



FLORA

DINNER MENU

BERGEN



## SMALAHOVE

Every culture and country probably has one or two speciality dishes that seem outright bizarre and unappetising to non-natives. At the top of that list for Norway is *smalahove*. Produced solely by Ivar Løne in Voss, western Norway, *smalahove* is salted, dried, smoked, seared, and boiled sheep's head. Honestly, it tastes much better than how that sounds, or how it looks.

The dish originates from our historical need to survive here by making use of the entire animal. Once an everyday dish, it is now a delicacy served around Christmas alongside potatoes, swede, beer or aquavit. We know the sight of *smalahove* is likely too much for some of our guests, so we offer it on our menus just as a paté or terrine.

## ROOT VEGETABLES

The unsung heroes of Nordic cuisine, root vegetables are part of the foundation of Norway's Coastal Kitchen. Norwegian root vegetables are at their best in autumn when they're at their freshest, but they can be preserved through the winter in underground cellars and are therefore sold almost year-round. These durable vegetables are also inexpensive, making them the perfect addition to any meal, from a weekday dinner to a festive feast.

Even when fish or meat is the star of a dish, vegetables like potatoes, turnips, parsnips, and carrots are often served on the side. These complete the meal and add vital nutrients and vitamins. Others, like garlic and onions, add unique flavours, and many of our favourite Norwegian dishes simply wouldn't be the same without them.

## VEILED PEASANT GIRLS TRIFLE

The 19th-century Norwegian poet and philologist Ivar Aasen is famous for compiling *Nyorsk*, one of the official written versions of Norwegian. But he also 'discovered' one of our most-loved desserts: 'veiled peasant girls' – and there's a great story behind its intriguing name.

It is said that Ivar was in love with a girl who kept declining his proposals. One day, she got his hopes up when she asked him to taste her sweets. Of course, she was talking about the dessert she made – much to Ivar's disappointment. He promptly named the dessert – made of layers of fruit jam, crunchy Norwegian rusks, and whipped cream – 'veiled peasant girls'. Since then, it's become a traditional sweet treat across much of Norway and a reminder of Ivar's funny if anticlimactic tale.

## THYME

An aromatic, perennial evergreen, thyme is one of the oldest herbs we know. It's native to the Levant but thought to have been spread across Europe by the Romans. Over the millennia, it's been used for culinary, medicinal, and ornamental purposes and was a symbol of courage to both the Ancient Greeks and during the Middle Ages. Truly versatile, thyme can be used across a wide range of dishes, particularly meats, soups, and stews.

A milder version of the cultivated herb from sunnier climes, the wild thyme that grows in coastal regions of Norway blooms in summer with small, violet flowers that attract clouds of bees and butterflies. With a subtle but distinctive flavour, it is particularly tasty with beetroot and an excellent addition when pickling vegetables.

## STARTER

**Salmon roll from Dragøy** F, M, E  
with green emulsion and mizuna

**Smalahove lamb terrine from Løna in Voss** SE  
with potato salad and pickled yellow beetroot

 **Courgette spaghetti** G (OATS)  
with herb cream

**Forest mushroom soup** S, M  
with dry-fried mushrooms and parsley oil

## MAIN COURSE

**Veal tenderloin from Trøndelag** S, M  
with green pepper sauce and oven-baked root vegetables

**Baked pollock from the coast of Norway** F, M  
with caramelised thyme onions and white wine sauce

 **Green risotto** S  
with semi-dried cherry tomatoes and roasted pumpkin seeds

## DESSERT

**'Veiled Peasant Girls' layered trifle** M, G (WHEAT, RYE, BARLEY)  
with Nyr cream

 **Vegan 'Veiled Peasant Girls'** G (WHEAT, RYE, BARLEY)  
layered trifle

**Short-travelled cheese** ASK YOUR WAITER  
from local producers along the coast, homemade carrot marmalade

**Ice cream and sorbet** ASK YOUR WAITER  
from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard  
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ÅNDALSNES





## CLIPFISH FROM DYBVIK

The winner of Det Norske Måltid (an annual food and drink competition) in 2019, clipfish gran reserva is Norwegian dried cod at its finest. Considered our take on cured Serrano and Parma hams but using dried cod instead, this prestigious delicacy was developed by brothers Jan Petter, Sindre, and Jakob Dybvik, whose grandfather founded their clipfish company in the 1920s. Dybvik is the only producer who can carry the gran reserva title.

The name 'clipfish' comes from the Old Norse word 'kleppr', which described the rocks and cliffs of the Norwegian coast, where the cod was traditionally hung for drying after salting. With a rich, well-matured, and slightly salty umami flavour, Dybvik's clipfish is the star of any dish.

## STERLING HALIBUT

The seemingly humble halibut has been revered throughout Norway's history, elevated to its nickname of 'god fish'. Appearing in ancient petroglyphs as a sacred being, the halibut also featured in Norse mythology as an incarnation of Balder, the god associated with light, love, and purity. Still fished with the respect and humility afforded to it by folklore, catching a female halibut – a giant at 300kgs – is the ultimate test for fishermen.

The farmed sterling halibut is produced in carefully selected fjords before being processed in Hjelmeland in Ryfylke. With its rich, tasty, juicy, and firm white meat, it is perennially popular and a dream fish to work with in the kitchen, in both traditional and modern Norwegian cuisine.

## CROWBERRIES

Abundant in the areas north of Norway's Lofoten Islands, particularly around mountain peat bogs, black crowberry is a flowering plant of the heather family that produces black or purplish berries. For centuries, these berries have been coveted for their juice, a key ingredient in various local wines, jellies, and syrups.

Crowberry wine first appeared in the 12th century when, during the reign of King Sverre Sigurdsson, German wine traders arrived in Bergen with lots of cheap grape wine to sell, causing a bout of drunk and disorderly behaviour. The displeased king expelled the wine traders and stopped the import of wine, suggesting instead that wine should be made from the juice of the crowberry. A sparkling crowberry wine is still produced and enjoyed today.

## SALTING

Curing fish, meat, and vegetables in salt is a global practice that spans millennia. In Norway, where the winters can be long, food caught and harvested during seasons of abundance needed to be preserved to help us survive months of cold. This was done by drying, fermenting, smoking, and salting.

