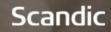
SPORTS MENUS



Scandic 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.

Scandic

PRICES OVER 17 YRS

Sports menu 2 courses	235 NOK
Sports menu 3 courses	315 NOK
Sports buffet**	355 NOK
2 course sports buffet*	
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	
Meal with bread and cold cuts	135 NOK
Fruit/ stk	

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.

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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



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



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)



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)



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)



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.



Scandic

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



BREAD MEAL

Coarse bread Butter East Ham Jam Fruit Sliced tomatoes, cucumber, paprika Milk Orange juice Coffee

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