



## STARTERS & SHAREABLES

### Fjellskål's Fish Soup 195,- / Large portion 295,- ④⑦⑫

Creamed fish soup with white fish | Red fish | Carrots | Leek | Topped with parsley and chervil oil

### Fjellskål's Shellfish Soup 349,- / Large portion 495,- ②⑦⑫⑭

Creamed shellfish soup with king crab | Hand peeled shrimps | Topped with parsley and chervil oil

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

### Salad with Tuna Tataki 445,- ④

Lightly seared fresh tuna | Mixed salad | Cherry tomatoes | Poached egg ③ | Topped with miso-dressing ⑥

### Fjellskål's Cognac-Marinated Salmon "Gravlax" and Smoked Salmon 269,- ④

Served with creamed mustard sauce ⑩⑦ (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 289,- 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 (gluten-free upon request) | Sour cream ⑦ | Red onion | Dill | Lemon

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

Four kinds of Sturgeon-Caviar | Toasted bread ① (gluten-free upon request) | Sour cream ⑦ | Red onion | Lemon

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

*Toasted bread ① (gluten-free upon request) | Sour cream ⑦ | Red onion | Dill | Lemon*

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

### Sashimi ④⑭

Ponzu Sauce ④⑥ | Soy Sauce ①⑥

Gluten-Free Soy sauce served upon request

**Aurora salmon** 195,-

**Rainbow trout** 195,-

**Glitne halibut** 195,-

**Kingfish/Hamachi** 265,-

**Bluefin tuna "Chu-toro"** 379,-

**Yellowfin tuna** 265,-

**Local live scallop** 239,-

**Mahogany clam** 199,-

**Sea urchin green/red** 229,-

**Wild local Carpet clam** 79,-

### Oysters per piece ⑭

Served on ice | Lemon

Tabasco and/or mignonette served upon request

**Boudeuse no. 5** 89,-

**Gillardeau no. 3** 109,-

**Regal D'OR no. 3** 119,-

**Blue Point** 98,-

**Wild local flat oyster** 119,-

**Wild local gigas oyster** 114,-

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



## STARTERS & SHAREABLES

### Shrimps Platter (shell on) ②

295,- / Large portion 585,-  
Fresh shrimps | Lemon | Mayonnaise ③

### Shrimps Platter XL-Shrimps (shell on) ②

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

### Steamed Mussels ⑫⑭

199,- / Large portion 385,-  
Extra virgin olive oil | Garlic | parsley | Touch of chili  
Served with aioli ③⑩

### Creamed Spicy Mussels ⑦⑫⑭

215,- / Large portion 385,-  
Whipped cream ⑦ | Extra virgin olive oil | Spicy chili  
Garlic | parsley

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

### 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 765,- ②

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

### Snow Crab 495,- / Large portion 955,- ②

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

### King Crab 945,- / Fresh from our Aquarium 1879,- ②

Large portion 1199,- / Fresh from our Aquarium 2365,-  
Grilled with garlic oil and a touch of chili or freshly boiled and serve chilled | Lemon | Mayonnaise ③

### Langoustines 569,- / Large portion 1119,- 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 ④⑥

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

Gratinated with chervil and tarragon butter | Parmesan ⑦ | Garlic

### Live Local Scallop 279,- each ⑦⑭

Gratinated with chervil and tarragon butter | Parmesan ⑦ | Garlic

### Live Local Scallop & White Sturgeon Caviar from ROGN 445,- each ⑭

Pan-seared | Beurre Blanc ⑦⑫ | Topped with White Sturgeon Caviar from ROGN ④



## FISH

### Cod Loin 655,- ④⑦

Oven baked with chervil- and tarragon butter | Oven-baked seasonal vegetables ⑦ | Steamed Broccolini  
Salt baked potatoes | Butter sauce ⑦⑫

