COCKTAILS

SHOTS

GIN

150,-

150,-

Standard

ENGLISH

LONG DRINKS		
Gin & Tonic		
Vodka Russchian		

Vodka Russchian 150,Gin Russchian 150,Jäger & Battery 150,-

Vodka & Battery 150,Vodka & Juice 150,-

 Gin & Juice
 150

 Rum & Cola
 150,

 Whiskey & Cola
 150,

Bacardi Razz & Sprite

POPULÆRE COCKTAILS

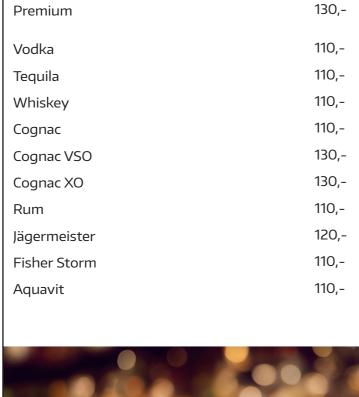
160,-Aperol Spritz 160-Espresso Martini 160,-Moscow Mule 160,-Screwdriver Pina Colada 160,-160,-Pink Promenade Passion Promenade 160,-Pornstar Martini 160.-160,-Strawberry Daiquiri 160,-Mango Daiquiri

Irish KaffeContains:milk

Contains:milk

Kaffe med Baileys

Negroni



110,-





MENY



PROMENADE FLEKKEFJORD Elvegaten 20, 4400 Flekkefjord.

160,-

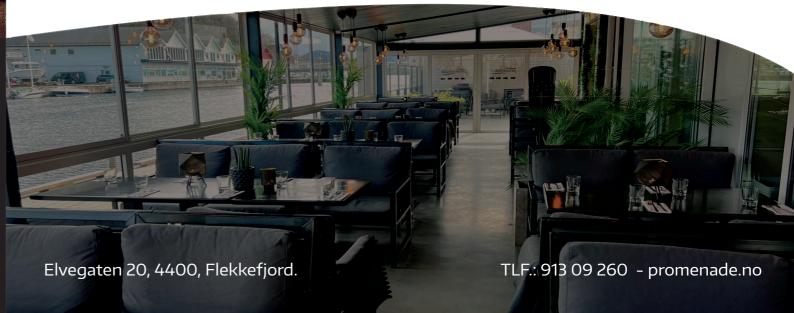
130,-

149.-

TLF.: 913 09 260 Epost: post@promenade.no Mandag-Torsdag: 15:00-22:00 Fredag: 15:00-23:00

Lørdag: 12:00-23:00 Søndag: 13:00-22:00

Last order online 21:00 (22:00)



STARTERS

MAIN COURSES

1	SCAMPI CHIMICHURRI Scampi in chimichurri sauce, served with homemade focaccia and aioli. Contains: wheat, shellfish, egg	219,-
2	HOMEMADE FISH SOUP Made with fresh, local fish. Served with homemade focaccia and aioli. Contains: wheat, fish, milk, egg	225,-
3	MUSSELS WITH FRIES White wine steamed mussels, served with French fries and aioli. Contains: wheat, shellfish, milk, egg	225,-
4	FISH BITES Crispy bites of freshly caught, local fish – lightly breaded and deep-fried. Served with your choice of dip (aioli/tartar sauce). Contains: wheat, fish, egg	145,-
5	FRENCH FRIES WITH CRISPY BACON Served with red onion, aioli, and parsley. Contains: milk, egg	179,-
6	HOMEMADE FOCACCIA WITH AIOLI Contains: wheat, milk, egg	89,-
7	CAESAR SALAD Salad, bread croutons, caesar dressing topped with parmesan cheese. Contains: wheat, fish, milk, eggs	129,-
	Extra	
	Grilled Chicken: Crispy Bacon:	79,- 79,-
8	NUT MIX Peanuts, chili nuts, mixed nuts.	79,-



Contains: nuts

	9	GRILLED BEEF TENDERLOIN Served with celery root purée, oven- roasted root vegetables, béarnaise or pepper sauce, and a side of your choice.** Contains: celery, sulphites, milk, egg	449
-	10	MOUNTAIN TROUT FILLET Served with crispy roasted potatoes and homemade tomato salsa. Contains: fish, milk	329
-	11	PAN-FRIED CATCH OF THE DAY Local fish with creamy pea purée, fresh asparagus, roasted tomatoes, and crispy roasted potatoes Contains: fish, milk	345
	12	FISH & CHIPS Deep-fried fish from local waters, served with French fries, your choice of dip (aioli/ tartar sauce) and lemon. Contains: fish, wheat, milk, egg	285
	13	SPARERIBS Tender pork ribs served with coleslaw and French fries. Contains: sulphites, egg	329
	14	BEEF MIX PLATE Grilled marinated beef with bell pepper, onion, and mushroom. Served with bernaise or pepper sauce, and a side of your choice.** Contains: sulphites, milk, egg	289
	15	CHICKEN MIX PLATE Grilled marinated chicken with bell pepper, onion, and mushroom. Served with bernaise or pepper sauce, and a side of your choice.** Contains: sulphites, milk, egg	279
	16	BAKED POTATO Served with garlic butter, mozzarella corn and Béarnaise sauce.	169
		Extra Grilled Chicken:	79,-

