



## Starters and Plates for Sharing

### **Fjellskål's Fish Soup 189,-**

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 299,-**

Large portion 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 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 Dijon mustard-vinaigrette ⑩

### **Fjellskål's 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	Oscietra Light	GOLD Imperial	Beluga
<b>15g</b>	500,-	550,-	700,-	800,-	750,-	2000,-
<b>30g</b>	950,-	1050,-	1350,-	1550,-	1450,-	3950,-
<b>50g</b>	1500,-	1650,-	2100,-	2500,-	2350,-	6400,-
<b>125g</b>	3700,-	4000,-	5000,-	6000,-	5700,-	15500,-

**All caviar served with toasted gluten-free bread upon request**

### **Sashimi ④ ⑭**

**Aurora salmon 195,- | Rainbow trout 195,- | Atlantic halibut 195,- | Local live scallops 229,-**  
**Bluefin tuna toro 379,- | Yellowfin tuna 249,- | 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 - 79,- | Gillardeau no. 3 - 98,- | Regal D'OR no. 3 - 108,- | Blue Point oysters - 88,-**  
**Wild local flat oysters - 104,- | Wild local gigas oysters - 99,- | Wild local Carpet clam - 79,-**

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

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



## Starters and Plates for Sharing

**Shrimp Platter** (shell on) 295,- / **Large shrimps** (shell on) 395,- ②

Large portion 585,- / Large Shrimps 785,-  
Fresh shrimps | Lemon | Mayonnaise③

**Giant Tiger Prawns** 375,- ②

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

**Stone Crab Claws** 495,- ②

Large portion 979,-  
Lemon | Creamed mustard mayo (normal mayonnaise upon request) ①③⑦⑩

**Norwegian Lobster & Mixed Salad** 685,- ②

½ lobster served freshly boiled and chilled | Crisp lettuce | Cherry tomatoes | Pomegranate | Avocado | Red onion | Topped with mango mayo③

**Snow Crab** 455,- / **Fresh from our Aquarium** 579,- ②

Large portion 895,- / Fresh from our Aquarium 1149,-  
Grilled with garlic oil and a touch of chili or freshly boiled and chilled | Lemon | Mayonnaise③

**King Crab** 895,- / **Fresh from our Aquarium** 1145,- ②

Large portion 1785,- / Fresh from our Aquarium 2245,-  
Grilled with garlic oil and a touch of chili or freshly boiled and chilled | Lemon | Mayonnaise③

**Langoustines** 545,- ②⑦

Large portion 1079,-  
Grilled with chervil and tarragon butter or freshly boiled and chilled | Lemon | Mayonnaise③

**Grilled Octopus** 495,- ⑭

Garlic | Chili | Extra virgin olive oil | Ponzu sauce①

**Steamed Mussels** 189,-

Large portion 359,-  
White wine | Extra virgin olive oil | Garlic | Leaf-parsley | Touch of chili | Served with aioli③⑩

**French fries for mussels** 79,- ①Traces  
⑫⑭

**Creamed Spicy Mussels** 199,-

Large portion 379,-  
Heavy cream | Extra virgin olive oil | Spicy chili | Garlic | Leaf-parsley  
**French fries for mussels** 79,- ①Traces  
⑦⑫⑭

**Live Local Horse Mussel “King Mussel”** 189,- each

Gratinated with chervil and tarragon butter | Parmesan | Garlic  
⑦⑭

**Live Local Scallops** 229,- each

Gratinated with chervil and tarragon butter | Parmesan | Garlic  
⑦⑭

**Live Local Scallops & White Sturgeon Caviar from ROGN** 395,-each ④⑦⑫⑭

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



# Fjellskål



## Main Course Fish

### **Cod Loïn 545,-**

Oven-baked with chervil and tarragon butter | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes  
Butter sauce<sup>⑦⑫</sup>  
④ ⑦

### **Turbot 545,- ④ ⑦**

Oven-baked with chervil and tarragon butter | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes  
Butter sauce<sup>⑦⑫</sup>

### **Halibut 545,- ④ ⑦**

Oven-baked with chervil and tarragon butter | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes  
Butter sauce<sup>⑦⑫</sup>

### **Salmon «Aurora» 495,- ④**

Oven-grilled with garlic oil | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes | Pickled cucumber  
Sour cream with dill, red onion & lemon<sup>⑦</sup>

### **Monkfish 545,- ④**

Oven-grilled with garlic oil | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | 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<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes  
Butter sauce<sup>⑦⑫</sup>

### **Fish & Chips 359,- ① ④**

Cod fried in airy beer batter | Mixed salad | Tartar sauce<sup>③⑩</sup>

### **Fish of the Day 395,- ④**

Oven-grilled with garlic oil | Oven-baked seasonal vegetables<sup>⑦</sup> | Butter-steamed broccolini<sup>⑦</sup> | Salt-baked potatoes | Sauce<sup>⑦⑫</sup>