### Turbot 565,- ④⑦

Oven-baked with chervil & tarragon butter | Oven-baked seasonal vegetables ⑦ | Steamed broccolini  
Salt-baked potatoes | Butter sauce ⑦⑫

### Halibut 565,- ④⑦

Oven-baked with chervil & tarragon butter  
Oven-baked seasonal vegetables ⑦ | Steamed broccolini  
Salt-baked potatoes | Butter sauce ⑦⑫

### Salmon «Aurora» 495,- ④

Oven-grilled with garlic oil | Oven-baked seasonal vegetables ⑦ | Steamed Broccolini  
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 | Steamed broccolini | 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 ⑦ | Steamed broccolini  
Salt-baked potatoes | Butter sauce ⑦⑫

### Fish & Chips 379,- ①④

Cod fried in airy beer batter | Mixed Salad  
Tartar sauce ③⑩

### Fish of the Day 395,- ④

Oven-grilled with garlic oil | Oven-baked seasonal vegetables ⑦ | Steamed broccolini | Salt-baked potatoes  
Sauce ②⑦⑫⑭

### Fish & Chips of the Day 349,- ①④

Fish fried in airy beer batter | Mixed Salad | Tartar sauce ③⑩

### Whale Meat Steak 545,-

#### Make it Surf&Turf – Grilled lobster tail + 499,- ②

Served with celeriac puree ⑦⑨ | Steamed broccolini  
Oven-baked seasonal vegetables ⑦

Choose between red wine sauce or mushroom sauce ⑦⑫

All fish dishes may contain traces of shellfish

## TRADITIONAL SEASON DISHES

### Starter

#### “Rakfisk”

#### Fermented trout filet 295,- ④

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

#### Crispy pan-fried cod tongues 295,-

①④⑦  
Caramelized onion ⑦ | Tartar sauce ③⑩

### Main Course

#### Skreimølje “Steamed Cod steaks, liver and roe” 725,- ④

Almond potatoes | Carrots Melted butter with chives ⑦

#### Fjellskål’s “Persetorsk”

#### Sugar-Salted cod, pressured for 48 hours 595,- 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 ⑦ | Pickled beetroot | Red onion  
Dill | Sour cream ⑦

#### Fjellskål’s “Lutefisk / Lye Fish” 645,- ④

2 x Serving + 150,-

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

### Extra sides

French fries 79,- ①Traces

Sweet potato fries 89,- ①Traces

Salt-baked potatoes 89,-

Extra sauce 49,- ②⑦⑫⑭

### Side salad

Lettuce | Cherry tomatoes | Pickled red onion Cucumber | Avocado | Vinaigrette ⑫



Small 109,- | Large 179,-

## MEAT

### Starter

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

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

### Main Course

#### **Tenderloin Steak**

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

**200g** 795,- | **300g** 1139,- | **400g** 1449,-

Served with celeriac purée ⑦⑨ | Steamed broccolini | Oven-baked seasonal vegetables ⑦

**Choose between red wine sauce or mushroom stew** ⑦⑫

Make it **Surf&Turf** – Grilled lobster tail + 499,- ②

### Extra sides

**French fries** 79,- ①Traces

**Sweet potato fries** 89,- ①Traces

**Salt-baked potatoes** 89,-

**Extra sauce** 49,- ②⑦⑫⑭

#### **Side salad**

Lettuce | Cherry tomatoes | Pickled red onion | Cucumber | Avocado | Vinaigrette ⑫

**Small** 109,- | **Large** 179,-

#### **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 sauce ①④⑥⑩

#### **Reindeer tenderloin filet** 745,-

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

#### **Fjellskål's Signature Burger** 395,- ①③⑦⑩

180g juicy burger of ground beef from Wagyu & Angus | Aged cheddar cheese ⑦(lactose-free) | Caramelized onion  
Romano lettuce | Tomato | Pickled cucumber | Hamburger dressing ③ | French fries ①Traces | Aioli ③

Change to sweet potato fries + 15,- ①Traces



## SHELLFISH

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.

