

Starters & Shareables

Soups

Served with bread and whipped butter

Fjellskål's Fish Soup

Starter 209,- | **Large portion** 299,-

Creamy fish soup with white and red fish, carrots and leek. Topped with flat-leaf parsley and chervil-tarragon oil.

Add shrimp +89,-

Fjellskål's Shellfish Soup

Starter 349,- | **Large portion** 495,-

Creamy shellfish soup with king crab and hand-peeled shrimp. Topped with flat-leaf parsley and chervil-tarragon oil.

Vegetable Soup of the Day

Starter 209,- | **Large portion** 299,-

Vegan soup made from a daily selection of fresh vegetables. Topped with flat-leaf parsley and chervil-tarragon oil.

Salads

Served with bread and whipped butter

Fjellskål's Caesar Salad 365,-

Large hand-peeled shrimp with crisp lettuce, croutons and aged parmesan. Topped with your choice of Classic - or - Spicy Caesar dressing

Norwegian Lobster with Mixed Salad 765,-

Chilled half lobster served with crisp lettuce, cherry tomatoes, avocado and red onion. Topped with mango mayonnaise.

Tuna Tataki Salad 445,-

Lightly seared fresh tuna with mixed salad, cherry tomatoes and poached egg. Topped with miso dressing.

Beetroot Salad 325,-

Mixed salad with beetroot, arugula and white goat cheese. Topped with croutons and browned butter vinaigrette.

Extra bread and whipped butter 59,-

Extra whipped butter 29,-

Extra poached egg 39,-

Extra Caesar dressing 39,-

Allergens - Bread & butter

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens - Fish soup

Fish, Milk, Sulphites

(Traces: Crustaceans, Molluscs)

Shrimp: **Crustaceans**

Allergens - Shellfish soup

Barley, Crustaceans, Fish, Soy,

Milk, Sulphites, Molluscs

Allergens - Vegetable soup

Celery, Sulphites

(Traces: Crustaceans, Fish, Molluscs)

Allergens - Bread & butter

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens - Caesar salad: **Crustaceans**

(Traces: Fish, Molluscs)

Parmesan: **Milk**

Croutons: **Wheat, Rye**

Dressing: **Wheat, Egg, Fish, Mustard**

Gluten- and milk-free options available

Allergens - Lobster salad: **Crustaceans**

(Traces: Fish, Molluscs)

Dressing: **Egg**

Allergens - Tuna salad: **Fish, Egg**

(Traces: Crustaceans, Molluscs)

Dressing: **Soy, Sesame**

Allergens - Beetroot salad

Cheese: **Milk**

Croutons: **Wheat, Rye**

Vinaigrette: **Milk, Mustard, Sulphites**

Gluten- and milk-free options available

Allergens - Extras

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Caesar dressing: **Wheat, Egg, Fish, Mustard**

Gluten- and milk-free options available

Starters & Shareables

Carpaccio

Served with bread and whipped butter

Tenderloin Beef Carpaccio 299,-

Thinly sliced marinated tenderloin with capers, arugula, parmesan and olive oil.

Whale Meat Carpaccio 299,-

Thinly sliced marinated whale meat with capers, arugula, parmesan and olive oil.

"Klippfisk" Carpaccio 299,-

Thinly sliced traditionally salted and dried cod with capers, cherry tomatoes, arugula, and olive oil.

Smoked & Cured

Served cold with bread, whipped butter and sour cream mixed with red onion, dill and lemon. Gravlax served with mustard sauce.

"Gravlax" & Smoked Salmon 269,-

Fjellskål family's cognac-marinated "gravlax" topped with dill, served with cold-smoked salmon

Swap the smoked salmon to wild smoked salmon for +70,-

Salmon Warm-smoked with Pepper 119,- | Cold-smoked 119,-

Wild Salmon Cold-smoked 199,-

Fjellskål's "Gravlax" Cognac-marinated 119,-

Trout Cold-smoked 119,-

Cod Cold-smoked 119,-

Halibut Cold-smoked 119,-

Herring Warm-smoked 119,-

Mackerel Warm-smoked 119,- | Warm-smoked with Pepper 119,-
Cold-smoked 119,-

Eel Warm-smoked 179,-

Whale Warm-smoked 119,-

"Warm-smoked" and "Cold-smoked" refers to the smoking temperatures

Extra bread and whipped butter 59,-

Extra whipped butter 29,-

Extra mustard sauce 29,-

Extra sour cream mixed with red onion, dill and lemon 39,-

Mayonnaise 19,-

Allergens - Bread & butter

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens - Beef carpaccio

Mustard, Sulphites

Parmesan: **Milk**

Milk-free options available

Allergens - Whale carpaccio

Barley, Fish, Soy, Sulphites

Parmesan: **Milk**

Milk-free options available

Allergens - Klippfisk carpaccio: **Fish**

Allergens - Sides

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Mustard sauce (lactose-free): **Egg,**

Milk, Mustard

Sour cream: **Milk**

Milk-free options available

Allergens - "Gravlax" & Salmon

Fish, Mustard

Allergens - Salmon: **Fish**

Allergens - Wild Salmon: **Fish**

Allergens - "Gravlax": **Fish, Mustard**

Allergens - Trout: **Fish**

Allergens - Cod: **Fish**

Allergens - Halibut: **Fish**

Allergens - Herring: **Fish**

Allergens - Mackerel: **Fish**

Allergens - Eel: **Fish**

All smoked & cured fish can contain traces of Crustaceans and Molluscs. Smoked whale can contain traces of Crustaceans, Fish and Molluscs

Allergens - Extras

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Mustard sauce: **Egg, Milk, Mustard**

Sour cream: **Milk**

Mayonnaise: **Egg**

Starters & Shareables

Caviar Symphonies

Served with toasted bread, red onion, dill and sour cream

Caviar Symphony 289,-

Four kinds of Norwegian caviar.

