

# Menu

## RESTAURANT

### TOAST

All served on homemade sourdough

#### ✓ VEGAN

Roasted paprika & aubergine + almond alioli + roasted seeds

Allergens: 3(wheat),7,11

**110 KR.**

#### SPICY TUNA

Tuna + sriracha + koriander + red onion rings + leek hay

Allergens: 1,3(wheat),6,10,11

**110 KR.**

#### B.L.T

Bacon, tomato and salad

Allergens: 3(wheat)11

**120 KR.**

#### NORWEGIAN WINTER

Fenalår, Jarlsberg cheese, chutney & crispy quinoa) Also available without meat

Allergens: 1,2,3(wheat)11

**120 KR.**

#### ✓ HAPPY THREE FRIENDS

3 red, brown and beluga lentil salad with avocado, tomato & sprouts

Allergens: 3(wheat)

**115 KR.**

### KIDS MENU

#### FISKEPINNER

**98 KR.**

#### PASTA

(white sauce or tomato sauce)

**98 KR.**

### DESSERTS

Ask us about today's sweets

### SNACKS

#### ✓ SEITAN KEBAB

Tahini sauce + onion bhaji.

Allergens: 3(wheat),5

**105 KR.**

#### ✓ DIPPING PLATE

2 kind of dips, hummus and sweet potato, crunchy veggies and homemade knekkebrød

Allergens: 5,7,9

**95 KR.**

#### ✓ ROOT CHIPS

**45 KR.**

#### ✓ STUFFED POTATO

Crispy bake potet stuffed with tomato, beans and fresh herbs

**78 KR.**

DAGENS SUPPE\*

**98 KR.**

### EMPANADAS

**125 KR.**

YOU CAN CHOOSE FROM:

Served with spicy herb vinaigrette

#### BEEF

Allergens: 1,2,10

#### ✓ VEGAN

(Root veggies, tomato & capers)

Allergens: 10

#### VEGETARIAN

(Mushrooms, spinach and cheese)

Allergens: 1,2

### BUDDHA BOWLS

**125 KR.**

#### WINTER

With all the good stuff to keep you warm and cozy: pumpkin, black beans, carrots, sweet potato & pickles.

#### DETOX

Always good with a general cleansing. Let the power of kale, sea weed, spinach and sprouts be with you" served w/ tahini sauce.

DWELL'S DINNER

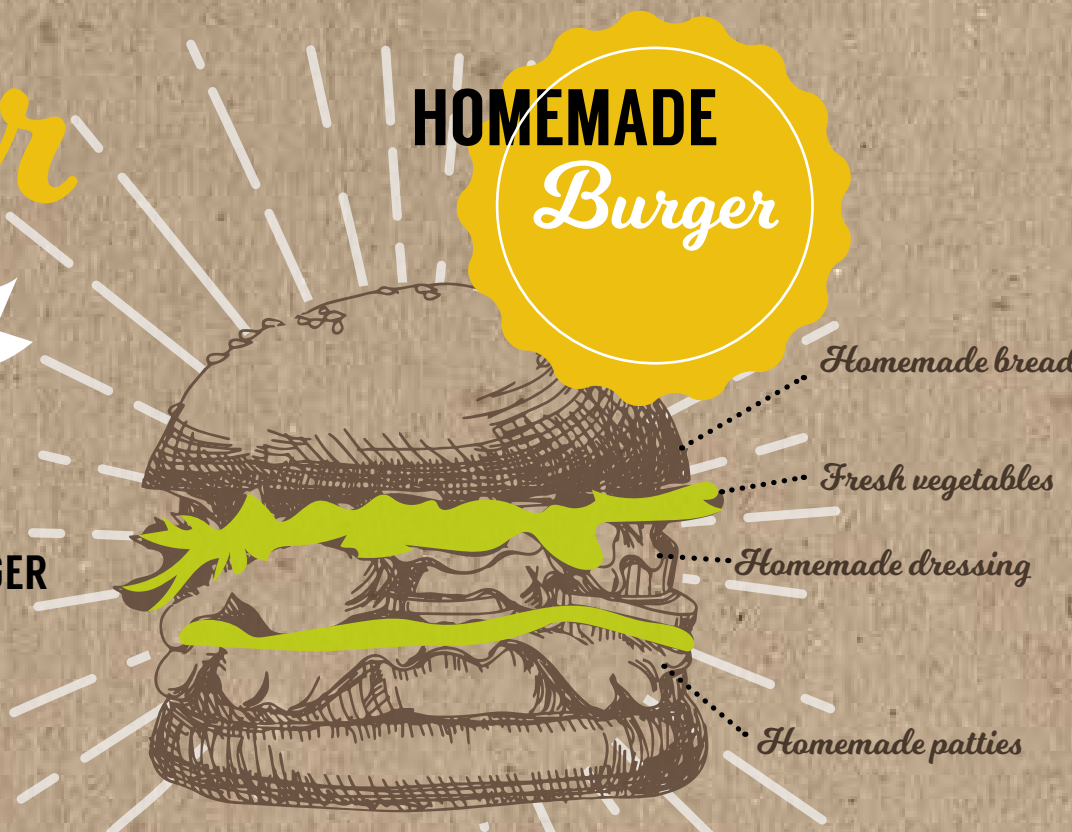
**195 KR.**

# Burger

## HOMEMADE Burger

**ALWAYS FRESH**

All burgers are served with root chips or salad



### ✓ DWELL'S ORIGINAL CHICKPEA BURGER

Served with chips and homemade berry ketchup

Allergens: 2,3(wheat),5

**175 KR.**

### ✓ GREEN MONSTER

Green peas, spinach, mint and avocado-basil dressing

Allergens: 2,3(wheat),5

**170 KR.**

### ✓ BLACK BEAN BBQ BURGER

Served with red pickled onion

Allergens: 2,3(wheat),5,7

**175 KR.**

### ✓ MIYAKI-TERIYAKI

Teriyaki glazed burger served with sriracha mayo

Allergens: 2,3(wheat),5,8,7

**170 KR.**

### FISHMI

Based on an english classic made burger, served with tartare sauce

Allergens: 1,2,3,5,6,10,11

**175 KR.**

### COCHINITA

Mexican style pulled pork served with habanero marinated red onion

Allergens: 1,3(wheat),5,11

**170 KR.**

### ADD ONS BURGER

Avocado .....	20 kr.
Portobello .....	30 kr.
Cheese .....	25 kr.
Vegan cheese .....	20 kr.
Bacon .....	30 kr.

