



F L O R A

DINNER MENU

BERGEN



SMALAHOVE

Every culture and country probably has one or two speciality dishes that seem outright bizarre and unappetising to non-natives. At the top of that list for Norway is *smalahove*. Produced solely by Ivar Løne in Voss, western Norway, *smalahove* is salted, dried, smoked, seared, and boiled sheep's head. Honestly, it tastes much better than how that sounds, or how it looks.

The dish originates from our historical need to survive here by making use of the entire animal. Once an everyday dish, it is now a delicacy served around Christmas alongside potatoes, swede, beer or aquavit. We know the sight of *smalahove* is likely too much for some of our guests, so we offer it on our menus just as a paté or terrine.

VEILED PEASANT GIRLS TRIFLE

The 19th-century Norwegian poet and philologist Ivar Aasen is famous for compiling *Nyorsk*, one of the official written versions of Norwegian. But he also 'discovered' one of our most-loved desserts: 'veiled peasant girls' – and there's a great story behind its intriguing name.

It is said that Ivar was in love with a girl who kept declining his proposals. One day, she got his hopes up when she asked him to taste her sweets. Of course, she was talking about the dessert she made – much to Ivar's disappointment. He promptly named the dessert – made of layers of fruit jam, crunchy Norwegian rusks, and whipped cream – 'veiled peasant girls'. Since then, it's become a traditional sweet treat across much of Norway and a reminder of Ivar's funny if anticlimactic tale.

ROOT VEGETABLES

The unsung heroes of Nordic cuisine, root vegetables are part of the foundation of Norway's Coastal Kitchen. Norwegian root vegetables are at their best in autumn when they're at their freshest, but they can be preserved through the winter in underground cellars and are therefore sold almost year-round. These durable vegetables are also inexpensive, making them the perfect addition to any meal, from a weekday dinner to a festive feast.

Even when fish or meat is the star of a dish, vegetables like potatoes, turnips, parsnips, and carrots are often served on the side. These complete the meal and add vital nutrients and vitamins. Others, like garlic and onions, add unique flavours, and many of our favourite Norwegian dishes simply wouldn't be the same without them.

THYME

An aromatic, perennial evergreen, thyme is one of the oldest herbs we know. It's native to the Levant but thought to have been spread across Europe by the Romans. Over the millennia, it's been used for culinary, medicinal, and ornamental purposes and was a symbol of courage to both the Ancient Greeks and during the Middle Ages. Truly versatile, thyme can be used across a wide range of dishes, particularly meats, soups, and stews.

A milder version of the cultivated herb from sunnier climes, the wild thyme that grows in coastal regions of Norway blooms in summer with small, violet flowers that attract clouds of bees and butterflies. With a subtle but distinctive flavour, it is particularly tasty with beetroot and an excellent addition when pickling vegetables.

SELECTED DISHES FROM TODAY'S BUFFET

Salmon roll from Dragøy F, M, E

with green emulsion and mizuna from Myklevik farm

Smalahove lamb terrine from Løna in Voss SE, SU, E, SO

with potato salad and pickled yellow beetroot

🌿 Roasted Norwegian head of cabbage SE

with smoked aioli

Forest mushroom soup S, M

with dry-fried mushrooms and parsley oil

Herb-roasted pork fillet M, E, SU

with pickled red cabbage and sauce choron

Baked pollock from the coast of Norway F, M

with caramelized thyme onions and white wine sauce

🌿 Green risotto S

with semi-dried cherry tomatoes and roasted pumpkin seeds

'Veiled Peasant Girls' layered trifle M, G (WHEAT, RYE, OATS)

with Nyr cream

🌿 Vegan 'Veiled Peasant Girls' G (WHEAT, RYE, OATS)

layered trifle

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
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FLORA

DINNER MENU

ÅNDALSNES



CLIPFISH FROM DYBVIK

The winner of Det Norske Måltid (an annual food and drink competition) in 2019, clipfish gran reserva is Norwegian dried cod at its finest. Considered our take on cured Serrano and Parma hams but using dried cod instead, this prestigious delicacy was developed by brothers Jan Petter, Sindre, and Jakob Dybvik, whose grandfather founded their clipfish company in the 1920s. Dybvik is the only producer who can carry the gran reserva title.

The name 'clipfish' comes from the Old Norse word 'kleppr', which described the rocks and cliffs of the Norwegian coast, where the cod was traditionally hung for drying after salting. With a rich, well-matured, and slightly salty umami flavour, Dybvik's clipfish is the star of any dish.

BREAD PUDDING

If you think you already know the history of bread pudding, think again. It dates from the 11th century when cooks needed to use leftover bread. In England it even became known as 'poor man's pudding'. But there's another reason bread pudding is so special in Norway: it was served every day during the composition of Norway's Constitution, in 1814.

Nowadays, you can taste bread pudding in top restaurants all over the world. Our recipe is taken from a cookbook called 1000 years of North Norwegian food culture and uses rusk (dried wheat buns) instead of old bread, but we love that the traditional recipes use scraps. After all, our bold ambition is to become the world's most sustainable travel operator and food waste is an important issue.

CROWBERRIES

Abundant in the areas north of Norway's Lofoten Islands, particularly around mountain peat bogs, black crowberry is a flowering plant of the heather family that produces black or purplish berries. For centuries, these berries have been coveted for their juice, a key ingredient in various local wines, jellies, and syrups.

Crowberry wine first appeared in the 12th century when, during the reign of King Sverre Sigurdsson, German wine traders arrived in Bergen with lots of cheap grape wine to sell, causing a bout of drunk and disorderly behaviour. The displeased king expelled the wine traders and stopped the import of wine, suggesting instead that wine should be made from the juice of the crowberry. A sparkling crowberry wine is still produced and enjoyed today.

SALTING

Curing fish, meat, and vegetables in salt is a global practice that spans millennia. In Norway, where the winters can be long, food caught and harvested during seasons of abundance needed to be preserved to help us survive months of cold. This was done by drying, fermenting, smoking, and salting.

There are two methods of salt preservation: dry, where the food is covered in dry salt; and brine, where the food is submerged and stored in salted water. Both very effective, the process draws the water from the food and prevents the growth of microorganisms, as well as producing a strong and unique flavour. Gone is the age of curing for necessity. Today, traditional salted foods like clipfish are produced and consumed solely for pleasure.

