

## Snacks | Snacks

Valencia almonds (AL)  Valencia-mandler	75,-
Lemon & chili marinated olives (SU)  Sitron- & chilimarinerte oliven	95,-
Bread & aioli (E, W, MU)  Homemade aioli and organic sourdough bread Hjemmelaget aioli og økologisk surdeigsbrød	85,-
Bread, olive oil & balsamic (W)  Organic sourdough bread, IL Giardino extra virgin olive oil and Balsamic vinegar Økologisk surdeigsbrød, IL Giadino ekstra virgin olivenolje og balsamicoeddik	85,-
Glazed chicken wings (W, SO, SES) Marinated Korean style chicken wings Koreansk marinerte kyllingvinger	195,-
Cold cuts & cheese platter (M, W) Seasonal Norwegian cheeses and cold cuts Sesongens norske oster og spekemat	220,-



## Green dishes | Grønne retter

Avocado Toast (W, SO, MU, PN, PT, HN, AL)  With burnt chili & paprika butter, avocado, arugula, fennel, beetroot creme and nut crunch Med brent chili & paprika smør, avocado, ruculla, fennikel, rødbetkrem og nøttecrunch	195,-
Cauliflower steak (SO)  Cauliflower steak with chimichurri, beetroot hummus, pomegranate and edamame beans Blomkål steak med chimichurri, rødbethummus granateple og edamamebønner	195,-
Traditional «Rekesmørbrød» (E, W, M, MU) Sourdough bread, heaped with peeled prawns, egg, cherry tomato, dill, salmon roe, mayonnaise and lemon Rekesmørbrød med surdeigbrød, pillede reker, egg cherrytomat, dill, lakserogn, majones og sitron	279,-
Seasonal white asparagus (F, E) White asparagus, hollandaise sauce and Antonius caviar Hvite asparges, hollandaisesaus og Antoniuskaviar	295,-
Summer Salad (SF, MO, M, E, SU) With prawns, mussels, mango, avocado and creamy dill-dressing Med reke, blåskjell, mango, avokado og kremet dilldressing	295,-
The Well Quinoa salad* (PE, CEL, SE, SO)  Tricolor quinoa, vegetables, avocado, edamame, ginger, peanuts and miso dressing Tricolor Quinoa, grønnsaker, avokado, edamame, ingefær, peanøtter og misdressing *Add to your salad   Legg til følgende: Marinated tofu (SO)  or Organic chicken Marinert tofu (SO)  eller Økologisk kylling	295,-

## Allergies | Allergener

B = barley, bygg  
E = egg, egg  
F = fish, fisk  
M = milk, lactose, melk / laktose  
R = rye, rug  
W = wheat / gluten / hvete / gluten  
AL = almonds, mandler  
PE = peanuts, peanøtter  
PN = pine nuts, pinjekjerner  
PC = pecans, pekannøtter  
CEL = celery, selleri  
MO = molluscs, bløtdyr  
MU = mustard, sennep  
SE = sesame seeds, sesamfrø

SF = shellfish, skalldyr  
SO = soya, soya  
SU = sulphite, sulfitt  
HN = hazelnuts, hasselnøtter  
WN = walnuts, valnøtter  
PT = pistachio, pistasje  
CN = cashew nuts, cashewnøtter

 = vegetar, vegetarian  
 = vegansk, vegan

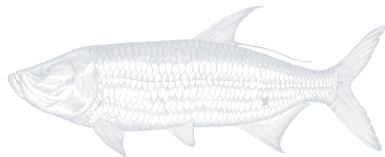
# = Not included in hotel packages,  
# = Ikke inkludert i hotell pakker



Mobile-free zone»



