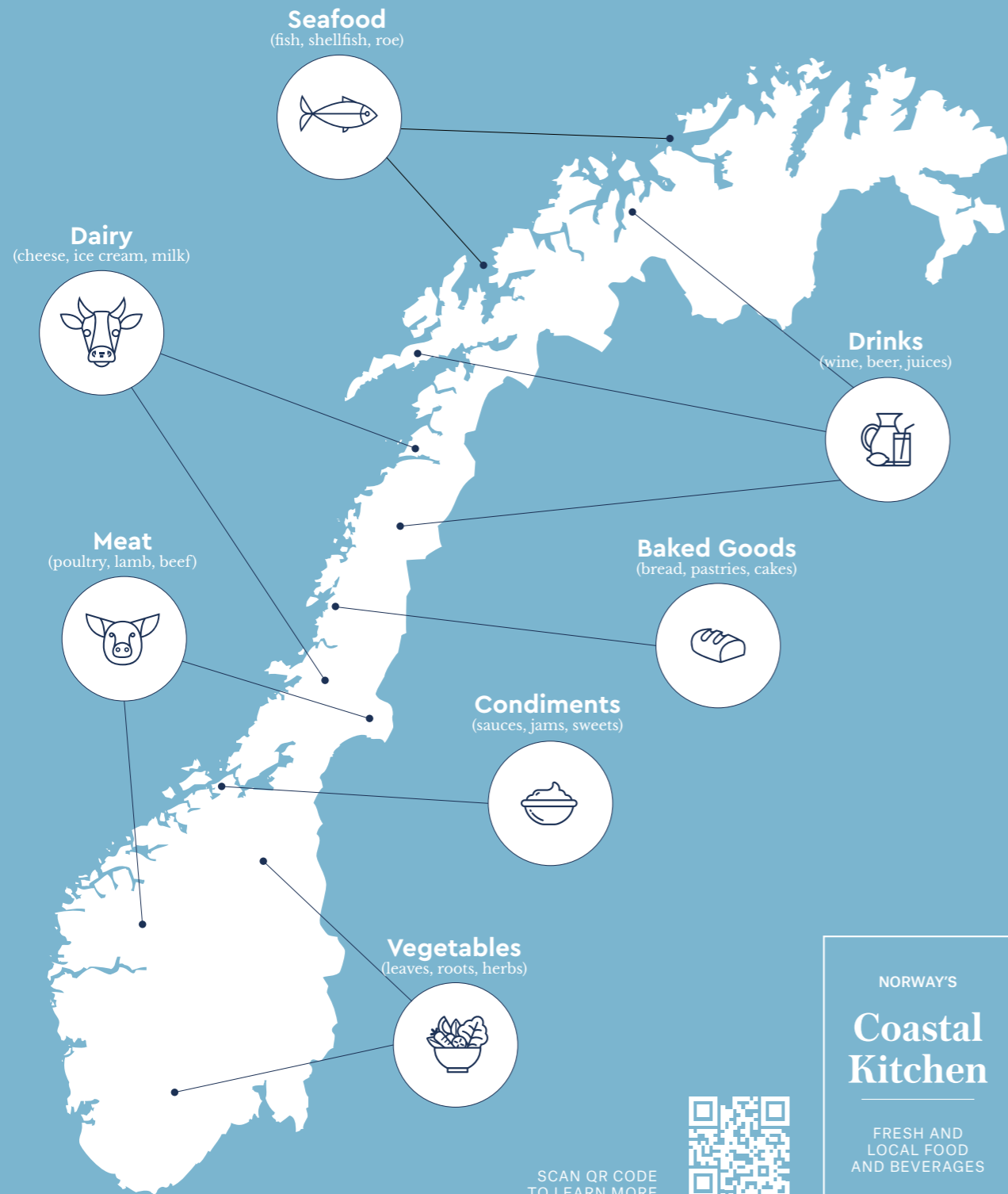


A true taste of Norway

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HURTIGRUTEN
TARGET
NORWAY'S COASTAL KITCHEN

EN

DINNER
MENU
Dag 1 | Bergen

EN | Day 1

Bergen

A WORLD HERITAGE CITY – 60° North

Bergen is the second largest city in Norway, although some regard it as a completely different country. It lies in a region with a distinct dialect, climate, proud inhabitants and its own cuisine. Bergen was a centre of power during the Viking era and later an important Hanseatic city. Today's menu includes some of the Bergen region's culinary specialities.



