

Snacks | Snacks

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

Green dishes | Grønne retter

Avocado Toast (W, SO, MU, PN, PT, HN, AL) 	195,-
With burnt chili & paprika butter, avocado, arugula, fennel, beetroot creme and nut crunch	
Med brent chili & paprika smør, avocado, ruccula, fennikel, rødbetkrem og nøttecrunch	
Cauliflower steak (SO) 	195,-
Cauliflower steak with chimichurri, beetroot hummus, pomegranate and edamame beans	
Blomkål steak med chimichurri, rødbethummus granateple og edamamebønner	
Traditional «Rekesmørbrød» (E, W, M, MU)	279,-
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	
Seasonal white asparagus (F, E)	245,-
White asparagus, hollandaise sauce and Antonius caviar	
Hvite asparges, hollandaisesaus og Antoniuskaviar	
Summer Salad (SF, MO, M, E, SU)	295,-
With prawns, mussels, mango, avocado and creamy dill-dressing	
Med reke, blåskjell, mango, avokado og kremet dilldressing	
The Well Quinoa salad* (PE, CEL, SE, SO) 	295,-
Tricolor quinoa, vegetables, avocado, edamame, ginger, peanuts and miso dressing	
Tricolor Quinoa, grønnsaker, avocado, edamame, ingefær, peanøtter og misodressing	
*Add to your salad Legg til følgende:	
Marinated tofu (SO) 	or Organic chicken
Marinert tofu (SO) 	eller Økologisk kylling

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

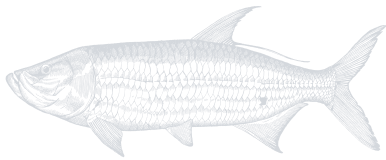
 = vegetar, vegetarian
 = vegansk, vegan

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



Mobile-free zone»

THE WELL
BRASSERIET



Raw & Soup | Rå & Suppe

Gazpacho Soup 	125,-
Cold Spanish-inspired soup, based on sun-ripened tomatoes	
Kald spansk inspirert suppe, basert på solmodne tomater	
Scallops crudo (MO, SF, F)	195,-
With lime citrus and coriander dressing	
Kamskjellcrudo med lime og korianderdressing	
Sashimi laks (F, SO)	195,-
With ponzu sauce and spring onions	
Salmon Sashimi med ponzusaus og vårløk	
Salmon ceviche (F, CEL)	225,-
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	
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	

Main courses | Hovedretter

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

Caviar | Kaviar

Antonius Oscietra Caviar # (F, M, W, E) (30g)	995,-
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)	255,-
With bacon, mozzarella, egg yolk and spring onions	
Med bacon, mozzarella, eggeplomme og vårløk	
Pizza chili Chicken (W, M)	265,-
With organic chicken, mozzarella, chili and fresh oregano	
Med økologisk kylling, mozzarella, chili og frisk oregano	
Pizza Shimeji mushrooms (W, M) 	259,-
With Shimeji mushrooms, mozzarella, chèvre and fresh thyme	
Med shimejisopp, mozzarella, chèvre og frisk timian	

Pizza – Red | Pizza – Rød

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

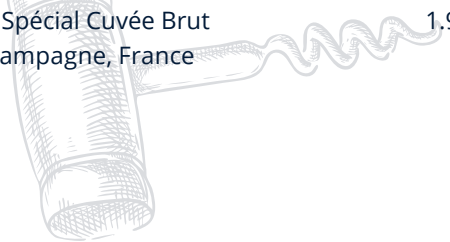
Desserts | Desserter

Fresh berries	159,-
With homemade ice cream (M) or sorbet	
Friske bær med hjemmelaget iskrem (M) eller sorbet	
Extra scoop of ice cream (M) or sorbet (please ask your waiter)	49,-
Ekstra kule av iskrem (M) eller sorbet (vennligst spør din servitør)	
Crème brûlée (E, M)	169,-
Profiteroles (E, M, W)	179,-
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	
Black currant parfait (E, M, PT)	195,-
With forest fruit sorbet, chocolate, matcha and pistachio crumble.	
Solbær parfait med skogsbær sorbet, sjokolade, matcha, og pistasje crumble	

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 pasjonsfruk	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

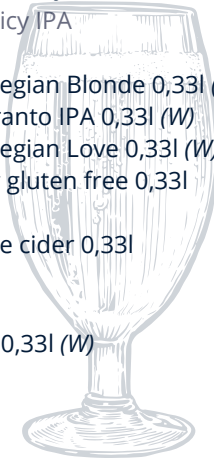
Non-alcoholic Alkoholfritt	
ALT. Organic non-alcoholic Sparkling wines Choose between Chardonnay or Rosé Velg mellom Chardonnay eller Rosé	109,-
Amaretti sour Lyre’s Amaretti, Lyre’s American Malt, lemon Lyre’s Amaretti, Lyre’s American Malt, sitron	129,-
Dark and Stormy Rumish, lime and Premium Ginger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

Drinks | Drikker

THE WELL JUICE Carrot, chili, ginger and apple Gulrot, chili, ingefær og eple	109,-
Pear, cucmuber, celery, spinach and apple (CEL) Pære, agurk, selleri, spinat og eple	109,-
Kombucha: strawberry or ginger jordbær eller ingefær	89,-
Local Soda Oppegård 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,-