ROGN Sturgeon Caviar Symphony 799,-

A tasting of four kinds of Rogn sturgeon caviar.

Vendace & Salmon Caviar

Served in the jar on ice with toasted bread, red onion, dill and sour cream

"Kalix-Løyrom" Vendace Caviar 50g 499,-

Premium Swedish delicacy made from wild vendace roe, harvested in the Gulf of Bothnia. Protected Designation of Origin (PDO) ensures its traditional and regional authenticity.

Atlantic Salmon Caviar 95g 699,-

ROGN Sturgeon Caviar

Served in the tin on ice with toasted bread, red onion, dill and sour cream

Siberian Sturgeon Caviar

15g 550,- | 30g 1100,- | 50g 1800,- | 125g 4500,-

White Sturgeon Caviar

15g 580,- | 30g 1150,- | 50g 1910,- | 125g 4700,-

Oscietra Caviar

15g 700,- | 30g 1400,- | 50g 2400,- | 125g 5500,-

Oscietra Caviar Light

15g 850,- | 30g 1650,- | 50g 2600,- | 125g 6300,-

Gold Imperial Caviar

15g 750,- | 30g 1500,- | 50g 2500,- | 125g 6000,-

Beluga Caviar

15g 2000,- | 30g 3950,- | 50g 6500,- | 125g 16000,-

Swap toasted bread for blinis +49,-

Extra toasted bread 29,-

Extra onion & dill 29,-

Extra sour cream 39,-

Extra blinis 89,-

Allergens - Toasted bread: **Wheat, Rye**
Allergens - Sour cream: **Milk**
Gluten- and milk-free options available

Allergens - Caviar: **Fish**

Allergens - Toasted bread: **Wheat, Rye**
Gluten-free options available

Allergens - Caviar: **Fish**

Allergens - Toasted bread: **Wheat, Rye**
Gluten-free options available

Allergens - Caviar: **Fish**

Allergens - Extras
Blinis: **Wheat, Egg, Milk**
Toasted bread: **Wheat, Rye**
Sour cream: **Milk**
Gluten- and milk-free options available

Starters & Shareables

Sashimi

Served with ponzu sauce. Soy sauce available on request

Salmon "Aurora" 195,-

Rainbow Trout 195,-

Atlantic Halibut 195,-

Hamachi (Yellowtail Kingfish) 265,-

Yellowfin Tuna 265,-

Bluefin Tuna Loin 329,-

Bluefin Tuna "Chu-toro" 379,-

Dundrun Scallop Each 279,-

Mahogany Clam Each 199,-

Carpet Clam Each 79,-

Sea Urchin (Green/Red) Each 229,-

Extra ponzu 39,-

Extra soy sauce 29,-

Fresh-grated wasabi 79,-

Pickled ginger 29,-

Oysters

Served on ice with lemon. Mignonette sauce and tabasco available on request

Boudeuse No. 5 Each 89,-

Gillardeau No. 3 Each 109,-

Regal d'Or No. 3 Each 119,-

Blue Point Each 98,-

Wild Local Flat Oyster Each 119,-

Wild Local Gigas Oyster Each 114,-

Extra mignonette 29,-

Gratinated oyster Each +10,-

Gratinated with chervil-tarragon butter and aged parmesan.

Allergens - Sauces
Ponzu sauce: **Fish, Egg, Mustard, Soy**
Soy sauce: **Wheat, Soy**
Gluten-free option available

Allergens - Salmon, Trout, Halibut, Kingfish, Tuna
Fish
(Traces: Crustaceans, Molluscs)

Allergens - Scallop, Clams, Sea urchin
Molluscs
(Traces: Crustaceans, Fish)

Allergens - Sauces
Ponzu sauce: **Fish, Egg, Mustard, Soy**
Soy sauce: **Wheat, Soy**
Soy sauce (gluten-free): **Soy**
Wasabi: **Milk, Mustard, Soy**

Allergens - Mignonette
Sulphites

Allergens - Oysters
Molluscs
(Traces: Crustaceans, Fish)

Allergens - Gratinated oysters
Milk, Molluscs
(Traces: Crustaceans, Fish)

Starters & Shareables

Live King Scallops

Served with bread and whipped butter

Dundrun Scallop Each 279,–

Gratinated with chervil-tarragon butter, garlic and aged parmesan.

Dundrun Scallop & Caviar Each 445,–

Pan-seared and served with beurre blanc and ROGN White Sturgeon caviar.

Mussels & Clams

Served with bread and whipped butter

Norwegian Mussels

Starter 199,– | **Large portion** 385,–

Steamed with garlic, parsley and olive oil. Served with aioli.

Norwegian Creamy Spicy Mussels

Starter 215,– | **Large portion** 399,–

Steamed in a creamy spicy sauce with garlic, parsley and olive oil.

Local Horse Mussel “King Mussel” Each 189,–

Gratinated with chervil-tarragon butter, garlic and aged parmesan.

Norwegian Razor Clams

Starter 425,– | **Large portion** 845,–

Sautéed with chervil-tarragon butter, garlic, parsley and a touch of chili.

