

KAFFE & TE FRA HELMER

<i>FILTER</i>	<i>kr 38</i>
<i>ENKEL ESPRESSO</i>	<i>kr 38</i>
<i>DOBBEL ESPRESSO</i>	<i>kr 45</i>
<i>AMERICANO</i>	<i>kr 45</i>
<i>CAPPUCCINO</i>	<i>kr 49</i>
<i>CAFFE LATTE</i>	<i>kr 49</i>
<i>KOFFEINFRI</i>	<i>kr 38</i>
<i>EARL GREY SORT</i>	<i>kr 38</i>
<i>GRØNT BLAD SENCHA</i>	<i>kr 38</i>
<i>JASMINE GRØNN</i>	<i>kr 38</i>
<i>SNØHETTA HVIT NEEDLE OOLONG MINT</i>	<i>kr 38</i>
<i>FISTER JORDBÆR & RIPS</i>	<i>kr 38</i>

MOCKTAILS

<i>SEEDLIP & TONIC (ALKOHOLFRI GIN)</i>	<i>KR 95</i>
<i>JONNY'S PASSION VIRGIN</i>	<i>KR 95</i>
<i>VIRGIN MOJITO</i>	<i>KR 75</i>
<i>RED FOREST VIRGIN</i>	<i>KR 75</i>
<i>LINGERING LEMON</i>	<i>KR 75</i>
<i>SPARKLING TEA ALKOHOLFRI</i>	<i>KR 95</i>

ALKOHOLFRITT

<i>BRUS (COCA COLA, COCA COLA ZERO)</i>	<i>0,33</i>	<i>KR 55</i>
<i>RINGI EPLEMOST</i>	<i>0,33</i>	<i>KR 55</i>
<i>SAFTERIET ØKOLOGISK SAFT</i>	<i>0,33</i>	<i>KR 59</i>
<i>Rips</i>		
<i>Hylleblomst</i>		
<i>Stikkelsbær</i>		
<i>Rabarbra</i>		
<i>Bringebær</i>		
<i>ALKOHOLFRITT ØL:</i>	<i>0,33</i>	<i>KR 69</i>
<i>San Miguel</i>		
<i>Erdinger (50cl)</i>		
<i>No Worries IPA</i>		
<i>No Worries IPA Grapefrukt</i>		
<i>No Worries IPA Ananas</i>		
<i>Mikkeller Limbo Raspberry</i>		
<i>RICHARD JUHLIN BLANC DE BLANCS</i>	<i>0,75</i>	<i>KR 375/75</i>
<i>BLUE NUN WHITE</i>	<i>0,75</i>	<i>KR 375/75</i>
<i>BLUE NUN RED</i>	<i>0,75</i>	<i>KR 375/75</i>

KJENT & KJÆRT

GRILLET BURGER

Vellagret ost, bacon, ketchup & fries kr 245
(hvete, egg, melk, sulfitt, sennep)

GRILLED BURGER

Aged cheese, bacon, ketchup & fries

CÆSARSALAT

Kylling & bacon kr 190
(hvete, egg, melk, sulfitt, sennep, fisk)

CAESAR SALAD

Chicken & bacon

FISH & COWS FISKESUPPE

Dagens fangst kr 219
(skalldyr, bløtdyr, fisk, melk)

FISH & COW FISH SOUP

Catch of the day

3-RETTERS MENY

Hver uke endrer vi ukens 3 retter

Kr 595-625

FORRETT

GRILLET OKSETARTAR

Avokadokrem, perlebygg & soya kr 165
(Gluten, melk, soya)

GRILLED BEEF TARTAR

Avocado cream, barley & soy

FISH & COWS FISKESUPPE

Dagens fangst kr 155
(skalldyr, bløtdyr, fisk, melk)

FISH & COWS FISH SOUP

Catch of the day

HOVEDRETTER

TORSK

Bakt selleri, potet & skalldyrsaus kr 325
(fisk, lupin, sulfitt, melk)

COD

Baked celeriac, potato & shellfish sauce

LYSING

Erterisotto, pepperrot & grønn olje kr 345
(sulfitt, melk, lupin, fisk)

HAKE

Pea risotto, horseradish & green oil

GRILLET INDREFILET

Gnocchi, grønnkål, sopp & rødvinsaus kr 410
(melk, sulfitt, gluten-hvete, egg)

GRILLED TENDERLOIN

Gnocchi, kale, mushroom & red wine sauce

DESSERTER

VANILJEPANNACOTTA

Tindvedkrem & pekannøtt kr 105
(egg, melk, gluten)

VANILLA PANNACOTTA

Buckthorn cream & pecan nut

SJOKOLADEFONDANT

Sitron & yoghurtis kr 129
(egg, gluten, nøtter, melk)

CHOCOLATE FONDANT

Lemon & yoghurt ice cream

DAGENS IS/SORBET

Utvalg av dagens is eller sorbet kr 95
(melk, gluten egg, nøtter)

TODAY'S ICE CREAM/SORBET

Selection of today's ice cream or sorbet