

Fjellskåls Soups

1. Fjellskåls creamed fish soup ④⑦

White fish | Red fish | Carrot | Leek | Leaf-Parsley | Bread ① (gluten free upon request) | Whipped Butter

Small 139,- Large 219,-

2. Fjellskåls creamed shellfish soup

King crab | Hand peeled shrimps | Leaf-Parsley | Bread ① (gluten free upon request) | Whipped Butter

Small 219,- Large 319,- ②④⑦⑭

Salads

3. Tuna tataki salad 299,- ③④⑩

Lightly pan fried fresh tuna | Green salad | Cherry tomatoes | Dijon vinaigrette | Poached egg

4. Salad with hand peeled big Norwegian shrimps 279,- ②

Green salad | Cherry tomatoes | Chervil vinaigrette | Avocado

5. Salad with fresh Norwegian/Atlantic lobster 449,- ②③

Green salad | Cherry tomatoes | Pomegranate | Avocado | Mango dressing

Starters - Sharing plates

Caviar

6. Symphony of caviar 189,- ④⑦

Four kinds of local caviar | Toasted bread | Sour cream | Red onion | Lemon

7. Norwegian salmon caviar premium selection "Label Rouge" 95 g. 599,- ④⑦

Toasted bread | Sour cream | Red onion | Dill | Lemon

8. Vendace "Kalix-Løyrom" caviar 50 g. 499,- ③④⑦

Toasted bread | Sour cream | Red onion | Dill | Quail egg yolk | Lemon

9. Vendace "kalix-løyrom" caviar 50 g. | Siberian sturgeon caviar 15 g. 849,- ③④⑦

Toasted bread | Sour cream | Red onion | Dill | Quail egg yolk | Lemon

***All caviars served with toasted gluten free bread upon request**

10. Authentic sturgeon caviar

	15 g.	30 g.	50 g.	125 g.	250 g.
Siberian Sturgeon	450,-	850,-	1350,-	2990,-	
White sturgeon	490,-	950,-	1550,-	3600,-	6900,-
Oscietra	600,-	1150,-	1890,-	4700,-	
Gold imperial	650,-	1250,-	2000,-	4800,-	8900,-
Beluga	1890,-	3700,-	5900,-	13900,-	

Sturgeon caviar | Toasted bread | Sour cream | Red onion | Dill | Quail egg yolk | Lemon ③④⑦

***Varying availability of jar sizes and kinds, please ask your waiter**

Starters - Sharing plates

11. Traditionally smoked fish from our own smokery

Smoked fish goodies from 79,- Pr. 50 g. ④

Cognac-Marinated salmon with dill "Gravlax" ⑩ | Hot smoked salmon with pepper | Cold smoked salmon |

Cold smoked wild salmon 109,- | Cold smoked trout | Hot smoked mackerel with pepper |

Hot smoked mackerel | Cold smoked mackerel | Hot smoked herring | Cold smoked Cod |

Cold smoked halibut | Hot smoked whale meat with pepper | Smoked Norwegian eel 149,-

Bread (gluten free upon request) | Sour cream with dill and red onion ⑦ | Gravlax served with mustard sauce ⑦ ⑩
Add scrambled eggs for 69,- ③ ⑦

Sashimi – Raw-bar

Choose from our daily fresh selection of
Fish | Shell | Shellfish

12. Norwegian salmon 129,- ④

13. Norwegian salmon "Label Rouge" 159,- pr.100 g.④

14. Rainbow trout 139,- pr. 100 g. ④

15. Atlantic halibut 169,- pr. 100 g. ④

16. Yellowfin tuna 189,- pr. 100 g. ④

17. Bluefin tuna 229,- pr. 100 g.④*

18. Bluefin tuna belly/Toro 329,- pr. 100 g.④*

19. Large crayfish/langoustine tails 349,- each②*

20. Live king scallops 189,- each ⑭

21. Norwegian red sea urchin 199,- each⑭

22. Norwegian green sea urchin 199,- each ⑭

23. Mahogany clam 199,- each ⑭

24. Carpet clam 69,- each ⑭

25. Symphony of sashimi 1499,- ④ ⑭

A selection of the best available seafood of the day, served as sashimi.