Allergens – Bread & butter

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens – Scallop: **Milk, Molluscs**

Allergens – Scallop & Caviar

Fish, Milk, Sulphites, Molluscs

Allergens – Bread & butter

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens – Mussels: **Molluscs**

Aioli: **Egg**

Allergens – Spicy mussels

Milk, Molluscs

Allergens – Horse mussel

Milk, Molluscs

Allergens – Razor clams

Milk, Molluscs

**All scallops, mussels and clams
can contain traces of Crustaceans
and Fish**

Allergens – Extras

French fries: (Traces: **Wheat, Rye**)

Garlic bread: **Wheat, Rye**

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Aioli: **Egg**

Mayonnaise: **Egg**

Chili Aioli: **Egg**

French fries 79,–

Garlic bread 59,–

Extra bread and whipped butter 59,–

Extra whipped butter 29,–

Extra aioli 29,–

Mayonnaise 19,–

Chili aioli 29,–

Starters & Shareables

Shrimp, Prawns, Langoustines & Lobster

Served with bread and whipped butter

Fjord Shrimp Platter

Starter 295,- | **Large portion** 585,-

Served cold, with shells on (boiled and chilled), with a lemon wedge and mayonnaise.

Fjord Shrimp Platter – XL Shrimp

Starter 395,- | **Large portion** 785,-

Served cold, with shells on (boiled and chilled), with a lemon wedge and mayonnaise.

Giant Tiger Prawns 445,-

Two pan-seared tiger prawns served in a spicy white wine based sauce with butter, garlic, parsley and a touch of chili.

Langoustines

Starter 569,- | **Large portion** 1119,-

Served with a lemon wedge and mayonnaise.

Grilled with chervil-tarragon butter – **or** – cold (boiled and chilled)

Fresh Langoustines from our Aquarium

1999,- per kg/2.2lb | **Tail sashimi** +99,- per piece

Served with a lemon wedge and mayonnaise.

Grilled with chervil-tarragon butter – **or** – grilled with garlic oil – **or** – naturally steamed – **or** – tail sashimi

Fresh Norwegian Lobster from our Aquarium

2899,- per kg/2.2lb (min. 600g/1.3lb) | **Tail sashimi** +299,-

Served with a lemon wedge and mayonnaise.

Naturally steamed – **or** – grilled with garlic oil – **or** – 50/50 – **or** – tail sashimi

Allergens – Bread & butter

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens – Shrimp

Crustaceans

Mayonnaise: **Egg**

Allergens – Shrimp

Crustaceans

Mayonnaise: **Egg**

Allergens – Prawns

Crustaceans, Milk, Sulphites

Alcohol-free option available

Allergens – Langoustines

Crustaceans

Chervil-tarragon butter: **Milk**

Mayonnaise: **Egg**

Allergens – Langoustines

Crustaceans

Chervil-tarragon butter: **Milk**

Mayonnaise: **Egg**

Allergens – Lobster

Crustaceans

Mayonnaise: **Egg**

All shrimp, prawns, langoustines and lobster can contain traces of Fish and Molluscs

Garlic bread 59,-

Extra bread and whipped butter 59,-

Extra whipped butter 29,-

Extra mayonnaise 19,-

Aioli 29,-

Chili aioli 29,-

Allergens – Extras

Garlic bread: **Wheat, Rye**

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Mayonnaise: **Egg**

Aioli: **Egg**

Chili Aioli: **Egg**

Starters & Shareables

Crab

Served with bread and whipped butter

Stone Crab Claws

Starter 495,- | **Large portion** 979,-

Served cold (boiled and chilled) with a lemon wedge and mustard mayonnaise.

Snow Crab Legs

Starter 625,- | **Large portion** 1225,-

Served with a lemon wedge and mayonnaise.

Cold (boiled and chilled) – **or** – grilled with garlic oil

King Crab Legs

Starter 945,- | **Large portion** 1879,-

Served with a lemon wedge and mayonnaise.

Grilled with garlic oil – **or** – cold (boiled and chilled)

King Crab Legs

430,- per 100g/0.2lb (min. 1 leg)

Served with a lemon wedge and mayonnaise.

Grilled with garlic oil – **or** – cold (boiled and chilled)

Fresh King Crab from our Aquarium

Starter 1199,- | **Large portion** 2365,-

Whole legs 510,- per 100g/0.2lb | **Whole crab** 3299,- per kg/2.2lb

Served with a lemon wedge and mayonnaise.

Naturally steamed – **or** – grilled with garlic oil

Allergens – Bread & butter

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens – Stone crab: **Crustaceans**

Mustard mayonnaise: **Wheat, Egg, Milk, Mustard**

Allergens – Snow crab: **Crustaceans**

Mayonnaise: **Egg**

Allergens – King crab: **Crustaceans**

Mayonnaise: **Egg**

Allergens – King crab: **Crustaceans**

Mayonnaise: **Egg**

Allergens – King crab: **Crustaceans**

Mayonnaise: **Egg**

All crab can contain traces of Fish and Molluscs

Allergens – Extras

Garlic bread: **Wheat, Rye**

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Mustard mayonnaise: **Wheat, Egg, Milk, Mustard**

Mayonnaise: **Egg**

Aioli: **Egg**

Chili Aioli: **Egg**

Garlic bread 59,-

Extra bread and whipped butter 59,-

Extra whipped butter 29,-

Extra mustard mayonnaise 29,-

Extra mayonnaise 19,-

Aioli 29,-

Chili aioli 29,-

Starters & Shareables

Octopus & Squid

Served with bread and whipped butter

Octopus 495,-

Pan-seared and served with our signature ponzu sauce and coriander leaves.

Squid

Starter 495,- | **Large portion** 959,-

Pan-seared with garlic, soy sauce, parsley and a touch chili. Served with aioli.

Extra bread and whipped butter 59,-

Extra whipped butter 29,-

Extra aioli 29,-

Chili aioli 29,-

Cheese & Cured Meat

Fjellskål's Cheese & Cured Meat Tower 1399,-

Recommended for 2 or more people. A fine selection of 6 local and european cheeses and 3 types of cured meats. Served with fresh berries, local honey, fruit marmalade and crackers.