### SAUCES (25KR)

- ✓ Roasted garlic mayo (1,10)
- ✓ Almond aioli (7,11)
- ✓ Chimichurri (spicy herb vinaigrette)
- ✓ BBQ sauce
- Tartare sauce (1,10)
- Teriyaki sauce
- ✓ Avocado-basil dressing
- ✓ Lemon miso tahini sauce (3,5,8)

### ALLERGENS

1 Egg	7 Nuts	(*) Ask us
2 Milk	8 Soya	about our
3 Gluten	9 Peanuts	daily offer
4 Sulfit	10 Celery	✓
5 Sesame	11 Mustard	Vegan
6 Seafood & fish	12 Lupin	

# Health bar

ENJOY

## JUICES

- RED JUICE** ..... 86,-  
Orange, lemon, ginger, pepper, chili,  
beetroot, pineapple, carrot and paprika
- GREEN JUICE** (10)..... 86,-  
Brokkoli, celleri, lemon, ginger, chili, kiwi,  
cucumber, apple, pineapple, spinach, skvalderkål
- MORNING JUICE** ..... 86,-  
Orange, ginger, lemon, carrot

## HEALTHY SHOTS

- SPINACH & GREEN APPLE** ..... 45,-
- BEETROOT & LEMON** ..... 45,-
- WHEATGRASS** ..... 45,-  
Wheatgrass, green apple, lemon
- FLU SHOT** (4)..... 45,-
- MORINGA MATCHA** ..... 45,-  
Moringa, matcha, barley grass, pineapple, lemon
- BLUEBERRY & GINGER** ..... 37,-

## AYURVEDIC

- CHAI** (2) ..... 65,-  
Cinnamon, Cardamomme, pepper, brown  
sugar, star anise, clove, black tea, milk
- GOLDEN MILK** (3)oat..... 65,-  
Turmeric, cinnamon, pepper, coconut oil,  
cardamomme, star anise, clove, oat milk

## COFFEE & CACAO

- MILK COFFEES** (2)..... 45,-
- ICE COFFEE** (2) ..... 47,-
- SPICED COFFEE** (2) ..... 55,-  
Bourbon vanilla extract, cayenne, cinnamon
- BLACK COFFEE** ..... 32,-
- COCO FRAPPUCCINO** (2,3)oat ..... 65,-  
Coconut milk, cacao, coffee, milk or oatmilk
- HOT CACAO DWELL STYLE** (2) ..... 62,-

## SPECIALS

- MATCHA TEA SET 2+ PERSONS** ..... 65,-  
Japanese Tea bowl set to share
- SPARKELING BLUEBERRY & ORANGE** 65,-
- GINGER ICE TEA**  
Anti inflammatory, nausea, promotes digestive  
system and metabolism, energy booste
- ALKALIZING GINGER LEMONADE** (4) .. 65,-  
Ginger, lemon, honey, galangal root , baking  
soda, apple cider vinagre (lowers PH, fights  
cancer, detoxifier, regulate metabolism,  
immune booster
- KOMBUCHA** ..... 52,-  
Detox, weight loss, increased energy, reduced  
joint pain, anti cancer, improved digestion
- MATCHA OAT LATTE** (2)..... 65,-  
Calming, boost memory and concentration,  
increase energy levels and endurance, detoxing
- BANANA SHAKE** (2)..... 65,-  
Regulate nervous system, energy booster,  
digestive, increases serotonin and dopamine,  
helps hangover
- CLITORIA TERNATEA (BLUE) LATTE** . 52,-  
Enhances immunsystem, detoxifying, relaxing,  
enhances memory, alleviates pain and swelling.  
(3)oat

# TEAS

## and health benefits

### MATE

Boost energy, mental functions, enhances mood, alertness, anti oxidants

### MINT

Focus, anxiety

### MEADOWSWEET

Aches and pain, contains salysylic acid

### RED CLOVE

Blood circulation, cholesterol, blood pressure, fight cancer, helps with menopause

### LICORICE ROOT

Kidney, liver, bladder, ulcers, stress

### LAVENDEL

Headaches, calming, asthma

### TIMIAN

Cough, bronchitis

### ROSE

Imune system

### LEMON BALM

Calming nerves, anxiety, alzheimers

### NETTLE

Hair, pregnancy, fertility, allergies

### ELDERFLOWER

Duretic, fights cancer, pain killer

### ROSEMARY

Boost memory, imune system, asthma, cough

### GINGER, LEMON, HONEY

Imune system, regulate metabolism, nausea

### DANDELION

Hangover, vitamins, minerals, cholesterol

### CAMOMILLE

Anti inflammatory, fight cancer, promotes sleep

### LEMONGRASS

Depression, fight cancer, cold/flu

### SAGE

Anti inflammatory, boost memory, oral health, fights flu

### HIBISCUS

Antioxidants, fight cancer, skin health

### ROOIBOS

Antiviral, kidney health, imune system

### OREGANO

Anti histamine, anti oxidant, bacterial infections, asthma, seasonal allergies