STARTER

Carpaccio of clipfish from Dybvik SU, F, G (WHEAT, RYE)
with pickled carrot and sago

Chicken liver mousse M, E, SU, G (WHEAT)
with potato waffle and crowberry syrup from Reisa

🌿 Fried cauliflower florets E, M, SU
with apple and plant-based mince from Flow Food

Salted pork knuckle soup G (BARLY)

MAIN COURSE

Veal tenderloin from Trøndelag E, M, SU, S
with green pepper sauce and oven-baked root vegetables

Grilled sterling white halibut F, M, E
with kale and choron sauce

🌿 Hazelbaked pumpkin SU, N (HAZEL NUT)
with asparagus and spinach sauce

DESSERT

Bread pudding M, E, G: (WHEAT)
with raspberry sorbet

🌿 Vegan bread pudding SO, G (WHEAT)
with raspberry sorbet

Short-travelled cheese ASK YOUR WAITER
from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER
from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

TRÆNA



SIGERFJORD FISH

Sigerfjord Fisk is a fish farm that sits on the shores of the Sortlandsundet strait in the northern county of Nordland. Producing quality fish that have been raised here from eggs, it's Norway's largest supplier of Arctic char. Sigerfjord Fisk also deliver their fish to our ships in port, so it's as fresh and delicious as possible for our guests.

Sigerfjord Fisk was established by Trond Geir Reinsnes who, as an employee of the Department of Fisheries at the University of Tromsø, spent years researching and developing Arctic char as a farmed fish. Today, Sigerfjord Fisk remains actively involved in the development of farming technology for Arctic char specifically, to keep production efficient and environmentally conscious.

LOMPE

A soft, tortilla-style flatbread, lompe is the epitome of an everyday food in Norway. Made from mashed potato mixed with a little flour and salt, its origins are in the 18th century when, during the Napoleonic Wars, grain imports from Denmark were blockaded. Ever resourceful, Norwegian women found a way to stretch their flour rations: the plentiful potato!

Simple to make and even easier to eat, the rustic and versatile lompe works with both sweet and savoury foods. They're just as delicious served with cinnamon, sugar, and butter as next to a plate of rakfish, a fermented fish dish. Pølse i lompe, hot dog wrapped in lompe, is also a popular food at celebrations like St John's Day and Constitution Day.

LOFOTEN SEAWEED

Founded by fisherman's daughter Angelita and foodie Tamara, Lofoten Seaweed is on a mission to bring seaweed back into the kitchen. Produced from kelp harvested in the cold, clean waters of Lofoten, within the Arctic Circle, their seaweed food products can be found in the kitchens of Michelin-starred chefs across Europe and on board our ships!

United by their love of food and the ocean, Angelita and Tamara have brought together their knowledge, experience, and the food traditions they were brought up on – north Norwegian and Japanese – and created something that is bound to be the future of food. One of our longtime collaborators, you'll find Lofoten Seaweed kelp used in both our food and our soaps.

BUTARE

Also called winged kelp, butare is a brown wakame seaweed found around the low tide line along Norway's coast. Tall clusters of them grow, forming an underwater forest that provides a hiding place for various fish species. This nutritious and versatile ocean plant has historically been used as livestock feed but has also been introduced into the Nordic diet.

Before being eaten, the delicate, feathery leaves are separated from the round stem, or midrib, which must be simmered to soften the texture. The leaves can be eaten raw or soaked in cold water. Butare has a unique, delicate flavour that can't be described as simply sweet or savoury. With distinctive umami notes, it can greatly enhance the taste of soups, salads, and noodles.

STARTER

Arctic char tartare from Sigerfjord F, E, SE

with North Sea salt and horseradish mayonnaise

Pork head terrine SE, G (WHEAT, RYE)

with Nordlys mustard from Mimi and Norwegian lompe potato tortilla

Bean salad G (WHEAT), N (ALMOND, HAZEL NUT, CASHEW NUT)

with asparagus beans and roasted nuts

Pumpkin soup M, S, SK

with smoked butare kelp
from Lofoten Seaweed and pumpkin seeds

MAIN COURSE

Duck leg confit M, E

with horseradish butter and duchess potato

Steamed loin of cod from the coast F, M

with carrot and browned butter

Creamy pesto pasta SO, G (WHEAT)

with pan-fried squash

DESSERT

Floating island of soft meringues M, E, N: (ALMONDS)

with vanilla sauce and caramel

Vanilla pudding

with raspberry coulis

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

REINE



TRUFFLE SEAWEED

Walking along the Norwegian coast at low tide, the last thing you'd expect is the distinctive scent of truffles on the sea breeze. But this aroma can be traced to a small, fluffy algae that ranges in colour from maroon to dark purple. It has been nicknamed 'sea truffle' for its uncanny resemblance to truffle in both taste and smell.

Truffle seaweed grows as a parasite on knotted wrack and bladderwrack, two other seaweed species. It's difficult to cultivate and can currently only be harvested in the wild, after which it is cleaned thoroughly and served either fresh or dried. Because of its strong taste and high cost – it's the most expensive type of seaweed – it is mostly used as a garnish or spice to elevate gourmet dishes.

HALIBUT

The seemingly humble halibut has been revered throughout Norway's history, elevated to its nickname of 'god fish'. Appearing in ancient petroglyphs as a sacred being, the halibut also featured in Norse mythology as an incarnation of Balder, the god associated with light, love, and purity. Still fished with the respect and humility afforded to it by folklore, catching a female halibut – a giant at 300kgs – is the ultimate test for fishermen.

The farmed sterling halibut is produced in carefully selected fjords before being processed in Hjelmeland in Ryfylke. With its rich, tasty, juicy, and firm white meat, it is perennially popular and a dream fish to work with in the kitchen, in both traditional and modern Norwegian cuisine.

SOUR CREAM

In days gone by, calorie-rich sour cream helped Norwegians through the long, cold winters. It was so important it was considered the best food to offer guests. Most recipes call for fresh or homemade sour cream, which is easier to make than you might think. Sour cream has been used in dishes such as rømmegrøt (sour cream porridge) for hundreds of years.

For many Norwegians, a special occasion isn't special without a taste of rømmegrøt, and we still love to feast on the porridge, especially when we retreat to our cabins in the mountains. It is the ultimate comfort food, whether topped with sugar and cinnamon or with flat bread and cured meat – and it wouldn't be the same without that delicious sour cream.

SNERTINGDAL CHEESE DAIRY

Snertingdal Ysteri has a rich history dating back to 1914. In the early years, nearly all farmers in the area brought their milk here, making the dairy both a community hub and a local milk sales point. Operations continued until 1976, when production was centralized and moved to Gjøvik. In 2020, Snertingdal Ysteri Drift AS was established, and the historic building, over 100 years old, was brought back into use. It turned out that the building offered an ideal layout and workflow for modern production needs. Today, the dairy produces thirteen types of cheese, including both new creations and traditional varieties. Having won several awards, the owner is proud to preserve a cultural treasure, celebrate local heritage, and create sustainable products from fresh, locally sourced milk.

