



# Drinks

## Champagne

Léonce d'Albe Special Reserve, France 205,- / 1050,-

## Prosecco

Signore Giuseppe, Extra Dry, Italy 145,- / 695,-

## Rosé

La Belle Angéle, France 149,- / 695,-

## White Wine

Hans Geissle, Riesling, Germany 145,- / 695,-

Sancerre Renaissance, France 195,- / 935,-

Cuvée Sainte Marie, France 195,- / 935,-

## Red Wine

Allegrini Valpolicella DOC, Italy 149,- / 695,-

## Beers

### Draught Beer

Budvar Czech Lager 0,5l 139,-

Norwegian Blonde (BM) 129,-

Oslo Lager (Gluten free) 129,-

Brewdog Grapefruit IPA 149,-

Lovløs Østkyst Apple cider (KS) 129,-

Alcohol free beer (BM) 89,-

## Cocktails

The Well Spritz 185,-

Bergamot, Grapefruit, Prosecco, Natsumikan Mandarin Sake

Nuet Spritz 195,-

Nuet Aquavit, Grapefruit, Yuzu, Ginger

## Mineral Water

Local Soda: Oppegård brus Raspberry 79,-

San Pellegrino 65,-

Strawberry Kombucha 89,-

Coca-Cola, Zero, Fanta, Sprite 65,-

The Well Water 25,-

## Coffee

Espresso 49,- / 59,-

Americano 49,- / 59,-

Cappuccino 55,- / 59,-

Caffe Latte 55,- / 59,-

The Well Herbal Blends 43,-

Signature blend: Apple, Birch, Spruce shoots,  
Lemon balm & Licorice root

## The Well Juice

Juice with Carrot, Apple, Chili & Ginger 109,-

Juice with Pear, Cucumber, Apple,  
Celery & Spinach (CEL) 109,-

## Alcohol Free Cocktails

Italian Spritz 85,-

J. Gasco Aperitivo Bitter

Mi-no-sa 129,-

Orange juice, ALT. Sparkling Chardonnay

## ALLERGIES

BM = Malted barley

CN = Cashew nuts

W = Wheat / Gluten

KS = Potassium Disulfite

AL = Almonds

MU = Mustard

PN = Peanuts

CEL = Celery

SES = Sesame

SO = Soy

SU = Sulfite



## Wraps & Salad

<b>Pesto Wrap</b>	149,-
Tortilla Wrap, Pesto, Teriyaki Chick-free, Fresh vegetables, Celery (B, W, SO, CEL, PN)	
<b>Chicken Wrap</b>	159,-
Tortilla, Romano salad, Free range eco chicken, Celery, Mango, Spring onion, & Wasabi dressing (W, CEL, MU)	
<b>Korean Summer Salad</b>	169,-
Sweet potato noodles, Fresh vegetables, Sesame dressing (SES, SO)	
* Add to salad: Chicken or Smoked Tofu	

## Snacks

<b>Chia Pudding</b>	85,-
Coconut milk, chia & agave	
<b>Protein overnight Tiramisu</b>	89,-
Gluten free oats, Coffee, Cacao & Vegan protein	
<b>Wabba Beans</b>	65,-
Siracha / Cheese / Wasabi / Cinnamon / Dark Chocolate / Sea Salt	
<b>Potato Chips</b>	55,-
<b>Homemade toasted salty nuts</b> (AL, CN, PE)	69,-
<b>Marinated Olives</b>	95,-

## Sweet Treats

<b>Ice Cream</b>	45,-
<b>Chocolate Brownie</b>	75,-

## Baked Goods

Please ask our Wellness Lounge staff for today's selection.