

ME
NU

promenade

WELCOME



A little hungry 🍴

Yep, I'm hungry 🍴 🍴

I'm starving 🍴 🍴 🍴

STARTER



1. Scampi chimichurry

Scampi with chimichurri sauce served with focaccia bread and aioli.
Contains: wheat, shellfish, eggs .

199,-



2. Fish soup

Served with focaccia bread and aioli.
Contains: wheat, fish, milk, eggs .

189,-



3. Musseles m/ fries

White wine steamed served with french fries and aioli.
Contains: wheat, shellfish, milk, eggs.

189,-



4. Caesar salad

Salad, bread croutons, Cæsar sauce and parmesan.
Contains: wheat, fish, milk, eggs.

129,-



Add on:

Grilled chicken fillet : 79,-

Crispy bacon: 79,-

5. Dirty fries m/ bacon

French fries with bacon, red onion, dressing and parsley.
Contains: milk, eggs.

159,-



Extra small dishes:

Focaccia m/aioli

Contains: wheat, milk, eggs.

69,-

Different nuts (peanuts, chili nuts, mix nuts)

Contains: nuts.

79,-



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MAIN COURSES



6. "Plankebiff" 200g / 400g

Beef tenderloin with mashpotatoes and vegetables gratinated in the oven, served with bearnaise sauce or pepper sauce.
Contains: celery, sulphite, milk.

409,- / 609,-



7. Grilled beef tenderloin

Served with various celery root puree, oven – baked root vegetables, bearnaise sauce or pepper sauce and optional side dish.*
Contains: celery, sulphite, milk, eggs.

449,-



8. "Fjellørret fillet"

Served with cabbage, boiled potatoes and butter sauce.
Contains: fish, milk.

289,-



9. Pan fried cod loin

Served with fried mixed vegetables, fish sauce and optional side dish.*
Contains: fish, milk.

269,-



10. Spareribs

Served with coleslaw salad and french fries.
Contains: sulfite, eggs.

299,-



11. Promenade Klubsandwich

Homemade bread served with salad, tomatoes, red onion, bacon, aioli and french fries.
Contains: wheat, eggs.

249,-



12. "Biffsnadder"

Fried marinated beef, peppers, onions and mushrooms, served with bearnaise or pepper sauce and optional side dish.*
Contains: sulphite, milk, egg.

269,-



13. "Kyllingssnadder"

Fried marinated beef, peppers, onions and mushrooms, served with bearnaise or pepper sauce and optional side dish.*
Contains: sulphite, milk, egg.

259,-



Optional side dish*

- Cranberry jam
- French fries
- Sweet potatoes fries
- Creamy gratinated potatoes
- Boiled potatoes
- Mashpotatoes

PASTA



14. Carbonara

Spaghetti pasta with cream sauce and bacon topped with Parmesan cheese .
Contains: wheat, milk, eggs.

249,-



15. m/scampi with cream sauce

Spaghetti pasta with cream sauce and scampi, topped with Parmesan cheese .
Contains: wheat, shellfish, milk, eggs.

279,-



16. m/mussels and scampi in tomato sauce

Spaghetti pasta served with mussels and scampi in tomato sauce with chili.
Contains: wheat, shellfish, milk, eggs.

279,-



17. Bolognese

Spaghetti pasta served with bolognese sauce and parmesan cheese.
Contains: wheat, celery, milk, eggs.

249,-



18. Lasagna

Homemade lasagna baked in the oven topped with mozzarella cheese.
Served with mixed salad.
Contains: wheat, celery, milk, eggs .

279,-



PIZZA



19. Margherita

Homemade pizza dough, homemade pizza sauce,
mozzarella cheese and oregano.
Contains: wheat, milk.

189,-



20. Chicken pizza

Homemade pizza dough, homemade pizza sauce, mozzarella cheese,
marinated chicken, red onion and oregano.
Contains: wheat, milk, sulfite.

239,-



21. Capriciosa

Homemade pizza dough, homemade pizza sauce, mozzarella cheese,
ham, mushrooms and oregano.
Contains: wheat, milk.