There are two methods of salt preservation: dry, where the food is covered in dry salt; and brine, where the food is submerged and stored in salted water. Both very effective, the process draws the water from the food and prevents the growth of microorganisms, as well as producing a strong and unique flavour. Gone is the age of curing for necessity. Today, traditional salted foods like clipfish are produced and consumed solely for pleasure.

## STARTER

**Carpaccio of clipfish from Dybvik** SU, F, G (WHEAT, RYE)  
with pickled carrot and sago

**Chicken liver mousse** M, E, SU, G (WHEAT)  
with potato waffle and crowberry syrup from Reisa

**Fried cauliflower florets**  
with apple and plant-based mince from Flow Food

**Brennsnut** G (BARLY)  
med salt svineknokke

## MAIN COURSE

**Herb-roasted pork fillet** E, M, SU  
with pickled red cabbage and choron sauce

**Grilled sterling** F, M, E  
white halibut with kale and choron sauce

**Hazelnut-baked pumpkin** SU, N (HAZEL NUT)  
with asparagus and spinach sauce

## DESSERT

**Syrup cake** M, E, G (WHEAT)  
with warm blueberries and chocolate ganache

**Caramelised apples**  
with salted caramel and whipped gryr

**Short-travelled cheese** ASK YOUR WAITER  
from local producers along the coast, homemade carrot marmalade

**Ice cream and sorbet** ASK YOUR WAITER  
from local producers along the coast, with meringue and berries

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DINNER MENU

TRÆNA



## TRUFFLE SEAWEED

Walking along the Norwegian coast at low tide, the last thing you'd expect is the distinctive scent of truffles on the sea breeze. But this aroma can be traced to a small, fluffy algae that ranges in colour from maroon to dark purple. It has been nicknamed 'sea truffle' for its uncanny resemblance to truffle in both taste and smell.

Truffle seaweed grows as a parasite on knotted wrack and bladderwrack, two other seaweed species. It's difficult to cultivate and can currently only be harvested in the wild, after which it is cleaned thoroughly and served either fresh or dried. Because of its strong taste and high cost – it's the most expensive type of seaweed – it is mostly used as a garnish or spice to elevate gourmet dishes.

## LOFOTEN SEAWEED

Founded by fisherman's daughter Angelita and foodie Tamara, Lofoten Seaweed is on a mission to bring seaweed back into the kitchen. Produced from kelp harvested in the cold, clean waters of Lofoten, within the Arctic Circle, their seaweed food products can be found in the kitchens of Michelin-starred chefs across Europe and on board our ships!

United by their love of food and the ocean, Angelita and Tamara have brought together their knowledge, experience, and the food traditions they were brought up on – north Norwegian and Japanese – and created something that is bound to be the future of food. One of our long-time collaborators, you'll find Lofoten Seaweed kelp used in both our food and our soaps.

## LOMPE

A soft, tortilla-style flatbread, *lompe* is the epitome of an everyday food in Norway. Made from mashed potato mixed with a little flour and salt, its origins are in the 18<sup>th</sup> century when, during the Napoleonic Wars, grain imports from Denmark were blockaded. Ever resourceful, Norwegian women found a way to stretch their flour rations: the plentiful potato!

Simple to make and even easier to eat, the rustic and versatile lompe works with both sweet and savoury foods. They're just as delicious served with cinnamon, sugar, and butter as next to a plate of *rakfish*, a fermented fish dish. *Pølse i lompe*, hot dog wrapped in lompe, is also a popular food at celebrations like St John's Day and Constitution Day.

## BRUNOST

*Brunost* (brown cheese) is an intrinsic and iconic part of Norway's cultural identity and heritage. While similar cheese had been eaten for centuries, the creation of modern brunost is attributed to farmer's wife Anne Hov in the late 19<sup>th</sup> century. It became, and remains, so popular that in 1933, she received the King's Medal for Merit for her contribution to Norway's cuisine and economy.

Made by adding cream to goat or cow's milk whey and boiling off the liquid, brunost is a sweet, rich cheese with a hint of caramel. Eaten at breakfast, lunch, and dinner, on waffles, crispbreads, and sandwiches, an ingredient in game meat sauces, and much more besides, it really is the quintessential Norwegian product.

## STARTER

### Pickled halibut <sup>F</sup>

with radish, spring onion, and truffle seaweed

### Pork head terrine <sup>SE, G (WHEAT, RYE)</sup>

with Nordlys mustard from Mimi and Norwegian lompe potato tortilla

### Bean salad <sup>G (WHEAT), N (ALMON, HAZEL NUT, CASHEW NUT)</sup>

with asparagus beans and roasted nuts

### Pumpkin soup <sup>M, S</sup>

with smoked butare kelp

from Lofoten Seaweed and pumpkin seeds

## MAIN COURSE

### Duck leg confit <sup>M, E</sup>

with horseradish butter and duchess potato

### Steamed loin of cod from the coast <sup>F, M</sup>

with carrot and browned butter

### Creamy pesto pasta <sup>SO, G (HVETE)</sup>

with pan-fried squash

## DESSERT

### Crème brûlée <sup>E, M</sup>

with brunost (brown cheese) and blueberry sorbet

### Vanilla pudding

with raspberry coulis

### Short-travelled cheese <sup>ASK YOUR WAITER</sup>

from local producers along the coast, homemade carrot marmalade

### Ice cream and sorbet <sup>ASK YOUR WAITER</sup>

from local producers along the coast, with meringue and berries

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STOKMARKNES



## SOUR CREAM

In days gone by, calorie-rich sour cream helped Norwegians through the long, cold winters. It was so important it was considered the best food to offer guests. Most recipes call for fresh or homemade sour cream, which is easier to make than you might think. Sour cream has been used in dishes such as *rømmegrøt* (sour cream porridge) for hundreds of years.

For many Norwegians, a special occasion isn't special without a taste of *rømmegrøt*, and we still love to feast on the porridge, especially when we retreat to our cabins in the mountains. It is the ultimate comfort food, whether topped with sugar and cinnamon or with flat bread and cured meat – and it wouldn't be the same without that delicious sour cream.