STARTER

Pickled halibut SK, F, E

with radish, spring onion, and truffle seaweed

Norwegian duck rilette M, N (PISTACHIO), G (WHEAT, RYE)

with pickled onions and crispy fried bread

🌿 Paprika and leek tart G (OATS)

Creamy fennel and Pernod soup M, S

MAIN COURSE

Roast venison M, S, SU

with fried kale, forest mushrooms and game sauce
with blue cheese from Snertingdal Ysteri

Pan-fried wolffish from Meløy B, M, F, SU

with butter-fried scallops and shellfish sauce

🌿 Oven-baked celery S

with fried yeast and kale

DESSERT

Kvæfjordkake M, E, G (WHEAT), N (ALMOND)

Norway's national cake

🌿 Kvæfjordkake G (WHEAT), N (ALMOND)

Norway's national cake

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

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DINNER MENU

TROMSØ



FLORA

BEETROOT

Beetroot didn't find its way to Norway until the 15th century, but it now has a place at any meal of the day. The vegetable is perfectly suited to Norway. It can be stored to be eaten fresh throughout winter and it's a wonderfully versatile ingredient. The leaves are edible too, so no part goes to waste.

Beetroot's beautiful colour livens up any plate of food, whether it's pickled, puréed, or roasted. You might try them in a classic Norwegian beetroot salad, a ruby-hued soup, or pickled and placed atop a traditional open sandwich. Beetroot is also responsible for the vibrant, festive colour of rødbetgravet laks, a salmon dish we traditionally serve at Christmas.

SHRIMP FROM LYNGEN

Lyngenfjord in the far north of Norway is not known for its balmy temperatures, but that's exactly what makes the shrimp that spawn here taste so good. Twenty metres beneath the fjord's surface – and many more beneath the towering mountains that surround it – the temperature rarely exceeds 2°C. The cold, clean, nutrient-rich water means the prawns grow slowly, so they are sweeter and juicier than bigger species.

One of Norway's oldest shrimp producers, family-run Lyngen Reker AS has been fishing shrimp here for more than 60 years. Local fishing boats deliver their catch directly to the shrimp processing plant on the edge of the fjord. The weather can make Lyngen a tough fjord to fish in, but the flavour of these shrimp makes it well worth the effort.

GRAVING

Norway began its tradition of curing fish in the Middle Ages, when its famous gravlaks was invented. The clue in its preparation is in its name, which translates directly to 'grave salmon'. This refers to how lightly salted salmon was layered in barrels and buried in the sand above the high-water line. This ensured a stable maturation temperature and preservation through fermentation.

Today, a similar process places salmon, cod, other fish, or meat in a brine of salt, sugar, and spirits. Dill is nearly always added, but fennel, black pepper, coriander, horseradish, and even beetroot are also commonly used. The process of marination makes the fish firmer, more fragrant, and gives it a beautiful colour and flavour.

BLUEBERRIES

Long before blueberries were labelled a superfood and added to health-giving smoothies everywhere, us Norwegians were foraging them for juices and jams. Norway's cool summers with plenty of rain are the perfect climate for blueberries, and bushes cover the inland areas. No wonder wild blueberry picking is a distinctly Norwegian summertime tradition.

Norway's native blueberries are even more nutritious than the blueberries you might find in your local supermarket. As well as being an important food source, wild blueberries are packed with antioxidants, polyphenols, potassium and vitamin C. They can be used to lower inflammation and blood pressure, balance cholesterol and improve brain function. Their strong colour also made them useful as a dye. But most importantly, they taste delicious.

STARTER

'Graved' cod in a beetroot crust F, M, SU

with pea purée and pickled fennel

Beef tongue E, SE, SU

with pickled mushrooms and lemon mayonnaise

🌿 Baked and pickled beets SE, SU, N (CASHEW NUT)

with mizo salad and vegan hollandaise

Red fish soup F, SK, M, S

with cod and shrimps

MAIN COURSE

Rosemary roasted shoulder of lamb from Hellesylt M

with roasted oyster mushrooms and cream sauce

Bokna fisk F, M

with pea stew and nut butter

🌿 Beetroot bourguignon S, SU, SE, G (OATS)

with cabbage and mashed potatoes

DESSERT

Blueberry mousse on a nut base M, E, G (WHEAT), M, N (ALMOND)

with vanilla cream made from Nýr

🌿 Blueberry mousse on a nut base SO, N (ALMOND)

with vegan vanilla cream

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

HONNINGSVÅG



FENNEL

Humankind's appreciation for fennel is well evidenced throughout history. Archaeological excavation in Oslo's Old Town found fennel seeds dating back to around 1250, and it has been grown for millennia across large parts of Europe, North Africa, and Asia. No wonder – it's an incredibly useful herb. Rich in Vitamin C and manganese, fennel is thought to have antibacterial, anti-inflammatory, and antioxidant effects. The Ancient Greeks and Romans used it as insect repellent and to give courage to warriors. In India, the seeds are chewed to clean the mouth. Folk medicine prescribes it for indigestion, coughs, and to increase milk production in nursing mothers. Its distinct aniseed-like flavour goes beautifully with everything from potato and vegetable dishes to pork, lamb, cabbage, and pickles.

REINDEER

Magnificent reindeer know no international borders, and traditionally both they and the nomadic Sámi people who herd them have travelled freely across northern Scandinavia. The Sámi people make use of every part of the reindeer, from the fur for clothing to the meat for food.

Reindeer are perfectly adapted to the subarctic climate and their fur is almost completely waterproof. With twice the nutritional content of beef, the same fat content as chicken, and the same number of vital acids and vitamins as white fish, reindeer meat is almost too good to be true. It tastes delicious too – rich and tender. The reindeer on today's menu comes from the vast reindeer herding areas in Finnmark in the far north of Norway.

MUSSELS FROM SNADDER AND SNASKUM

Until the 1980s, mussels were considered little more than bait in Norway. One man changed all that: Magne Hoem. He first discovered how delicious this shellfish can be on a canoe trip in Trøndelag in 1975. Since then, Magne – and Norway – hasn't looked back.

Magne established Snadder and Snaskum in 1980. Many locals thought he was mad to try to make a business out of mussels. That year, Snadder and Snaskum produced 3 tonnes of mussels. Now, they are Norway's oldest supplier of mussels, producing over 600 tonnes of the shellfish per year – and Magne is just as passionate about mussels as he was when he first put those mussels in a pot on that canoe tour almost 50 years ago.

MYDLAND

Established in 1920 as a shop in the city of Tromsø, Mydland was founded by Henrik Mydland to produce meat products and provide meat provisions to passing ships. Today, it remains a family business and one of the region's strongest brands – a low production, high-quality boutique producer of delicacies such as cold meats, cured meats, and sausages.

