

A close-up photograph of a young woman with her eyes closed, resting her head on a white towel. A large, ornate gold trophy is placed on her forehead, partially covering her eyes. The trophy has a circular base with a logo and a decorative handle. The background is softly blurred, showing more white towels.

SPORTS MENUS

PRICES UP TO AND INCLUDING 16 YRS OLD

| | |
|------------------------------------|---------|
| Sports meny 2 course..... | 235 NOK |
| Sports menu 3 course..... | 315 NOK |
| Sports buffet** | 355 NOK |
| 2 course sports buffet*..... | 255 NOK |
| Lunch box..... | 95 NOK |
| Meal with cereals and yogurt..... | 105 NOK |
| Meal with bread and cold cuts..... | 115 NOK |
| Fruit /per piece..... | 15 NOK |

Meals served outside the kitchen's opening hours must be agreed with Scandic and will be charged NOK 85 per person. Coffee is included in the menus and buffets.

* Served as a plated dish for groups of up to 30 people. As a buffet for more than 30 people.

** Served for groups of more than 30 people.

PRICES OVER 17 YRS

| | |
|-------------------------------------|-------------------------------|
| Sports menu 2 courses..... | 235 NOK |
| Sports menu 3 courses | 315 NOK |
| Sports buffet**..... | 355 NOK |
| 2 course sports buffet*..... | 310 NOK |
| Lunch box..... | 95 NOK |
| Match food 1..... | Must be agreed with the hotel |
| Match food 2..... | Choice of protein 495/760 NOK |
| Meal with cereals and yogurt | 125 NOK |
| Meal with bread and cold cuts | 135 NOK |
| Fruit/ stk..... | 15 NOK |

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3-COURSE SPORTS MENU-1

Pumpkin soup with roasted pumpkin seeds and yogurt. Served with whole grain bread and butter

Contains: *Sl, L (milk), G (wheat, oat, rye)*

Grilled chicken breast with Garganelli, olives, tomatoes, snow peas and feta cheese

Contains: *L (milk), E, G (oat)*

Fruit salad with vanilla quark and caramelized nuts

Contains: *L (milk), N (hazel, almonds)*

Can be converted into two dishes, the whole company must choose the same

Allergens: G=Gluten L=Lactose E=Eggs S=Shellfish F=Fish P=Peanuts N=Nuts
So=Soy Sl=Celery Sn=Mustard Se=Sesame Su=Sulphites Lu=Lupines B=Molluscs

3-COURSE SPORTS MENU-2

Barley risotto with cured ham, mushrooms, rocket salad and roasted almonds

Contains: L (milk), G (barley), N (almonds), Su

Fried cod with potato cream, broccoli, red onion and green beans. Warm vinaigrette

Contains: F, L (milk), Su

Yogurt mousse with Granola and fresh berries

Contains: G (wheat), L (milk), N (hazel, almonds)

Can be converted into two dishes, the whole company must choose the same

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SPORTS BUFFET

Salad bar

Mixed salad, cucumber, tomatoes, pickled red onion, olives, cheese, corn, croutons, baked cauliflower and 2 dressings

3 premade salads

Pasta salad with chicken, quinoa salad/ bulgur salad with smoked salmon, herbs, eggs and yoghurt dressing, Caesar salad

2 pcs proteins (1 meat and 1 fish)

5 types vegetables, rice, potatoes and 1 sauce for each protein

2 sweet temptations

Bread buffet with butter and margarine



2-COURSE SPORTS BUFFET

ALT 1

Roasted Salmon with ginger pickled cucumber, salad, whole grain couscous, tomatoes, olives and Quinoa salad with curry yogurt

Contains: G (wheat), L (milk), Su

Baked apples with vanilla sauce

Contains: L (milk), E

ALT 2

Taco-evening ground beef, whole grain tortilla, salsa, guacamole, light sour cream and salad buffet with greens, corn, tomatoes, cucumber, red pepper and onion

Contains: G (oats), E

Grilled pineapple with cilantro and vanilla quark

Contains: L (milk)

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2-COURSE SPORTS BUFFET

ALT 3

Grilled chicken drumstick and wings with Asian flavour served with chili noodles, soy, garlic, sesame oil, roasted sesame seeds, snow peas, beans, red pepper and pineapple

Contains: E, G (wheat), So, Se, Sn, Su

Bircher muesli with apple compote

Contains: L (milk), G (wheat, oats), N (hazel)

ALT 4

Lasagna with whole grain pasta, ground beef and our salad buffet with greens, red pepper, cucumber, corn, barley, red onion, olive oil and dressing

Contains: L (milk), G (wheat, oats), E, Sn, Su

Semolina pudding with red sauce

Contains: L (milk)

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2-COURSE SPORTS BUFFET

ALT 5

Hamburger buffet with wholegrain buns, salad buffet with greens, tomato, red onion and pickles, oven baked herb potatoes, homemade cocktail sauce and mustard vinaigrette

Contains: G (wheat, oats), E, Su, Sn

Yogurt panna cotta with raspberries

Contains: L (milk)

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LUNCH BOX

Eating a balanced and nutritious meal in the middle of the day is important when keeping your energy level up. Feel free to make a lunch box.

Make it both healthy and tasty –may we tempt you with a pastry?

But remember –everything should be eaten so that we together avoid food waste.

The waiter will provide wrapping for the food and will take your payment.



MATCH FOOD 1

Must be agreed with the hotel.
Prices on request.

MATCH FOOD 2

Buffet consisting of:

- 2 types of bread, fine and wholegrain, cheese, ham and turkey spread, butter, margarine, jam and whole fruit
- Pasta dish with 2 sauces
- Choice between chicken breast and beef fillet, with vegetables, potatoes, rice and 2 sauces. Some portions of fish are available.
- Small salad bar with green salad, tomatoes, corn, cucumber, grated cheese, olives, sour cream dressing and vinaigrette
- Cereal and yogurt
- Buffet with chicken as protein: **NOK 495,-**
- Buffet with beef as protein: **NOK 760,-**





CEREAL AND YOGURT

Yogurt

2 types of muesli

2 types of dried fruit or nuts

1 type of cut fruit

1 whole fruit

Milk

Coffee

Water

Contains: L (milk), G (wheat, oat), Su

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BREAD MEAL

Coarse bread

Butter

East

Ham

Jam

Fruit

Sliced tomatoes, cucumber, paprika

Milk

Orange juice

Coffee

Contains: L (milk), G (wheat, oat), Su

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