## NORTH SEA SALT

In the early 20<sup>th</sup> century, Norway's sea salt production all but disappeared, in spite of its lengthy coastline. A century later, in 2014, Michal Christina Bietz started what was then North Sea Salt Works to revive artisan salt making. Today, the rebranded Havsnø produces organic and sustainable, hand-harvested salt flakes from a sea-facing factory on Gossen Island, on the northwest coast.

From the clean, cold, and mineral-rich waters of the Norwegian Sea, Michal and her team use reinterpretations of traditional methods of production that date back to the Viking Age to make completely natural, additive-free salt. Its unique character, born from the way it is crystallised, harvested, and dried, makes it much favoured among some of Scandinavia's best chefs.

## BREAD PUDDING

If you think you already know the history of bread pudding, think again. It dates from the 11th century when cooks needed to use leftover bread. In England it even became known as 'poor man's pudding'. But there's another reason bread pudding is so special in Norway: it was served every day during the composition of Norway's Constitution, in 1814.

Nowadays, you can taste bread pudding in top restaurants all over the world. Our recipe is taken from a cookbook called 1000 years of North Norwegian food culture and uses rusk (dried wheat buns) instead of old bread, but we love that the traditional recipes use scraps. After all, our bold ambition is to become the world's most sustainable travel operator and food waste is an important issue.

## COOKING WITH ALCOHOL

People have been cooking and preparing food with alcohol since before recorded history began. As in many countries and cultures around the world, alcohol is central to Norwegian food culture. It's both a preservation method and an ingredient in several traditional dishes, used to add flavour to meat and fish dishes, to sweeten or temper desserts, or to tenderise game in marinades. Sometimes, it's simply there for show!

We use liqueurs, vermouth, wines and beers to add flavour and richness to many of the sauces and stews that we prepare for our guests. For our favourite Nordic mushroom stew, a splash of wine works wonders. A few generous pours of Pernod add extra depth and flavour to our fennel soup.

## STARTER

**Arctic char tartare from Sigerfjord** F, E, G (WHEAT, RYE)  
with North Sea salt and horseradish mayonnaise

**Norwegian duck rilette** M, N (PISTACHIO), G (WHEAT, REYE)  
with pickled onions and crispy fried bread

**Paprika and leek tart** G (OATS)

**Creamy fennel and Pernod soup** M, S

## MAIN COURSE

**Ox beef chuck steak** M, S  
with oven-baked celery and hunter's sauce

**Baked trout from Dragøy** M, F  
with Røros sour cream and broccolini

**Oven-baked celery** S  
with fried yeast and kale

## DESSERT

**Chocolate terrine** E, M  
with raspberry sorbet and white chocolate soil

**Vegan bread pudding** SO, G (WHEAT), N (ALMOND)  
with raspberry sorbet and vegan white chocolate soil

**Short-travelled cheese** ASK YOUR WAITER  
from local producers along the coast, homemade carrot marmalade

**Ice cream and sorbet** ASK YOUR WAITER  
from local producers along the coast, with meringue and berries

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TROMSØ



## BEETROOT

Beetroot didn't find its way to Norway until the 15<sup>th</sup> century, but it now has a place at any meal of the day. The vegetable is perfectly suited to Norway. It can be stored to be eaten fresh throughout winter and it's a wonderfully versatile ingredient. The leaves are edible too, so no part goes to waste.

Beetroot's beautiful colour livens up any plate of food, whether it's pickled, puréed, or roasted. You might try them in a classic Norwegian beetroot salad, a ruby-hued soup, or pickled and placed atop a traditional open sandwich. Beetroot is also responsible for the vibrant, festive colour of *rødbetgravet laks*, a salmon dish we traditionally serve at Christmas.

## GRAVING

Norway began its tradition of curing fish in the Middle Ages, when its famous *gravlaks* was invented. The clue in its preparation is in its name, which translates directly to 'grave salmon'. This refers to how lightly salted salmon was layered in barrels and buried in the sand above the high-water line. This ensured a stable maturation temperature and preservation through fermentation.

Today, a similar process places salmon, cod, other fish, or meat in a brine of salt, sugar, and spirits. Dill is nearly always added, but fennel, black pepper, coriander, horseradish, and even beetroot are also commonly used. The process of marination makes the fish firmer, more fragrant, and gives it a beautiful colour and flavour.

## SHRIMP FROM LYNGEN

Lyngefjord in the far north of Norway is not known for its balmy temperatures, but that's exactly what makes the shrimp that spawn here taste so good. Twenty metres beneath the fjord's surface – and many more beneath the towering mountains that surround it – the temperature rarely exceeds 2°C. The cold, clean, nutrient-rich water means the prawns grow slowly, so they are sweeter and juicier than bigger species.

One of Norway's oldest shrimp producers, family-run Lyngen Reker AS has been fishing shrimp here for more than 60 years. Local fishing boats deliver their catch directly to the shrimp processing plant on the edge of the fjord. The weather can make Lyngen a tough fjord to fish in, but the flavour of these shrimp makes it well worth the effort.

## BLUEBERRIES

Long before blueberries were labelled a superfood and added to health-giving smoothies everywhere, us Norwegians were foraging them for juices and jams. Norway's cool summers with plenty of rain are the perfect climate for blueberries, and bushes cover the inland areas. No wonder wild blueberry picking is a distinctly Norwegian summertime tradition.

Norway's native blueberries are even more nutritious than the blueberries you might find in your local supermarket. As well as being an important food source, wild blueberries are packed with antioxidants, polyphenols, potassium and vitamin C. They can be used to lower inflammation and blood pressure, balance cholesterol and improve brain function. Their strong colour also made them useful as a dye. But most importantly, they taste delicious.