Side Options for Main Courses:

79,-

79,-

- ∽ Lingonberry jam
- ∽ French fries

Crispy Bacon:

- ∽ Sweet potato fries
- ∽ Creamy gratin potatoes
- → Boiled potatoes

PIZZA

17	MARGHERITA Tomato sauce, mozzarella, oregano. Contains: wheat, milk CHICKEN PIZZA Mozzarella, marinated chicken, red onion,	189,-	**Extras – Pizza:** Dressings: Gluten-free pizza: Extra cheese: Extra meet:	30,- 40,- 45,- 75,-
19	oregano. Contains: wheat, sulphites, milk CAPRICCIOSA Mozzarella, ham, mushrooms, oregano. Contains: wheat milk	229,-	BURGERS	
	Contains: wheat, milk HAWAII Mozzarella, ham, pineapple, oregano. Contains: wheat, milk	229,-	28 ANGUS CHEESEBURGER Brioche bun, Angus beef, cheddar, lettuce, tomato, homemade pickled red onion, dressing. Served with French frie Contains: wheat, sesame, milk, egg	289,- s.
21	PEPPERONI Mozzarella, pepperoni, oregano. Contains: wheat, milk	239,-	29 PULLED PORK BURGER Slow-cooked pulled pork with BBQ sau and coleslaw. Served with French fries.	289,- ce
22	PARMA HAM Mozzarella, Parma ham, arugula, parmesan. Contains: wheat, milk	269,-	Contains: wheat, sesame, milk, egg 30 HALLOUMI BURGER Halloumi cheese, aioli, lettuce, tomato,	289,-
23	ALL MEAT Mozzarella, ham, pepperoni, bacon, chicken, oregano. Contains: wheat, sulphites, egg	269,-	onion. Served with French fries. Contains: wheat, sesame, milk, egg 31 VEGETARIAN BURGER Veggie patty, lettuce, tomato, red onior	269,-
24	QUATTRO STAGIONI Mozzarella, ham, pepperoni, mushrooms, olives, oregano.	239,-	pickles, dressing. Served with French fries. Contains: wheat, sesame, milk, egg	
25	VEGETARIANA Mozzarella, assorted vegetables, oregano. Contains: wheat, milk	199,-	**Extras – Burger::** → Bacon: 55,- → Cheddar: 40,- → Gluten-free bun: 40,-	
26	PIZZA CARBONARA Cream sauce, mozzarella, bacon, parmesan. Contains: wheat, milk	249,-	 Sweet potato fries: 60,- French fries: 60,- Creamy gratin potatoes: 85,- Contains: milk 	
27	BIANCO Cream sauce, mozzarella, pepperoni, ham, olives, oregano. Contains: wheat, milk	249,-		

PASTA

COFFEE & HOT DRINKS

32 CARBONARA Spaghetti in a creamy sauce with bacon, topped with parmesan. Contains: wheat, milk, egg	259,-
33 PASTA WITH SCAMPI Spaghetti in a creamy sauce with scampi, topped with parmesan. Contains: wheat, shellfish, milk, egg	279,-

34 BEEF BURGER WITH FRIES Contains: wheat, sesame	129
35 SAUSAGE WITH FRIES Contains: wheat, sesame	99
36 CHICKEN NUGGETS WITH FRIES Contains: wheat, sesame	129

KIDS MENU 🏋

DESSERTS

37	PROMENADE BROWNIE Homemade gluten-free brownie served with with a scoop of ice cream and homemade warm caramel sauce. Contains: nuts, milk, egg	139,-
38	BANANA SPLIT Classic dessert with banana and scoops of ice cream, topped with chocolate sauce and whipped cream. Contains: milk	139,-
39	CAKE OF THE DAY Ask your waiter.	139,-
40	ICE CREAM / SORBET 49 / 75 / 1 scoop / 2 scoops / 3 scoops – Served	95,-

with whipped cream and chocolate sauce.

