

WELLNESS LOUNGE

WRAPS & SALAD

Hummus wrap NOK 125,-

Liba bread, homemade hummus, bell pepper, cucumber, grilled aubergines and teriyaki chick-free (*W, SO*)

Caesar Wrap NOK 125,-

Tortilla, romano salad, veggie bites, vegan dressing and parmesan (*W*)

Quinoa Bowl NOK 145,-

Cabbage, cucumber, carrot, edame beans, cherry tomatoes, sesame seeds and vegan meat (*SE, SO*)

LIGHT SNACKS

Antipasti NOK 75,-

Olives, champignon, hummus and vegetarian cheese (*SU*)

Yoghurt & Musli NOK 65,-

Vegan yoghurt, gluten free granola, dried berries and raspberry coulis

Chia Pudding NOK 55,-

Coconut milk, chia and agave

Fruit Salad NOK 65,-

Melon, pineapple, grapes and kiwi

Chips NOK 55,-

Nuts NOK 65,-

Cinnamon Bun (*W*) NOK 55,-

Ice cream NOK 65,-

Chocolate Brownie NOK 65,-

Raw Cake (*CN, PE*) NOK 65,-

SMOOTHIES

NOK 109,-

Strawberry

Strawberry, banana, cranberry, coconut milk, lemon, flea seeds and apple

Mango

Mango, banana, passion fruit, lemon, flea seeds and apple

Spinach

Spinach, avocado, squash, lemon, ginger and apple

Cocoa

Cocoa, dates, banana, chia seeds, cardamom, coconut milk, cinnamon and oat milk

JUICE

Taste of The Well Juice NOK 95,-

Juice with carrot, apple, chili and ginger

Juice with pear, cucumber, apple, celery and spinach (*CEL*)

ALLERGIES

BM = malted barley	PE = peanuts
CN = cashew nuts	CEL = celery
W = wheat / gluten	SE = sesame
KS = potassium disulfite	SO = soy
AL = almonds	SU = sulfite

WELLNESS LOUNGE

DRINKS

Mineral Water

Local soda: Oppegård brus	
Lemon/ Orange / Raspberry	NOK 79,-
San Pellegrino	NOK 65,-
Coca-Cola, Zero, Fanta, Sprite	NOK 65,-
The Well water	NOK 40,-
Raw kombucha: strawberry	NOK 89,-

Coffee

Espresso	NOK 49/59,-
Americano	NOK 49/59,-
Cappuccino	NOK 55/59,-
Caffe Latte	NOK 55/59,-

Tea NOK 43,-

The Well Herbal Blends

Signature blend: apple, birch, spruce shoots, lemon balm, licorice root

BEERS

Carlsberg (BM)	NOK 119,-
Oslo Brewing Norwegian Blonde (BM)	NOK 129,-
Oslo Brewing Oslo Lager (Gluten free)	NOK 129,-

Lovlås Østkyst apple cider (KS)	NOK 119,-
Alcohol free beer (BM)	NOK 89,-

WINES & SPARKLING WINES

Champagne

Léonce d'Albe Special Reserve, France
NOK 189/895,-

Prosecco

Signore Giuseppe, Extra Dry
NOK 139/595,-

Rose

Triennes Rose, Provence, France
NOK 149/690,-

White Wine

Hans Geissler Riesling, Rhine, Germany,
NOK 139/595,-

Sancerre Renaissance, Loire, France

NOK 179/890,-

Cuvée Sainte Marie, Chablis, France

NOK 195/950,-

Red Wine

Villa Cardini, Valpolicella, Italy, Veneto
NOK 149/645,-

COCKTAILS

The Well Spritz

Bergamot, Grapefruit, Prosecco
Natsumikan Mandarin Sake NOK 175,-

Elderflower Spritz (SU)

St. Germain, Prosecco NOK 165,-

ALCOHOL FREE COCKTAILS

Mi-no-sa

Orange juice, ALT. Sparkling Chardonnay
NOK 129,-

Italian Spritz

Lyre's Italian Orange, ALT. Sparkling
Chardonnay NOK 129,-