

Starters & Shareables

Soups

Served with bread and whipped butter

Fjellskål's Fish Soup

Starter 249,- | Large portion 399,-

Creamy fish soup with white and red fish, carrots and leek.
Topped with flat-leaf parsley and herb oil from GRØNN.

Add shrimp +89,-

Fjellskål's Shellfish Soup

Starter 395,- | Large portion 595,-

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

Vegetable Soup of the Day

Starter 209,- | Large portion 349,-

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

Salads

Served with bread and whipped butter

Fjellskål's Caesar Salad 395,-

Large hand-peeled shrimp with crisp lettuce, croutons and aged parmesan.
Choose between Classic - or - Spicy Caesar dressing

Norwegian Lobster with Mixed Salad 785,-

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

Summer salad 355,-

Mixed salad with peas, zucchini and a fruity vinaigrette.
Topped with Norwegian fresh soft white cow cheese from Rygge Meieri.

Tuna Tataki with Cucumber Salad 475,-

Lightly seared fresh tuna with a spicy and tangy cucumber salad.

Extra bread and whipped butter 69,-

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, Celery

(Traces: Crustaceans, Molluscs)

Shrimp: **Crustaceans**

Allergens - Shellfish soup

Barley, Crustaceans, Fish, Soy,

Celery, 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 - Summer salad

Vinaigrette: **Sulphites**

Cheese: **Milk**

Allergens - Tuna salad: **Fish**

(Traces: Crustaceans, Molluscs)

Dressing: **Soy, Sesame, Sulphites**

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 289,-

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 129,- | Cold-smoked 129,-

Wild Salmon Cold-smoked 199,-

Fjellskål’s “Gravlax” Cognac-marinated 129,-

Trout Cold-smoked 129,-

Cod Cold-smoked 129,-

Halibut Cold-smoked 129,-

Herring Warm-smoked 129,-

Mackerel Warm-smoked 129,- | Warm-smoked with Pepper 129,- Cold-smoked 129,-

Eel Warm-smoked 199,-

Whale Warm-smoked 129,- | Cold-smoked 129,-

“Warm-smoked” and “Cold-smoked” refers to the smoking temperatures

Extra bread and whipped butter 69,-

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**

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

Milk, Mustard

Sour cream: **Milk**

Mayonnaise: **Egg**

Starters & Shareables

Caviar Symphonies

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

Caviar Symphony 329,-

Four kinds of Norwegian caviar.

ROGN Sturgeon Caviar Symphony 849,-

A tasting of four kinds of ROGN sturgeon caviar.

Vendace & Salmon Caviar

Served on ice with toasted bread, red onion, chives 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 on ice with toasted bread, red onion, chives 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" 219,-

Rainbow Trout 219,-

Atlantic Halibut 269,-

Hamachi (Yellowtail Kingfish) 289,-

Yellowfin Tuna 269,-

Bluefin Tuna Loin 349,-

Bluefin Tuna "Chu-toro" 399,-

Dundrun Scallop Each 299,-

Mahogany Clam Each 249,-

Carpet Clam Each 79,-

Sea Urchin (Green/Red) Each 249,-

Extra ponzu 39,-

Extra soy sauce 29,-

Fresh-grated wasabi (5 grams) 129,-

Pickled ginger 29,-

Oysters

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

Boudeuse No. 5 Each 95,-

Gillardeau No. 3 Each 115,-

Regal d'Or No. 3 Each 129,-

Wild Local Flat Oyster Each 129,-

Wild Local Gigas Oyster Each 119,-

Poached oysters 3 pcs 355,-

Today's selection. Contains apple, daikon, chervil and GRØNN-oil.

Extra mignonette 29,-

Gratinated oyster Each +15,-

Gratinated with chervil-tarragon butter and aged parmesan.

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

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 299,-

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

Dundrun Scallop & Caviar Each 465,-

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

Mussels & Clams

Served with bread and whipped butter

Norwegian Mussels

Starter 249,- | **Large portion** 465,-

Steamed with garlic, shallots, herbs and wine. Served with aioli.

Norwegian Creamy Spicy Mussels

Starter 269,- | **Large portion** 489,-

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.

Carpet Clam Tartar 299,-

Carpet clam with a spicy and tangy dressing.