*seasonal availability, not included in the symphony of sashimi

Sashimi served with

Soy sauce | Ginger | Wasabi | Ponzu sauce +10,- ① ⑥

Gluten free soy sauce available upon request

We recommend a jar of caviar as an accessory to the sashimi, see selection previous page

Starters - Sharing plates

Shellfish | Shells | Molluscs

26. **Fresh Norwegian shrimps** (Shell on) 229,- ②③
Mayonnaise | Lemon

27. **Fjellskåls toast "Skagen"** 189,- ①②③④⑦⑩
(Gluten free toast upon request) | Vendace caviar | Dill | Lemon

28. **Octopus "a la Gallega"** 379,- ⑭
Octopus Galician style steamed with potatoes | Spanish pimentón | Extra virgin olive oil

29. **Fresh stone crab claws** 89,- Pr. 100 g. ②③⑦⑩
Mustard mayonnaise | Lemon

30. **Fresh stone crab claws-XXL** 99,- Pr. 100 g. ②③⑦⑩
Mustard mayonnaise | Lemon

31. **Whole fresh stone crab** 199,- each ②③⑦⑩
Served chilled or steamed
Mustard mayonnaise | Lemon

32. **Steamed mussels** 149,- ⑫⑭
White wine | Extra virgin olive oil | Garlic | Leaf-parsley | A touch of chili | Served with aioli ③

33. **Creamed spicy mussels** 159,- ⑦⑭
Cream | Extra virgin olive oil | Spicy chili | Garlic | Leaf-parsley

34. **Steamed Local carpet clams** 349,- ⑭
White wine | Extra virgin olive oil | Garlic | Leaf-parsley | A touch of chili | served with aioli ③

35. **Creamed spicy local carpet clams** 359,- ⑦⑭
Cream | Extra virgin olive oil | Spicy chili | Garlic | Leaf-parsley

36. **Live king scallops** 159,- each ②⑦⑭
Oven baked with tarragon- and chervil butter | Garlic | Parmesan

37. **Scallops frozen when caught** 99,- each ②⑦⑭
Oven baked with tarragon- and chervil butter | Garlic | Parmesan

38. **Live horse mussels** 129,- each ⑦⑭
Oven baked with tarragon- and chervil butter | Parmesan

39. **Norwegian snow crab** 129,- Pr. 100 g. ②
Served with mayonnaise | Lemon **Choose cooking method**
Grilled with garlic | Steamed with garlic | Steamed natural | Chilled

40. **Norwegian King crab** 159,- Pr. 100 g. ②
One king crab leg can vary in size from 300-600 gr. Served with mayonnaise | Lemon
Choose cooking method
Grilled with garlic | Steamed with garlic | Steamed natural | Chilled

Shellfish served with bread (Gluten free upon request) | **Whipped butter** | **Aioli** +29,-

Oysters

41. **Fine de Claire oysters no. 3** from Normandy 59,- each ⑭

42. **Gillardeau oysters no. 3** from Normandy 79,- each ⑭

43. **Norwegian local wild "pacific" oysters** 85,- each ⑭

44. **Norwegian local wild flat oysters** 95,- each ⑭

45. **Norwegian local wild flat oysters-XL** 119,- each ⑭

We recommend caviar as topping of the oysters for the ultimate umami flavour, White sturgeon recommended for oysters, see caviar list page 2.

Oysters served on ice, with lemon.