For many years, Mydland has supplied us with meat products to be enjoyed by our guests on board. The business is now run by the fourth and fifth generations of the family and Henrik's core values of tradition, competence, and quality still stand strong. Most members of the family continue to work in the company and all share a philosophy that "quality gives more taste"

STARTER

Sámi láibi bread F, E, M, G (WHEAT, RYE)

with herring and mustard sauce

Venison paté from Mydland S, SE, G (WHEAT, RYE)

with Cumberland sauce and sourdough

Mushroom tart SK, SO, G (WHEAT)

with fava beans and algae pearls from Lofoten Seaweed

Mussel soup B, M, S

from Snadder and Snaskum in Rissa with root vegetables and lovage

MAIN COURSE

Cut of reindeer M, S

with pickled radish and chives

Salted tusk fish F, SU, SE

with carrot, savoy cabbage, and a split oil sauce

Lentil roast SE, S, SU, G (WHEAT, OATS)

with grilled fennel and chive sauce

DESSERT

Chocolate fondant M, E, G (WHEAT)

with strawberries, vanilla ice cream and coulis

Chocolate fondant SO, G (WHEAT), N (ALMOND)

with strawberries and coulis

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

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F L O R A

DINNER MENU

BJØRNØYA



DULSE

Many coastal communities have long used seaweed and kelp for both culinary and medicinal purposes, and Norway is no exception. Dulse, or *søl* in Norwegian, is mentioned in the Norse sagas. The Vikings would sometimes pair it with mead or mix it with flour and bake it into bread. They would also boil it together with dried cod heads to make animal feed.

This red algae is known for its versatility. Each preparation method brings out different flavours. When dried and pan fried, dulse takes on a meaty, smoky flavour – hence the nickname ‘sea bacon’ – making it a great meat substitute in a plant-based diet. Dried dulse is also eaten as a healthy snack, with many comparing its taste to that of liquorice and nuts.

LOVAGE

Originally from the Mediterranean, lovage arrived in Norway with monks in the Middle Ages and was later adopted by farmers and horticulturalists. This intense herb is easy to grow and the leaves, roots, and seeds are all edible. The name derives from ‘love ache’ (‘ache’ is a medieval term for parsley). Lovage is supposed to be an effective aphrodisiac, hence its other moniker, ‘love herb’.

Its distinct and delicious flavour – like celery with a hint of liquorice – works especially well with fatty fish, meat, chicken, and soups. Norwegian Livèche chickens are even given lovage in their feed – it adds an incredible flavour to the meat. Or you can simply taste it steeped in a cup of hot water as tea.

BORSCHT

Borscht, a delicious sour-tasting soup, has been through many incarnations over the centuries. Originally, it was prepared from the pickled stems, leaves, and flowers of heracleum. If you’re from the northern hemisphere, you might have seen heracleum growing in hedgerows and meadows, but you probably know it as hogweed or cow parsnip.

The earliest known recipe for borscht was put to paper towards the end of the 18th century, by a Polish chef who made it for Polish aristocrats. Since then, the soup has developed into several varieties and is common across Eastern Europe, Russia and Central Asia where it’s served with sour cream. But the main ingredient is usually beetroot, which is a popular food in Norway. This beetroot-based version is the one you will be served today.

PASTRAMI SALMON

It’s not entirely wrong to think of pastrami as American. The classic New York deli made from cured, smoked and seasoned beef was an innovation of Romanian immigrants who came to the United States in the late 1800s. But chefs have started using the same curing technique on lamb, vegetables, and seafood, especially salmon – a protein that responds well to both curing and smoking.

For good reason, we have proudly had this pastrami salmon dish on our menus for a long time. It has an incredible flavour profile of fennel seeds, coriander seeds, star anise, and peppercorn. Pickled fennel brings acidity, and a creamy egg custard balances the whole dish. Salty, sweet, and sour. One of the signature dishes of Norway’s Coastal Kitchen.

STARTER

Pastrami salmon F, E
with pickled fennel and egg cream

Beef carpaccio E, SE, SU
with tarragon mayonnaise and deep-fried capers


 **Smoked rutabaga** M, SU, SK
with Sago chips and dulse cream

Borscht soup S, M
with sour cream from Røros

MAIN COURSE

Slow-roasted chicken breast SU, S, M
with lovage, rainbow carrot and horseradish

Finnmark char from Sigerfjord F, M
with fried fennel and Sandefjord butter sauce

 **Potato and quinoa cake** G (OATS)
with dulse seaweed dip and tomato pesto

DESSERT

Norwegian ice cream cake M, E, G (WHEAT) N (ALMOND)
with blackcurrant compote

 **Vegan norwegian ice cream cake** G (WHEAT) N (ALMOND)
with blackcurrant compote

Short-travelled cheese ASK YOUR WAITER
from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER
from local producers along the coast, with meringue and berries

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FLORA

DINNER MENU

LONGYEARBYEN



BOTTARGA

Traditional bottarga, salted and dried tuna roe pouch, comes from the Mediterranean. Its production was first documented in the Nile Delta in the 11th century BCE.

Our bottarga is made in Norway from fresh skrei roe pouch, plucked from the Arctic Ocean by fishing boats from January to April. It is salted and dried outside in the fast Arctic wind on hjell, traditional drying racks. The roe is allowed to mature slowly over 15 weeks and develops a great umami flavour and complexity that is particularly delicious with pasta, on an omelette, or in mayonnaise. Historically, bottarga has not been a widely used in Norway, but tradition must start somewhere and we are not afraid to try out new things, especially when they taste fantastic!

CHORIZO

Chorizo hails from the Iberian Peninsula but has found its way into dishes all over the world, including Norway. Here, the preparation of chorizo is familiar to Norwegians who have smoked meat since time immemorial. Chorizo sausages are hung in the smoke over the fireplace, as they have been for centuries. Smoking sausages over glowing wood takes at least 10 days. The slower and more evenly the sausage is smoked, the better the smoke aroma can penetrate the sausage.

As a fermented, cured, smoked meat, chorizo can be sliced and eaten uncooked or added as a flavoursome ingredient to other dishes. In Norway, we like to pair it with white fish such as cod and haddock.

DEHYDRATION

People have been preserving food through dehydration for a long, long time – probably since the first Stone Age man brought home more meat than his family could eat before it rotted. The technique involves drying food over time in the sun and wind. Crucially, no nutrients are lost in the process.

Most vegetables, fruit, and meat can be preserved this way. Dried food of any kind is ideal for travelling as it takes up little space and is generally easy to carry. One great candidate for dehydration is mushrooms, which spring back to their original consistency when added to soups and stews. Dried fish is a major part of north Norwegian heritage, and the Sámi also have a long tradition of drying reindeer meat.

CLOUDBERRIES

Arctic Gold, Autumn's Gold, Mountain's Gold: their nicknames tell you how highly prized cloudberrries are in Nordic culture. They grow wild in the marshlands of the northern hemisphere and are notoriously hard to forage for and practically impossible to cultivate. Good foraging spots are closely guarded secrets.