## THE WELL BRASSERIET



## Raw & Soup | Rå & Suppe

Gazpacho Soup  Cold Spanish-inspired soup, based on sun-ripened tomatoes Kald spansk inspirert suppe, basert på solmodne tomater	175,-
Scallops crudo (MO, SF, F) With lime citrus and coriander dressing Kamskjellcrudo med lime og korianderdressing	195,-
Sashimi laks (F, SO) With ponzu sauce and spring onions Salmon Sashimi med ponzusaus og vårløk	195,-
Salmon ceviche (F, CEL) Norwegian Salmon, marinated in lime, mango, aji amarillo, red onion, cancha corn and coriander Norsk laks marinert i lime, mango, aji amarillo, rødløk, cancha corn og koriander	225,-
Beef Tartar (E, W, MU) (100g) 225,-   (200g) 325,- With shallots, capers, cornichons, pickled beetroot, parsley and organic egg yolk Beef Tartar med sjalottløk, kapers, sylteagurk, syltede rødbeter, persille og økologisk eggeplomme	225,-

## Main courses | Hovedretter

Vongole linguine (SF, SO, MU, W) With mussel stock, chili, garlic and parsley Med blåskjellkraft, chili, hvitløk og persille	270,-
Moules-frites (MO, SF, E, M, SU) Mussels steamed in white wine, cream, garlic, chili and parsley Blåskjell dampet i hvitvin, fløte, hvitløk, chili og persille	345,-
The Well Burger (E, W, M, MU, SU) Norwegian Angus burger with cheese, pickled onions, BBQ sauce, aioli and and "Bistro" french fries Norsk angusburger med ost, syltet løk, BBQ-saus, aioli og pomes bistro	315,-
BBQ chicken (MU) Grilled chicken leg glazed with BBQ sauce, fresh salad and root chips Grillet kyllinglår glassert med BBQ saus, frisk salat og rotchips	345,-
Turbot # (M, MU, SU) With creamy champagne sauce, parsnip puree, baked beetroot, asparagus, pickled chioggia beetroot and salmon roe Piggvar med kremet champagnesaus og pastinakkpuré bakte rødbeter, asparges, syltede, chioggiabeter og lakserogn	490,-
The Well Steak * # (M) (500 g) T-bone steak, confit tomatoes, arugula, parmesan and "Bistro" french fries T-bone stek, confit tomat, ruculla, parmesan, og pomes bistro *Choose your sauce   Legg til følgende Béarnaise sauce (E), Redwine sauce (SO) or Chimichurri Béarnaisesaus (E), Rødvinsaus (SO) eller Chimichurri	595,-
Fish of the day Please ask your waiter Dagens fangst (vennligst spør din servitør)	385,-

## Caviar | Kaviar

Antonius Oscietra Caviar # (F, M, W, E) 1.399,-  
Served with sour cream waffle, Dijon ice cream and chives  
Serveres med rømmevaffel, Dijon iskrem og gressløk

Caviar of Kalix (løyrom) # (F, W, M) (30 g) 345,-  
Served on sourdough toast, Røros sour cream, red onions, dill, chive and lemon  
Kalix løyrom med surdeig toast Røros rømme, rødløk, dill, gressløk og sitron

## Pizza – White | Pizza – Hvit

Røros sour cream sauce   Røros-rømmesaus	
Pizza Carbonara (E, W, M, SU) With bacon, mozzarella, egg yolk and spring onions Med bacon, mozzarella, eggeplomme og vårløk	255,-
Pizza chili Chicken (W, M) With organic chicken, mozzarella, chili and fresh oregano Med økologisk kylling, mozzarella, chili og frisk oregano	265,-
Pizza Shimeji mushrooms (W, M)  With Shimeji mushrooms, mozzarella, chèvre and fresh thyme Med shimejisopp, mozzarella, chèvre og frisk timian	259,-

