

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 <i>E · W · CEL</i>	179,-
Tortilla wrap, free range eco chicken, aioli, Romano, carrot, cabbage, leek, celery, guacamole	
BBQ Wrap <i>W · MU · SU</i>	179,-
Tortilla wrap, beef, pickled onion, carrot cabbage, leek, romano salad	
Salmon Wrap <i>F · M · W · CEL</i>	179,-
Tortilla wrap, carrot, kale, romano salad, smoked salmon, chives, tomato, lactose-free cream cheese	
Poké Bowl <i>SES · SO</i>	249,-
Rice, mango, edamame, carrot, ginger, pickled cabbage, cucumber, spicy mayo, teriyaki and sesame	
<i>With tofu, chicken or raw salmon (F)</i>	
Pasta Salad with Chicken <i>W · CEL · SO</i>	249,-
Pasta, free range eco chicken, carrot, cabbage, celery, leek, cucumber, herbs, soy, chili	

Sweet Treats

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

Snacks

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

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	

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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 & raspberry</i>	
Elderflower Spritz	169,-
Aperol Spritz	189,-

Soft Drinks

The Well Water	29,-
Vitamin Well Water	69,-
<i>Boost Anitoxidant Recover</i>	
Eira Sparkling Water	65,-
Coconut Water	89,-
Electrolyte Drink <i>Lemon</i>	39,-
Magnesium Drink <i>Lemon</i>	45,-
Strawberry Kombucha	89,-
Oppegård Soda <i>Raspberry</i>	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,-

Protein Shake

Protein Shake	119,-
<i>Vanilla Chocolate</i>	
<i>Oat Milk +5,-</i>	

Coffee

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

Tea

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