

WELLNESS BAR

FOOD & SNACKS

Package Deals

Wrap & The Well Juice	279,-
Smoothie & Focaccia	295,-
Tapas & Prosecco	335,-
Muffin / Cinnamon Bun & Coffee	125,-

Food

Salmon Wrap (W, CEL, F) Tortilla wrap, carrots, kale, romano salad, smoked salmon, chives, tomato, lactose free cream cheese	179,-
Chicken Wrap (W, CEL) Tortilla wrap, romano salad, free range eco chicken, celery, mango, spring onion, bell pepper, wasabi dressing. <i>Lactose-free.</i>	179,-
Focaccia Vegetarian (G, M, CN) Norwegian Burrata from Toddum farm, pesto, ruccula, sun-dried tomato, pickled onion	179,-
Focaccia Serrano (G, M, CN) Norwegian Burrata from Toddum farm, pesto, ruccula, sun-dried tomato, pickled onion	199,-
Tapas (M) Melon, norwegian cheese, serrano ham	199,-
Korean Noodle Salad (SES, SO) Sweet potato, noodles, carrot, leek, cherry tomato, cucumber, sesame dressing <i>*with chicken or tofu, vegan with tofu</i>	195,-

Sweet Treats

Fruit Salad	95,-
Coconut Yoghurt w/Raspberries & Granola <i>Vegan, gluten-free</i>	89,-
Chia Pudding w/Raspberry Coulis <i>Vegan, gluten-free</i>	89,-
Chocolate Muffin (M, W, E, SO, HN) <i>Salted caramel</i>	79,-
Blueberry Muffin (E) <i>Gluten-free, lactose-free</i>	79,-
Cinnamon Bun (W) <i>Vegan</i>	79,-
Ice Cream Cone (M, W) <i>Chocolate / Strawberry</i>	45,-

Snacks

Potato Chips <i>Salt, Paprika, Salt & Pepper</i>	55,-
The Well Nutmix (AL, CN, PN) <i>Salt / Chili</i>	69,-
Wabba Beans <i>Sriracha / Cheddar / Wasabi / Sea salt</i>	65,-

Allergens

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

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BEVERAGES

Mocktails Alcohol-free

Italian Orange Spritz	119,-
<i>Aperitivo Bitter</i>	
Ginish G&T	129,-
<i>Alcohol-free gin, tonic water</i>	
Slurp Mojito	129,-
<i>Alcohol-free rum, lime juice, mint</i>	

Beers & Ciders

The Well Velvære Pils 2,4%	33cl	89,-
Lervig Pilsner Draught Beer	50cl	139,-
Oslo Brewing Norwegian Blonde	33cl	129,-
Oslo Brewing Lager (gluten-free)	33cl	135,-
Lervig Lucky Jack American Pale Ale	33cl	129,-
San Miguel Fresca	33cl	125,-
Sassy Cider Extra Dry	33cl	129,-
Z Cider Sweet Mango	33cl	129,-
Alcohol-free Pilsner/ IPA	33cl	89,-

Wine & Sparkling wine

House Wine White / Rosé / Red	149,-/695,-
2023 Cuvee St. Martin	179,-/850,-
<i>Domaine Laroche, Chablis, France</i>	
Studio by Miraval Rosé	795,-
<i>Méditerranée, France</i>	
Champagne	210,-/1095,-
<i>Léonce d'Albe Special Reserve</i>	
Crémant de Bourgogne	169,-/795,-
Prosecco Signore Giuseppe	145,-/695,-

Cocktails

Harahorn Gin&Tonic	175,-
<i>Blueberry, rhubarb & grapefruit</i>	
Harahorn Pink Collins	175,-
<i>Lemon, rhubarb, grapefruit</i>	
Elderflower Spritz	169,-
Aperol Spritz	189,-

Soft Drinks

Oppegård Soda <i>Raspberry</i>	89,-
Eira Sparkling Water	65,-
The Well Water	29,-
Electrolyte Drink <i>Lemon</i>	39,-
Strawberry Kombucha	89,-
Coca-Cola / Zero / Fanta Zero / Sprite Zero	65,-

Smoothies

Strawberry	119,-
Mango	119,-
Pineapple	119,-
Cacao	129,-

The Well Juice

Juice with carrot, apple, chili and ginger	109,-
Juice with pear, cucumber, apple, celery and spinach	109,-

Coffee

Espresso	49,-/59,-
Americano	49,-/59,-
Cappuccino	55,-/59,-
Caffe Latte	55,-/59,-
<i>Oat milk +5kr</i>	

Tea Selection

Bestemors Have (fruit tea)	45,-
Morgenfrisk Sitrus (green tea)	45,-
English Breakfast (black tea)	45,-
Energisk Ingefær (ginger & fruit)	45,-
Copenhagen Sparkling Tea	119,-/495,-
<i>Jasmine, white tea and darjeeling</i>	