

WELLNESS BAR MENU

Wine & Sparkling wine

House Wine White / Rosé / Red	149,-/695,-
2023 Cuvee St. Martin	179,-/850,-
<i>Domaine Laroche, Chablis, 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,-
Harahorn Pink Gin & Tonic	175,-
<i>lemon, rhubarb, grapefruit</i>	
Elderflower Spritz	169,-
Aperol Spritz	189,-

Alcohol-free cocktails

Italian Orange Spritz	89,-
<i>Aperitivo Bitter</i>	
Mojito-ish	119,-
<i>Alcohol-free rum, mint, lime</i>	
Ginish G&T	129,-
<i>Alcohol-free gin, Tonic water</i>	

Beers & Ciders

Lervig Pilsner Draught beer 0,5l	139,-
Oslo Brewing Norwegian Blonde	129,-
Oslo Brewing Lager (gluten free)	135,-
Lervig Lucky Jack American Pale Ale	129,-
San Miguel Fresca	125,-
Sassy Extra Dry Cider	129,-
Z Cider Sweet Mango	129,-
Alcohol-free beer	89,-

Mineral Water

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 / Sprite	65,-

Smoothies

Strawberry	119,-
Mango	119,-
Spinach	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>	

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Package Deals

Smoothie & Foccacia	295,-
Muffin or Raw Cake & Coffee	125,-
Korean Noodle Salad & The Well Juice	325,-
Tapas & Prosecco	335,-

Food

Salmon Wrap Tortilla wrap, carrots, kale, romano salad, smoked salmon, chives, tomato, lactose free cream cheese (W, CEL, F)	179,-
Chicken Wrap Tortilla wrap, romano salad, free range eco chicken, celery, mango, spring onion, bell pepper, wasabi dressing (W, CEL, MU)	179,-
Foccacia Vegetarian Norwegian Burrata from Toddum farm, pesto, ruccula, tomato, pickled onion (G, M, CN)	179,-
Foccacia Serrano Norwegian Burrata from Toddum farm, pesto, ruccula, tomato, pickled onion (G, M, CN)	199,-
Korean Noodle Salad Sweet potato noodles, fresh vegetables, sesame dressing (SES, SO) <i>*With chicken or tofu, vegan with tofu</i>	225,-
Tapas Melon, norwegian cheese, serrano ham (M)	199,-

Sweet Treats

Coconut yoghurt w/ raspberries & granola <i>Vegan, glutenfree</i>	89,-
Chia pudding with raspberry coulis <i>Vegan, glutenfree</i>	89,-
Raspberry Raw Cake (AL, CN, WN) <i>Vegan, glutenfree</i>	79,-
Chocolate Muffin (M, W, E, SO, HN) <i>Salted Caramel</i>	79,-
Blueberry Muffin (E) <i>Glutenfree</i>	79,-
Cinnamon bun (W) <i>Vegan</i>	79,-
Kulinaris Ice Cream <i>Raspberry, Lemon, Mango, Chocolate, Milk Chocolate, Vanilla, ask for allergens</i>	65,-
Ice cream (M, W)	45,-

Snacks

Potato chips <i>Salt, Paprika, Salt & Pepper</i>	55,-
The Well nutmix (AL, CN, PN) <i>Almond, cashew, peanuts</i>	69,-
Wabba Beans <i>Sriracha / Cheddar / Wasabi / Sea salt</i>	65,-

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, SU = Sulfite, BM = Malted barley, KS = Potassium Disulfite,