Extra crackers 39,-

Fish & Chips

Served with french fries, ketchup, tartar sauce and mixed salad topped with vinaigrette

Fish & Chips 379,-

Fresh cod deep-fried in a light, non-alcoholic beer batter.

Fish & Chips of the Day 349,-

Today's fresh fish deep-fried in a light, non-alcoholic beer batter.

Swap french fries to sweet potato fries +15,-

Extra ketchup 29,-

Extra tartar sauce 29,-

Malt vinegar 19,-

Mashed peas 59,-

Allergens - Bread & butter
Bread: **Wheat, Rye**
Whipped butter: **Milk**
Gluten- and milk-free options available

Allergens - Octopus
Soy, Molluscs
(Traces: Crustaceans, Fish)

Allergens - Squid
Soy, Molluscs
(Traces: Crustaceans, Fish)
Aioli: **Egg**

Allergens - Extras
Bread: **Wheat, Rye**
Whipped butter: **Milk**
Aioli: **Egg**
Chili Aioli: **Egg**

Allergens - Cheese & Cured Meat Tower
Cheese: **Milk**
Crackers: **Wheat, Milk, Egg, Soy**
(Traces: Peanuts, Nuts, Mustard, Sesame)

Allergens - Crackers
Wheat, Milk, Egg, Soy
(Traces: Peanuts, Nuts, Mustard, Sesame)

Allergens - Sides
Tartar sauce: **Egg, Mustard**
Vinaigrette: **Mustard, Sulphites**
French fries: (Traces: Wheat)

Allergens - Fish & Chips
Wheat, Fish

Allergens - Fish & Chips of the day
Wheat, Fish

All fish can contain traces of Crustaceans and Molluscs

Allergens - Extras
Sweet potato fries: (Traces: Wheat)
Coleslaw: **Egg, Celery, Mustard, Sulphites**
Tartar sauce: **Egg, Mustard**
Malt vinegar: **Barley**
Mashed peas: **Milk**

Fish

Served with oven-baked seasonal vegetables, steamed broccolini and salt-baked potatoes

Turbot 595,–

Oven-baked with chervil-tarragon butter and served with butter sauce.

Halibut 585,–

Oven-baked with chervil-tarragon butter and served with butter sauce.

Monkfish 565,–

Oven-baked with garlic oil and served with shellfish sauce with saffron.

Salmon "Aurora" 495,–

Oven-baked with garlic oil and served with pickled cucumber and sour cream mixed with red onion, dill and lemon.

Rainbow Trout 545,–

Oven-baked with garlic oil and served with pickled cucumber and sour cream mixed with red onion, dill and lemon.

Flounder on the Bone 495,–

Oven-baked with garlic oil and served with butter sauce.

Whole Herring 395,–

Oven-baked with garlic oil and served with butter sauce.

Atlantic Red Snapper 565,–

Oven-baked with chervil-tarragon butter and served with butter sauce.

Fish of the Day 395,–

Oven-baked with garlic oil and served with shellfish sauce with saffron.

Extra potatoes 89,–

Extra vegetables 109,–

Extra broccolini 129,–

Extra pickled cucumber 29,–

Extra sour cream mixed with red onion, dill and lemon 39,–

Extra butter or shellfish sauce with saffron 49,–

Side salad small 109,– | large 179,–

A complete list of sides and sauces is available on page 15

Allergens – Sides
Vegetables: **Milk, Celery**

Allergens – Turbot: **Fish, Milk**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Halibut: **Fish, Milk**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Monkfish: **Fish**
Shellfish sauce: **Barley, Crustaceans, Fish, Milk, Sulphites, Molluscs**
Milk-free options available

Allergens – Salmon: **Fish**
Pickled cucumber: **Mustard**
Sour cream: **Milk**
Milk-free options available

Allergens – Rainbow trout: **Fish**
Pickled cucumber: **Mustard**
Sour cream: **Milk**
Milk-free options available

Allergens – Flounder: **Fish**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Herring: **Fish**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Red snapper: **Fish, Milk**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Fish of the day: **Fish**
Shellfish sauce: **Barley, Crustaceans, Fish, Milk, Sulphites, Molluscs**
Milk-free options available

All fish can contain traces of Crustaceans and Molluscs

Allergens – Extras
Vegetables: **Milk, Celery**
Pickled cucumber: **Mustard**
Sour cream: **Milk**
Butter sauce: **Milk, Sulphites**
Shellfish sauce: **Barley, Crustaceans, Fish, Milk, Sulphites, Molluscs**
Side salad vinaigrette: **Mustard, Sulphites**

Seasonal & Traditional

Starter

Served with flatbread and whipped butter

Rakfisk from Valdres 295,-

Salted and fermented trout served with almond potatoes, sour cream, coarse mustard, red onion and pickled beetroot.

Cod tongues 295,-

Pan-fried battered cod tongues served with caramelized onion, cress salad and tartar sauce.

Main Course

Persetorsk 645,-

Sugar and salt cured cod, put under pressure for 48 hours. Served with almond potatoes, carrots, mushy peas, egg-butter and crispy friend bacon and bacon fat.

Lutefisk Loin 685,-

Served with almond potatoes, mushy peas, crispy fried bacon and bacon fat – and coarse mustard.

Add brown cheese +49,-

Pan-seared Cod Loin with the Skin on 585,-

Served with almond potatoes, carrots, mushy peas, crispy fried bacon and bacon fat – and butter sauce.