### **Fish & Chips of the Day 319,- ① ④**

Fish fried in airy beer batter | Mixed salad | Tartar sauce<sup>③⑩</sup>

### **Whale Meat Steak 525,-**

Served with celeriac puree<sup>⑦</sup> | Butter steamed broccolini<sup>⑦</sup> | Oven-baked seasonal vegetables<sup>⑦</sup>  
Choose between red wine sauce or mushroom sauce<sup>⑦⑫</sup>

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,-<sup>⑦</sup>

**All fish dishes might contain traces of shellfish**

### **Side Salad**

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

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



## Traditional Season Dishes

### **Pan-Fried Mackerel Filet 445,-** ④

Butter-fried | Oven-baked summer cabbage⑦ | Salt-baked potatoes | Pickled cucumber | Sour cream with red onion, dill & lemon⑦

### **Wolffish Loin 545,-** ④

Oven-baked with garlic oil | Oven-baked summer cabbage & seasonal vegetables⑦ | Salt-baked potatoes | Creamed shellfish sauce with saffron ②⑦⑫⑭

### **Rose Fish/Atlantic Red Snapper 525,-** ④

Oven-baked with chervil and tarragon butter | Oven-baked summer cabbage & seasonal vegetables⑦ | Salt-baked potatoes | Butter sauce⑦⑫

### **Wild Norwegian Salmon 695,-** ④

Oven-baked | Salt-baked potatoes | Oven-baked summer cabbage & seasonal vegetables⑦ | Pickled cucumber | Sour cream with red onion, dill & lemon⑦

### **Spekesild “Traditionally Cured Herring Filets” 395,-** ④

Sugar-salted herring filets | Almond potatoes | Mashed yellow turnip | Pickled beetroot | Red onion | Dill | Sour cream⑦

All fish dishes might 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**

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 purée⑦ | Butter-steamed broccolini⑦ | Oven-baked seasonal vegetables⑦

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

## **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 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



## Main Course Shellfish

### Shellfish Symphony 889,-

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

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### Fjellskål's «Luxury» Shellfish Symphony (min. 2 pers.) 1885,- 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 caviar menu.

And then - sit back and enjoy the best Fjellskål and the sea has to offer!

② ⑦ ⑫ ⑭

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### 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 269,- 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,- per 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,-

**Salt-Baked Potatoes 89,-**

**Seasonal Oven-Baked Vegetables 109,-**

⑦

**Butter-Steamed Broccolini 129,-**

⑦

**Sauces 49,- ⑦**

Butter sauce<sup>⑫</sup> | Creamed shellfish sauce with saffron<sup>② ⑫ ⑭</sup> | Mushroom sauce<sup>⑫</sup> | Red-wine sauce<sup>⑫</sup>

**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)



## **Dessert**

Following each dessert description, you will find our recommendation for a wine pairing. We have a wide selection of dessert wines. Should you have any special requests, your waiter is happy to help!

### **Crème Brûlée 189,-**

③⑦

*Niepoort 20-year-old-Tawny Port 199,- ⑫ | Oremus Tokaji Late Harvest 2019 129,- ⑫*

### **Chocolate Fondant with Vanilla Ice Cream 199,-**

and berry coulis

①a③⑦⑧Traces

*Niepoort 20-year-old-Tawny Port 199,- ⑫*

### **Vanilla Ice Cream and 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 to try, you will be met with a revelation of sweet, salty, and liquorice-like zest, leaving you with a note of nuts. Our signature dessert.

Goes perfectly with one of our two chosen dessert wines.

③④⑦

*Edel Ice-Cider 149,- ⑫*

*Riesling SL Honigberg Auslese 2018 - Weingut Steffen-Prüm 199,- ⑫*

### **Raspberry Sorbet Topped with Fruity Taittinger Rosé Champagne 299,-**

(Contains alcohol)

Our second signature dessert. This dessert was made for a champagne dinner we hosted, where we faced the challenge of pairing champagne with a dessert due to its low sugar content. However, sometimes simplicity is key, so we tried something as simple as raspberry sorbet. The result was a refreshing dessert with a perfect balance and low sugar content.

⑫

*Taittinger Nocturne Rosé Sec 239,- ⑫*

### **Cheese Platter with Local and European Variation**

Small 249,- | Large 399,-

A selection of premium cheeses, sourced from both domestic and international producers. Crafted from the milk of either cows, sheep, or goats, paired with traditional accompaniments.

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

①⑦⑧

*Château Gravas Sauternes 2018 149,- ⑫*

*Riesling SL Honigberg Auslese 2018 - Weingut Steffen-Prüm 199,- ⑫*