229,-



22. Hawaii

Homemade pizza dough, homemade pizza sauce, mozzarella cheese,
ham, pineapple and oregano.
Contains: wheat, milk.

229,-





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PIZZA



23. Pepperoni

Homemade pizza dough, homemade pizza sauce, mozzarella cheese, pepperoni and oregano.

Contains: wheat, milk.

239,-



24. Just meat

Homemade pizza dough, homemade pizza sauce, mozzarella cheese, ham, pepperoni, bacon, marinated chicken and oregano.

Contains: wheat, milk, sulphite.

269,-



25. Quattro stagioni

Homemade pizza dough, homemade pizza sauce, mozzarella cheese, ham, pepperoni, mushrooms, olives and oregano.

Contains: wheat, milk.

239,-



26. Vegetariana

Homemade pizza dough, homemade pizza sauce, mozzarella cheese, different vegetables and oregano.

Contains: wheat, milk.

199,-



27. Carbonara (white sauce)

Homemade pizza dough, cream sauce, mozzarella cheese, bacon and parmesan cheese.

Contains: wheat, milk.

249,-



28. Bianco (white sauce)

Homemade pizza dough, cream sauce, mozzarella cheese, pepperoni, ham, olives and oregano.

Contains: wheat, milk.

249,-



Add on:

Dressing (garlic dressing, ketchup, spicy sauce):

30,-

Gluten-free pizza :

90,-

Extra cheese :

45,-

Extra meat :

75,-






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BURGER



29. Angus cheese burger

Hamburger bread , angusburger ,ceddar cheese , mixed salad ,tomatoes , red onion , pickles and hamburger dressing served with french fries and ketchup.
(Sweet potatoes fries +30,-)

Contains: wheat, sesame seeds, milk, eggs.

279,-



30. Pulled pork burger

Hamburger bread, long- roasted pulled pork, BBQ – sauce, coleslaw salat served with french fries and ketchup.

(Sweet potatoes fries + 30,-)

Contains: wheat, sesame seeds, milk, eggs.

289,-



31. Halloumi burger

Hamburger bread, grilled halloumi cheese with homemade aioli, salat, tomatoes, onion served with french fries and ketchup.

(Sweet potatoes fries + 30,-)

Contains: wheat, sesame seeds, milk, eggs.

289,-



32. Vegetarian burger

Hamburger bread , vegetarian burger , mixed salad , tomatoes, red onion ,pickles and hamburger dressing served with french fries.

(Sweet potatoes fries +30,-)

Contains : wheat, sesame seeds, eggs.

269,-



Add on:

- Bacon	55,-
- Cheddar cheese	40,-
- Gluten free bread	40,-
- Sweet potatoes fries	60,-
- French fries	60,-
- Creamy gratinated potatoes	85,-

Contains : wheat, milk, eggs.



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CHILDREN'S MENU



- | | |
|--|--------------|
| 33. Beefburger m/fries
Contains: wheat, sesame seeds | 139,- |
| 34. Sausage m/fries
Contains: wheat, milk. | 99,- |
| 35. Chicken nuggets m/fries
Contains: wheat, eggs. | 139,- |

DESSERTS




- | | |
|---|--------------|
| 36. Promenade brownie
Homemade gluten-free brownie served with ice cream and hot caramel sauce.
Contains: milk, eggs. | 139,- |
| 37. Banana split
Served with an ice cream scoop topped with chocolate sauce.
Contains: milk. | 119,- |
| 38. Today's cake
Ask the waiter | 119,- |
| 39. Icecream/sorbet:
Ice cream or sorbet.
Contains: milk, pistachio, sulfite.
- 1 scoup 45,-
- 2 scoups 75,-
- 3 scoups 95,- | |

ALCOHOL FREE



MINERAL

Kuli	30,-
Apple juice 0.30	45,-
Farris 0.375	45,-
Farris Lime 0,375	45,-
Pepsi Max 0.30	45,-
Solo 0,30	45,-
Coca-Cola 0.33	45,-
Coca-Cola zero 0.33	45,-
Fanta 0.33	45,-
Sprite 0.33	45,-
Battery 0.33	45,-
Schweppes Ginger beer 0.2	45,-
Schweppes Tonic Water 0.5	50,-
Schweppes Russchian 0.5	50,-
Brooklyn Special effects 0.33 (non alcohol) Contains: wheat.	75,-
Carlsberg (non alcohol) 0.33 Contains: wheat.	65,-



