



DRINK MENU

Wine & Sparkling wine

House wine White / Rosé / Red	149,-/695,-
2023 Cuvee St. Martin	179,-/850,-
<i>Domaine Laroche, Chablis, France</i>	
Champagne Léonce d'Albe Special Reserve	210,-/1095,-
Crémant de Bourgogne	169,-/795,-
Prosecco Signore Giuseppe	145,-/695,-

Cocktails

Harahorn Gin & Tonic	175,-
Harahorn Pink gin & tonic (lemon, rhubarb, grapefruit)	175,-
Elderflower Spritz	169,-

Alcohol-free cocktails

Italian orange spritz (Aperitivo Bitter)	89,-
Mojito-ish (Alcohol-free rum, mint, lime)	119,-
Ginish G&T (Alcohol-free gin, Tonic water)	129,-

Beers & Cider

Draught beer 0,5l	139,-
Moritz Lager (Barcelona, Spain)	
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,-

ALLERGIES

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

Mineral Water

Oppegård soda	89,-
Eira Sparkling water	65,-
The Well Water	29,-
Strawberry kombucha	89,-
Coca-Cola / Zero / Fanta / Sprite	65,-

Smoothies

Strawberry	119,-
Mango	119,-
Spinach	119,-
Cacao	129,-

Coffee

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

The Well Juice

Juice with carrot, apple, chili and ginger	109,-
Juice with pear, cucumber, apple, celery and spinach	109,-

Tea Selection

Moonshine (Pu'er tea)	43,-
Qimen	
Tornerose	
Mao Jian (green tea)	
Copenhagen Sparkling Tea	119,-/495,-
Jasmine, white tea and darjeeling	



WRAPS & SALAD

Vegan teriyaki wrap 149,-
Tortilla wrap, plant-based meat, carrots, celery, bell pepper, cabbage (W, SO, CEL)

Smoked salmon wrap 159,-
Tortilla wrap, carrots, kale, chives, romano salad, smoked salmon, chives, tomato, cream cheese (W, CEL, MU, M)

Chicken wrap 159,-
Tortilla wrap, romano salad, free range eco chicken, celery, mango, spring onion, bell pepper, wasabi dressing (W, CEL, F)

Korean noodle salad 169,-
Sweet potato noodles, fresh vegetables, sesame dressing (SES, SO)
**Add to salad: Chicken, beef pastrami, tofu*
**Add extra protein (45,-)*

Snacks

Melon with spanish ham and cheese (M) 195,-

Chia pudding 85,-
Coconut milk, chia and agave

Protein overnight Oats 89,-
Gluten free oats, coffee, cacao and vegan protein

Wabba Beans 65,-
Siracha / Cheese / Wasabi / Cinnamon / Dark chocolate / Sea salt

Potato chips 55,-

Homemade toasted nuts (AL, CN, PN) 69,-
Salted / Chili

Marinated olives 95,-

Sweet treats

Ice cream 45,-

Chocolate brownie 75,-

Baked goods

Please ask our Wellness Lounge staff for today's selection