⑩

French fries for mussels 79,- ① Traces

⑫ ⑭

Creamed Spicy Mussels 199,-

Main course 379,-
Whipping cream | Extra virgin olive oil | Spicy Chili | Garlic | Leaf-Parsley

French fries for mussels 79,- ① Traces

⑦ ⑫ ⑭

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

Gratinated with Chervil & Tarragon butter | Parmesan | Garlic

⑦ ⑭

Scallops Live Local 229,- each

Gratinated with Chervil & Tarragon butter | Parmesan | Garlic

⑦ ⑭

Pan-Seared Local Scallops, Beurre Blanc & White Sturgeon Caviar from ROGN 395,-each

④ ⑦ ⑫ ⑭



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Main Course Fish

Cod Loïn 545,-

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

Turbot 545,- ⁽⁴⁾⁽⁷⁾

Oven-baked with chervil & tarragon butter | Oven-baked seasonal vegetables⁽⁷⁾ | Butter-steamed broccolini⁽⁷⁾ | Salt-baked potatoes | Butter sauce⁽⁷⁾⁽¹²⁾

Halibut 545,- ⁽⁴⁾⁽⁷⁾

Oven-baked with chervil & tarragon butter | Oven-baked seasonal vegetables⁽⁷⁾ | Butter-steamed broccolini⁽⁷⁾ | Salt-baked potatoes | Butter sauce⁽⁷⁾⁽¹²⁾

Salmon «Aurora» 495,- ⁽⁴⁾

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

Monkfish 545,- ⁽⁴⁾

Oven-grilled with garlic oil | Oven-baked seasonal vegetables⁽⁷⁾ | Butter-steamed broccolini⁽⁷⁾ | Salt-baked potatoes | Creamed shellfish sauce with saffron ⁽²⁾⁽¹²⁾⁽¹⁴⁾⁽⁷⁾

Whole Flounder 495,-⁽⁴⁾

Served on the bone | Oven-grilled with garlic oil | Oven-baked seasonal vegetables⁽⁷⁾ | Butter-steamed broccolini⁽⁷⁾ | Salt-baked potatoes | Butter sauce⁽⁷⁾⁽¹²⁾

Fish & Chips 359,- ⁽¹⁾⁽⁴⁾

Cod fried in airy beer batter | Mixed Salad | Tartar sauce⁽³⁾⁽¹⁰⁾

Fish of the Day 395,- ⁽⁴⁾

Oven-grilled with garlic oil | Oven-baked seasonal vegetables ⁽⁷⁾ | Butter-steamed broccolini⁽⁷⁾ | Salt-baked potatoes | Sauce ⁽⁷⁾⁽¹²⁾

Fish & Chips of the Day 319,- ⁽¹⁾⁽⁴⁾

Fish fried in airy beer batter | Mixed Salad | Tartar sauce⁽³⁾⁽¹⁰⁾

Whale Meat Steak 525,-

Served with celeriac puree⁽⁷⁾ | Butter-steamed broccolini⁽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 79,- ^{(1)Traces} | Sweet potato fries 89,- ^{(1)Traces} | Salt baked potatoes 89,-
Side salad small/large 99,-/169,- | Extra sauce 49,-⁽⁷⁾

All fish dishes may contain traces of shellfish

Side Salad

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

Small 99,- Large 169,-



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Traditional Season Dishes

Starter

Rakfisk “Fermented trout filet” 249,- ④

Almond potatoes | Sour cream^⑦ | Coarse Mustard^⑩ | Red onion | Pickled beetroot | Flat-Bread^①

Crispy pan-fried cod tongues 269,- ①④⑦

Caramelized onion^⑦ | Tartar sauce^{③⑩}

Main Course

Skreimølje “Steamed Cod steaks, liver and roe” 645,- ④

Almond potatoes | carrots | melted butter with chives^⑦

Fjellskål’s Persetorsk “Sugar-Salted cod, pressured for 48 hours” 575,- ④

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

Spekesild “Traditionally cured herring filets” 395,- 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

Starter

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

Main Course

Tenderloin Steak

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 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 79,- ①Traces | Sweet potato fries 89,- ①Traces | Salt baked potatoes 89,- | Side salad Small/Large 99,-/169,- | Extra sauce 49,-^⑦

Japanese A5 Wagyu Tenderloin from Kagoshima – Marbling Grade 8-10

Tataki pr. 100 g. 1000,-

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

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



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Main Course Shellfish

Shellfish Symphony 879,-

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,- 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

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 259,- pr. Hg ②

(min. 600 gram)

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, anything you miss, please ask us, and we will do our best to meet your request.

Fjellskål's «Ocean Royal» Shellfish Symphony 2995,- 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 99,- Large 169,-



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Side Dishes

Side Salad

Lettuce | Cherry tomatoes | Pickled red onion | Cucumber | Avocado | Vinaigrette
Small 99,- | Large 169,-

Salt-Baked Potatoes 89,-

Seasonal Oven-Baked Vegetables 109,-

⑦

Butter-Steamed Broccolini 129,-

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 79,-

① Traces

Sweet Potato Fries 89,-

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)



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Dessert

Following each dessert description, you will find our recommendation for an accompanying Wine. We have a wide selection of dessert wines. Should you have any special requests, your waiter would be happy to help you.

Crème Brûlée 189,-

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,-

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.

^{③ ④ ⑦}

Edel ice-cider 149,- ^⑫

Riesling Sonnenuhr Auslese 2015 - Weingut Steffen-Prüm 199,- ^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 239,- ^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

^{① ⑦ ⑧}

Château Graves Sauternes 2018 149,- ^⑫

Riesling Sonnenuhr Auslese 2015 - Weingut Steffen-Prüm 199,- ^⑫