COFFEE

Coffee with Baileys. Contains: milk.	120,-
Irish Coffee. Contains: milk.	140,-
Ice coffee. Contains: milk.	45,-
American	35,-
Caffeine-free coffee	30,-
Espresso	35,-
Café Latte. Contains: milk.	45,-
Cappuccino. Contains: milk.	45,-
Hot chocolate. Contains: milk.	45,-
Tea. A selection of teas is available	30,-
Extra taste Monin	10,-




BEER - CIDER



BOTTLED BEER

Ringes Lite (0,33) gluten free	100,-
Corona (0,33) gluten free	100,-
Brooklyn East IPA (0,33) Contains: wheat	120,-
Guinness (0,44l) Contains: wheat	120,-
Kronenbourg 1664 Blanc (0,33) Contains: wheat	100,-



DISH BEER

Frydenlund IPA (0,33) Contains: wheat	120,-
Brooklyn Lager (0,33) Contains: wheat	100,-
Carlsberg (0,40) Contains: wheat	100,-
Mojito (0,33)	140,-



CIDER

Sommersby pear (0,33)	110,-
Sommersby sparkling spritz rose (0,33)	110,-
Smirnoff Ice (0,33)	110,-





WINE LIST



SPARKLING

Taittinger Brut Reserve AOC/ AOP Champagne 12,5 % vol (France)

1400,-

Unlike the other big champagne houses, Taittinger is still a family business, which they have been since 1734. Taittinger is also one of the largest owners of vineyards in Champagne, with vineyards located in the absolute best parts of the district. The house in Reims has been built up on the ruins of the monastery of Saint Nicaise. Under the buildings you will find large limestone cellars, which dates back to the 4th century (Roman times), where the bottles lie for storage.

These cellars are on UN ESCO's list of world heritage sites. Made using traditional methods.

Each individual grape variety is vinified separately, and mixed before adding sugar and yeast, e.g. or new secondary fermentation in the bottle. The wine matures for 3-4 years in the bottle before the sediment is removed (Degorgement).

The wine is adjusted for sweetness and is then ready for sale.

Taittinger has a fresh nose with notes of citrus and hints of yeast baking.

Sour taste of lemon and lime peel, fresh green apples and a juicy long aftertaste with concentrated fruit and mineral finish. Crackling dry, as Champagne should be.

Contains: sulfite.

Francois Martenot Cremant de Bourgogne Brut 12% vol (France)

650,-

Francois Martenot Cremant has a delicate aroma of apples with hints of citrus, hints of hazelnut and peaches. Juicy taste of red apples, some lime and lemon. Nice mousse and long, fresh aftertaste.

Contains: sulphite.

Tenet Rose Prosecco 11,5% vol (Italy)

630,-

Fresh and fruity aroma of red berries with hints of flowers.

Juicy flavors of raspberries and currants, hints of flowers with fine mousse.

Contains: sulfite.

Tenet Prosecco Brut DOC 11 % vol (Italy)

560,-

Tenet Prosecco has a light aroma of melon and pear has a fresh taste of citrus in the mouth, apples and some exotic white stone fruit.

A fruity and balanced wine.

Contains: sulfite.

Glass: **120,-**

Vignana Prosecco Extra Dry Doc 11 % vol (Italy)

510,-

Vignana Prosecco has aromas of white flowers and pear. Light citrus notes, as well as flavors of melon, peach and flowers. Good mousse with slightly sweet fruit in the finish.

Contains: sulfite.

Glass: **110,-**

WINE LIST



ROSÉ

Chemin De Provence Rose 12,5 % vol (France)

The aroma reveals elegant floral notes of fresh fruit and bread crust.
The mouth is filled with fine and persistent bubbles.
Contains: sulfite.

