



# Wellness Lounge

## Wraps & Salad

**Hummus wrap** NOK 149,-  
Liba bread, homemade hummus, bell pepper, cucumber, grilled aubergines and teriyaki chick-free (*B, W, SO*)

**Chicken Wrap** NOK 159,-  
Tortilla, romano salad, free range ecological chicken, celery, pineapple, spring onion, wasabi dressing (*W, CEL, MU*)

**Korean Summer Salad** NOK 159,-  
Sweet potato noodles, fresh vegetables, sesame dressing (*SES, SO*)

\* Add to salad: Chicken or Smoked Tofu

## Sweet Treats

**Cinnamon Bun** (*W*) NOK 59,-  
**Ice Cream** NOK 45,-  
**Chocolate Brownie** NOK 75,-  
**Dansk Wienerdrøm** (*W, M*) NOK 65,-  
**Cantucci Cookies** (*W, AL*) NOK 75,-

## Snacks

**Chia Pudding** NOK 85,-  
Coconut milk, chia and agave

**Protein overnight Tiramisu** NOK 89,-  
Gluten free oats, coffee, cacao vegan protein

**Hummus & Sweet Potato Crisps** NOK 85,-  
Homemade hummus and sweet potato crisps (*SES*)

**Chips** NOK 55,-  
**Homemade toasted salty nuts** NOK 69,-  
(*AL, CN, PE*)

**Homemade smoked chili nuts** NOK 69,-  
(*AL, CN, PE*)

## The Well Juice

 NOK 109,-

Juice with carrot, apple, chili and ginger

Juice with pear, cucumber, apple, celery and spinach (*CEL*)

### 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
E = egg	MU = mustard
M = milk	



# Wellness Lounge

## Drinks

### Mineral Water

Local soda:

Oppegård brus Raspberry	NOK 79,-
San Pellegrino	NOK 65,-
Coca-Cola, Zero, Fanta, Sprite	NOK 65,-
The Well water	NOK 25,-
Raw kombucha: strawberry	NOK 89,-

### Coffee

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

### The Well Herbal Blends

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

## Beers

### Draught beer

Budweiser Budvar Czech 0,5l NOK 139,-

Norwegian Blonde (BM)	NOK 129,-
Oslo Lager (Gluten free)	NOK 129,-
Brewdog Grapefruit IPA	NOK 149,-

Lovløs Østkyst apple cider (KS) NOK 119,-  
Alcohol free beer (BM) NOK 89,-

## Alcohol Free Cocktails

Italian Spritz NOK 85,-  
J. Gasco Aperitivo Bitter

Mi-no-sa NOK 129,-  
Orange juice, ALT. Sparkling Chardonnay

## Cocktails

### The Well Spritz

Bergamot, Grapefruit, Prosecco  
Natsumikan Mandarin Sake NOK 175,-

### Nuet Spritz

Nuet Aquavit, Grapefruit NOK 195,-  
Yuzu, Ginger

## Wine & Sparkling

Champagne NOK 195/995,-  
Léonce d'Albe Special Reserve, France

Prosecco NOK 139/595,-  
Signore Giuseppe, Extra Dry, Italy

Rosé NOK 149/690,-  
Triennes Rosé provence, France

### White Wine

Ernst Ludwig Riesling NOK 139/595,-  
Rheinhessen, Germany

Sancerre Renaissance NOK 179/890,-  
Loire, France

Cuvée Sainte Marie NOK 195/995,-  
Chablis, France

### Red Wine

Allegrini DOC, Valpolicella NOK 149/645,-  
Veneto, Italy