## STARTER

### 'Graved' cod in a beetroot crust F, M, SU

with pea purée and pickled fennel

### Beef carpaccio E, M

with tarragon mayonnaise and deep-fried capers

### 🌿 Baked and pickled beets SE, SU, N (CASHEW NUT)

with mizo salad and vegan hollandaise

### Red fish soup F, SK, M, S

with cod and shrimps

## MAIN COURSE

### Rosemary roasted shoulder of lamb from Hellesylt M

with roasted oyster mushrooms and cream sauce

### Pan-fried catfish from Meløy F, M, S, SK

with butter-fried scallops and shellfish sauce

### 🌿 Beetroot bourguignon S, SU, SE, G (OATS)

with cabbage and mashed potatoes

## DESSERT

### Blueberry mousse on a nut base E, G (WHEAT), M, N (ALMOND)

with vanilla cream made from Nýr

### 🌿 Blueberry mousse on a nut base SO, N (ALMOND)

with vegan vanilla cream

### Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade carrot marmalade

### Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

HONNINGSVÅG





## SÁMI FOOD CULTURE

The Sámi have a rich food culture with centuries-old traditions that still thrive today. Living mostly in the Sápmi territory of northern Scandinavia, they've had to survive on whatever the tundra provided, so their oldest dishes mainly contain fish, game, berries, and herbs. In the 19<sup>th</sup> century, many of the Sámi began a lifestyle of reindeer herding. Since then, reindeer has been a staple in the Sámi diet.

The Sámi view themselves as a part of nature rather than above or outside it. Because of this, they live a sustainable life, treating the natural world with respect. Eating authentic Sámi food is a great way to participate in this culture and one of the most wonderful – and tasty – ways to create precious memories while travelling.

## MUSSELS FROM SNADDER AND SNASKUM

Until the 1980s, mussels were considered little more than bait in Norway. One man changed all that: Magne Hoem. He first discovered how delicious this shellfish can be on a canoe trip in Trøndelag in 1975. Since then, Magne – and Norway – hasn't looked back.

Magne established Snadder and Snaskum in 1980. Many locals thought he was mad to try to make a business out of mussels. That year, Snadder and Snaskum produced 3 tonnes of mussels. Now, they are Norway's oldest supplier of mussels, producing over 600 tonnes of the shellfish per year – and Magne is just as passionate about mussels as he was when he first put those mussels in a pot on that canoe tour almost 50 years ago.

## REINDEER

Magnificent reindeer know no international borders, and traditionally both they and the nomadic Sámi people who herd them have travelled freely across northern Scandinavia. The Sámi people make use of every part of the reindeer, from the fur for clothing to the meat for food.

Reindeer are perfectly adapted to the subarctic climate and their fur is almost completely waterproof. With twice the nutritional content of beef, the same fat content as chicken, and the same number of vital acids and vitamins as white fish, reindeer meat is almost too good to be true. It tastes delicious too – rich and tender. The reindeer on today's menu comes from the vast reindeer herding areas in Finnmark in the far north of Norway.

## MYDLAND

Established in 1920 as a shop in the city of Tromsø, Mydland was founded by Henrik Mydland to produce meat products and provide meat provisions to passing ships. Today, it remains a family business and one of the region's strongest brands – a low production, high-quality boutique producer of delicacies such as cold meats, cured meats, and sausages.

For many years, Mydland has supplied us with meat products to be enjoyed by our guests on board. The business is now run by the fourth and fifth generations of the family and Henrik's core values of tradition, competence, and quality still stand strong. Most members of the family continue to work in the company and all share a philosophy that "quality gives more taste"

## STARTER

### Sámi láibi bread F, E, M, G (WHEAT, RYE)

with herring and mustard sauce

### Venison paté from Mydland S, SE, G (WHEAT, RYE)

with Cumberland sauce and sourdough

### Multi-coloured tomatoes SU

and fresh Norwegian mozzarella

### Mussel soup B, M, S

from Snadder and Snaskum in Rissa with root vegetables and lovage

## MAIN COURSE

### Cut of reindeer M, S

with pickled radish and chives

### Salted tusk fish F, SU, SE

with carrot, savoy cabbage, and a split oil sauce

### Lentil roast SE, S, SU, G (WHEAT, OATS)

with grilled fennel and chive sauce

## DESSERT

### Chocolate anglaise M, E, G (WHEAT)

with cloudberry coulis, smoked kelp, and dry waffles

### Vegan chocolate anglaise SO, G (WHEAT), N (ALMOND)

with cloudberry coulis, smoked kelp, and crystallised almonds

### Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade carrot marmalade

### Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

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FLORA

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BJØRNØYA



## DULSE

Many coastal communities have long used seaweed and kelp for both culinary and medicinal purposes, and Norway is no exception. Dulse, or søl in Norwegian, is mentioned in the Norse sagas. The Vikings would sometimes pair it with mead or mix it with flour and bake it into bread. They would also boil it together with dried cod heads to make animal feed.

This red algae is known for its versatility. Each preparation method brings out different flavours. When dried and pan fried, dulse takes on a meaty, smoky flavour – hence the nickname ‘sea bacon’ – making it a great meat substitute in a plant-based diet. Dried dulse is also eaten as a healthy snack, with many comparing its taste to that of liquorice and nuts.

## BORSCHT

*Borscht*, a delicious sour-tasting soup, has been through many incarnations over the centuries. Originally, it was prepared from the pickled stems, leaves, and flowers of heracleum. If you're from the northern hemisphere, you might have seen heracleum growing in hedgerows and meadows, but you probably know it as hogweed or cow parsnip.

The earliest known recipe for borscht was put to paper towards the end of the 18<sup>th</sup> century, by a Polish chef who made it for Polish aristocrats. Since then, the soup has developed into several varieties and is common across Eastern Europe, Russia and Central Asia where it's served with sour cream. But the main ingredient is usually beetroot, which is a popular food in Norway. This beetroot-based version is the one you will be served today.

## LOVAGE

Originally from the Mediterranean, lovage arrived in Norway with monks in the Middle Ages and was later adopted by farmers and horticulturalists. This intense herb is easy to grow and the leaves, roots, and seeds are all edible. The name derives from ‘love ache’ (‘ache’ is a medieval term for parsley). Lovage is supposed to be an effective aphrodisiac, hence its other moniker, ‘love herb’.

Its distinct and delicious flavour – like celery with a hint of liquorice – works especially well with fatty fish, meat, chicken, and soups. Norwegian Livèche chickens are even given lovage in their feed – it adds an incredible flavour to the meat. Or you can simply taste it steeped in a cup of hot water as tea.

