



THE WELL POOLSIDE BAR

Wraps & Salad

Salmon Wrap (*M, W, CEL, F*) 179,-
Tortilla wrap, carrots, kale, romano salad,
smoked salmon, chives, tomato, lactose free
cream cheese

Chicken Wrap (*W, CEL, MU*) 179,-
Tortilla wrap, romano salad, free range eco
chicken, celery, mango, spring onion, bell
pepper, wasabi dressing

Foccacia Vegetarian (*W, M, CN*) 179,-
Norwegian burrata from Toddum farm, pesto,
ruccula, sun dried tomato, pickled onion

Foccacia Serrano (*W, M, CN*) 199,-
Serrano ham, norwegian burrata from Toddum
farm, pesto, ruccula, sun dried tomato, pickled
onion

Poké Bowl (*E, W, SES, SO*) 249,-
Rice, mango, edamame, carrot, ginger, pickled
cabbage, cucumber, spicy majo, teriyaki and
sesame
With tofu, chicken or raw salmon (F)

Snacks & Tapas

Corn Tortilla Chips 149,-
With salsa and guacamole

Tapas (*M*) 199,-
Melon, Norwegian Alp cheese, serrano ham

The Well Nutmix (*AL, CN, PN*) 69,-
Salt / chili

Potato Chips 55,-
Salt / paprika / salt & pepper

Sweet Treats

Pandan & Coconut Muffin (*E, M, W*) 65,-

Chia Pudding 89,-
With raspberry coulis
Vegan and glutenfree

Naturli' Ice Cream 65,-

Cup: Liquorice Panda Bites, Double Trouble
Brownie, Salty Caramel & Almond, Blackcurrant
Choco Flakes, Raspberry Choco Flakes

Cone: Cookie Dough, Salty Caramel
Vegan. Ask for allergens

Allergens

E = egg	CEL = celery
F = fish	CN = cashew nuts
M = milk / lactose	PE = peanuts
W = wheat / gluten	AL = almonds
MU = mustard	SES = sesame
SO = soy	WN = walnuts



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Soft Drinks

Coca Cola/Zero, Sprite Zero, Fanta Zero	65,-
Oppegård Soda <i>raspberry</i>	89,-
Eira Sparkling Water	65,-
The Well Water	29,-

Smoothies

Strawberry	119,-
Mango	119,-
Pineapple	119,-
Cocoa	129,-

Juices

The Well Orange Juice (orange, carrot, chili, ginger, apple)	109,-
The Well Green Juice (Pear, cucumber, celery, spinach, apple)	109,-

Beer & Cider Alcohol-free

Lervig No Worries	33cl 89,-
Lervig Lemon Radler	33cl 89,-
Heineken 0,0%	89,-
Askim Peach Cider	119,-
Askim Pear Cider	119,-

Beer and Cider

The Well Velvære Pils 2,4 %	89,-
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DRAFT 0,4 L

Hansa Pilsener	139,-
Hansa Mango IPA	139,-
Nogne Ø 4885 Blanc	139,-
Z Cider Mango	129,-

BOTTLES

Oslo Brewery Lager	135,-
San Miguel Fresca	125,-
Hansa Lite	129,-
Sassy Cider Extra Dry	129,-
Sol	129,-

Mocktails Alcohol-free

Gin&Tonic-ish	129,-
Crodino Spritz	119,-
Cipriani Bellini	119,-
Italian Orange Spritz	119,-
The Well Punch	139,-
Slurp Mojito	129,-

Low Alcohol

Harahorn Pink Collins	175,-
Harahorn Tropical	175,-
Harahorn Gin Tonic	175,-
Elderflower Spritz	169,-

Spritz Cocktails

Sarti Spritz	189,-
Aperol Spritz	189,-

Wine

glass/bottle

BUBBLES

Prosecco Signore Guiseppe	145,- / 695,-
Cremant de Bourgogne	169,- / 795,-
Champagne Leonce d'Albe	210,- / 1095,-
NV Ruinart Blanc de Blancs	1995,-

WHITE

Riesling Trocken, Hans Geisler, Rhein, Germany	145,- / 695,-
Chablis Saint Martin, Dom. Laroche Chablis, France	179,- / 850,-

RED

Valpolicella, Allegrini, Veneto, Italy	149,- / 695,-
Terrazas de los andes Malbec Mendoza, Argentina	850,-

ROSÉ

Domaine Triennes, Languedoc-Roussillon France	149,- / 695,-
Studio by Miraval, Méditerranée France	795,-