

karoline



TASTE OF LOFOTEN

Lofoten is shaped by contrasts — land and sea, light and shadow, strength and stillness. Here, nature is both generous and demanding, and flavour is born from clarity, restraint, and respect for place.

This tasting menu reflects the rhythm of the islands. From cold, clear waters to windswept pastures, each dish draws on ingredients rooted in the north, treated with care so their natural character can shine.

It begins with the sea.

Arctic char, delicate and pure, mirrors the surrounding fjords — clean, fresh and quietly expressive. Balanced with gentle sweetness and acidity, it opens the menu with lightness and precision.

It continues on land.

Lamb from Lofoten speaks of open landscapes shaped by coastal winds. Earthy vegetables and deep, savoury notes come together in a dish that is grounded, warming and honest.

It ends in the forest.

Blueberries, growing low beneath the northern sky, are a true taste of Lofoten. Their freshness and natural sweetness bring clarity to the dessert, connecting the final course to the land itself. Light, restrained and vibrant, it leaves the palate refreshed — a quiet echo of the islands long after the meal is complete.

Taste of Lofoten is an invitation to experience the essence of the north — where nature leads, and flavour follows.

FORRETTER — STARTERS

Ishavsrøye

Eplepuré, sauterte reddiker og honning- & sennepssaus

Arctic Char

Apple purée, sauteed radishes and honey & mustard sauce

(F, M, SU)

235,-

Kål

Grønnskål, kimchee og sesam

Cabbage

Kale, kimchee and sesame

(S, SE, SU)

195,-

Jordskokk

Løyrom, syltet grønt eple

Jerusalem artichoke

Bleak roe, pickled green apple

(F, L, SU)

230,-

Kongekrabbe-ravioli

Fennikelsalsa, chipotle-emulsjon og miso beurre blanc

King Crab Ravioli

Fennel salsa, chipotle emulsion and miso beurre blanc

(E, L, S, SE, SF, SU, W)

325,-

HOVEDRETTER — MAIN COURSES

Rødbetter og Blåmuggost

Blåmuggostkrem, karamellisert Brie og multer

Beets and Blue Cheese

Blue cheese crème, caramelized Brie and cloudberries

(L, SU)

310,-

Torsk

Røkt beurre blanc, sellerirot med miso-glaze

Cod

Smoked beurre blanc, celeriac with miso glaze

(F, L, SU, S, SE, CEL)

410,-

Lam fra Lofoten

Sprø pastinakkterriner og puré, syltet pære og Madeira-jus av lam

Lamb from Lofoten

Crispy parsnip terrine and purée, pickled pears and Madeira lamb jus

(W, E, M, SU, L)

465,-

Andebryst fra Vestfold

Rødbeter, blåbær og pistasj

Duck breast from Vestfold

Beetroot, blueberries and pistachios

(L, SU, N)

475,-

MELLOMRETT — AFTER MAIN

Ostetallerken

3 oster, rugflatbrød og sesongens syltetøy

Cheese Plate

3 cheeses, rye flatbread and seasonal jam

(L, R, W)

210,-

DESSERTS

Cannoli

Smørkrem med mørk rom og vanilje, kandiserte mandler og blåbærsorbet

Cannoli

Buttercream with dark rum and vanilla, candied almonds and blueberry sorbet

(W, E, L, N, SU)

185,-

Hvit Sjokolade

Hvit sjokoladefinancier, is på granskudd og solbær

White Chocolate

White chocolate financier, spruce ice cream and black currant

(L, E, N)

185,-

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Arctic Char

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(F, M, SU)

Lam fra Lofoten

Sprø pastinakkterriner og puré, syltet pære og Madeira-jus av lam

Lamb from Lofoten

Crispy parsnip terrine and purée, pickled pears and Madeira lamb jus

(W, E, M, SU, L)

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White Chocolate

White chocolate financier, spruce ice cream and black currant

(L, E, N)

185,-

Menu 790,-

Wine pairing 650,-

Local cheese plate 145,-

F = Fish S = Soya
SE = Sesame M = Mustard SF = Shellfish SU = Sulfite
L = Lactose E = Egg CEL = Celery B = Mollusc N = Nuts
P= Peanuts LU = Lupin W = Wheat R = Rye B = Barley
H = Oat S = Spelt