## Pizza – Red | Pizza – Rød

Tomato sauce   Tomatsaus	
Pizza Nduja (W, M) With spicy pork sausage, mozzarella, red onion and rucicola Med pølse av svinekjøtt og chili, mozzarella, rødløk og rucicola	265,-
Pizza Parma (W, M, PN) With parma ham, mozzarella, cremini mushrooms, arugula and roasted pine nuts Med parma ham, mozzarella, creminisopp, rucicola og ristede pinjekjerner	295,-
Pizza Caprese (W, M)  With confit cherry tomatoes, mozzarella, burrata and fresh basil Med confiterte cherrytomater, mozzarella, burrata og fersk basilikum	259,-
Pizza Ham (W, M) With Ham, mozzarella, olives and pickled onion Med skinke, mozzarella, oliven og syltet løk	255,-
Pizza Fønix (W, M, WN)  Norwegian blue cheese, mozzarella, figs, rucicola and roasted walnuts Norsk blåmuggost, mozzarella, fiken, rucicola og ristede valnøtter	265,-

## Desserts | Desserter

Fresh berries With homemade ice cream (M) or sorbet Friske bær med hjemmelaget iskrem (M) eller sorbet	159,-
Extra scoop of ice cream (M) or sorbet (please ask your waiter) Ekstra kule av iskrem (M) eller sorbet (vennligst spør din servitør)	49,-
Crème brûlée (E, M) Profiteroles (E, M, W) Puff pastry filled with strawberry compote, passionfruit ice creme, white chocolate sauce with lime Bakverk fylt med jordbærkompott, pasjonsfrukt-iskrem, hvit sjokolade saus med lime	169,- 179,-
Black currant parfait (E, M, PT) With forest fruit sorbet, chocolate, matcha and pistachio crumble. Solbær parfait med skogsbær sorbet, sjokolade, matcha, og pistasje crumble	195,-

## Sparkling wine | Champagne

### Musserende | Champagne

	Glass   Bottle
NV Prosecco Signore Giuseppe, Veneto, Italy	145,-/695,-
NV Crémant de Bourgogne Raoul Clerget, Bourgogne, France	169,-/795,-
NV Champagne Special Reserve Léonce d'Albe, Aube, France	205,-/1.050,-
NV Collection 244 Louis Roederer, Reims, France	1.595,-
NV Bollinger Spécial Cuvée Brut Bollinger, Champagne, France	1.950,-



## White wine | Hvitvin

2022 Hans Geissler Riesling Trocken, Rhein, Germany	145,-/695,-
2020 Chablis Cuvee St. Marie Jean-Marc Brocard, Chablis, France	195,-/935,-
2021 Sandhi Central Coast Chardonnay Sandhi Wines, California, USA	199,-/999,-
2021 Leirana Albariño Forjas del Salnés, Rias Baixas, Spain	1.045,-
2020 Sauvignon Blanc I Von Winning, Pfalz, Germany	1.195,-
2020 Bourgogne Blanc Les Sétilles Olivier Leflaive, Burgund, France	1.350,-
2021 Westhofener Kirchspiel GG Riesling Trocken Weingut K. F. Groebe, Rheinhessen, Germany	1.650,-
2019 Chassagne-Montrachet 1er Cru Tête du Clos Domaine Heitz-Lochardet, Chassagne-Montrachet, Burgundy, France	1.890,-

## Rosé wine | Rosévin

2021 Domaine Triennes Triennes, Languedoc-Roussillon, France	149,-/695,-
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## Dessert wine | Dessertvin

2018 Château Gravas Sauternes, France	105,-/815,-
2018 Mád Sweet by Tokaj Tokaj, Hungary	110,-/595,-

## Red wine | Rødvin

	Glass   Bottle
2021 Valpolicella Classico DOC Allergrini, Veneto, Italy	149,-/695,-
2020 Bourgogne Pinot Noir Nuiton-Beaunoy, Burgund, France	185,-/915,-
2019 Barbera d'Alba Superiore Fenocchio, Piemonte, Italy	185,-/915,-
2021 Frontonio Microcosmico Garnacha Bodegas Frontonio, Aragon, Spain	995,-
2016 Château Bergey Péssac-Leognan, Bordeaux, France	1.200,-
2018 The Offering Sans Liege Wines, California, USA	1.300,-
2010 Château Kirwan Margaux, Bordeaux, France	2.100,-
2020 Antinori Tignanello Marchese Antinori, Toscana, Italy	2.150,-