## PASTRAMI SALMON

It's not entirely wrong to think of pastrami as American. The classic New York deli made from cured, smoked and seasoned beef was an innovation of Romanian immigrants who came to the United States in the late 1800s. But chefs have started using the same curing technique on lamb, vegetables, and seafood, especially salmon – a protein that responds well to both curing and smoking.

For good reason, we have proudly had this pastrami salmon dish on our menus for a long time. It has an incredible flavour profile of fennel seeds, coriander seeds, star anise, and peppercorn. Pickled fennel brings acidity, and a creamy egg custard balances the whole dish. Salty, sweet, and sour. One of the signature dishes of Norway's Coastal Kitchen.

## STARTER

**Pastrami salmon** F, E  
with pickled fennel and egg cream

**Beef tongue** E, SE, SU  
with pickled mushrooms and lemon mayonnaise

**Root vegetable terrine** S, N (HAZEL NUT)  
with tomato, spring onion, and parsley oil

**Borscht soup** S, M  
with sour cream from Røros

## MAIN COURSE

**Poached chicken** S, M  
with lovage, glazed vegetables, and sherry sauce

**Arctic char from Sigerfjord** F, M  
with fried fennel and Sandefjord butter sauce

**Potato and quinoa cake** G (OATS)  
with dulse seaweed dip and tomato pesto

## DESSERT

**Plum tart** E, M, G (WHEAT, BARLEY)  
with vanilla ice cream

**Plum compote** G (WHEAT, BARLY, OATS)  
with vegan vanilla ice cream

**Short-travelled cheese** ASK YOUR WAITER  
from local producers along the coast, homemade carrot marmalade

**Ice cream and sorbet** ASK YOUR WAITER  
from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

LONGYEARBYEN



## CHORIZO

Chorizo hails from the Iberian Peninsula but has found its way into dishes all over the world, including Norway. Here, the preparation of chorizo is familiar to Norwegians who have smoked meat since time immemorial. Chorizo sausages are hung in the smoke over the fireplace, as they have been for centuries. Smoking sausages over glowing wood takes at least 10 days. The slower and more evenly the sausage is smoked, the better the smoke aroma can penetrate the sausage.

As a fermented, cured, smoked meat, chorizo can be sliced and eaten uncooked or added as a flavoursome ingredient to other dishes. In Norway, we like to pair it with white fish such as cod and haddock.

## BOTTARGA

Traditional *bottarga*, the salted and dried roe of grey mullet or tuna, hails from the Mediterranean. But when Jonas Juselius, originally from Finland, first heard about this delicacy, in the winter of 2000, he decided to create his own – with a Scandinavian twist. After experimenting, he shared his idea with Joakim Wikström, from Sweden. The pair founded their company Hrogn in Tromsø and started producing their 'Bottarga Boreale'.

'Bottarga Boreale' is made from skrei roe, handpicked fresh from fishing boats from January to April, salted and dried outside in the brisk Arctic wind on traditional drying racks called *hjell*. Allowed to slowly mature over 15 weeks, the roe develop a great umami flavour and complexity that's especially delicious with pasta, on omelettes, or in mayonnaise.

## DEHYDRATION

People have been preserving food through dehydration for a long, long time – probably since the first Stone Age man brought home more meat than his family could eat before it rotted. The technique involves drying food over time in the sun and wind. Crucially, no nutrients are lost in the process.

Most vegetables, fruit, and meat can be preserved this way. Dried food of any kind is ideal for travelling as it takes up little space and is generally easy to carry. One great candidate for dehydration is mushrooms, which spring back to their original consistency when added to soups and stews. Dried fish is a major part of north Norwegian heritage, and the Sámi also have a long tradition of drying reindeer meat.

## CLOUDBERRIES

Arctic Gold, Autumn's Gold, Mountain's Gold: their nicknames tell you how highly prized cloudberrries are in Nordic culture. They grow wild in the marshlands of the northern hemisphere and are notoriously hard to forage for and practically impossible to cultivate. Good foraging spots are closely guarded secrets.

Ripe cloudberrries are amber hued, juicy and look a little like a raspberry. The taste is unique, an unmistakable combination of sweetness and tartness. Norwegians have loved cloudberrries since at least the Vikings, who took them on voyages to help prevent scurvy – not only are cloudberrries delicious and rare, they're also packed with vitamin C as well as high levels of zinc, magnesium, and beta carotene. No wonder they're considered a treasure of the Norwegian coast.

## STARTER

**Snow crab** E, G (WHEAT), SE, SK  
with brioche and lemon-bottarga mayonnaise

**Cured reindeer from Mydland** M, SE, SU  
with horseradish cream and dehydrated mushroom powder

 **Creamy Norwegian mushroom ragout** SU, SO, SF, G (WHEAT, RYE)  
with crispy rye bread

**Broccoli soup** S, M, SE  
with crispy Norwegian chorizo

## MAIN COURSE

**Lightly smoked duck breast** SU, M, S  
with beetroot and thyme sauce

**Fried salmon** SU, M, S, F, E  
with crispy salted cucumber and butter sauce

 **Mushroom risotto** SU, S  
with artichoke and white asparagus

## DESSERT

**Norwegian waffle cookie** E, M, SU, G (WHEAT)  
with cloudberry cream and aquavit syrup

 **Vegan Norwegian waffle cookie** SO, N (ALMOND)  
with cloudberry cream and caramelised almonds

**Short-travelled cheese** ASK YOUR WAITER  
from local producers along the coast, homemade carrot marmalade

**Ice cream and sorbet** ASK YOUR WAITER  
from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard  
S: Celery SF: Sesame SU: Sulphite L: Lupin E: Eggs

Please notify your waiter of any additional allergen or dietary requirements



FLORA

DINNER MENU

NY ÅLESUND





## LANGE

Commonly found along the Norwegian coast in the cold North Atlantic Ocean, the ling is distinguished by its long, narrow body and short fins. Living at depths between 985 and 1640 ft (300 and 500 metres), this deepwater fish is often caught as bycatch in the nets of fishermen who are looking for other fish species.