Sauces for oysters

Mignonette sauce | Mignonette sauce with pomegranate

Oysters can also be served gratinated with tarragon- and chervil butter with Parmesan for additional 10,- each ②⑦⑭

Live from our aquariums

46. **Norwegian/Atlantic live lobster** (min. 600 g. Each) 159,- Pr. 100 g. ②

Lobster tail can be served as sashimi for additional 179,- each tail

47. **Norwegian live Crayfish/ Langoustines** 119,- pr. 100 g. ②

Crayfish tail can be served as sashimi for additional 79,- each tail

48. **Norwegian live king crab** ②

Whole crab 1599,- pr. Kg

Half crab 1899,- pr. Kg

Legs from Live king crab 239,- pr. 100 g.

Join your waiter and choose your own live shellfish!
Your live shellfish will be prepared after your wishes

Fjellskåls recommendations

Oven grilled with garlic | Steamed with garlic | Steamed with tarragon- and chervil butter | Steamed natural

Our live seafood is served with bread (gluten free upon request) | Whipped butter | Lemon | Mayonnaise | Aioli

①③⑦

Oven grilled whole fish

Grilled whole fish served with

Oven roasted amandine potatoes with extra virgin olive oil, garlic & leaf-parsley |
Honey-glazed carrots⑦ | Seasonal butter steamed vegetables⑦

Sauce choices

Butter sauce⑦ | Noisette butter sauce with capers & lemon①⑦ | Sour cream with lemon, dill & red onion⑦ |
Extra virgin olive oil with garlic, leaf-parsley & a touch of chili | Melted butter⑦

Side salad

Small 69,- **Large** 129,-

Green salad | Cherry tomatoes | Red onion | Cucumber | Pomegranate | Avocado | Chervil vinaigrette

49. Oven grilled **turbot** 109,- Pr. 100 g. (Min. 600 g.) ④
50. Oven grilled **“Baby halibut”** 109,- Pr. 100 g. (Min. 600 g.) ④
51. Oven grilled **flounder** 89,- Pr. 100 g. (Min. 300 g.) ④
- Choose between
- Plaice | Lemon sole | Torbay sole**
52. Oven grilled **mountain trout** 89,- Pr. 100 g. (Min. 400 g.) ④
53. Oven grilled **arctic char** 89,- Pr. 100 g. (Min. 600 g.) ④
54. Oven grilled **rose Fish “Norwegian red snapper”** 89,- Pr. 100 g. (Min. 600 g.) ④
55. Oven grilled **mackerel or herring** 89,- PR. 100 g. ④

(Seasonal)

Choose cooking method

Grilled with olive oil and garlic | Grilled with tarragon- and chervil butter | Grilled with olive oil and salt

All fish may contain traces of shellfish

Main courses Fish

All fish dishes served with

Oven roasted amandine potatoes with extra virgin olive oil, garlic & leaf-parsley |
Honey-glazed carrots^⑦ | Seasonal butter steamed vegetables^⑦

Sauce choices

Butter sauce^⑦ | Noisette butter with capers & lemon^{①⑦} | Sour cream with lemon, dill & red onion^⑦ |
Extra virgin olive oil with garlic, leaf- parsley & a touch of chili | Melted butter ^⑦

Side salad

Small 69,- Large 129,-

Green salad | Cherry tomatoes | Red onion | Cucumber | Pomegranate | Avocado | Chervil vinaigrette

56. Fish of the day (ask your waiter) 249,- ^④

57. Fish & Chips of the day (ask your waiter) 229,- ^{①④}

Beer battered fish loin | Served with tartar sauce (made in our neighbour kitchen, so the synchronization with our main kitchen may vary, thanks for understanding)

58. Fish & Chips 249,- ^{①④}

Beer battered cod loin | Served with tartar sauce (made in our neighbour kitchen, so synchronization with our main kitchen may vary, thanks for understanding)

59. "Spekesild" Traditional Cured herring filets 249,- ^{④⑦}

Steamed potatoes | Red onion | Mashed yellow turnip | Pickled beetroot | Sour cream | Dill