French fries 89,-

Garlic bread 69,-

Extra bread and whipped butter 69,-

Extra whipped butter 29,-

Extra aioli 29,-

Mayonnaise 19,-

Chili aioli 29,-

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,**

Sulphites

Aioli: **Egg**

Allergens - Spicy mussels

Milk, Molluscs

Allergens - Horse mussel

Milk, Molluscs

Allergens - Razor clams

Milk, Molluscs

Allergens - Carpet clam: **Mollusc**

(Traces: **Crustaceans, Fish**)

Dressing: **Soy, Sesame, Sulphites**

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

Allergens - Extras

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

Garlic bread: **Wheat, Rye**

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Aioli: **Egg**

Mayonnaise: **Egg**

Chili Aioli: **Egg**

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 475,-

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

Langoustines

Starter 599,- | Large portion 1189,-

Served with a lemon wedge and mayonnaise.

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

Live Langoustines from our Aquarium

2199,- 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

Norwegian Lobster

Whole lobster 1995,- | Tail sashimi +299,-

Served with a lemon wedge and mayonnaise.

Naturally steamed – **or** – grilled with garlic oil – **or** – grilled with chervil-tarragon butter – **or** – 50/50 – **or** – tail sashimi

Live Norwegian Lobster from our Aquarium

2999,- 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** – grilled with chervil-tarragon butter – **or** – 50/50 – **or** – tail sashimi

Garlic bread 69,-

Extra bread and whipped butter 69,-

Extra whipped butter 29,-

Extra mayonnaise 19,-

Aioli 29,-

Chili aioli 29,-

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**

Allergens – Lobster

Crustaceans

Mayonnaise: **Egg**

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

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 545,- | **Large portion** 1075,-

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

Snow Crab Legs

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

Whole legs 300,- per 100g/0.2lb

Served with a lemon wedge and mayonnaise.

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

King Crab Legs

Starter 1125,- | **Large portion** 2225,-

Served with a lemon wedge and mayonnaise.

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

Live Snow Crab from our Aquarium

Starter 725,- | **Large portion** 1425,-

Whole legs 350,- per 100g/0.2lb | **Whole crab** 1999,- per kg/2.2lb

Served with a lemon wedge and mayonnaise.

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

Live King Crab from our Aquarium

Starter 1245,- | **Large portion** 2465,-

Whole legs 560,- per 100g/0.2lb | **Whole crab** 3499,- 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 - Snow 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 69,-

Extra bread and whipped butter 69,-

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

Starter 495,- | **Large portion** 965,-

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

Squid

Starter 495,- | **Large portion** 965,-

Pan-seared in a spicy white wine based sauce with butter, garlic, parsley and a touch of chili. Served with aioli.

Extra bread and whipped butter 69,-

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 395,-

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

Fish & Chips of the Day 365,-

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, Wheat
(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**)
Tartar sauce: **Egg, Mustard**
Malt vinegar: **Barley**
Mashed peas: **Milk**

Fish

Served with oven-baked seasonal vegetables and salt-baked potatoes

Cod Loin 595,-

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

Turbot 695,-

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

Halibut 625,-

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

Monkfish 595,-

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 565,-

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 425,-

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

Atlantic Ling 495,-

Steamed and served with shellfish sauce with saffron

Atlantic Red Snapper 585,-

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

Fish of the Day 425,-

Ask your waiter for todays selection.

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 119,- | large 189,-

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

Allergens - Sides
Vegetables: Milk, Celery

Allergens - Cod: Fish, Milk
Butter sauce: Milk, Sulphites
Milk-free options available

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 - Atlantic Ling: Fish, Milk
Shellfish sauce: Barley, Crustaceans,
Fish, Milk, Sulphites, Molluscs
Milk-free options available

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

Allergens - Fish of the day: Fish
Barley, Crustaceans, Milk, Sulphites,
Molluscs, Mustard
Milk-free options available

**All fish can contain traces of
Crustaceans and Molluscs**

Allergens - Extras
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 cold with bread and whipped butter

“Klippfisk” Carpaccio 299,-

Thin slices of traditionally salted and dried cod served with capers, cherry tomatoes, arugula, and olive oil.

Main Course

Mackerel Filet 495,- | **Whole Mackerel** 699,-

Pan-fried filet with butter or oven-baked whole mackerel, served with salt-baked potatoes, summer cabbage and served with pickled cucumber and sour cream mixed with red onion, dill and lemon.

Wolffish Loin 585,-

Pan-fried. Served with salt-baked potatoes, summer cabbage, seasonal vegetables and shellfish sauce with saffron.