“Spekesild” Cured Herring 395,-

Traditionally cured herring fillets, served with almond potatoes, rhutabaga mash, pickled red beet, red onion, dill and sour cream.

Pinnekjøtt from western Norway 645,-

Salted and dried lamb ribs soaked in water – steamed for 3-4 hours – served with almond potatoes, mashed rhutabaga and gravy

Swap to eldhus-smoked pinnekjøtt +50,-

Extra potatoes 89,-

Extra vegetables 109,-

Extra broccolini 129,-

Extra pickled cucumber 29,-

Extra sour cream mixed with red onion, dill and lemon 39,-

Extra butter or shellfish sauce with saffron 49,-

Extra celeriac purée 109,-

Extra mushroom or red wine sauce 49,-

French fries 79,-

Side salad small 109,- | large 179,-

A complete list of sides and sauces is available on page 15

Allergens – Bread & butter

Flatbread: **Wheat**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens – Rakfisk: **Fish**

Sour cream: **Milk**

Coarse mustard: **Mustard**

Allergens – Cod tongues: **Fish, Wheat, Milk**

Caramelized onion: **Milk**

Tartar sauce: **Egg, Mustard**

Allergener – Persetorsk: **Fish**

Mushy peas: **Milk**

Egg butter: **Egg, Milk**

Bacon and bacon fat: **Milk**

Milk-free options available

Allergens – Lutefisk: **Fish**

Mushy peas: **Milk**

Bacon and bacon fat: **Milk**

Coarse mustard: **Mustard**

Brown cheese: **Milk**

Milk-free options available

Allergens – Cod loin: **Fish**

Mushy peas: **Milk**

Bacon and bacon fat: **Milk**

Butter sauce: **Milk, Sulphites**

Milk-free options available

Allergens – Spekesild: **Fish**

Rhutabaga mash: **Milk**

Sour cream: **Milk**

Milk-free options available

Allergens – Pinnekjøtt

Mashed rhutabaga: **Milk**

All seasonal dishes can contain traces of Crustaceans and Molluscs

Allergens – Extras

Vegetables: **Milk, Celery**

Pickled cucumber: **Mustard**

Sour cream: **Milk**

Butter sauce: **Milk, Sulphites**

Shellfish sauce: **Barley, Crustaceans, Fish,**

Milk, Sulphites, Molluscs

Mushroom sauce: **Milk**

Red wine sauce: **Milk, Celery, Sulphites**

Side salad vinaigrette: **Mustard, Sulphites**

Fish to Share

Recommended for 2 or more people. Availability may vary depending on catch and season. Served with oven-baked seasonal vegetables, steamed broccolini and salt-baked potatoes

Turbot on the Bone 1899,–

Oven-baked with chervil-tarragon butter and served with butter sauce.

Halibut on the Bone 1799,–

Oven-baked with chervil-tarragon butter and served with butter sauce.

Whole Dover Sole 1899,–

Oven-baked with chervil-tarragon butter and served with butter sauce.

Whole Atlantic Red Snapper 1299,–

Oven-baked with chervil-tarragon butter and served with butter sauce.

Whole Mountain Trout 949,–

Oven-baked with garlic oil and served with pickled cucumber and sour cream mixed with red onion, dill and lemon.

Whole Arctic Char 949,–

Oven-baked with garlic oil and served with pickled cucumber and sour cream mixed with red onion, dill and lemon.

Whole Seabream

(≈ 0.5kg/1.1lb) 949,– | XL (≈ 1.3kg/2.9lb) 2299,–

Oven-baked with garlic oil and served with shellfish sauce with saffron.

Whole Seabass

(≈ 0.5kg/1.1lb) 949,– | XL (≈ 1.3kg/2.9lb) 2299,–

Oven-baked with garlic oil and served with shellfish sauce with saffron.

Allergens – Sides
Vegetables: **Milk, Celery**

Allergens – Turbot: **Fish, Milk**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Halibut: **Fish, Milk**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Dover sole: **Fish, Milk**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Red snapper: **Fish, Milk**
Butter sauce: **Milk, Sulphites**
Milk-free options available

Allergens – Mountain trout: **Fish**
Pickled cucumber: **Mustard**
Sour cream: **Milk**
Milk-free options available

Allergens – Arctic char: **Fish**
Pickled cucumber: **Mustard**
Sour cream: **Milk**
Milk-free options available

Allergens – Seabream: **Fish**
Shellfish sauce: **Barley, Crustaceans, Fish, Milk, Sulphites, Molluscs**
Milk-free options available

Allergens – Seabass: **Fish**
Shellfish sauce: **Barley, Crustaceans, Fish, Milk, Sulphites, Molluscs**
Milk-free options available

Extra potatoes 89,–

Extra vegetables 109,–

Extra broccolini 129,–

Extra pickled cucumber 29,–

Extra sour cream mixed with red onion, dill and lemon 39,–

Extra butter or shellfish sauce with saffron 49,–

Side salad small 109,– | large 179,–

A complete list of sides and sauces is available on page 15

All fish can contain traces of Crustaceans and Molluscs

Allergens – Extras
Vegetables: **Milk, Celery**
Pickled cucumber: **Mustard**
Sour cream: **Milk**
Butter sauce: **Milk, Sulphites**
Shellfish sauce: **Barley, Crustaceans, Fish, Milk, Sulphites, Molluscs**
Side salad vinaigrette: **Mustard, Sulphites**



Shellfish Platters

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 995,–

A selection of today's best shellfish: grilled langoustines and king crab with garlic oil; cold stone crab, snow crab, and fresh shrimp (boiled and chilled, with shell on), and mussels prepared to your choice.