550,-
Glass: **140,-**

Care Rosado (Spain)

Care Rosado has a floral element of flowers and fresh acidity in the finish,
with fruit on the scent and with a strong taste of red berries such as raspberries,
currants and rose hips.
Contains: sulfite.

500,-
Glass: **140,-**

WHITE WINE

Barbotaine Sancerre (French)

Barbotaine Sancerre tastes fresh of citrus, stone fruit such as peach and green apples
and flowers. Some fresh herbs, hints of gooseberries and freshly cut grass on the palate.
Contains : sulfite.

850,-

Chablis Victor Berard AOC 12,5 % vol (French)

Victor Berard Chablis is a bone-dry chardonnay from Chablis with a pure scent of minerals
and citrus on the nose. Fresh and sour taste of apple, lemon, lime and a flinty mineral touch
in the finish.
Contains: sulfite.

900,-

Mastia Soave DOC 12,5% vol (Italian)

Mastia Soave has an intense aroma of fresh tropical yellow fruit.
Flavors of ripe yellow nectarine, mango, citrus and a touch of herbs in finish.
Good length.
Contains: sulfite.

530,-
Glass: **110,-**

La Sablette Savignon Blanc 12% vol (French)

La Sablette Savignon Blanc has an aromatic scent of flowers, herbs and citrus.
Tastes fresh from peaches, passion fruit, fresh herbs, lemon and lime.
Long and acid-fresh aftertaste.
Contains: sulfite.

550,-
Glass: **115,-**

WINE LIST



RED WINE

Varej Barbera Piemonte DOC 13% vol (Italian) Glass **600,-**

Varej Barbera Piedmont has a fresh scent of cherries and blackcurrants.

Glass: **130,-**

Acidic fruit in the mouth with tones of blueberries and crayfish.

Little tannins, good acid and juicy on taste.

Contains: sulfite.

Salvalai Valpolicella Classico DOC 12,5 % vol (Italian) Glass **600,-**

Salvalai Valpolicella Classico has an intense aroma of well-ripe cherries and a

Glass: **130,-**

touch of almond. Juicy in the mouth with soft tannins and fresh fruit flavors.

Contains: sulfite.

Monile Ripasso Valpolicella DOC 13,5% vol (Italian) Glass **750,-**

Monile Valpolicella Ripasso has concentrated the scent of cherries and bitter chocolate.

Medium rich wine with textured tannins and good sweet finish.

Contains: sulfite.

Amarone della Valpolicella Classico DOP 15% vol (Italian) Glass **1200,-**

Amarone della Valpolicella smells of cherries and dark fruits with touches of dark chocolate and coffee toned. Tastes fresh from berries with a light dish and sweet fruit.

Roam with spices and bitter chocolate in a long, soft finish. Towed tannins.

Contains: sulfite.



DESSERT WINE

Moscato d'Asti 5,0% vol (Italian) Glass **520,-**

Aromatic fragrance from the moscato grape, with hints of fresh fruit and flowers.

Glass: **110,-** (0,8dl)

Very delicate and sweet in taste, with good and balanced acidity.

Contains: sulfite.

COCKTAILS



LONG DRINKS

Gin & Tonic	140,-
Vodka Russchian	140,-
Gin Russchian	140,-
Jäger & Battery	140,-
Vodka & Battery	140,-
Vodka & Juice	140,-
Gin & Juice	140,-
Rum & Cola	140,-
Whiskey & Cola	140,-
Baccardi Razz & Sprite	140,-



POPULAR COCKTAILS

Aperol Spritz	160,-
Espresso Martini	160,-
Moskow mule	160,-
Screw driver	160,-
Pina Colada	160,-
Pink Promenade	160,-
Passion Promenade	160,-
Pornstar Martini	160,-
Strawberry Daiquiri	160,-
Mango Daiquiri	160,-
Negroni	160,-

SHOTS



Gin	110,-/130,-
Vodka	110,-
Tequila	110,-
Whiskey	110,-
Cognac	110,-
Cognac VSO	110,-
Cognac XO	130,-
Rum	110,-
Jägermeister	110,-
Fisher storm	110,-
Aquavit	110,-

promenade