

Sommermeny 2018

SPA-HOTELL
VELVÆRE

KALDE RETTER

Cæsarsalat med kylling

Frisk salat, cherry tomater, parmesanost, krutonger og sprøstekt bacon. ALLERGEN: MELK, FISK, SENNEP, EGG, SOYA, GLUTEN

Kr. 170,-

Cæsarsalat med scampi

Frisk salat, permesan, sitron, krutonger og sprøstekt bacon
ALLERGEN: MELK, FISK, SENNEP, EGG, SOYA, GLUTEN, SKALLDYR

Kr. 170,-

Pastasalat med rød pesto

hvit geitost fra Hemsedal, cherry tomater og agurk
ALLERGEN: MELK, SOYA, EGG, GLUTEN

Kr. 155,-

Stor Rekesandwich

Med grønn pesto, agurk fra Skiftun, sitron og egg fra naboens gård. ALLERGEN: MELK, EGG, GLUTEN, SKALLDYR

Kr. 170,-

King Mikal sandwich

Røkelaks, frisk salat, pesto, agurk fra Skiftun (sesong), sitron, eggerøre. ALLERGEN: MELK, EGG, GLUTEN

Kr. 170,-

Club Sandwich

Kylling, bacon, agurk fra Skiftun, tomat, oljedressing med grillet brød. ALLERGEN: MELK, GLUTEN

Kr. 160,-

VARME RETTER

Hjelmelandsburger

Saftig burger med frisk salat, tomat, rødløk, sylteagurk, ovnsbakt poteter og aioli. ALLERGEN: MELK, GLUTEN, EGG

Kr. 195,-

Hvitvinsdampede blåskjell

Med krydrede grønnsaker og hjemmelaget hvitløksbrød
ALLERGEN: MELK, GLUTEN, BLØTDYR

Kr. 165,-

Fiskesuppe "Velvære"

Spekket med havets delikatesser, en god skvett fløte og grønnsaker. Serveres med hjemmelaget hvitløksbrød. ALLERGEN: MELK, FISK, GLUTEN

Kr. 170,-

Spinatsuppe

Med krabbekjøtt, rogn, krutonger og sitron
ALLERGEN: MELK, FISK, SKALLDYR, GLUTEN

Kr. 145,-

Stekt Sterling Kveite fra Hjelmeland

Med smørdampet asparges, sitron, brokkolini ovnsbakte poteter, kremet hvitvins saus med urter og rogn. ALLERGEN: MELK, FISK

Kr. 365,-

Pannestekt fersk laks fra Hjelmeland

Laks med poteter, agurk, tomat og smeltet smør.
ALLERGEN: MELK, FISK

Kr. 295,-

Pepperstekt Ytrefilet (pepperbiff)

Saftig oksekjøtt med sauterte grønnsaker, ovnsbakte poteter og peppersaus. ALLERGEN: MELK

Kr. 345,-

Pannestekt lammecarrè

Smaksrik lammecarrè serveres med rødvinsaus, stekte grønnsaker og ovnsbakte urtepoteter

Kr. 395,-

Dagens 3 retter

Forrett - Middag - Dessert

Kr. 595,-

TIL BARN

Pølse med pasta i tomatsaus

ALLERGEN: MELK, GLUTEN

Kr. 75,-

Pizza Margarita

Tomatsaus og ost. ALLERGEN: MELK, GLUTEN

Kr. 80,-

Pizza Hawaii

Kylling, tomatsaus, ost og ananas. ALLERGEN: MELK, GLUTEN

Kr. 80,-

Ovnsbakt fersk laks fra Hjelmeland

Med agurksalat, ovnsbakte poteter og rømmesaus
ALLERGEN: MELK, FISK

Kr. 80,-

Det er mulig å få flere av våre retter glutenfri – spør din servitør

NOE SØTT

Ferske jordbær fra Fister (Sesong)

Med hjemmelaget vaniljesaus
ALLERGEN: MELK, EGG, NØTTER

Kr. 95,-

Jordbærsuppe

Med iskrem. ALLERGEN: MELK, EGG

Kr. 65,-

Is med frukt

Is med dagens friske frukt, toppet med sjokolade
ALLERGEN: MELK, EGG

Kr. 65,-

Nydelig hjemmelaget Fondant med is

ALLERGEN: MELK, EGG

Kr. 80,-

Plomme- og rababrakompott

Frisk kompott med ferske råvarer, serveres med vaniljesaus

Kr. 95,-



Ryfylke®

Summer menu 2018

SPA-HOTELL
VELVÆRE

COLD DISHES

Cæsar Salad Chicken NOK 170,-

Classic Caesar salad with lettuce, homemade groutons, parmesan, chicken and bacon. ALLERGENS: MILK, FISH, MUSTARD, EGG, SOY, GLUTEN