Mussels steamed with garlic – **or** – in creamy spicy sauce

Allergens – Shellfish symphony
Crustaceans, Molluscs
Spicy mussels: **Milk**

Large Shellfish Symphony 2395,–

A selection of today's best shellfish: grilled Norwegian lobster and king crab with garlic oil, cold stone crab, snow crab, and fresh shrimp (boiled and chilled, with shell on), and mussels prepared to your choice.

Mussels steamed with garlic – **or** – in creamy spicy sauce

Allergens – Shellfish symphony
Crustaceans, Molluscs
Spicy mussels: **Milk**

Crab Symphony 1749,–

A platter of king crab, snow crab and stone crab claws.

Served cold (boiled and chilled) – **or** – grilled with garlic oil

Allergens – Crab symphony
Crustaceans

Snow Crab, Mussels & Fjord Shrimp 845,–

Fresh shrimp (shell on) served cold (boiled and chilled).

Snow crab cold (boiled and chilled) – **or** – grilled with garlic oil

Mussels steamed with garlic – **or** – in creamy spicy sauce

Allergens – Snow crab, mussels & shrimp: **Crustaceans, Molluscs**
Spicy mussels: **Milk**

Norwegian Lobster, King Crab & Langoustines 1799,–

Grilled with garlic oil – **or** – cold (boiled and chilled)

Allergens – Lobster, king crab & langoustines: **Crustaceans**

Complement your shellfish platter with gratinated scallops each +279,–

Allergens – Scallop: **Milk, Molluscs**

Garlic bread 59,–

Extra bread and whipped butter 59,–

Extra whipped butter 29,–

Mayonnaise 19,–

Aioli 29,–

Chili aioli 29,–

French fries 79,–

Side salad small 109,– | large 179

All shellfish platters can contain traces of Fish

Allergens – Extras
Garlic bread: **Wheat, Rye**
Bread: **Wheat, Rye**
Whipped butter: **Milk**
Mayonnaise: **Egg**
Aioli: **Egg**
Chili Aioli: **Egg**
French fries: (Traces: **Wheat**)
Side salad vinaigrette: **Mustard, Sulphites**



Our Signature Shellfish Platters

Ask your server for guidance to tailor the perfect preparation for your platter

Fjellskål's "Luxury" Shellfish Symphony

2195,- per person (min. 2 pers.)

Our signature shellfish tower, designed for sharing: cold fresh shrimp (boiled and chilled, with shell on), cold stone crab claws, live king scallops (gratinated with chervil-tarragon butter, garlic, and aged parmesan), plus live king crab, langoustines, and lobster – all prepared to your preference: naturally steamed or grilled with garlic oil or chervil-tarragon butter. Oysters served raw or gratinated, and mussels available steamed with garlic or in a creamy spicy sauce.

Add extra gratinated scallops each +279,-

Fjellskål's "Ocean Royal" Shellfish Symphony

3695,- per person

Our ultimate shellfish indulgence. Live Norwegian lobster and king crab, selected fresh from our aquarium and prepared to your preference – naturally steamed or grilled with garlic oil or chervil-tarragon butter. Accompanied by live king scallops, gratinated with garlic, chervil-tarragon butter, and aged parmesan.

Add extra gratinated scallops each +279,-

Enhance your experience with ROGN sturgeon caviar, perfect as a starter or to complement your shellfish selection.

See our exclusive caviar menu on page 3.

Allergens - Luxury
Crustaceans, Molluscs
Gratinated (scallop/oyster): Milk, Molluscs
Spicy mussels: Milk, Molluscs
Mayonnaise: Egg

Allergens - Ocean Royal
Crustaceans, Molluscs
Scallop: Milk, Molluscs

Garlic bread 59,-
Extra bread and whipped butter 59,-
Extra whipped butter 29,-
Mayonnaise 19,-
Aioli 29,-
Chili aioli 29,-
French fries 79,-
Side salad small 109,- | large 179

All shellfish platters can contain traces of Fish

Allergens - Extras
Garlic bread: Wheat, Rye
Bread: Wheat, Rye
Whipped butter: Milk
Mayonnaise: Egg
Aioli: Egg
Chili Aioli: Egg
French fries: (Traces: Wheat)
Side salad vinaigrette: Mustard, Sulphites

Meat

Tenderloin Steak

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

A fine cut of aged Norwegian tenderloin – a Wagyu and Angus crossbreed. Pan-fried and served with celeriac purée, oven-baked seasonal vegetables and steamed broccolini.

Mushroom sauce – **or** – red wine sauce

Make it Surf & Turf: add a grilled lobster tail +499,-

Allergens – Steak: **Milk**
Celeriac purée: **Milk, Celery**
Vegetables: **Milk, Celery**
Mushroom sauce: **Milk**
Red wine sauce: **Milk, Celery, Sulphites**
Lobster tail: **Crustaceans, Milk**

Wagyu Tenderloin Tataki 750,-

100g Norwegian A4 Wagyu, 100% purebred, marbling grade 6–8. Lightly pan-fried, served medium-rare in slices with yakiniku sauce.

Allergens – Wagyu
Yakiniku: **Sesame, Soy**

Reindeer Tenderloin Filet 745,-

Lightly pan-fried and served medium-rare. Served with salt-baked potatoes, oven-baked seasonal vegetables, pan-fried mushrooms and port wine sauce.

Allergens – Reindeer
Vegetables: **Milk, Celery**
Mushrooms: **Milk**
Port wine sauce: **Milk, Sulphites**

Fjellskål's Signature Burger 395,-

180g juicy burger made from ground Wagyu and Angus beef. Served with aged cheddar cheese, caramelized onion, crisp lettuce, tomato, pickled cucumber and hamburger dressing. French fries, aioli and ketchup.

