



# Drinks

## Champagne / Sparkling Wine

Léonce d'Albe Special Reserve, France	205,- / 1050,-
Crémant de Bourgogne, France	169,- / 795,-
Prosecco Signore Giuseppe, Italy	145,- / 695,-

## Rosé

House Rosé Wine	149,- / 695,-
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## White Wine

House White Wine	145,- / 695,-
Chablis Cuvée St.Marie	195,- / 935,-

## Red Wine

House Red Wine	149,- / 695,-
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## Beers

### Draught Beer 0,5l

Budvar Czech Lager	139,-
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Norwegian Blonde (BM)	129,-
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Oslo Lager (Gluten free)	129,-
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Brewdog Grapefruit IPA	149,-
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Lovløs Østkyst Apple cider (KS)	129,-
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Alcohol-free Beer (B)	89,-
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## Cocktails

Harahorn Gin & Tonic	169,-
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Harahorn Pink Gin Collins	169,-
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Lemon, Rhubarb, Grapefruit

Nuet Spritz	195,-
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Nuet Aquavit, Grapefruit, Yuzu, Ginger

## Mineral Water

Oppegård soda Raspberry	79,-
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San Pellegrino	65,-
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Strawberry Kombucha	89,-
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Coca-Cola, Zero, Fanta, Sprite	65,-
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The Well Water	25,-
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## Alcohol-Free Cocktails

Italian Orange Spritz	89,-
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J. Gasco Aperitivo Bitter

Mojito-ish	119,-
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Alcohol-free Rum, Mint, Lime

## Coffee

Espresso	49,- / 59,-
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Americano	49,- / 59,-
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Cappuccino	55,- / 59,-
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Caffe Latte	55,- / 59,-
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## The Well Herbal Blends 43,-

Signature blend: Apple, Birch, Spruce shoots, Lemon balm & Licorice root

## The Well Juice

Juice with Carrot, Apple, Chili & Ginger	109,-
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Juice with Pear, Cucumber, Apple, Celery & Spinach (CEL)	109,-
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## ALLERGIES

BM = Malted barley	PN = Pine nuts
CN = Cashew nuts	CEL = Celery
W = Wheat / Gluten	SES = Sesame
KS = Potassium Disulfite	SO = Soy
AL = Almonds	SU = Sulfite
MU = Mustard	PE = Peanuts
B = Barley	



## Wraps & Salad

<b>Pesto Wrap</b> Tortilla Wrap, Pesto, Teriyaki Chick-free, Fresh vegetables, Celery (B, W, SO, CEL, PN)	149,-
<b>Chicken Wrap</b> Tortilla Wrap, Romano salad, Free range eco chicken, Celery, Mango, Spring onion, & Wasabi dressing (W, CEL, MU)	159,-
<b>Korean Summer Salad</b> Sweet potato noodles, Fresh vegetables, Sesame dressing (SES, SO) <i>* Add to salad: Chicken or Smoked Tofu</i>	169,-

## Snacks

<b>Chia Pudding</b> Coconut milk, chia & agave	85,-
<b>Protein Overnight Tiramisu</b> Gluten free oats, Coffee, Cacao & Vegan protein	89,-
<b>Wabba Beans</b> Sriracha / Cheese / Wasabi / Cinnamon / Dark Chocolate / Sea salt	65,-
<b>Potato Chips</b>	55,-
<b>Homemade toasted Nuts</b> (AL, CN, PN) Salted / Chili	69,-
<b>Marinated Olives</b>	95,-

## Sweet Treats

<b>Ice Cream</b>	45,-
<b>Chocolate Brownie</b>	75,-

## Baked Goods

Please ask our Wellness Lounge staff for today's selection.