

A woman with her eyes closed, wearing a white bathrobe, is lying down and holding a large, ornate gold trophy. The trophy has a circular emblem on its side. The scene is set against a soft, white background, suggesting a hotel room or spa setting.

SPORTS MENUS

PRICES

• Sports menu 2 course	225,-
• Sports menu 3 course	305,-
• Sports buffet	345,-
• 2 course Sports buffet	245,-
• Match food	**
• Meal with cereals and yogurt	95,-
• Meal with bread and cold cuts	115,-
• Fruit / per piece	10,-
• Coffee included in the menus and buffet	

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** Must be agreed with the hotel.



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, oats, rye)*

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

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

Fruit salad with vanilla quark and caramelized nuts

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

*Allergies: 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 (oats), L (milk), N (hazel, almonds)

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

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SPORTS BUFFET – KR 345,-

- **Salad bar**

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

- **3 premade salad**

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

- **2 stk proteins (1 meat og 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 – KR 245,-

ALT 1

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

Contains: G (oats), 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 – KR 245,-

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

Lasagne 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 – KR 245,-

ALT 5

Hamburger buffet, (veal burger) with whole grain 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 NOK 85,-

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

- Must be agreed with the hotel
- Priced on request



MEAL WITH CEREALS AND YOGURT NOK 95.-

- Yoghurt
- 2 types muesli
- 2 types dried fruits or nuts
- 1 type cut fruit
- 1 fruit
- Milk
- Coffee
- Water

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

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MEAL WITH BREAD AND COLD CUTS NOK 115.-

- Whole grain bread
- Butter
- Cheese
- Ham
- Jam
- Fruit
- Sliced tomatoes, cucumber, red pepper
- Milk
- Orange juice
- Coffee

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

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