Cæsar salad Scampi NOK 170,-

Salad with scampi, lettuce, homemade croutons, parmesan, and crispy bacon. ALLERGENS: MILK, FISH, MUSTARD, EGG, SOY, GLUTEN, SHELLFISH

Pasta salad NOK 155,-

Pasta with goat cheese, pesto, cherry tomato and cucumber
ALLERGEN: MILK, SOY, EGG, GLUTEN

Large prawn sandwich NOK 170,-

Fresh shrimp, fresh salad, lemon, boiled eggs from the neighbors farm and delicious bread. ALLERGEN: MILK, EGGS, GLUTEN, SHELLFISH

King Mikal Sandwich NOK 170,-

Smoked salmon, fresh lettuce, pesto, cucumber, scrambled eggs
ALLERGENS: MILK, EGG, GLUTEN

Club Sandwich NOK 160,-

Chicken and bacon with aioli, cucumber, tomato and lettuce.
Grilled bread. ALLERGENS: MILK, GLUTEN

WARM DISHES

Burger Hjelmeland NOK 195,-

Juicy hamburger in a bun with bacon, Jarlsberg cheese, baked potatoes and aioli. ALLERGEN: MILK, GLUTEN, EGG

Mussels steamed in white wine NOK 165,-

Bowl of fresh mussels, vegetables, cream sauce and homemade bread.
ALLERGENS: MILK, GLUTEN, MOLLUSCS

Fish Soup "Velvære" NOK 170,-

Our famous fish soup served with today's catch of fish, vegetables and a good splash of cream. Served with homemade garlicbread. and butter. ALLERGEN: MILK, FISH, GLUTEN

Spesial sommer Spinach Soup NOK 145,-

With crabmeat, roe, lemon and croutons.
ALLERGEN: MILK, FISH, SHELLFISH, GLUTEN

Grilled Sterling white halibut from Hjelmeland NOK 365,-

Grilled with halibut from Hjelmeland, served with buttered asparagus, broccolini, creamy white wine sauce with herbs and roe and ovenbaked potatoes. ALLERGENS: MILK, FISH

Pan Fried Salmon from Hjelmeland NOK 295,-

Fresh salmon from the fjords, served with seasons vegetables, creamy sauce, potatoes and cucumber salad. ALLERGENS: MILK, FISH

Pepper Grilled Sirloin (pepperbeef) NOK 345,-

Served with sautéed vegetables, creamy sauce with brandy and herb roasted potatoes. ALLERGENS: MILK

Pink roasted lamb carrè

Served with sautéed vegetables, redwine sauce and oven baked potatoes

NOK 395,-

Today's 3 courses menu

The chef's 3 courses menu with a choice of meat and fish for the main course.

NOK 595,-

FOR THE CHILDREN

Sausage and pasta

ALLERGENS: MILK, GLUTEN

NOK 75,-

Mini Pizza Margarita

Homemade pizza with tomato sauce, cheese and ham. ALLERGENS: MILK, GLUTEN

NOK 80,-

Mini Pizza Hawaii

Homemade pizza with tomato sauce, cheese, pineapple and chicken. ALLERGENS: MILK, GLUTEN

NOK 80,-

Salmon with potatoes

Fresh Salmon from Hjelmeland, oven baked, cucumber, tomato and melted butter. ALLERGENS: MILK, FISH

NOK 80,-

You can get some of the dishes gluten free – ask your waiter

SOMETHING SWEET

Fresh Strawberries from Fister (seasonal)

Served with vanilla sauce. ALLERGENS: MILK, EGG, NUTS

NOK 95,-

Smooth Strawberry soup

With ice cream. ALLERGENS: MILK, EGG

NOK 65,-

Ice with fruits

Topping with chocolate. ALLERGEN: MELK, EGG

NOK 65,-

Homemade fondant and ice

ALLERGENS: MILK, EGG

NOK 80,-

Plum from local farm and rhubarb compote

Served with vanilla cream

NOK 95,-



Ryfylke®