



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

Focaccia Vegetarian (W, M, CN) 179,-
Norwegian burrata from Toddum farm, pesto, ruculla, tomato, pickled onion

Focaccia Serrano (W, M, CN) 199,-
Serrano, Norwegian burrata from Toddum farm, pesto, ruculla, tomato, pickled onion

Korean Noodle Salad (SES, SO) 225,-
Sweet potato noodles, fresh vegetables, sesame dressing
With chicken or tofu, vegan with tofu

Poké Bowl (E, SES, SO) 199,-
Rice, mango, edamame, carrot, ginger, pickled cabbage, cucumber, spicy mayo, teriyaki and sesame
With chicken, raw salmon (F), or veggie balls, vegan with veggie balls

ALLERGENS

M = Milk / lactose, W = Wheat / Gluten, E = egg,
MU = Mustard, SO = Soy, CEL = Celery,
PN = Peanuts, CN = Cashew nuts, AL = Almonds,
WN = Walnuts, HN = Hazelnuts, SES = Sesame,
BM = Malted barley, KS = Potassium Disulfite,
SU = Sulfite

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,-
Almonds, cashew, peanuts

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

Sweet Treats

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

Acai Bowl (AL) 135,-
Granola, strawberries, banana, coconut flakes, almond butter, coconut, honey.
Vegan and glutenfree

Coconut Yoghurt 89,-
With raspberries & granola
Vegan and glutenfree

Chia Pudding 89,-
With raspberry coulis
Vegan and glutenfree

Naturli' Ice Cream 65,-
Liquorice Panda Bites, Double Trouble Brownie, Salty Caramel & Almond, Blackcurrant Choco Flakes, Raspberry Choco Flakes
Ask for allergens



THE WELL POOLSIDE BAR

Mineral water

Coca Cola/Zero, Sprite, Fanta	65,-
Oppegård Bringebær soda	89,-
Eira Sparkling	65,-
The Well water	29,-

Smoothies

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

Juices

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

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	129,-
Sol	129,-
Askim Peach Cider	119,-
Askim Pear Cider	119,-

Spritz Cocktails

Sarti Spritz	189,-
Aperol Spritz	189,-

Mocktails Non-alcoholic

Mojito-ish	119,-
Gin&Tonic-ish	119,-
Crodino Spritz (0%)	119,-
Cipriani Bellini (0%)	119,-
Italian Orange Spritz (0%)	99,-
The Well Punch (0%)	139,-

Alcohol Free Beer

Lervig No Worries (33cl)	89,-
Lervig Lemon Radler (33cl)	89,-
Heineken 0,0%	89,-

Low Alcohol

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

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	1.995,-

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,-