Ripe cloudberrries are amber hued, juicy and look a little like a raspberry. The taste is unique, an unmistakable combination of sweetness and tartness. Norwegians have loved cloudberrries since at least the Vikings, who took them on voyages to help prevent scurvy – not only are cloudberrries delicious and rare, they're also packed with vitamin C as well as high levels of zinc, magnesium, and beta carotene. No wonder they're considered a treasure of the Norwegian coast.

STARTER

Snow crab SE, SK, E, G (WHEAT)

with brioche and lemon-bottarga mayonnaise

Cured reindeer from Mydland M, SE, SU

with horseradish cream and dehydrated mushroom powder

🌿 Creamy Norwegian mushroom ragout SU, SO, SF, G (WHEAT, RYE)

with crispy rye bread

Broccoli soup S, M, SE

with crispy Norwegian chorizo

MAIN COURSE

Lightly smoked duck breast S, M, SE, SU

with beetroot and thyme sauce

Haddock F, SK, G (WHEAT)

with herb crust, seasonal vegetables, and a smoked kelp emulsion

🌿 Mushroom risotto SU, S

with artichoke and asparagus

DESSERT

Norwegian waffle cone E, M, SU, G (WHEAT)

with cloudberry cream and aquavit syrup

🌿 Vegan Norwegian waffle cone SO, N (ALMOND)

with cloudberry cream and caramelised almonds

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
S: Celery SF: Sesame SU: Sulphite L: Lupin E: Eggs

Please notify your waiter of any additional allergen or dietary requirements



FLORA

DINNER MENU

NY ÅLESUND



FLORA

OLD STEAK

An enduring staple of the northern Norwegian diet, old steak likely gets its name from the long ageing process the meat goes through before being cooked. In times past, the fishermen of Lofoten and Vesterålen were even known to hang legs of lamb on the masts of their boats. The lamb would dry in the sea air as they worked, a reminder of the tasty reward waiting for them at the end of their trip.

You won't see any meat hanging from the mast of your Hurtigruten ship though. We source our lamb from Mydland in Tromsø, where it is salted and hung for four to six weeks. Once aged, the lamb is especially delicious served with flatbread, sour cream, and lingonberries.

ASTRID REGINE NÄSSLANDER

Several of the delectable dishes on our menus, such as the smoked halibut and elk sausage, have been developed by innovative local food artisan and award-winning chef Astrid Regine Nässlander. Astrid works closely with Hurtigruten as one of our esteemed Culinary Ambassadors for Norway's Coastal Kitchen.

Inspired by a 'less but better' philosophy honed as head chef at a prestigious hotel, Astrid purposefully restricts her creative recipes to only use ingredients that are in season and with minimal waste. From her food workshop Høst on the island of Steigen, she advocates for a short-travelled, circular economy based on 'old-fashioned common sense'; such as sourcing milk directly from a dairy farmer and meat from local elk hunters rather than the standard 'supermarket way'.

LING

Commonly found along the Norwegian coast in the cold North Atlantic Ocean, the ling is distinguished by its long, narrow body and short fins. Living at depths between 985 and 1640 ft (300 and 500 metres), this deepwater fish is often caught as bycatch in the nets of fishermen who are looking for other fish species.

Nevertheless, ling makes a tasty meal of its own. Its firm, white flesh bears a resemblance to cod, and can be served fresh, salted, or dried. The salted roe of the common ling is considered a delicacy in Spain, where it's known as huevas de maruca. The fish itself can be made into lutefisk by drying and salting it before ageing it in lye – a traditional dish you'll only find in the Nordics.

PAVLOVA

Pavlova is a relatively new tradition in Norway but, come Constitution Day on 17 May, you would be forgiven for thinking Norwegians had invented this delicious mound of meringue, whipped cream, and fruit! As part of the national festivities, Norwegians binge on pavlova topped with blueberries, raspberries, and strawberries – colours that make up our national flag. The light, sweet dessert has become a Constitution Day staple alongside the children's parades, hot dogs, and bunad (traditional costumes).

It's not known for sure if pavlova originated in Australia or New Zealand. But we can agree that it was named after the Russian ballerina Anna Pavlova who made a visit Norway in the 1920s – around 100 years after Norway's new constitution was signed, marking the nation's independence from Sweden.

STARTER

Lightly smoked halibut F, M

with dill-stewed potatoes and capers

Roast beef M

with honey-roasted radish, virgin butter, and Jerusalem artichoke chips

Carrot tart M, N (ALMOND), G (WHEAT)

with spinach purée and almonds

Onion soup M, S, SU, G (WHEAT, RYE)

with cheese and croutons

MAIN COURSE

Norwegian dry-aged 'old steak' M, S

with parsnip purée and rosemary jus

Common ling fish F, M, E, SU

with salt-baked beetroot and hollandaise

Fried chickpea cake SO, G (WHEAT)

with bean cassoulet and spring onions

DESSERT

Pavlova E, M, SU

with forest berry compote

Vegan Pavlova SU

with forest berry compote

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
S: Celery SF: Sesame SU: Sulphite L: Lupin E: Eggs

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FLORA

DINNER MENU

NORWEGIAN SEA



KELP

Growing beneath the surface of most of the world's oceans are dense forests of kelp and seaweed. Historically, this underwater vegetation was used as animal feed and fertiliser. More recently, it has found use as a bioenergy source. In Nordic countries, it's also used for food, traditionally served raw, dried, or cooked, with dried fish, milk, and bread or potatoes and butter.

Norway's shores are home to almost 500 species of seaweed, many of which are edible. The best ones you can eat are sugar kelp, winged kelp, sea lettuce, and dulse. Quality varies depending on the water the kelp grows in, so we source our kelp from carefully monitored harvesting locations. This helps with both sustainability and quality.

POTATO

Now a global staple, the humble potato has a surprising history of controversy in Norway. When it was first brought to the country in the 18th century, it was met with scepticism and superstition. Many blamed the devil for its existence, while others were uncertain about which parts of it were actually edible. Growing potatoes was a sign of poverty, and most farmers refused to use their valuable land to grow potatoes instead of grain.

Following royal orders, members of the clergy started educating local people about this underground vegetable and encouraging its cultivation. They came to be called "potato priests" and were instrumental in making the potato a normal part of Norwegian life. Nowadays, so many dishes rely on potatoes that it's difficult to imagine Norway without them.

