



DRINK MENU

Wine & Sparkling wine

House wine White / Rosé / Red	145,-/695,-
Champagne Léonce d'Albe Special Reserve	205,-/1050,-
Crémant de Bourgogne	169,-/795,-
Prosecco Signore Giuseppe	145,-/695,-
Zephyr Sauvignon Blanc	175,-/855,-

Cocktails

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

Alcohol-free cocktails

Italian orange spritz (J.Gasco Aperitivo Bitter)	89,-
Mojito-ish (Alcohol-free rum, mint, lime)	119,-

Beers & Cider

Draugh beer 0,5l	139,-
Budvar Czech lager	
Norwegian Blonde	129,-
Oslo Lager (gluten free)	129,-
Lervig Lucky Jack American Pale Ale	129,-
San Miguel Frecsa	119,-
Sassy Extra Dry Cider	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,-
San Pellegrino	65,-
The Well Water	25,-
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,-

The Well Juice

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

The Well Herbal blends 43,-

Signature blend: apple, birch, spruce shoots, lemon balm and licorice root



WRAPS & SALAD

Vegan teriyaki wrap	149,-
Tortilla wrap, plant-based meat, carrots, celery, paprika, 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, wasabi dressing (W, CEL, F)	
Korean noodle salad	169,-
Sweet potato noodles, fresh vegetables, sesame dressing (SES, SO)	
<i>*Add to salad: Chicken, beef pastrami, tofu or extra protein(45,-)</i>	

Snacks

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