Wild Norwegian Salmon 795,-

Oven-baked with olive oil, served with salt-baked potatoes, summer cabbage and served with pickled cucumber and sour cream mixed with red onion, dill and lemon.

“Spekesild” Cured Herring 395,-

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

Whale Meat Steak 585,-

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,-

Extra potatoes 89,-

Extra vegetables 129,-

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 119,- | large 189,-

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

Allergens – Bread & butter

Bread: **Wheat, Rye**

Whipped butter: **Milk**

Gluten- and milk-free options available

Allergens – Klippfisk carpaccio: **Fish**

Allergens – Mackerel: **Fish**

Cabbage: **Milk**

Pickled cucumber: **Mustard**

Sour cream: **Milk**

Milk-free options available

Allergens – Wolffish: **Fish**

Cabbage: **Milk**

Vegetables: **Milk, Celery**

Shellfish sauce: **Barley, Crustaceans,**

Fish, Milk, Sulphites, Molluscs

Milk-free options available

Allergens – Wild salmon: **Fish**

Cabbage: **Milk**

Pickled cucumber: **Mustard**

Sour cream: **Milk**

Milk-free options available

Allergens – Spekesild: **Fish**

Salad: **Egg, Milk, Celery, Mustard**

Allergens – Whale: **Milk**

Celeriac purée: **Milk, Celery**

Vegetables: **Milk**

Mushroom sauce: **Milk**

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

Lobster tail: **Crustaceans, 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

Celeriac purée: **Milk, Celery**

Mushroom sauce: **Milk**

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

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

Side salad vinaigrette: **Mustard, Sulphites**

Whole fish & fish on the bone

Availability may vary depending on catch and season.

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

Turbot on the Bone 1999,-

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

Halibut on the Bone 1899,-

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 1399,-

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

Whole Mountain Trout 1299,-

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

Whole Arctic Char 1299,-

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.

Whole Zeus Faber (John Dory) 949,-

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

Extra potatoes 89,-

Extra vegetables 129,-

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 119,- | large 189,-

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 - 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

Allergens - Zeus faber: **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**

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 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

Complement your shellfish platter with fresh king crab 560,- per 100g/0.2lb

Allergens - Shellfish symphony
Crustaceans, Molluscs
Spicy mussels: Milk

Allergens - King crab: Crustaceans

Large Shellfish Symphony 2395,-

A selection of today's best shellfish: grilled Norwegian lobster and langoustine 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

Complement your shellfish platter with fresh king crab 560,- per 100g/0.2lb

Allergens - Shellfish symphony
Crustaceans, Molluscs
Spicy mussels: Milk

Allergens - King crab: Crustaceans

Crab Symphony 1949,-

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 895,-

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 2199,-

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

Allergens - Lobster, king crab & langoustines: Crustaceans

Complement your shellfish platter with gratinated scallops each +299,-

Allergens - Scallop: Milk, Molluscs

Garlic bread 69,-

Extra bread and whipped butter 69,-

Extra whipped butter 29,-

Mayonnaise 19,-

Aioli 29,-

Chili aioli 29,-

French fries 79,-

Side salad small 119,- | large 189

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

2395,- 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 +299,-

Add snow crab, prepared to your preference per person +280,-

Fjellskål's "Live Selection"

3500,- per person (min. 2 pers.)

Our ultimate shellfish indulgence. Live Norwegian lobster, langoustine, snow crab 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 from Dundrun, panfried, served with beurre blanc and ROGN White Sturgeon Caviar. Live razor clams from Dundrun sautéed with chervil-tarragon butter, garlic, parsley and a touch of chili. Oysters served raw or gratinated.

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

See our full caviar menu on page 3.

ROGN Sturgeon Caviar

Served on ice with toasted bread, red onion, chives and sour cream

White Sturgeon Caviar

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

Oscietra Caviar Light

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

Beluga Caviar

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

Garlic bread 69,-

Extra bread and whipped butter 69,-

Extra whipped butter 29,-

Mayonnaise 19,-

Aioli 29,-

Chili aioli 29,-

French fries 89,-

Side salad small 119,- | large 189

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

Allergens - Snow crab: Crustaceans

Allergens - Live Selection
Crustaceans, Molluscs, Milk
White sturgeon caviar: Fish
Gratinated (oyster): Milk, Molluscs
Chervil-tarragon butter: Milk
Mayonnaise: Egg

All shellfish platters can contain traces of Fish

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

Allergens - Caviar: 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 845,-

200g 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 950,-

100g Japanese A5 Wagyu from Kagoshima, marbling grade 8–12. Lightly pan-fried, served medium-rare in slices with yakiniku sauce.