Traditional Norwegian food

Food is more than nourishment – it reflects identity, culture, and heritage. What we eat, how we eat, and when we eat tells a story about who we are.

Norwegian cuisine is shaped by generations living along a dramatic coastline and within a demanding landscape. It is defined by respect for nature, seasonality, and a close relationship between people and place.

Traditions evolve over time, influenced by availability, craftsmanship, and changing perspectives. While Norwegian cuisine has long been perceived as modest, Norway's Coastal Kitchen reveals its true depth – where exceptional ingredients, careful technique, and refined simplicity create a distinctly modern expression of our culinary heritage.

Smalahove Løna

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.

Prinsefisk “Prince fish”

This dish originates from Bergen and is part of the city's rich culinary heritage. Its story dates back to July 22nd, 1856, when two crown princes – Sweden's Carl Ludvig Eugène Bernadotte and the Netherlands' Willem Hendrik Nicolaas Alexander Carel van Oranje-Nassau – visited the city. In their honour, a grand banquet for 150 guests was held in a pavilion built between Logen and Pelloth's grand hall, now Ole Bulls plass. Among the dishes served that evening was a fish course later named Prinsefisk.

Today, we carry this tradition forward with fresh fish from the Norwegian coast and deep respect for Bergen's classical cuisine. A dish of history, flavour, and local identity – the way we do it in Norway's Coastal Kitchen.

Bergen fish soup

Fish soup is eaten all over Norway, but it is taken to another level in Bergen, home to Bryggen wharf, one of the most important symbols of Norway's proud fishing heritage. Fish soup is one of the city's most popular dishes and Bergen's families and restaurants have each developed their own unique recipes over the centuries.

Many of these recipes are closely guarded secrets, but a few shared principles and ingredients help make Bergen fish soup unmistakable. Traditional Bergen fish soup contains pickled purslane and a dollop of cream and has a slightly sweet and sour taste. It all starts with a quality fish broth – and if that's made with the bones of a rare young saithe you know it's the real deal.

SELECTED DISHES FROM TODAY'S BUFFET



Smalahove from Løna in Voss

with potato salad

ALLERGENS: M, G (OATS, WHEAT, RYE)

Traditional Norwegian fish soup from Bergen

Root vegetables, sour cream and fish dumplings from Rørvik

ALLERGENS: F, M, S, SU

✔ Roasted rainbow carrots

with Braised Lentils, Pickled Red Onion and Mustard Dressing

ALLERGENS: SU, SE

✔ Vegan dishes are available on the buffet



Braised Trøndelag beef

With sautéed carrot, onion, fava beans and demi-glace

ALLERGENS: M, S, SU

Prinsefisk

Seasonal vegetables, mashed potatoes, butter sauce with prawns

ALLERGENS: F, E, S, M, SU, SK, G (WHEAT)

✔ Bean stew

with mashed potatoes

ALLERGENS: SU, S



Caramel pudding made with eggs from Rørvik

ALLERGENS: M, E, N (HAZELNUTS)