ROOT VEGETABLES

The unsung heroes of Nordic cuisine, root vegetables are part of the foundation of Norway's Coastal Kitchen. Norwegian root vegetables are at their best in autumn when they're at their freshest, but they can be preserved through the winter in underground cellars and are therefore sold almost year-round. These durable vegetables are also inexpensive, making them the perfect addition to any meal, from a weekday dinner to a festive feast. Even when fish or meat is the star of a dish, veggie-tables like potatoes, turnips, parsnips, and carrots are often served on the side. These complete the meal and add vital nutrients and vitamins. Others, like garlic and onions, add unique flavours, and many of our favourite Norwegian dishes simply wouldn't be the same without them.

SUCCESS TART

The success tart certainly has an apt name given how well this dessert goes down at all kinds of festive occasions. Whether for Norway's National Day on 17 May, birthday parties, or wedding receptions, any good cake table in Norway won't be without a gorgeous success tart.

Thought to have originated in northern Norway, the tart is comprised of an earthy biscuit base topped with a creamy vanilla custard that has been whipped together with generous dollops of butter. Some like to add almonds to the base and to top the custard with a few streaks of melted chocolate. Thanks to its creamy custard topping, success tart often appears at Easter, which, inspired by spring's first bloom of daffodils, Norwegians tend to associate with the colour yellow.

STARTER

Pickled char E, SE, F

with marinated pumpkin, puffed rice, and smoked kelp mayonnaise

Pork terrine SU, M, G (WHEAT, RYE), N (HAZEL NUT)

with caramelised onions and pea purée

🌿 Norwegian cabbage symphony SU

with puffed rice and caramelized onions

Potato and leek soup SU, S, M

with truffle seaweed and crispy potato

MAIN COURSE

Herb-roasted pork fillet SU, E, M

with pickled red cabbage and sauce choron

Fried salmon F, M, SU

crispy salted cucumber and butter sauce

🌿 Lentil Bolognese S, SU

and chipotle dressing

DESSERT

Norwegian 'Success Tart' E, M, G (WHEAT), N (ALMOND)

with sea buckthorn

🌿 Vegan norwegian 'Success Tart' N (ALMOND)

with sea buckthorn

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
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FLORA

DINNER MENU

TORSKEN



SARDINES

It's often said that Stavanger was built on oil, but we'd argue that canned sardines are just as vital. Back when the industry was at its peak in the 1920s, over 70% of Norway's exported canned fish came from Stavanger. Though few canning plants remain, sardines are one of the world's most important commercial fish species, so they're still an essential Nordic export.

Sardines include several species of small, oily fish in the herring family. They sometimes migrate along the coast in vast schools, which means that when they're found in the Norwegian shallows of the North Sea, fishermen can catch a large amount at once. After being caught, these fish can be served fresh, or preserved through drying, salting, smoking, or canning.

BARLEY

One of the world's oldest cultivated grains, barley has been farmed for over 10,000 years, and is the fourth most widely cultivated cereal in Norway today. The country's landscapes include mountains and valleys and everything in between, so barley's ability to be grown at both high and low altitudes makes it a versatile grain, and an invaluable food source in the highlands. It's known to grow faster than other cereal species and can even be farmed in the harsh conditions of the Arctic.

Many traditional Nordic recipes that are often made with wheat, rye, or oats, like flatbread and sour cream porridge, can be made using barley. Beer is also made from barley, and it's grown in many parts of Norway specifically for the purpose of brewing.

PRINCE'S CAKE

Prince's cake is Norwegian cake tradition at its best, consisting of soft, short-crust pastry and a fragrant almond filling. As usual in Norway, there are different recipes from family to family with some using rum in the almond filling while others prefer roasted almonds.

Prince's cake was originally created by Erichsen's patisserie in Trondheim in 1856. At the time, almonds, which are not native to Norway, were such an exotic ingredient that the recipe for Prince's cake was a closely guarded secret. The cakes themselves were so exclusive and desirable that they were sold in wooden boxes to hide them from prying eyes and fingers. Given this reputation, it's no wonder Prince's cake has become one of Norway's most popular treats, usually served at Christmas and other festive occasions.

CHEF APPRENTICES

Hurtigruten offers the largest number of maritime apprenticeships in Norway, which includes chef apprentices who start their culinary career in our ships' galleys. The experience of cooking for hundreds of guests each day helps to sharpen their skills and food knowledge. We're proud to have been voted Learning Company of the Year by the National Association of Cooks of Norway several times.

In recent years, our chef and wait staff apprentices have been representing us at the Norges Cup held in Stavanger. There is a lot of hard work and many weeks of training involved, but our apprentices regularly qualify to compete at this prestigious competition – a huge achievement. For 2023, congratulations go to our chef apprentices Gaute, Jonas, and David for representing Hurtigruten and Norway's Coastal Kitchen.

STARTER

Norwegian sardines F, SE

with mustard and potato salad

Grilled lettuce gem salad M, SE

with Umberto ham from Mydland, mustard and sour cream

🌿 Crispy asparagus bean salad N (ALMOND)

with almonds and fresh herbs

Jerusalem artichoke soup M, S, SU, SK

with shrimps from Helgeland

MAIN COURSE

Beef roast M, S, SE, E

with pickled carrots, celery root cream, and herbal emulsion

Dried fish from Halvors M, S, F

with pea purée of Norwegian peas and tomato vierge

🌿 Byggotto' barley risotto S, G (BARLY)

with peas, parsley root, and tomato vierge

DESSERT

Norwegian almond 'Prince Cake' E, M, G (WHEAT), N (ALMOND)

with coffee cream and fresh berries

🌿 Vegan Norwegian almond

'Prince Cake' SO, G (WHEAT), N (ALMOND)

with vegan coffee cream and fresh berries

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
S: Celery SF: Sesame SU: Sulphite L: Lupin E: Eggs

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FLORA

DINNER MENU

SVOLVÆR



FLORA

COD TONGUES

The schoolchildren of Lofoten have a fascinating way of making money during the winter months. Rather than taking a formal part-time job, these kids spend their winter holiday on the docks, waiting for the cod hauls to come in. Once they arrive, the children get to work extracting from the fish heads a prized local delicacy: cod tongues.

These youths are known as *tungeskjaererne*, or tongue cutters, and their lucrative pastime is actually a tradition with deep roots in the local culture. Many north Norwegian-born adults have fond memories of doing this job when they were growing up. We used to eat large numbers of cod tongues, savouring their tender texture and meaty flavour, and we're glad to bring this cultural delicacy back aboard our ships.

THICK MILK FROM RØROS

*Tjukkmjøl*k, thick milk, is a fermented milk product with a yogurt-like consistency that has long been an integral part of the Norwegian diet, perhaps as far back as the Vikings. With an acidic flavour, it's usually eaten for breakfast, though it can also be served alongside meat such as sausages.

