# WELLNESS BAR

## FOOD & SNACKS

## Package Deals

| | |
|---|---|
| Wrap & The Well Juice | 279,- |
| Smoothie & Poké Bowl | 329,- |
| Protein Shake & Barebells Protein Bar | 149,- |
| Muffin / Cinnamon Bun & Coffee | 125,- |

## Food

**Chicken Wrap** *E · W · CEL* — 179,-
Tortilla wrap, free range eco chicken, aioli, Romano, carrot, cabbage, leek, celery, guacamole

**BBQ Wrap** *W · MU · SU* — 179,-
Tortilla wrap, beef, pickled onion, carrot cabbage, leek, romano salad

**Salmon Wrap** *F · M · W · CEL* — 179,-
Tortilla wrap, carrot, kale, romano salad, smoked salmon, chives, tomato, lactose-free cream cheese

**Poké Bowl** *SES · SO* — 249,-
Rice, mango, edamame, carrot, ginger, pickled cabbage, cucumber, spicy mayo, teriyaki and sesame
*With tofu, chicken or raw salmon (F)* — 249,-

**Pasta Salad with Chicken** *W · CEL · SO*
Pasta, free range eco chicken, carrot, cabbage, celery, leek, cucumber, herbs, soy, chili

## Sweet Treats

| | |
|---|---|
| **Fruit Salad** | 95,- |
| **Coconut Yoghurt w/Raspberries & Granola**<br>*Vegan, gluten-free* | 89,- |
| **Chia Pudding w/Raspberry Coulis**<br>*Vegan, gluten-free* | 89,- |
| **Chocolate Muffin** *E · M · W · SO · HN*<br>*Salted caramel* | 79,- |
| **Blueberry Muffin** *E*<br>*Gluten-free, lactose-free* | 79,- |
| **Cinnamon Bun** *E · M · W* | 79,- |
| **Barebells Protein Bar**<br>*Chocolate Ball/ Peanut Caramel*<br>*Ask for allergens* | 59,- |
| **Ice Cream Cone** *M · W*<br>*Chocolate / Strawberry* | 45,- |
| **Naturli Ice Cream**<br>*Various flavour, ask for allergens* | 65,- |

## Snacks

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

### Allergens

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

# WELLNESS BAR

## BEVERAGES

### Mocktails Alcohol-free

| | |
|---|---|
| Italian Orange Spritz<br>*Aperitivo Bitter* | 119,- |
| Ginish G&T<br>*Alcohol-free gin, Tonic water* | 129,- |
| Slurp Mojito<br>*Alcohol-free rum, lime juice, mint* | 129,- |

### 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<br>*Domaine Laroche, Chablis, France* | 179,-/850,- |
| Studio by Miraval Rosé<br>*Méditerranée, France* | 795,- |
| Champagne<br>*Léonce d'Albe Special Reserve* | 210,-/1095,- |
| Crémant de Bourgogne | 169,-/795,- |
| Prosecco Signore Giuseppe | 145,-/695- |

### Cocktails

| | |
|---|---|
| Harahorn Gin&Tonic<br>*Blueberry, rhubarb & grapefruit* | 175,- |
| Harahorn Pink Collins<br>*Lemon & raspberry* | 175,- |
| Elderflower Spritz | 169,- |
| Aperol Spritz | 189,- |

### New Items – Launch Deal

| | |
|---|---|
| Protein Shake *M*<br>*Strawberry \| Chocolate \| Vanilla*<br>*Oat milk +5,-* | 69,- |
| Vitamin Well Water<br>*Boost \| Anitoxidant \| Recover* | 49,- |
| Coconut Water | 49,- |

### Soft Drinks

| | |
|---|---|
| The Well Water | 29,- |
| Eira Sparkling Water | 65,- |
| Electrolyte Drink *Lemon* | 39,- |
| Magnesium Drink *Lemon* | 45,- |
| Strawberry Kombucha | 89,- |
| Oppegård Soda *Raspberry* | 89,- |
| Coca-Cola / Zero / Fanta Zero / Sprite Zero | 65,- |

### Smoothies

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

### The Well Juice & Shots

| | |
|---|---|
| Juice with carrot, apple, chili and ginger | 109,- |
| Juice with pear, cucumber, apple, celery and spinach | 109,- |
| Beetroot & Ginger shot | 39,- |
| Pineapple & Tumeric shot | 39,- |

### Coffee

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

### Tea

| | |
|---|---|
| Bestemors Have (fruit tea) | 45,- |
| Morgenfrisk Sitrus (green tea) | 45,- |
| English Breakfast (black tea) | 45,- |
| Energisk Ingefær (ginger & fruit) | 45,- |