Nevertheless, ling makes a tasty meal of its own. Its firm, white flesh bears a resemblance to cod, and can be served fresh, salted, or dried. The salted roe of the common ling is considered a delicacy in Spain, where it's known as *huevas de maruca*. The fish itself can be made into lutefisk by drying and salting it before ageing it in lye – a traditional dish you'll only find in the Nordics.

## SEA BUCKTHORN

There is no end to sea buckthorn's list of goodness. Nutritionally, it's said to be one of the most powerful plants on the planet. Each bright-orange berry contains more vitamin C than an orange, as well as being rich in vitamins E, B1, and B12. The berries also pack more Omega 7 fatty acids than fish and macadamia nuts. Even the leaves contain 15% protein, and every part of the plant can be used as dye.

It tastes good too. The tangy, sharp flavour is delicious in juice, jam, jelly, and spirits. No wonder sea buckthorn is known as 'the passionfruit of the Nordics'. The wonderful yoghurt and sea buckthorn ice cream on our menu is made by Gangstad Gård in Trøndelag.

## ASTRID REGINE NÄSSLANDER

Several of the delectable dishes on our menus, such as the smoked halibut and elk sausage, have been developed by innovative local food artisan and award-winning chef Astrid Regine Næsslander. Astrid works closely with Hurtigruten as one of our esteemed Culinary Ambassadors for Norway's Coastal Kitchen.

Inspired by a 'less but better' philosophy honed as head chef at a prestigious hotel, Astrid purposefully restricts her creative recipes to only use ingredients that are in season and with minimal waste. From her food workshop Høst on the island of Steigen, she advocates for a short-travelled, circular economy based on 'old-fashioned common sense'; such as sourcing milk directly from a dairy farmer and meat from local elk hunters rather than the standard 'supermarket way'.

## PAVLOVA

Pavlova is a relatively new tradition in Norway but, come Constitution Day on 17 May, you would be forgiven for thinking Norwegians had invented this delicious mound of meringue, whipped cream, and fruit! As part of the national festivities, Norwegians binge on pavlova topped with blueberries, raspberries, and strawberries – colours that make up our national flag. The light, sweet dessert has become a Constitution Day staple alongside the children's parades, hot dogs, and *bunad* (traditional costumes).

It's not known for sure if pavlova originated in Australia or New Zealand. But we can agree that it was named after the Russian ballerina Anna Pavlova who made a visit Norway in the 1920s – around 100 years after Norway's new constitution was signed, marking the nation's independence from Sweden.

## STARTER

**Lightly smoked halibut** F, M, G (WHEAT)  
with dill-stewed potatoes and caper chips

**Roast beef** M  
with honey-roasted radish, virgin butter, and Jerusalem artichoke chips

**Carrot tart** M, N (ALMOND), G (WHEAT)  
with spinach purée and almonds

**Onion soup** M, S, SU, G (WHEAT, RYE)  
with cheese and mustard croutons

## MAIN COURSE

**Ox flank steak** S, M, SU  
with sautéed vegetables and red wine sauce

**Common ling fish** F, M, E, SU  
with salt-baked beetroot and hollandaise

**Fried chickpea cake** E, SO, G (WHEAT)  
with bean cassoulet and spring onions

## DESSERT

**Pavlova** E, M, SU  
with forest berry compote and sea buckthorn cream

**Caramelised apples**  
with salted caramel and whipped gryr

**Short-travelled cheese** ASK YOUR WAITER  
from local producers along the coast, homemade carrot marmalade

**Ice cream and sorbet** ASK YOUR WAITER  
from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

NORWEGIAN SEA



## KELP

Growing beneath the surface of most of the world's oceans are dense forests of kelp and seaweed. Historically, this underwater vegetation was used as animal feed and fertiliser. More recently, it has found use as a bioenergy source. In Nordic countries, it's also used for food, traditionally served raw, dried, or cooked, with dried fish, milk, and bread or potatoes and butter.

Norway's shores are home to almost 500 species of seaweed, many of which are edible. The best ones you can eat are sugar kelp, winged kelp, sea lettuce, and dulse. Quality varies depending on the water the kelp grows in, so we source our kelp from carefully monitored harvesting locations. This helps with both sustainability and quality.

## POTATO

Now a global staple, the humble potato has a surprising history of controversy in Norway. When it was first brought to the country in the 18th century, it was met with scepticism and superstition. Many blamed the devil for its existence, while others were uncertain about which parts of it were actually edible. Growing potatoes was a sign of poverty, and most farmers refused to use their valuable land to grow potatoes instead of grain.

Following royal orders, members of the clergy started educating local people about this underground vegetable and encouraging its cultivation. They came to be called "potato priests" and were instrumental in making the potato a normal part of Norwegian life. Nowadays, so many dishes rely on potatoes that it's difficult to imagine Norway without them.

## OLD STEAK

An enduring staple of the northern Norwegian diet, old steak likely gets its name from the long ageing process the meat goes through before being cooked. In times past, the fishermen of Lofoten and Vesterålen were even known to hang legs of lamb on the masts of their boats. The lamb would dry in the sea air as they worked, a reminder of the tasty reward waiting for them at the end of their trip.

You won't see any meat hanging from the mast of your Hurtigruten ship though. We source our lamb from Mydland in Tromsø, where it is salted and hung for four to six weeks. Once aged, the lamb is especially delicious served with flatbread, sour cream, and lingonberries.

## SUCCESS TART

The success tart certainly has an apt name given how well this dessert goes down at all kinds of festive occasions. Whether for Norway's National Day on 17 May, birthday parties, or wedding receptions, any good cake table in Norway won't be without a gorgeous success tart.

Thought to have originated in northern Norway, the tart is comprised of an earthy biscuit base topped with a creamy vanilla custard that has been whipped together with generous dollops of butter. Some like to add almonds to the base and to top the custard with a few streaks of melted chocolate. Thanks to its creamy custard topping, success tart often appears at Easter, which, inspired by spring's first bloom of daffodils, Norwegians tend to associate with the colour yellow.