Short-travelled cheese from local producers along the coast

with homemade marmalade

ALLERGENS: ASK YOUR WAITER

✔ Vegan blackberry compote

with vanilla cream

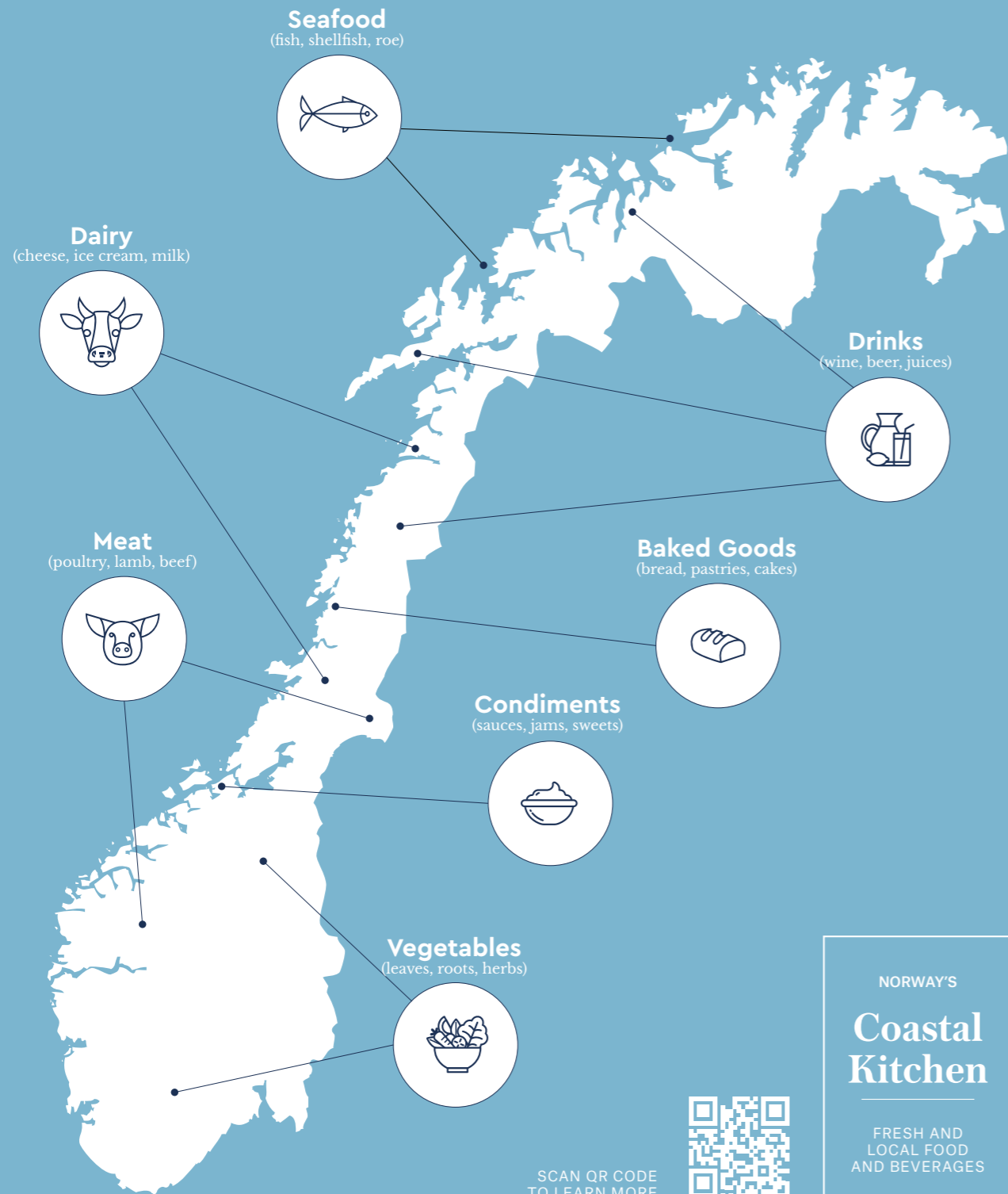
ALLERGENS: -

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER
MENU
Dag 2 | Ålesund

EN | Day 2

Ålesund

THE SUNNMØRE COAST – 62° North

Ålesund is located on a network of islands. After a city fire in 1904, the city was rebuilt in Art Nouveau style with colourful ornaments and towers in beautiful pastels. The majestic Geirangerfjord offers exceptional beauty. Steep-sided rock walls rise a full 1,600 metres above sea level. Numerous waterfalls and abandoned mountain farms cling to these steep mountain walls. The Seven Sisters Waterfalls, with their impressive 250 metre drop, is a sight to remember.



Sterling Halibut

Along the Norwegian coast, halibut has for millennia been more than an ingredient – it is part of our history, belief, and identity. In Norse mythology, it is associated with Balder, the god of light, love, and fertility, and was known as the "divine fish" – a creature to be approached with respect and reverence.

From the pristine fjords of Ryfylke, Rogaland, our Sterling halibut continues this legacy. The cold waters give it a firm, pearly white flesh and a clean, balanced flavour.

In Norway's Coastal Kitchen, halibut is presented with precision and restraint, allowing the ingredient to take centre stage. A timeless product, reimagined in a modern expression – where purity, balance, and craftsmanship define the experience.