60. Oven grilled salmon 299,- ^④

Olive oil | Garlic | Leaf-parsley | A touch of chili

61. Oven baked cod 349,- ^{④⑦}

With tarragon- and chervil butter

62. Oven grilled monkfish 389,- ^④

Olive oil | Garlic | Leaf-parsley | A touch of chili

63. Oven baked halibut 389,- ^{④⑦}

With tarragon- and chervil butter

64. Oven baked turbot 399,- ^{④⑦}

With tarragon- and chervil butter

65. Oven grilled wolf fish 349,- ^④

Olive oil | Garlic | Leaf-parsley | A touch of chili

66. Oven grilled flounder 289,- ^④

Olive oil | Garlic | Leaf-parsley | A touch of chili

67. Oven grilled hake 329,- ^④

Olive oil | Garlic | Leaf-parsley | A touch of chili

68. Pan fried minke whale steak 349,- ^⑦

Cooking grade medium unless other specified

Sauce choices: Green-pepper sauce | Red wine sauce | Mushroom sauce

69. Oven grilled skate wings 289,- ^④

Olive oil | Garlic | Leaf-parsley | A touch of chili

70. Oven grilled rose fish "Norwegian red snapper" 329,- ^④

Olive oil | Garlic | Leaf-parsley | A touch of chili

71. Pan fried yellowfin tuna 399,- ^{④⑦}

Cooking grade medium unless other specified

72. Oven grilled Atlantic wild salmon 399,- ^④

Olive oil | Garlic | Leaf-parsley | A touch of chili

73. Symphony of fish 399,- ^④

Choose 2-3 of the fishes above

Fish can be ordered pr. 100 gr.

Monkfish | Halibut | Turbot | Wild salmon | Tuna | Whale 159,- pr. 100 gr.

Other fishes 119,- pr. 100 gr.

All fish dishes may contain traces of shellfish

Shellfish platters

74. Shellfish platter of the day ②⑭

(Ask your waiter about price and platter)

75. Giant tiger prawns 399,- ①②

Grilled with olive oil, garlic, leaf parsley and chili | Mixed salad | garlic bread (gluten free upon request) | Sweet chili sauce

76. Norwegian/Atlantic lobster | Fresh shrimps (shell on) | Garlic steamed mussels 659,- ②⑭

77. Fresh shrimps (shell on) | Stone crab claws | King crab 719,- ②

78. Crayfish/Langoustines | King crab | Garlic steamed mussels 689,- ②⑭

79. King crab | Garlic steamed mussels 589,- ②⑭

80. Norwegian/Atlantic lobster | King crab | Garlic steamed mussels 799,- ②⑭

81. Steamed mussels 269,- ⑫⑭

White wine | Extra virgin olive oil | Garlic | Leaf-parsley | A touch of chili | Served with aioli

82. Creamed spicy mussels 279,- ⑦⑭

Whipping cream | Extra virgin olive oil | Spicy chili | Garlic | Leaf-parsley

83. Fresh shrimps (shell on) | Garlic steamed mussels 339,- ②⑭

84. Crab symphony Platter 749,- ②

King crab | Snow crab | Stone crab claws

85. Small shellfish symphony 669,- ②⑭

The best of our daily selection of shellfish | Crayfish | King crab | Stone crab | Snow crab | Shrimps (shell on) | Garlic steamed mussels

86. Large shellfish symphony 1389,- ②⑭

The best of our daily selection of shellfish | Norwegian/Atlantic lobster | King crab | Stone crab | Snow crab | Shrimps (shell on) | Garlic steamed mussels

Choose preparation method

Chilled | Steamed natural | Steamed with garlic | Grilled with garlic

(Different Preparation methods cannot be mixed in the same platter)

All shellfish platters are served with bread (gluten free upon request) | Whipped butter | Mayonnaise | Lemon Aioli for 29,- ①③⑦⑩

Fjellskåls

Signature platters

87. **Luxury shellfish platter (min. 2 persons) 1289,- Pr. person** ②⑦⑭

Our signature shellfish platter, for those who want an unforgettable shellfish experience!