### Shellfish Symphony 945,- ②⑫⑭

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 garlic or creamed in a spicy sauce. ⑦

### Large Shellfish Symphony 2195,- ②⑫⑭

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 garlic or creamed in a spicy sauce. ⑦

### Fjellskål's «Luxury» Shellfish Symphony (min. 2 pers.) 1995,- per person

Our Signature Platter – An Unforgettable Seafood Experience! ②⑦⑫⑭

Experience the finest from the sea with our carefully curated selection:

**Live Norwegian lobster and langoustines** from our aquarium, prepared to your preference – ask your waiter.

**Fresh, gratinated king scallops, raw or gratinated oysters, and mussels** (classic or spicy).

**Fresh king crab, shell-on shrimps, and stone crab claws.**

Enhance your experience with **Sturgeon Caviar** – see our exclusive caviar menu on page 1.

Sit back and enjoy the very best Fjellskål has to offer.

### Crab Symphony 1549,- ②

King crab | Snow crab | Stone crab claws

Served boiled and chilled or grilled with garlic oil.

### Snow Crab | Mussels | Fresh Shrimps 745,- ②⑫⑭

Served boiled and chilled or grilled with garlic oil | Mussels steamed with garlic or creamed in a spicy sauce. ⑦

### Norwegian Lobster | King Crab | Langoustines 1699,- ②

Served boiled and chilled or grilled with garlic oil.

### Langoustines | King crab | Fresh Shrimps 1425,- ②

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

### Norwegian Lobster from our Aquarium 289,- per Hg ② (min. 600 grams)

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

### Lobster tail sashimi + 299,- ②

Ponzu Sauce ④⑥ | Soy Sauce ①⑥ or Gluten-Free Soy sauce served upon request

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

Fjellskål's most exclusive shellfish platter! ②⑦⑫⑭

**Live Norwegian lobster and king crab**, freshly selected from our aquarium, accompanied by **live king scallops**, gratinated in chervil and tarragon butter with parmesan and garlic.

Both **lobster and king crab** are prepared exactly to your preference – steamed or grilled, with garlic, herb butter, or served natural. Ask your waiter for guidance to tailor the perfect preparation for you.

To elevate the «**Ocean Royal**» experience, we recommend adding **Sturgeon Caviar** – perfect as a starter or to complement your shellfish selection – see our exclusive caviar menu on page 1.



# Fjellskål

SIDE

## DISHES

### Side Salad

Lettuce | Cherry tomatoes | Pickled red onion | Cucumber | Avocado | Vinaigrette  
⑫

Small 109,- | Large 179,-

### Seasonal Oven-baked Vegetables

109,- ⑦

**Steamed Broccolini** 129,-

**Celeriac purée** 109,- ⑦ ⑨

**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  
(Milk-free upon request)

**Gluten-Free Garlic Bread** 59,- ⑦Traces  
(Milk-free upon request)

**Sauces** 49,- ⑦

Butter sauce ⑫

Creamed shellfish sauce with saffron  
② ⑫ ⑭

Mushroom sauce ⑫

Red-wine sauce ⑫

**Aioli | Remoulade | Tartar Sauce**

③ ⑩

Small 29,- | Large 59,-

**Mayonnaise** ③

Small 19,- | Large 39,-

**Chili Mayonnaise** ③

Small 29,- | Large 59,-

**Whipped Butter** 29,- ⑦

**Ponzu Sauce** 39,- ④ ⑥

**Soy Sauce** 29,- ① ⑥  
(Gluten-free upon request)

**Wasabi** 29,- ⑩

**Ginger** 29,-



## 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

### Raspberry Sorbet Topped with fruity

Taittinger Rosé Champagne 349,-

(Contains alcohol) ⑫

Taittinger Nocturne Rosé Sec 299,- 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

### 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

### 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