



# 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 Frezca	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

<b>Vegan teriyaki wrap</b>	149,-
Tortilla wrap, plant-based meat, carrots, celery, paprika, cabbage (W, SO, CEL)	
<b>Smoked salmon wrap</b>	159,-
Tortilla wrap, carrots, kale, chives, romano salad, smoked salmon, chives, tomato, cream cheese (W, CEL, MU, M)	
<b>Chicken wrap</b>	159,-
Tortilla wrap, romano salad, free range eco chicken, celery, mango, spring onion, wasabi dressing (W, CEL, F)	
<b>Korean noodle salad</b>	169,-
Sweet potato noodles, fresh vegetables, sesame dressing (SES, SO)	
<i>*Add to salad: Chicken, beef pastrami, tofu or extra protein(45,-)</i>	

## Snacks

<b>Chia pudding</b>	85,-
Coconut milk, chia and agave	
<b>Protein overnight Oats</b>	89,-
Gluten free oats, coffee, cacao and vegan protein	
<b>Wabba Beans</b>	65,-
Siracha / Cheese / Wasabi / Cinnamon / Dark chocolate / Sea salt	
<b>Potato chips</b>	55,-
<b>Homemade toasted nuts (AL, CN, PN)</b>	69,-
Salted / Chili	
<b>Marinated olives</b>	95,-
<b>Sweet treats</b>	
<b>Ice cream</b>	45,-
<b>Chocolate brownie</b>	75,-
<b>Baked goods</b>	
<i>Please ask our Wellness Lounge staff for today's selection</i>	