Live **Norwegian lobster** and **Crayfish** from our aquariums, prepared after your wishes, ask your waiter.

Fresh gratinated **king scallops** | Raw **oysters**, can be gratinated | **Mussels** regular or spicy

Accompanied with fresh **king crab** | **Shrimps** (Shell on) | **Stone crab claws**

We recommend adding a jar of **Sturgeon Caviar** to fulfil the experience, see caviar selection, bottom page
Then you can sit back and enjoy the best Fjellskål and the Norwegian seas has to offer!

88. **Ocean Royal shellfish platter 2089,- Pr. Person** ②⑦⑭

The most exclusive we have to offer from our generous seafood selection, the **Norwegian/ Atlantic lobster** and **king crab** we choose from our aquariums, join the waiter if you wish.

Accompanied with **live giant king scallops** baked with tarragon- and chervil butter with parmesan and garlic | **King crab** and **Lobster** gets prepared after your wishes, steamed or oven grilled, with garlic, herb butter or natural, ask your waiter for guidance.

To collect all the “royalties” of the sea in one meal, we recommend you to add a jar of **Sturgeon caviar** to make the “ocean royal” complete, like an appetizer, or to accompany the shellfish.

See Caviar selection, bottom page.

A unique experience for those who want the very best the Norwegian seas and fjords has to offer.

Sturgeon caviar to accompany signature platters

	15 g.	30 g.	50 g.	125 g.	250 g.
Siberian Sturgeon – Baerii	425,-	800,-	1290,-	2850,-	
White sturgeon	465,-	900,-	1450,-	3450,-	6600,-
Oscietra	570,-	1095,-	1790,-	4500,-	
Gold imperial	615,-	1195,-	1900,-	4600,-	8500,-
Beluga	1795,-	3500,-	5700,-	13500,-	

Sturgeon caviar | Toasted bread (gluten free upon request) | Sour cream | Red onion | Dill |
Quail egg yolk | Lemon ①③④⑦

*Varying availability of jar sizes and kinds, ask your waiter

Side dishes

Salad, potatoes and vegetables

Mixed salad

Green salad | Cherry tomatoes | Red onion | Cucumber | Pomegranate | Avocado | Vinaigrette
Small 69,- Large 129,- |

Oven roasted amandine potatoes with olive oil, garlic and leaf-parsley 69,-
| Honey-glazed carrots 69,- ⑦ | Butter steamed seasonal vegetables 99,- ⑦

Mayonnaise, butter and ponzu

Mayonnaise 19,- ③ | Aioli 29,- ③⑩ | Mustard mayo 29,- ③⑦⑩ | Chili mayo 29,- ③
| Whipped butter 29,- ⑦ | Melted butter 19,- ⑦
Ponzu sauce 39,- ①⑥

Sauces

Butter sauce 39,- ⑦ | Noisette butter with capers & lemon 39,- ①⑦ | Sour cream with lemon, dill & red onion 39,- ⑦
| Extra virgin olive oil with garlic, leaf-parsley and chili 39,- | Sweet chili sauce 29,-

From our neighbour kitchen

French fries 69,- ①Traces | Sweet potato fries 79,- ①Traces | Plane linguine pasta 69,- ①③ | Scrambled eggs 69,- ③⑦
| Garlic bread ① (Gluten free upon request) 59,- | Bread 29,- ① | Gluten free bread 29,-
(Synchronization with our main kitchen may vary, thanks for understanding)

Pasta

1. Fjellskåls sturgeon caviar spaghetti 499,- ①②③⑦⑭

Our signature pasta "Al dente" | Mild shellfish broth on lobster and shore crab | White wine | Butter |
Topped with sturgeon caviar from ROGN, a pleasure for the senses

2. King crab & shell spaghetti 349,- ①②③⑦⑭

Spaghetti "Al dente" | King crab | Scallop | Mussels | Carpet clams |
Served in a creamed shellfish sauce with | Shallot onion | Garlic | White wine | Leaf-parsley