## STARTER

### Pickled char E, SE, F

with marinated pumpkin, puffed rice, and smoked kelp mayonnaise

### Pork terrine SU, M, G (WHEAT, RYE), N (HAZEL NUT)

with caramelised onions and pea purée

### Seaweed-inspired niçoise salad SU, SE, SF, SO, G (WHEAT)

### Potato and leek soup SU, S, M

with truffle seaweed and crispy potato

## MAIN COURSE

### Norwegian dry-aged 'old steak' M, S, SU

with parsnip purée and rosemary greens

### Haddock F, SE, E, G (WHEAT)

with herb crust, seasonal vegetables, and a smoked kelp emulsion

### Impeckable vegan chicken breast SO, SE, SF

with roasted potato cake and chipotle dressing

## DESSERT

### Norwegian custard 'Success Tart' E, M, G (WHEAT), N (ALMOND)

with sea buckthorn and yoghurt sorbet

### Vegan raspberry mousse N (ALMOND)

with dark chocolate and crystallised almonds

### Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade carrot marmalade

### Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

TROMSØ



## SARDINES

It's often said that Stavanger was built on oil, but we'd argue that canned sardines are just as vital. Back when the industry was at its peak in the 1920s, over 70% of Norway's exported canned fish came from Stavanger. Though few canning plants remain, sardines are one of the world's most important commercial fish species, so they're still an essential Nordic export.

Sardines include several species of small, oily fish in the herring family. They sometimes migrate along the coast in vast schools, which means that when they're found in the Norwegian shallows of the North Sea, fishermen can catch a large amount at once. After being caught, these fish can be served fresh, or preserved through drying, salting, smoking, or canning.

## PRINCES CAKE

Prince's cake is Norwegian cake tradition at its best, consisting of soft, short-crust pastry and a fragrant almond filling. As usual in Norway, there are different recipes from family to family with some using rum in the almond filling while others prefer roasted almonds.

Prince's cake was originally created by Erichsen's patisserie in Trondheim in 1856. At the time, almonds, which are not native to Norway, were such an exotic ingredient that the recipe for Prince's cake was a closely guarded secret. The cakes themselves were so exclusive and desirable that they were sold in wooden boxes to hide them from prying eyes and fingers. Given this reputation, it's no wonder Prince's cake has become one of Norway's most popular treats, usually served at Christmas and other festive occasions.

## BARLEY

One of the world's oldest cultivated grains, barley has been farmed for over 10,000 years, and is the fourth most widely cultivated cereal in Norway today. The country's landscapes include mountains and valleys and everything in between, so barley's ability to be grown at both high and low altitudes makes it a versatile grain, and an invaluable food source in the highlands. It's known to grow faster than other cereal species and can even be farmed in the harsh conditions of the Arctic.

Many traditional Nordic recipes that are often made with wheat, rye, or oats, like flatbread and sour cream porridge, can be made using barley. Beer is also made from barley, and it's grown in many parts of Norway specifically for the purpose of brewing.

## CHEF APPRENTICES

Hurtigruten offers the largest number of maritime apprenticeships in Norway, which includes chef apprentices who start their culinary career in our ships' galleys. The experience of cooking for hundreds of guests each day helps to sharpen their skills and food knowledge. We're proud to have been voted Learning Company of the Year by the National Association of Cooks of Norway several times.

In recent years, our chef and wait staff apprentices have been representing us at the Norges Cup held in Stavanger. There is a lot of hard work and many weeks of training involved, but our apprentices regularly qualify to compete at this prestigious competition – a huge achievement. For 2023, congratulations go to our chef apprentices Gaute, Jonas, and David for representing Hurtigruten and Norway's Coastal Kitchen.

## STARTER

### Norwegian sardines F, SE

with mustard and potato salad

### Grilled lettuce gem salad M, SE

with Umberto ham from Mydland, mustard and sour cream

### Crispy asparagus bean salad N (ALMOND)

with almonds and fresh herbs

### Jerusalem artichoke soup M, S, SU, SK

with shrimps from Helgeland

## MAIN COURSE

### Beef roast M, S, SE, E

with pickled carrots, celery root cream, and herbal emulsion

### Dried fish from Halvors M, S, F

with pea purée of Norwegian peas and tomato vierge

### Byggotto' barley risotto S, G (BARLY)

with peas, parsley root, and tomato vierge

## DESSERT

### Norwegian almond 'Prince Cake' E, M, G (WHEAT), N (ALMOND)

with coffee cream and fresh berries

### Vegan Norwegian almond 'Prince Cake' SO, G (WHEAT), N (ALMOND)

with vegan coffee cream and fresh berries

### Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade carrot marmalade

### Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

SVOLVÆR





## COD TONGUES

The schoolchildren of Lofoten have a fascinating way of making money during the winter months. Rather than taking a formal part-time job, these kids spend their winter holiday on the docks, waiting for the cod hauls to come in. Once they arrive, the children get to work extracting from the fish heads a prized local delicacy: cod tongues.

These youths are known as *tungeskjaererne*, or tongue cutters, and their lucrative pastime is actually a tradition with deep roots in the local culture. Many north Norwegian-born adults have fond memories of doing this job when they were growing up. We used to eat large numbers of cod tongues, savouring their tender texture and meaty flavour, and we're glad to bring this cultural delicacy back aboard our ships.

## THICK MILK FROM RØROS

*Tjukkmjøl*k, thick milk, is a fermented milk product with a yogurt-like consistency that has long been an integral part of the Norwegian diet, perhaps as far back as the Vikings. With an acidic flavour, it's usually eaten for breakfast, though it can also be served alongside meat such as sausages.

Røros Tjukkmjøl has been produced in the UNESCO World Heritage mountain village of Røros since 1850. A few years ago, the dairy there ran out of their unique *tette* starter culture, crucial in giving thick milk its consistency. A desperate plea went out to the Norwegian public asking for help. There was an incredible nationwide response and production was eventually saved – a testament to how dear thick milk is to our hearts!

## ARTICHOKE

A domesticated species of thistle, many consider the artichoke to be the tastiest of all vegetables. It's native to the Mediterranean area where it has been cultivated for millennia. It came to Norway during the 17<sup>th</sup> century and has been farmed here ever since. Though it can be eaten raw, it's most often served in Norway as part of a cooked dish.