Contains: pistachio, sulphites, milk

Americano Contains: milk	45,-
Decaf Coffee Contains: milk	45,-
Espresso	49,-
Café Latte Contains: milk	59,-
Cappuccino Contains: milk	59,-
Hot Chocolate Contains: milk	59,-
ced Coffee Contains: milk	59,-
Геа	39,-
Loose Leaf Tea served in teapot with warmer)	59,-
Extra Monin Flavor	10,-

ALKOHOLFRI

MINERAL	
Kuli	40,-
Farris 0,375	55,-
Farris Lime 0,375	55,-
Eplemost 0,33	55,-
Pepsi Max 0,30	55,-
Solo 0,30	55,-
Coca-Cola 0,33	55,-
Coca-Cola Zero 0,33	55,-
Fanta 0,33	55,-
Sprite 0,33	55,-
Battery 0,50	75,-
ALCOHOL FREE	
Schweppes Ginger Beer	55,-
Schweppes Tonic Water 0,5	65,-
Schweppes Russchian 0,5	65,-
Brooklyn Special Effects (non alcohol) 0,33	85,-
Carlsberg (non alcohol) 0,33	75,-



BEER & CIDER

DISH BEER	
Frydenlund IPA (0,40) Contains: wheat	129,-
Brooklyn Lager (0,40) Contains: wheat	129,-
Brooklyn IPA (0,40) Contains: wheat	129,-
Carlsberg (0,40) Contains: wheat	109,-
Blanc(0,50) Contains: wheat	139,-
Blanc (0,25) Contains: wheat	99,-
CIDER	
Sommersby Pear (0,33)	119,-
Smirnoff Ice (0,33)	119,-
Breezer Lime (0,33)	119,-
Breezer Orange (0,33)	119,-
Bulmers (0,5)	149,-

BOTTLED BEER

Ringnes Lite (0,33) Gluten free	129,-
Corona (0,33) Gluten free	129,-
Brooklyn East IPA (0,33) Contains: wheat	129,-
Guinness (0,44) Contains: wheat	139,-

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WINE

SPARKLING

TAITTINGER BRUT RESERVE (FRANCE)

Champagne 12.5% – *Great with shellfish and*

as an aperitif

Contains: sulphites

1459,-

FRANCOIS MARTENOT CREMANT (FRANCE)

Sparkling wine 12% – *Perfect with fish or as*

an aperitif

Contains: sulphites

629,-

TENET ROSÉ PROSECCO (ITALY)

11.5% – Lovely with salads and white meat

Contains: sulphites

630,-

TENET PROSECCO BRUT DOC (ITALY)

11% – Aperitif or with light seafood

Contains: sulphites

576,- / Glass 129,-

VIGNANA PROSECCO EXTRA DRY (ITALY)

11% - Great alone or with small dishes

Contains: sulphites

549,- / Glass 129,-

ROSÉ

CHEMIN DE PROVENCE ROSÉ (FRANCE)

5% – Great with salads and chicken

Contains: sulphites

650,- / Glass 150,-

CARE ROSADO (SPAIN)

Fresh rosé – Pairs well with snacks and pasta

Contains: sulphites

550,- / Glass 150,-

DESSERT WINE

MOSCATO D'ASTI (ITALY)

Dessert wine 5.0% vol

560,- / Glass 130,-

Great with desserts and fruit-based dishes



WINE

RED WINE

VAREJ BARBERA PIEMONTE DOC (ITALY)

13% – Fruity and soft. Great with meat and pasta

Contains: sulphites

650,- / Glass 150

SALVALAI VALPOLICELLA CL. DOC (ITALY)

12.5% – Light and elegant. Pairs well with chicken and tomato-based dishes

Contains: sulphites 650,- / Glass 150,-

MONILE RIPASSO VALPOLICELLA DOC (ITALY)

13.5% – Full-bodied and mature. Great with red meat and cheese

Contains: sulphites

AMARONE DELLA VALPOLICELLA DOCG

(ITALY)

15% — Rich and intense. Perfect for game and strong dishes

Contains: sulphites

1200,-

750,-

WHITE WINE

BARBOTAINE SANCERRE (FRANCE)

White wine – Great with shellfish and fish

Contains: sulphites

CHABLIS VICTOR BERARD (FRANCE)

12.5% - Perfect with fish and mussels

Contains: sulphites 949,-

MASTIA SOAVE DOC (ITALY)

12.5% – Pairs well with risotto and

vegetable dishes

Contains: sulphites 550,- / Glass 130,-

LA SABLETTE SAUVIGNON BLANC (FRANCE)

12% – Light and fruity, perfect with seafood

Contains: sulphites

550,- / Glass 130,-

870.-