3. Mushroom tagliatelle 249,- ①③⑦ (Vegetarian)

Tagliatelle "Al dente" | Golden chanterelle | Oyster mushroom | Porcini mushroom | Funnel chanterelle |
Black trumpet mushroom
In a creamed sauce with white wine | Garlic | Shallot onion | Leaf-parsley | Topped with local award winning "Parmesan"

Steaks & Burgers

4. Norwegian first class aged beef tenderloin medallion from Norwegian red cattle

200 g. 489,- 300 g. 679,- 400 g. 849,-

Served with celeriac purée ⑦ | Seasonal butter steamed vegetables ⑦

Surf & Turf – Butter grilled lobster tail 449,- ②⑦

Sauce choices

Green-pepper sauce ⑦ | Red wine sauce ⑦ | Mushroom sauce ⑦

Extra side dishes

French fries 69,- ①Traces | Sweet potato fries 79,- ①Traces |
Oven roasted amandine potatoes with garlic and leaf-parsley 69,- |
Seasonal butter steamed vegetables 99,- ⑦ | Side salad small/large 69,-/129,- | Extra sauce 49,- ⑦

5. Japanese A5 Wagyu tenderloin from Kagoshima – Marbling grade 8-10

Choose cooking method

Tataki pr. 100 g. 1000,-

Grilled on high temperature | Sliced as sashimi | Served with two kinds of Asian Sauces ①⑥⑪

Steak pr. 100 g. 1000,-

Grilled on high temperature | Medium-rare recommended | Celeriac purée ⑦ | Seasonal butter steamed vegetables ⑦

Sauce choices

Green-pepper sauce ⑦ | Red wine sauce ⑦ | Mushroom sauce ⑦

6. Cheeseburger 249,- ①③⑦⑩

180 g. juicy burger of minced entrecôte | Cheddar cheese | Tomato | Crisp lettuce | Red onion | Pickled cucumber |
Burger dressing | French fries ①Traces | Aioli |
Change to **sweet potato fries** + 10,- ①Traces

Additions

Extra cheddar cheese 19,- ⑦

7. Fjellskåls signature hamburger 349,- ①③⑦⑩

180 g. juicy burger of minced entrecôte | 12 month aged cheddar | Caramelized onion | Crisp lettuce |
Signature spicy hamburger dressing | French fries ①Traces | Aioli
Change to **Sweet potato fries** + 10,- ①Traces

Hamburgers can be served on gluten free burger bread upon request

Vegan dishes

8. Beyond meat cheeseburger 299,- ①⑩

Crisp lettuce | Tomato | Red onion | Pickled cucumber | Vegan cheese | Vegan hamburger dressing | French fries |
(Gluten free hamburger bread upon request)
Change to **sweet potato fries** + 19,-
Extra vegan cheese + 19,-

9. Vegan pasta with Grilled vegetables, mushrooms and olive oil 249,- ①

Cherry tomatoes | Champignon | Broccoli | Carrots | Red onion | Chili | Garlic | Leaf-parsley | Extra virgin olive oil

Sandwiches

Served between 10:00AM – 04:00PM

10. Bountiful shrimp sandwich with “smiling” egg 259,- ①②③

Hand peeled large Norwegian shrimps | Mayonnaise | Crisp lettuce | Lemon | Dill |
Boiled egg with creamy yolk | Served on freshly baked bread

11. Scrambled eggs & Salmon from our own smokehouse 239,- ①③④⑦

Velvet scrambled eggs | Smoked salmon from our smokery | Crisp lettuce | Lemon wedge | Topped with chives |
Served on freshly baked bread with butter

12. Fjellskåls “Skagen stir” Sandwich 249,- ①②③④⑦

Hand peeled large Norwegian shrimps | Sour cream | Mayonnaise | Capelin roe | Red onion | Dill | Lemon |
Served on freshly baked bread

All sandwiches can be served on gluten free bread upon request