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

Reindeer Tenderloin Filet 795,-

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

Mushroom sauce – or – red wine sauce

Allergens – Reindeer
 Vegetables: **Milk, Celery**
 Mushroom sauce: **Milk**
 Red wine sauce: **Milk, Celery, Sulphites**

Fjellskål's Signature Burger 425,-

180g juicy burger made from ground Wagyu and Angus beef. With aged cheddar cheese, red onion, lettuce, pickled cucumber and our signature hamburger dressing. Served with 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, Mustard**
 Aioli: **Egg**
 French fries: (Traces: **Wheat**)
 Sweet potato fries: (Traces: **Wheat**)
 Gluten free option available

Vegetarian

Mushroom & Cheese Pasta 379,-

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

Allergens – Pasta
Wheat, Milk, Sulphites
 Parmesan: **Milk**
 Milk free option available

Extra potatoes 89,-

Extra vegetables 129,-

Extra broccolini 129,-

Extra celeriac purée 109,-

Extra mushroom or red wine sauce 49,-

Extra ketchup 29,-

Extra aioli 29,-

French fries 89,-

Sweet potato fries 95,-

Side salad small 119,- | large 189,-

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

Side Dishes

Side salad small 119,- | large 189,-

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

Bread & whipped butter 69,-

Gluten-free bread 49,-

Gluten & lactose free bread 49,-

Garlic bread 69,-

Gluten-free garlic bread 69,-

Gluten & lactose free garlic bread 69,-

Salt-baked potatoes 89,-

French fries 89,-

Sweet potato fries 95,-

Steamed broccolini 129,-

Seasonal oven-baked vegetables 129,-

Mashed peas 59,-

Celeriac purée 109,-

Fresh-grated wasabi (5 grams) 129,-

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,-

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**

Mustard sauce (lactose-free): **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: **Fish, Soy** (Traces: **Molluscs**)

Soy sauce: **Wheat, Soy**



Desserts

Crème Brûlée 229,-

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

Fjellskål's Gino 245,-

Baked seasonal fruits and berries with white chocolate and vanilla sauce

Recommended wine pairing: Tokaji Impérial Szamorodni 2020 139,-

Allergens - Gino
Milk
Wine: Sulphites

Vanilla Ice Cream & ROGN Gold Caviar 449,-

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 119,- | 2 scoops 179,- | 3 scoops 239,-

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 119,- | 2 scoops 179,- | 3 scoops 239,-

Flavours: Rhubarb | Raspberry | Strawberry

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

Allergens - Sorbet
(Traces: Milk, Peanuts, Nuts)
Wine: Sulphites

Cheese Platter with Local and European Variation

3 cheeses 289,- | 5 cheeses 449,-

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

"Blåbærflyt" – Blueberry, vanilla & dark chocolate

"Brunostkaramell" – Brown cheese caramel & dark chocolate

"Hasselknas" – Hazelnut & milk chocolate

"Jordbærkyss" – Strawberry with dark & white chocolate

"Kaffekrutt" – Coffee & white chocolate

"Multefløyel" – Cloudberry with sea buckthorn & white chocolate

"Peanøttedrøm" – Salted peanuts & caramelized milk chocolate

"Pistasjkrønsj" – Pistachio & milk chocolate

"Sitronsmil" – Lemon, yuzu & white chocolate

"Solbærdugg" – Blackcurrant & dark chocolate

"Bringingbær" – Raspberry

Recommended wine pairing: Niepoort Colheita 2009 179,-

Allergens - Bonbon

Blåbærflyt: **Milk, Soy**
(Traces: Wheat, Peanuts, Nuts)

Brunostkaramell: **Milk**
(Traces: Peanuts, Soy, Nuts)

Hasselknas: **Soy, Milk, Nuts**
(Traces: Wheat, Peanuts, Egg)

Jordbærkyss: **Milk**
(Traces: Wheat, Peanuts, Nuts, Soy)

Kaffekrutt: **Milk**
(Traces: Wheat, Peanuts, Soy, Nuts)

Multefløyel: **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)

Bringingbær: **Soy, Nuts, Milk**
(Traces: Wheat, Milk, Peanuts)



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