Swap french fries to sweet potato fries +15,-

Allergens – Burger
Bread: **Wheat, Milk**
Cheese: **Milk**
Pickled cucumber: **Mustard**
Dressing: **Egg, Soy, Sesame**
Kid dressing: **Egg, Mustard**
Aioli: **Egg**
French fries: (Traces: **Wheat**)
Sweet potato fries: (Traces: **Wheat**)

Whale Meat Steak 565,-

Pan-fried whale steak served with celeriac purée, oven-baked seasonal vegetables and steamed broccolini.

Mushroom sauce – **or** – red wine sauce

Make it Surf & Turf: add a grilled lobster tail +499,-

Allergens – Whale: **Milk**
Celeriac purée: **Milk, Celery**
Vegetables: **Milk**
Mushroom sauce: **Milk**
Red wine sauce: **Milk, Celery, Sulphites**
Lobster tail: **Crustaceans, Milk**

All meat dishes can contain traces of Fish, Crustaceans and Molluscs

Vegetarian

Mushroom & Cheese Pasta 349,-

Creamy pasta with mix of king oyster, blue/grey oyster and aroma mushrooms, topped with aged parmesan.

Allergens – Pasta
Whey, Milk, Sulphites
Parmesan: **Milk**
Gluten- and milk-free options available

Extra potatoes 89,-

Extra vegetables 109,-

Extra broccolini 129,-

Extra celeriac purée 109,-

Extra mushroom, red wine sauce or port wine sauce 49,-

Extra ketchup 29,-

Extra aioli 29,-

French fries 79,-

Sweet potato fries 89,-

Side salad small 109,- | large 179,-

Allergens – Extras
Vegetables: **Milk, Celery**
Celeriac purée: **Milk, Celery**
Mushroom sauce: **Milk**
Red wine sauce: **Milk, Celery, Sulphites**
Port wine sauce: **Milk, Sulphites**
Aioli: **Egg**
French fries: (Traces: **Wheat**)
Sweet potato fries: (Traces: **Wheat**)
Side salad vinaigrette: **Mustard, Sulphites**

Side Dishes

Side salad small 109,- | large 179,-

Lettuce, cherry tomatoes, red onion, cucumber and avocado. Topped with vinaigrette.

Bread & whipped butter 59,-

Gluten-free bread 49,-

Gluten & lactose free bread 49,-

Garlic bread 59,-

Gluten-free garlic bread 59,-

Gluten & lactose free garlic bread 59,-

Salt-baked potatoes 89,-

French fries 79,-

Sweet potato fries 89,-

Steamed broccolini 129,-

Seasonal oven-baked vegetables 109,-

Mashed peas 59,-

Celeriac purée 109,-

Fresh-grated wasabi 79,-

Pickled ginger 29,-

Sauces

Butter whipped 29,- | melted 19,-

Aioli small 29,- | large 59,-

Chili aioli small 29,- | large 59,-

Ketchup 29,-

Mayonnaise small 19,- | large 39,-

Mustard mayonnaise small 29,- | large 59,-

Mustard sauce small 29,- | large 59,-

Remoulade small 29,- | large 59,-

Sour cream 39,-

Sour cream mixed with onion, dill and lemon 39,-

Tartar sauce small 29,- | large 59,-

Malt vinegar 19,-

Mignonette 29,-

Garlic oil with a touch of chili small 29,- | large 59,-

Butter sauce 49,-

Shellfish sauce with saffron 49,-

Mushroom sauce 49,-

Red wine sauce 49,-

Ponzu sauce 39,-

Soy sauce 29,-

Allergens - Side dishes

Side salad vinaigrette: **Mustard**,

Sulphites

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten-free bread: **Milk**

Garlic bread: **Wheat, Rye**

Gluten-free garlic bread: **Milk**

French fries: (Traces: **Wheat**)

Sweet potato fries: (Traces: **Wheat**)

Vegetables: **Milk, Celery**

Mashed peas: **Milk**

Celeriac purée: **Milk, Celery**

Fresh wasabi: **Mustard**

Allergens - Sauces

Butter: **Milk**

Aioli: **Egg**

Chili Aioli: **Egg**

Mayonnaise: **Egg**

Mustard mayonnaise: **Wheat, Egg, Milk, Mustard**

Remoulade: **Egg, Milk, Mustard**

Sour cream: **Milk**

Tartar sauce: **Egg, Mustard**

Malt vinegar: **Barley**

Mignonette: **Sulphites**

Butter sauce: **Milk, Sulphites**

Shellfish sauce: **Barley, Crustaceans,**

Fish, Milk, Sulphites, Molluscs

Mushroom sauce: **Milk**

Red wine sauce: **Milk, Celery, Sulphites**

Ponzu sauce: **Egg, Fish, Molluscs**

Soy sauce: **Wheat, Soy**

Desserts

Crème Brûlée 209,–

A classic French dessert with smooth vanilla custard, topped with a crispy layer of caramelized sugar.

Recommended wine pairing: Tokaji Impérial Szamorodni 2020 139,–

Allergens – Creme brulee
Egg, Milk
Wine: Sulphites

Chocolate Fondant 229,–

A rich chocolate cake with a gooey chocolate center, served with berry sauce, cookie crumble, vanilla ice cream and fresh berries.

Recommended wine pairing: Ramos Pinto 20 Y.O. Tawny Port 209,–

Allergens – Chocolate fondant
Wheat, Egg, Milk, Soy
(Traces: Sesam, Peanuts, Nuts)
Wine: Sulphites

Raspberry Sorbet & Champagne 349,–

Raspberry sorbet served with Taittinger Rosé Champagne.
(Contains alcohol)

Recommended wine pairing: Taittinger Nocturne Rosé Sec 299,–

Allergens – Sorbet & champagne
Sulphites
(Traces: Egg, Nuts)
Wine: Sulphites

Vanilla Ice Cream & ROGN Gold Caviar 399,–

Vanilla ice cream topped with the exclusive ROGN gold caviar.

