



Drinks

Champagne / Sparkling Wine

Léonce d'Albe Special Reserve, France	205,- / 1050,-
Crémant de Bourgogne, France	169,- / 795,-
Prosecco Signore Giuseppe, Italy	145,- / 695,-

Rosé

House Rosé Wine	149,- / 695,-
-----------------	---------------

White Wine

House White Wine	145,- / 695,-
Chablis Cuvée St.Marie	195,- / 935,-

Red Wine

House Red Wine	149,- / 695,-
----------------	---------------

Beers

Draught Beer 0,5l

Budvar Czech Lager	139,-
Norwegian Blonde (BM)	129,-
Oslo Lager (Gluten free)	129,-
Brewdog Grapefruit IPA	149,-
Lovløs Østkyst Apple cider (KS)	129,-
Alcohol-free Beer (B)	89,-

Cocktails

Harahorn Gin & Tonic	169,-
Harahorn Pink Gin Collins	169,-
Lemon, Rhubarb, Grapefruit	
Nuet Spritz	195,-
Nuet Aquavit, Grapefruit, Yuzu, Ginger	

Mineral Water

Oppegård soda Raspberry	79,-
San Pellegrino	65,-
Strawberry Kombucha	89,-
Coca-Cola, Zero, Fanta, Sprite	65,-
The Well Water	25,-

Alcohol-Free Cocktails

Italian Orange Spritz	89,-
J. Gasco Aperitivo Bitter	
Mojito-ish	119,-
Alcohol-free Rum, Mint, Lime	

Coffee

Espresso	49,- / 59,-
Americano	49,- / 59,-
Cappuccino	55,- / 59,-
Caffe Latte	55,- / 59,-

The Well Herbal Blends

Signature blend: Apple, Birch, Spruce shoots, Lemon balm & Licorice root	43,-
--	------

The Well Juice

Juice with Carrot, Apple, Chili & Ginger	109,-
Juice with Pear, Cucumber, Apple, Celery & Spinach (CEL)	109,-

ALLERGIES

BM = Malted barley	PN = Pine nuts
CN = Cashew nuts	CEL = Celery
W = Wheat / Gluten	SES = Sesame
KS = Potassium Disulfite	SO = Soy
AL = Almonds	SU = Sulfite
MU = Mustard	PE = Peanuts
B = Barley	



Wraps & Salad

Pesto Wrap Tortilla Wrap, Pesto, Teriyaki Chick-free, Fresh vegetables, Celery (B, W, SO, CEL, PN)	149,-
Chicken Wrap Tortilla Wrap, Romano salad, Free range eco chicken, Celery, Mango, Spring onion, & Wasabi dressing (W, CEL, MU)	159,-
Korean Summer Salad Sweet potato noodles, Fresh vegetables, Sesame dressing (SES, SO) <i>* Add to salad: Chicken or Smoked Tofu</i>	169,-

Snacks

Chia Pudding Coconut milk, chia & agave	85,-
Protein Overnight Tiramisu Gluten free oats, Coffee, Cacao & Vegan protein	89,-
Wabba Beans Sriracha / Cheese / Wasabi / Cinnamon / Dark Chocolate / Sea salt	65,-
Potato Chips	55,-
Homemade toasted Nuts (AL, CN, PN) Salted / Chili	69,-
Marinated Olives	95,-

Sweet Treats

Ice Cream	45,-
Chocolate Brownie	75,-

Baked Goods

Please ask our Wellness Lounge staff for today's selection.