Røros Tjukkmjøl has been produced in the UNESCO World Heritage mountain village of Røros since 1850. A few years ago, the dairy there ran out of their unique tette starter culture, crucial in giving thick milk its consistency. A desperate plea went out to the Norwegian public asking for help. There was an incredible nationwide response and production was eventually saved – a testament to how dear thick milk is to our hearts!

ARTICHOKE

A domesticated species of thistle, many consider the artichoke to be the tastiest of all vegetables. It's native to the Mediterranean area where it has been cultivated for millennia. It came to Norway during the 17th century and has been farmed here ever since. Though it can be eaten raw, it's most often served in Norway as part of a cooked dish.

The artichoke even has an origin story in Greek mythology: Zeus saw a girl named Cynara bathing on the beach when visiting his brother Poseidon. Immediately in love, he took her back to Mount Olympus as a goddess but was enraged when she sneaked out to see her mother. As punishment, he turned her into an artichoke. This story is referred to by the vegetable's modern scientific name, *Cynara cardunculus*.

STENSAAS REINDEER BUTCHERY

Stensaas Reindeer Butchery, located between Røros and Brekken, is run by the third generation of the Stensaas family. Founded around 1890 as a reindeer trading company, it has grown into one of Norway's largest and most modern reindeer slaughterhouses. The operation evolved from bush slaughtering, where animals were transported by horse and sled, to a highly advanced facility. The surrounding mountains and forests provide reindeer with natural, medication-free grazing. Reindeer meat is lean, rich in protein, iron, B vitamins, and antioxidants. The slaughterhouse offers around forty reindeer products and over thirty wild game products. A strong bond of trust with reindeer owners ensures stable operations. Reindeer husbandry, deeply connected to nature and tradition, is managed sustainably, delivering high-quality products with respect for the future.

STARTER

Crispy fried 'cod tongues' F, M, E, SE, SU, G (WHEAT)

with cabbage salad and homemade remoulade

Smoked duck breast M, G (HVETE, RUG)

with lingonberry cream and rye crumbs

Artichoke hearts SU

with confit porcini mushrooms, cabbage salad, and fried capers

Celery root soup S, M

with fried yeast and elk sausage from Høst food artisan

MAIN COURSE

Braised reindeer shank from Stensaas M, S, SU

with Norwegian root vegetables and blue cheese

Pan fried halibut F, M, SU

with stewed kale and vanilla-based butter sauce

Sweet potato and chickpea steak S, SU

with kale and creamy beetroot sauce

DESSERT

'Thick milk' pudding M, G (HVETE, HAVRE)

havreflarn og kryddersyltet kirsebær

Gryrpudding G (HVETE, HAVRE)

havreflarn og kryddersylta kirsebær

Short-travelled cheese ASK YOUR WAITER

from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER

from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
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F L O R A

DINNER MENU

BRØNNØYSUND



SODD

One of the national dishes of Norway, this soup originated in Trøndelag, and has been the traditional main course at special occasion banquets like weddings and confirmations for centuries. From ancient times right up until the 1970s, local village chefs kept this tradition alive, and whenever there was a party in the village, they would make *sodd* for the guests.

The name *sodd* is likely derived from the old Norse word *sjoda*, meaning 'to boil', which is the main step in the soup's preparation. First, we make a broth using beef or mutton. After seasoning the broth with salt, pepper, and other herbs, we boil meatballs in the stock to serve with potatoes and carrots, plus some *skjenning*, a type of Norwegian flatbread, on the side.

HONEY

Humankind's relationship with bees goes back millennia. Collecting honey is referenced in 12,000-year-old Spanish cave paintings, while the world's oldest-known honey was found in a noblewoman's tomb in Georgia; it's 5,500 years old.

In Norway, honey cannot legally be called honey if it's been pasteurised. And Norwegian beekeepers have pledged to keep their produce pesticide free. Honeys made in different parts of the country have their own unique tastes, depending on the season. Bees that feed on the heather of marshland areas, for example, produce honey that tastes noticeably stronger. The result is pure, sustainable honey from producers that support these vital pollinators in a world where the bee population is in danger of collapse.

PICKLING

A 4,000-year-old tradition, pickling began in ancient Mesopotamia as a way to preserve food. Nowadays, pickled food can easily be found in supermarkets, so most people have little experience of pickling from scratch. All it takes is a good brine and something to preserve. The classic choice is cucumbers, but other fruits and vegetables work well too, like beetroot, carrots, onions, and even mushrooms. In Norway, herrings are pickled for Christmas dinners.

To be effective at preserving the vegetables, the brine needs to be acidic. A good recipe to start with uses a 1:2:3 ratio: one part vinegar, two parts sugar, and three parts water. If you like, you can also personalise your preserves by adding some flavourings, like pepper, allspice, bay leaves, and ginger.

SHRIMPS FROM LYNGEN

Lyngefjord in the far north of Norway is not known for its balmy temperatures, but that's exactly what makes the shrimp that spawn here taste so good. Twenty metres beneath the fjord's surface – and many more beneath the towering mountains that surround it – the temperature rarely exceeds 2°C. The cold, clean, nutrient-rich water means the prawns grow slowly, so they are sweeter and juicier than bigger species.

One of Norway's oldest shrimp producers, family-run Lyngen Reker AS has been fishing shrimp here for more than 60 years. Local fishing boats deliver their catch directly to the shrimp processing plant on the edge of the fjord. The weather can make Lyngen a tough fjord to fish in, but the flavour of these shrimp makes it well worth the effort.

STARTER

Hurtigruten's shrimp cocktail SK, E, SE
with pickled cabbage

Smoked deer M
With horseradish cream and sea buckthorn

Norwegian Vegan Bowl SF, SO, G (WHEAT)
with herbal oil, and beetroot chips

Sodd soup M, G (WHEAT, RYE, BARLY, OATS)
with Norwegian skjenning flat bread

MAIN COURSE

Choose between a meat or fish dish

Braised norwegian sheep leg SU, S, M, G (WHEAT, BARLEY)
with honey-glazed root vegetables and beer sauce

Oven Baked Salmon F, M, SU
with confit fennel, lightly fried spinach and Beurre Blanc

Smoked aubergine SO
with fried chickpeas and fermented root vegetables

DESSERT

Royal chocolate cake M, E, G: (WHEAT)

Vegan chocolate cake G (WHEAT)

Short-travelled cheese ASK YOUR WAITER
from local producers along the coast, homemade marmalade

Ice cream and sorbet ASK YOUR WAITER
from local producers along the coast, with meringue and berries

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
S: Celery SF: Sesame SU: Sulphite L: Lupin E: Eggs

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F L O R A

FAREWELL DINNER



OUR SEAWEED FARM

The algae growing along the Norwegian coast is predicted to become an important part of our local diet in the future – and with our Hurtigrutenowned seaweed farm opening in 2023, Norway's Coastal Kitchen is fully behind the trend. Set in the waters between the Lyngen Alps, our farm makes use of the nutrient-rich currents of the fjords to grow high quality underwater plants. Rather than harvesting wild seaweed, we cultivate the kelp, replanting it as we go. With a growth rate that's 30% to 60% higher than landbased crops, kelp is a great way to help feed coastal populations.