Sunnmøre apple dessert

Apples have long been cultivated in the fjord villages of Sunnmøre, where sheltered hillsides and a mild coastal climate create ideal growing conditions. For generations, families have harvested garden apples in autumn and used them in simple, flavourful desserts – often paired with local berries or cream.

In this version, the sweet-sour apples meet the bold, citrusy notes of sea buckthorn, a wild berry known for its high vitamin C content. Combined with crispy oat biscuit and vanilla ice cream, the dessert offers both texture and balance. This is a tribute to ingredients rooted in Western Norway's culinary traditions – served with respect for nature, seasonality, and taste, the way we do it in Norway's Coastal Kitchen.

Salted Lamb from Hellesylt

Geiranger's dramatic fjord landscape has rightly earned its place on the UNESCO World Heritage list. But beyond the iconic peaks and waterfalls lies another treasure: rich mountain pastures ideal for grazing.

This is where the lambs roam that become the raw material for Ole Ringdal's premium cured and fresh meat products. The company was founded in 1938 by Ole Ringdal, who opened a local slaughterhouse beside the Hellesylt waterfall at the mouth of the Geirangerfjord.

Still family-run today by Kristen Ringdal and her team, the company continues to earn accolades. Their secret lies in the blend of deeply rooted local traditions, technical expertise, and carefully guarded family recipes.

Clipfish

Unlike stockfish, which is preserved by air-drying in fresh ocean wind, clipfish is made by salting and drying white fish – typically cod, but also haddock, ling, tusk, or saithe. Historically, the fish was dried outdoors on flat coastal rocks known as kleppr in Old Norse – hence the name. Today, clipfish production takes place indoors under controlled conditions.

Clipfish has been a sought-after export product since the early 1700s. Until around World War II, the city of Kristiansund on Norway's west coast dominated the country's clipfish trade. Today, the Norwegian Clipfish Museum, located in an authentic 18th-century drying facility (brygge), tells the story of this unique coastal industry.



STARTERS

Dybvik dried and salted cod carpaccio

with pickled carrot, Arctic pearls, and herb oil

ALLERGENS: F, SU, G (WHEAT, RYE), (MAY CONTAIN TRACES OF SHELLFISH)

Norwegian mozzarella

with confit tomatoes and chive oil

ALLERGENS: M

Potato and spring onion soup

with Norwegian chorizo crumbs

✔(Can be made vegan)

ALLERGENS: S, M, SE



MAINS

Salt-cured leg of lamb from Hellesylt

with creamed vegetables, oven-baked potatoes and red wine sauce

ALLERGENS: S, M, SU, SE

Sterling halibut from Ryfylke

with pea purée, oven-baked baby potatoes, and creamy sugar kelp sauce

ALLERGENS: F, M, SU (MAY CONTAIN TRACES OF SHELLFISH)

✔Hasselback pumpkin

with fried cabbage, multicolored carrot, baked potato and spinach sauce

ALLERGENS: SU, N (HAZELNUTS)



DESSERTS

Sunnmøre apple dessert

with sea buckthorn syrup, skjønning ice cream, and oat biscuit

ALLERGENS: M, E, SU, G (OATS, WHEAT, BARLEY, RYE)

Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

✔Vegan Sunnmøre apple dessert

with sea buckthorn syrup, vanilla ice cream, and a crispy oat biscuit

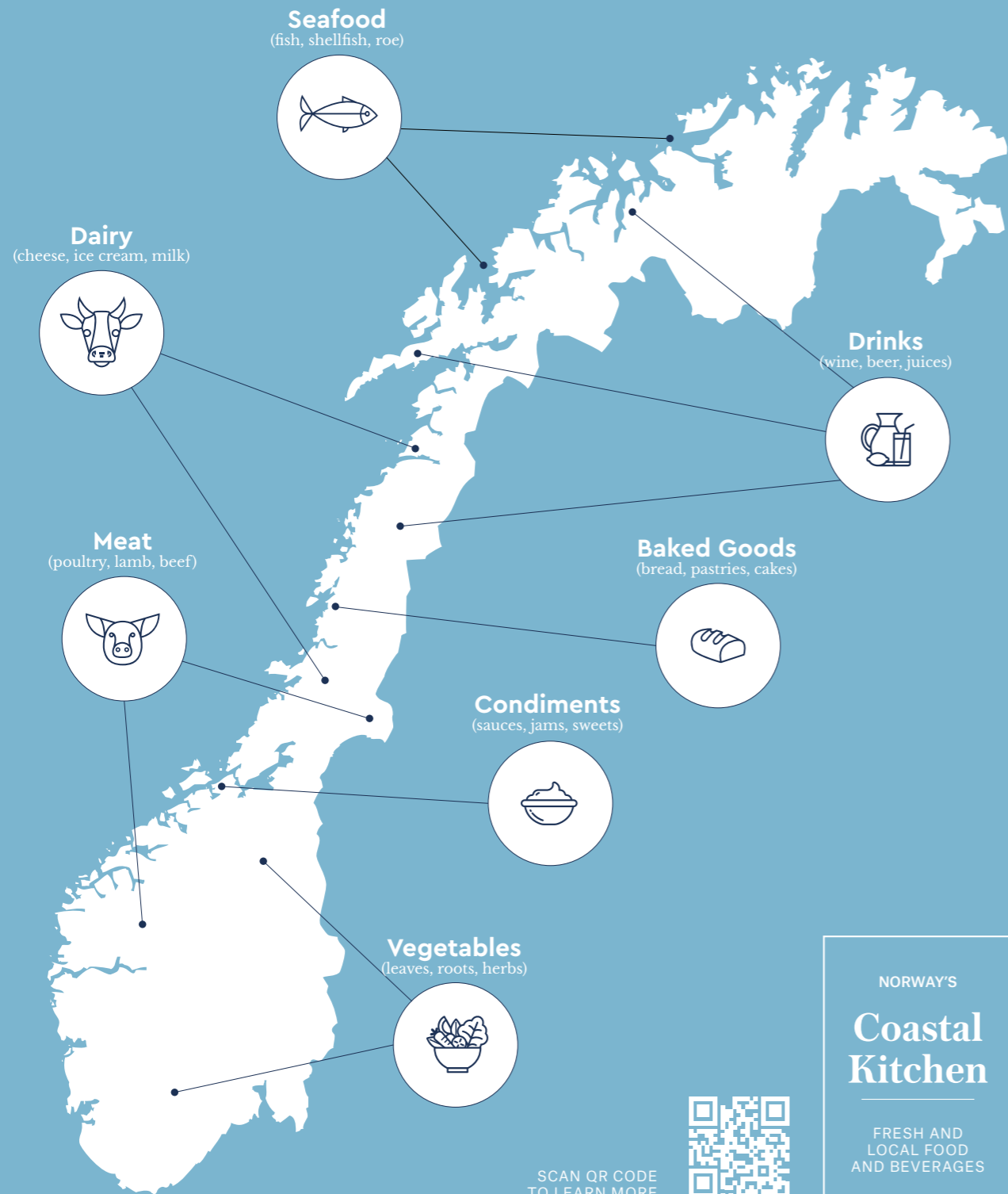
ALLERGENS: G (OATS, WHEAT)

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER
MENU

Dag 3 | Trondheim

EN | Day 3

Trondheim

THE SUNNMØRE COAST – 62° North

It is perhaps a cliché to say that a place has the best of all worlds but there really is something special about Trøndelag. Nature has been kind to it. The county benefits from its contrasting landscapes of mild, moist coast and cool, dry plains and mountains. And the long, bright summer nights mean Trøndelag has world-class ingredients and food traditions the locals are rightly proud of. It's not surprising that the county is home to perhaps the world's best areas for crayfish, crab, scallops, and mussels.



Barley soup

Barley soup is one of the oldest and most widespread everyday dishes in Norway – a result of frugal cooking and long-standing traditions of extracting flavour from bones and vegetables. With roots in rural farm culture, barley was often used as a substitute for rice or pasta - both nutritious and long-lasting. When made with smoked pork knuckle, the soup gains deep umami and a smoky richness, echoing old preservation techniques once essential for surviving harsh winters.

It's often said there are as many recipes for barley soup as there are families in Norway – each with its own little variations and secrets.

Today, we serve it with the same respect for integrity and taste – an honest expression of the best of Norwegian culinary heritage.