## Cocktails | Cocktailer

Jungle Bird Bacardi Carta Negra, Campari, Pineapple and Passionfruit Bacardi Carta Negra, Campari, ananas og pasjonsfrukt	195,-
Le Fleur Mexicaine Jose Cuervo Reposado Tequila, Crème de Cassis, Elderflower and Ginger beer Jose Cuervo Reposado Tequila, Crème de Cassis, Hylleblomst og Ingefærøl	
The Well Bellini Lysholm no. 52, Aperol, Peach Liqueur, Mango, Prosecco Lysholm no. 52, Aperol, Peach Liqueur, Mango, Prosecco	
Strawberries and Cream (M) Vodka, Amaretto Velvet, Strawberry, Espresso Vodka, Amaretto Velvet, Strawberry, Espresso	
Bloody Mary Vodka, tomato juice and lemon Vodka, tomatjuice og sitron	



## Mocktails | Mocktailer

ALT. Organic non-alcoholic Sparkling wines Choose between Chardonnay or Rosé Velg mellom Chardonnay eller Rosé	109,-
Amaretti sour Lyre's Amaretti, Lyre's American Malt, lemon Lyre's Amaretti, Lyre's American Malt, sitron	129,-
Dark and Stormy Rumish, lime and Premium Ginger Beer Rumish, sitron og Premium Ingefærøl	129,-

## Drinks | Drikker

<b>THE WELL JUICE</b> Carrot, chili, ginger and apple Gulrot, chili, ingefær og eple	109,-
Pear, cucumber, celery, spinach and apple (CEL) Pære, agurk, selleri, spinat og eple	109,-
Kombucha: strawberry or ginger jordbær eller ingefær	89,-
Local Soda Oppgård brus: raspberry bringebær	79,-
Purezza sparkling water Purezza vann med kullsyre	45,-/69,-
Coca-Cola, Coca-Cola Zero, Fanta, Sprite	65,-

## Beer | Øl

Draught Frydenlund Pilsner Fatøl Frydenlund Pilsner	0,4l/129,- 0,5l 139,-
Draught Frydenlund Juicy IPA Fatøl Frydenlund Juicy IPA	0,4l/139,- 0,5l 149,-
Oslo Brewing Norwegian Blonde 0,33l (W) Oslo Brewing Esperanto IPA 0,33l (W) Oslo Brewing Norwegian Love 0,33l (W) Oslo Brewing Lager gluten free 0,33l	129,- 129,- 129,- 129,-
Lovløs Østkyst apple cider 0,33l Eplecider	129,-
Non-alcoholic beer 0,33l (W) Alkoholfri øl	89,-



## The Well Herbal Tea Blends

### The Well Urteteer

Signature blend: apple, birch, spruce shoots, lemon balm, liquorice root Eple, bjørk, granskudd, sitronmelisse, lakrisrot	43,-
Berry Hike: apple, thorn wood, apple mint, lingonberry, raspberry På bærtur: eple, tinnvedbær, eplemynte, tyttebærblad, bringebærblad	43,-

## Coffee / Tea | Kaffe / Te

Qimen: black tea from Qimen, Anhui, China Sort te fra Qimen, Anhui, Kina	43,-
Maojian: green tea from Suizhou, Hubei, China Grønn te fra Suizhou, Hubei, Kina	43,-
Green peach & ginger from Malawi, Africa Grønn fersken & ingefær fra Malawi, Afrika	43,-
Espresso Americano Cortado (M) Cappuccino (M) Caffe Latte (M)	49,-/59,- 49,-/59,- 55,-/59,- 55,-/59,- 55,-/59,-