The artichoke even has an origin story in Greek mythology: Zeus saw a girl named Cynara bathing on the beach when visiting his brother Poseidon. Immediately in love, he took her back to Mount Olympus as a goddess but was enraged when she sneaked out to see her mother. As punishment, he turned her into an artichoke. This story is referred to by the vegetable's modern scientific name, *Cynara cardunculus*.

## LINGONBERRIES

From the end of July to the end of September, these firm, small, bright red berries carpet the ground throughout the forests of Scandinavia. After the short, intense summer, they are ready to be picked.

Bitter, sweet, and absolutely necessary for a number of Norwegian dishes, fresh lingonberries are a delicacy in our kitchens and are perfect with meat and game. They are packed with the health-giving substances vitamin E, vitamin C, and pectin. Thanks to the presence of benzoic acid, they have a somewhat tart taste. This acid also means that lingonberries have a longer shelf life, without the need for preservatives. As a bonus, lingonberry plants are very attractive and can be grown decoratively too.

## STARTER

**Crispy fried 'cod tongues'** F, M, E, SE, SU, G (WHEAT)  
with cabbage salad and homemade remoulade

**Gin-cured cut of reindeer** M, SU, G (WHEAT, RYE, BARLEY)  
with lingonberry cream and rye crumbs

**Artichoke hearts** SU, SE, G (WHEAT, OATS, BARLY)  
with confit porcini mushrooms, cabbage salad, and fried capers

**Celery root soup** S, M  
with fried yeast and elk sausage from Høst food artisan

## MAIN COURSE

**Norwegian porchetta** M, S, SU  
with fermented cabbage and cheese sauce

**Lightly smoked halibut** F, M, S  
with stewed kale and vanilla-based butter sauce

**Sweet potato and chickpea steak** S, SU  
with kale and creamy beetroot sauce

## DESSERT

**'Thick milk' pudding** M, G (WHEAT, OATS)  
with oatmeal crisps and spice-pickled cherries

**Vegan 'thick milk' pudding** G (WHEAT, OATS)  
with oatmeal crisps and spice-pickled cherries

**Short-travelled cheese** ASK YOUR WAITER  
from local producers along the coast, homemade carrot marmalade

**Ice cream and sorbet** ASK YOUR WAITER  
from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

BRØNNØYSUND



## SODD

One of the national dishes of Norway, this soup originated in Trøndelag, and has been the traditional main course at special occasion banquets like weddings and confirmations for centuries. From ancient times right up until the 1970s, local village chefs kept this tradition alive, and whenever there was a party in the village, they would make *sodd* for the guests.

The name *sodd* is likely derived from the old Norse word *sjoda*, meaning 'to boil', which is the main step in the soup's preparation. First, we make a broth using beef or mutton. After seasoning the broth with salt, pepper, and other herbs, we boil meatballs in the stock to serve with potatoes and carrots, plus some *skjenning*, a type of Norwegian flatbread, on the side.

## PICKLING

A 4,000-year-old tradition, pickling began in ancient Mesopotamia as a way to preserve food. Nowadays, pickled food can easily be found in supermarkets, so most people have little experience of pickling from scratch. All it takes is a good brine and something to preserve. The classic choice is cucumbers, but other fruits and vegetables work well too, like beetroot, carrots, onions, and even mushrooms. In Norway, herrings are pickled for Christmas dinners.

To be effective at preserving the vegetables, the brine needs to be acidic. A good recipe to start with uses a 1:2:3 ratio: one part vinegar, two parts sugar, and three parts water. If you like, you can also personalise your preserves by adding some flavourings, like pepper, allspice, bay leaves, and ginger.

## HONEY

Humankind's relationship with bees goes back millennia. Collecting honey is referenced in 12,000-year-old Spanish cave paintings, while the world's oldest-known honey was found in a noblewoman's tomb in Georgia; it's 5,500 years old.

In Norway, honey cannot legally be called honey if it's been pasteurised. And Norwegian beekeepers have pledged to keep their produce pesticide free. Honeys made in different parts of the country have their own unique tastes, depending on the season. Bees that feed on the heather of marshland areas, for example, produce honey that tastes noticeably stronger. The result is pure, sustainable honey from producers that support these vital pollinators in a world where the bee population is in danger of collapse.

## FENNEL

Humankind's appreciation for fennel is well evidenced throughout history. Archaeological excavation in Oslo's Old Town found fennel seeds dating back to around 1250, and it has been grown for millennia across large parts of Europe, North Africa, and Asia. No wonder – it's an incredibly useful herb.

Rich in Vitamin C and manganese, fennel is thought to have antibacterial, anti-inflammatory, and antioxidant effects. The Ancient Greeks and Romans used it as insect repellent and to give courage to warriors. In India, the seeds are chewed to clean the mouth. Folk medicine prescribes it for indigestion, coughs, and to increase milk production in nursing mothers. Its distinct aniseed-like flavour goes beautifully with everything from potato and vegetable dishes to pork, lamb, cabbage, and pickles.

## STARTER

**Hot smoked char from Sigerfjord** F, E, SU  
with dill mayonnaise and pickled pumpkin

**Cured and smoked duck breast** M, SU  
with fennel and sweet potato purée

**Green gnocchi** G (WHEAT), N (CASHEW NUT)  
with cashew dip, herbal oil, and beetroot chips

**Sodd soup** M, G (WHEAT, RYE, BARLY, OATS)  
with Norwegian skjenning flat bread

## MAIN COURSE

**Braised wild boar leg** SU, S, M, G (WHEAT, BBARLY)  
with honey-glazed root vegetables and beer sauce

**Herb-baked lightly salted cod** F, M, SU  
with bottarga risotto and radish

**Smoked aubergine** SO  
with fried chickpeas and fermented root vegetables

## DESSERT

**Brown cheese cake** M, SU, G (WHEAT, BARLY, REY), N (WALNUT)  
with pear compote and skjenning ice cream

**Vegan millefeuille**  
with pear and Norwegian berries

**Short-travelled cheese** ASK YOUR WAITER  
from local producers along the coast, homemade carrot marmalade

**Ice cream and sorbet** ASK YOUR WAITER  
from local producers along the coast, with meringue and berries

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