Recommended wine pairing: Edel Ice-Cider – Åkre Gård 179,–

Allergens – Ice cream & caviar
Fish, Milk
(Traces: Egg, Peanuts, Nuts)
Wine: Sulphites

Ice Cream

1 scoop 89,– | 2 scoops 139,– | 3 scoops 189,–

Flavours: Vanilla | Chocolate with Chocolate Chips | Brown Cheese

Recommended drink pairing: Pistachio Liqueur 169,–

Allergens – Ice cream
Milk
(Traces: Egg, Peanuts, Nuts)
Chocolate: **Milk, Soy**
Drink: **Nuts**

Sorbet

1 scoop 89,– | 2 scoops 139,– | 3 scoops 189,–

Flavours: Rhubarb | Raspberry | Strawberry

Recommended drink pairing: Ginger Ninja Nordic Berries 149,–

Allergens – Sorbet
(Traces: Egg, Peanuts, Nuts)

Cheese Platter with Local and European Variation

3 cheeses 249,– | 4 cheeses 399,–

A selection of top-quality Norwegian and European cheese served with fresh berries, local honey, fruit marmalade and crackers.

Recommended wine pairing: Château Gravas Sauternes 2019 159,–

Allergens – Cheese platter
Milk
Crackers: **Wheat, Milk, Egg, Soy**
(Traces: Peanuts, Nuts, Mustard, Sesame)
Wine: Sulphites

Desserts

Bonbon

Each 59,- | Chef's selection (set of 3) 165,-

Handmade confectionary from "Jentene På Tunet" in Selbu, Norway

"Appelsinsplæs" – Orange, white chocolate & dark chocolate

"Baileyskrem" – Baileys & dark chocolate

"Blåbærflyt" – Blueberry, vanilla & dark chocolate

"Brunostkaramell" – Brown cheese caramel & dark chocolate

"Epleslang" – Apple, cinnamon & caramelized chocolate

"Gianduja" – Hazelnut & creamy milk chocolate

"Go Bananas" – Banana & dark chocolate

"Hasselknas" – Hazelnut & milk chocolate

"Jordbærkyss" – Strawberry with dark & white chocolate

"Kaffekrutt" – Coffee & white chocolate

"Karamell Kos" – Caramel & milk chocolate

"Karamellpasjon" – Passionfruit, salted caramel & white chocolate

"Lakris Trøffel" – Licorice & milk chocolate

"Mangotango" – Mango, caramel & milk chocolate

"Marsipangodt" – Marzipan & dark chocolate

"Mintbris" – Mint & white chocolate

"Multefløyel" – Cloudberry with sea buckthorn & white chocolate

"Pasjonsfest med yoghurt" – Passionfruit, yoghurt & white chocolate

"Peanøttedrøm" – Salted peanuts & caramelized milk chocolate

"Pistasjkrønsj" – Pistachio & milk chocolate

"Sitronsmil" – Lemon, yuzu & white chocolate

"Solbærdugg" – Blackcurrant & dark chocolate

"Vegansk Bringeber" – Raspberry 🍷

Recommended wine pairing: Niepoort Colheita 2009 179,-

Seasonal Desserts

Cloudberry Cream & Krumkake 259,-

Light, creamy whipped rice cream with seasonal cloudberry, topped with a crisp krumkake wafer cookie

Recommended wine pairing: Vinsanto First Release Santorini 2016 219,-

Rice Pudding with Raspberry sauce 219,-

Classic light whipped rice cream with red raspberry sauce

Recommended wine pairing: Taittinger Nocturne Rosé Sec 299,-

Allergens – Bonbon

Appelsinsplæs: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Baileyskrem: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Blåbærflyt: **Milk, Soy**

(Traces: Wheat, Peanuts, Nuts)

Brunostkaramell: **Milk**

(Traces: Peanuts, Soy, Nuts)

Epleslang: **Wheat, Soy, Milk, Nuts**

(Traces: Peanuts)

Go Banana: **Soy, Milk**

(Traces: Wheat, Peanuts, Nuts)

Hasselknas: **Soy, Milk, Nuts**

(Traces: Wheat, Peanuts, Egg)

Jordbærkyss: **Milk**

(Traces: Wheat, Peanuts, Nuts, Soy)

Kaffekrutt: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Karamellkos: **Soy, Milk**

(Traces: Nuts, Peanuts)

Karamellpasjon: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Lakristrøffel: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Mangotango: **Soy, Milk**

(Traces: Wheat, Peanuts, Nuts)

Marsipangodt: **Soy, Milk, Nuts**

(Traces: Wheat, Peanuts)

Mintbris: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Multefløyel: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Passionfruit yoghurt: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Peanøttedrøm: **Milk, Soy, Peanuts**

(Traces: Nuts)

Pistasjkrønsj: **Wheat, Soy, Milk, Nuts**

(Traces: Peanuts)

Sitronsmil: **Milk**

(Traces: Wheat, Peanuts, Soy, Nuts)

Solbærdugg: **Soy, Milk**

(Traces: Wheat, Peanuts, Nuts)

Vegansk bringebær: **Soy, Nuts**

(Traces: Wheat, Milk, Peanuts)

Allergens – Cloudberry cream: **Milk**

Krumkake: **Wheat**

(Traces: Peanuts, Nuts)

Allergens – Rice pudding: **Milk**



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