It's also 60% more efficient at absorbing carbon, which means that by cultivating this product, we're helping to minimise carbon in our atmosphere – a small but meaningful step towards a more environmentally stable world.

LOCAL CHEESES

Short-travelled cheese from local producers along the coast. Champion of champions Hailing from Nordmøre, family cheesemaking business Tingvollst rose to international fame when one of their cheeses won the World Champion Cheese title at the 2016 World Cheese Awards.

The goat Capra, which means 'goat' in Latin, was the first cheese ever made at family-run Aalan Farm. Made from day-fresh organic pasteurised goat's milk and matured for 8 to 12 weeks, Capra won Product of the Year during the 2016 Norwegian farm cheese championship, and bronze during the 2017 World Cheese Awards.

"IN COD WE TRUST"

This is a very apt motto for us here in Norway. We share our history with this fish and our country's food culture and history wouldn't be the same without it. The world's largest cod stocks are found in our waters and fishing it has been a means of existence for coastal people for thousands of years, as both a food and a commodity.

Norway has two types of cod: coastal and skrei. Coastal is site-bound while skrei lives in the open seas, returning to the coast in the winter to spawn. This is when skrei are fished in great numbers. Freshly caught, salted, or dried, the world can't get enough of cod's thick, flaky texture and the versatility of its mild flavour.

THE GOLD OF THE ARCTIC

In 2020, our 1964 ship MS Lofoten made its last scheduled trip along the coast of Norway, before retiring as a training ship for new generations of sailors. As a tribute to its many years of faithful service, we've brought back a dessert that was first popular with guests during MS Lofoten's early years of sailing. The meringue is baked at a high temperature in the galley oven before being smothered in ice cream from the Lofoten archipelago, namesake of the ship itself!

Cloudberries are often called "Arctic Gold" in Scandinavia. This nickname shows how highly prized cloudberries are in Nordic cuisine, and how hard they are to forage for. These healthy, amber-hued berries grow wild in the marshlands of the northern hemisphere.

STARTER

Salmon tartare

goldeye chips, truffle seaweed mayonnaise, and fennel sprouts

F, E, M, SE, MAY CONTAIN TRACES OF SHELLFISH AND FISH

Norwegian pea soup

with croutons and well-aged Jarlsberg, served with cured Frans Josef sausage

S, M, SU, SF, G (WHEAT, RYE, OATS)

MAIN COURSE

Atlantic cod from Dragøy

with potato cream, sugar kelp, beurre noisette with diced beets and smoked bacon

F, M, MAY CONTAIN TRACES OF SHELLFISH AND FISH

Braised beef cheek from Trøndelag

with sugar kelp, mushroom confit, potato cream, and red wine reduction

S, M, SU, MAY CONTAIN TRACES OF SHELLFISH AND FISH

DESSERT

Sponge cake

vanilla ice cream from Svolvær, Andvika meringue and cloudberries

E, M, G (WHEAT)

WINE PAIRING

Wine pairing is available for this menu, ask your waiter for further information.

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
S: Celery SF: Sesame SU: Sulphite L: Lupin E: Eggs

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FLORA

FAREWELL DINNER

VEGAN



SEAWEED FARM

The algae growing along the Norwegian coast is predicted to become an important part of our local diet in the future – and with our Hurtigrutenowned seaweed farm opening in 2023, Norway's Coastal Kitchen is fully behind the trend. Set in the waters between the Lyngen Alps, our farm makes use of the nutrient-rich currents of the fjords to grow high quality underwater plants. Rather than harvesting wild seaweed, we cultivate the kelp, replanting it as we go. With a growth rate that's 30% to 60% higher than landbased crops, kelp is a great way to help feed coastal populations.

It's also 60% more efficient at absorbing carbon, which means that by cultivating this product, we're helping to minimise carbon in our atmosphere – a small but meaningful step towards a more environmentally stable world.

PLANT- BASED DISHES

In recent years, as part of our sustainability mission, we have really started to focus on how green our food is. As a result, we've introduced more plant-based offerings, helping to reduce our carbon footprint. It brings us great happiness that plant-based food is now recognised as a wholesome and health-promoting diet for both young and old. We understand that our guests have different preferences – some choose to eat vegan or vegetarian 100% of the time, while others may prefer to take a day a week to not eat meat.

Our delicious plant-based menus are composed to be nutritionally complete and to promote the positive health effects that this diet can bring, and we hope to encourage more people to give it a try.

FLORA

Though readily appreciated by visitors from other climes, many of the plants that make up a region's natural flora are considered weeds by those that live there. For years, people have removed these plants from their gardens, but what they probably don't know is that many of them are actually edible. Long ago, people found various uses for these wild plants in the kitchen, making marzipan from rowanberry shoots and even frying the roots of dandelions like bacon in the spring.

Wherever you go, a land's native flora is a treasure trove of sustainable, nutrient-rich products that we can use in food. Norway's coniferous forests are no exception, with wild varieties of asparagus, vanilla, and garlic growing beneath the trees.

THE FUTURE OF FOOD

If we are to support the planet's rapidly growing population safely and responsibly, we need to change our mindset around food. The global population is expected to increase to nearly 10 billion by 2050. By then, most of the protein we consume will need to come from either plant-based sources, lab-cultivated meats, or insects. Microorganisms such as fungi, bacteria, yeast and microalgae may play a bigger role in our diets.

Farming insects uses less resources than animals and even some plants, and because they are already enjoyed by many people, it's not difficult to imagine them on our plates, too. And did you know that protein can be extracted from thin air? Now there's future food for thought.



STARTER

Beet tartare

with goldeye chips, vegan horseradish cream and fresh sprouts

Pea soup

made from Norwegian green peas
with croutons au gratin and vegan cheese

S, SU, SF, G (WHEAT, RYE, OATS)

MAIN COURSE

Nut Wellington

with a confit of Trøndersopp mushrooms
and sugar kelp from Hurtigruten's kelp farm,
potato pie, and peppercorn sauce

SO, SU, S, G (WHEAT, OATS), N (ALMOND, MASHEW NUT, WALNUT)

DESSERT

Vegan ice cream cake

with cloudbberries

G (OATS), N (HAZEL NUT)

G: Gluten N: Nuts M: Milk P: Peanuts SK: Shellfish F: Fish B: Mollusks SO: Soy SE: Mustard
S: Celery SF: Sesame SU: Sulphite L: Lupin E: Eggs

Please notify your waiter of any additional allergen or dietary requirements