



STARTERS & SHAREABLES

Fjellskål's Fish Soup 195,- / Large portion 295,- ②Traces④⑦⑫⑭Traces
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

ROGN Sturgeon Caviar 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
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,-

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 399,-
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,- / **Fresh from our Aquarium** 795,- ②

Large portion 955,- / Fresh from our Aquarium 1425,-
Grilled with garlic oil and a touch of chili or freshly boiled and served chilled | Lemon | Mayonnaise ③

King Crab 945,- / **Fresh from our Aquarium** 1199,- ②

Large portion 1879,- / Fresh from our Aquarium 2365,-
Grilled with garlic oil and a touch of chili, or plain, steamed and chilled | Lemon | Mayonnaise ③

Langoustines 569,- / Large portion 1119,- ②⑦

Grilled with chervil and tarragon butter, or plain, steamed and 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



Fjellskål

FISH

Cod Loin 565,- ④⑦

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

Turbot 565,- ④⑦

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

Halibut 565,- ④⑦

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

Salmon «Aurora» 495,- ④

Oven-grilled with garlic oil | Oven-baked seasonal vegetables ⑦ | Steamed Broccoli
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 broccoli | 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 broccoli
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 broccoli | 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 broccoli
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 Tongues, liver and roe” 725,- ④

Almond potatoes | Carrots Melted butter with chives ⑦

Fjellskål’s “Persetorsk”

Sugar-Salted cod, pressured for 48 hours 625,- 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 NYYYT

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 ①④⑥⑪

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 ⑦

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.



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

Melted Butter 29,- ⑦

Malt Vinegar 19,- ①

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