Reindeer Cheese from Galåvolden

We are proud to present this unique cheese with smoked reindeer meat. Made from pasteurised cow's milk from Galåvolden Farm, it contains 12% smoked reindeer from Rørosrein. The meat, sourced from the Røros region, is added during the cheesemaking process, giving the cheese its distinctive flavour before maturing for up to twelve months.

Reindeer herding has always been central to the lives of the mountain Sámi in the Røros area. Following the animals from winter grazing in the forests to summer pastures in the mountains, their nomadic lifestyle is deeply rooted in culture and tradition. These same traditions continue to shape both Sámi identity and this award-winning cheese. Galåvolden Farm proudly carries this legacy forward with a cheese unlike any other.

Salmon

Having fished for salmon for thousands of years, Norway is today the world's largest exporter of Atlantic salmon. Thanks to the knowledge of generations of Norwegian fishermen, combined with a modern scientific approach, we are able to successfully rear high-quality salmon in sustainable ocean farms, usually located in the deep, cold, and clean waters of Norway's northern fjords.

From its deep pink colour to its full flavour, it's easy to see why Norwegian salmon is highly sought after the world over. Chilled as gravlax or boiled, baked, or smoked, Norwegian salmon reigns supreme as our most distinctive and delicious export. We have suppliers bring their catch in many of the ports we sail to, all so you get to appreciate our salmon at its freshest.

Reindeer from Stensaas

For millennia, reindeer has been central to Norwegian and Sámi food culture – closely tied to nature's rhythm, the seasons, and a way of life shaped by the landscape. For the Sámi people, reindeer is more than an ingredient; it represents culture, identity, and traditions passed down through generations.

At Stensaas in Røros, this heritage is carried forward with care and precision, where the whole animal is respected and the natural quality of the meat is preserved. Reindeer is known for its fine texture, clean flavour, and distinct expression of its natural surroundings.

In Norway's Coastal Kitchen, this legacy is presented in a modern context – guided by simplicity, balance, and respect for the ingredient.



STARTERS

Smoked reindeer cheese from Galåvolden Farm

with grilled romaine lettuce and wild garlic oil from Myklevik Farm

ALLERGENS: M, N (HAZELNUT, PISTACHIO), G (OATS, WHEAT, RYE, SPELT)

Barley groats soup

with smoked pork knuckle and parsley oil

ALLERGENS: S, SU, M, G (OATS, WHEAT, RYE, BARLEY)

Asparagus

with Plant-Based Mince, Herb Emulsion

and Toasted Pumpkin Seeds

ALLERGENS: SE



MAINS

Slow-braised reindeer shank from Stensaas

with Norwegian root vegetables and rich game jus

ALLERGENS: M, S, SU, SE

Salmon from Aukra

with warm potato salad, whipped sour cream, dill and lemon

ALLERGENS: F, M

Sweet potato and chickpea patties

with kale

ALLERGENS: S, SU, SE



DESSERTS

Nýr cheesecake

with strawberry compote and nýr cream

ALLERGENS: M, E, G (WHEAT)

Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

Vegan cheesecake

with strawberry compote and GRYR cream

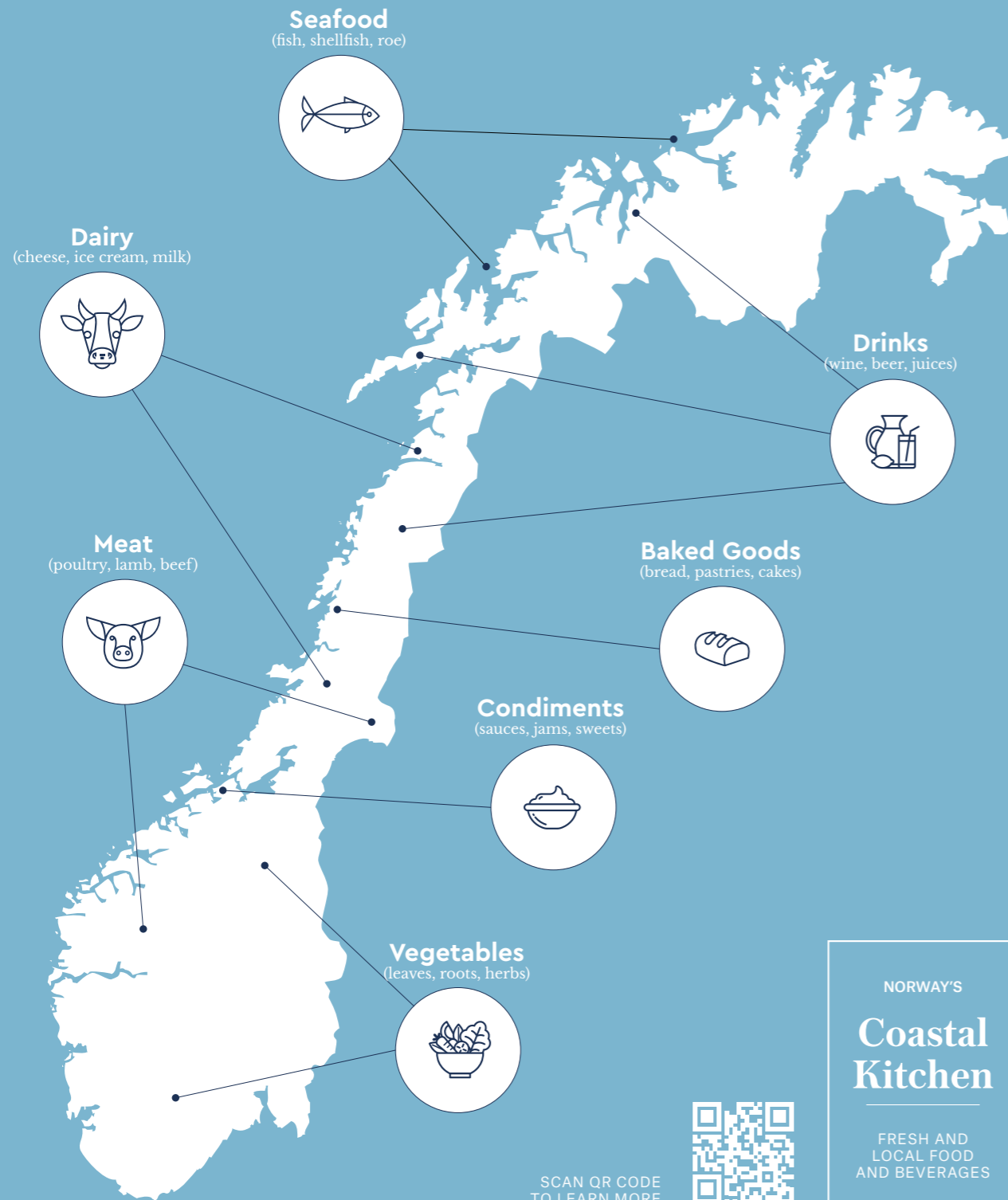
ALLERGENS: G (OATS, WHEAT)

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SCAN QR CODE TO LEARN MORE

NORWAY'S
Coastal Kitchen
FRESH AND LOCAL FOOD AND BEVERAGES

HURTIGRUTEN
TARGET
NORWAY'S COASTAL KITCHEN

EN

DINNER MENU
Dag 4 | Bodø

EN | Day 4

Bodø

A VIKING HERITAGE – 67° North

Just outside Kvitnes Gård, a farm run by Halvar Ellingsen, is Fish island. When Halvar was a small boy, his family used to take their fishing boat to this very islet to fish for pollock. One of Halvar's strongest childhood and food memories is eating fresh pollock, caught just minutes earlier under the Midnight Sun, with only flatbread, butter, and potatoes. Halvar remembers these meals to this day. It's probably one of the reasons why pollock is among his favourite fish.



Lingonberries

Wild berries have long played an important role in Nordic food culture, and lingonberries are among the most iconic. These small, bright red berries grow wild throughout the forests of Scandinavia and are harvested from late summer to early autumn, typically from the end of July until September.

Lingonberries have a fresh, tart, and slightly bitter flavour, caused by their natural content of benzoic acid. This acid also gives the berries a naturally long shelf life without the need for preservatives. They are rich in vitamin C, vitamin E, and pectin, and are well known for their high antioxidant content.

In Norwegian cuisine, freshly stirred lingonberries are a classic accompaniment to meat and game, where their bright acidity balances rich flavours. They are also widely used in desserts, cakes, and jams, adding both freshness and character to sweet dishes.

Skrei roe (cod roe)

Skrei is a seasonal phenomenon that has shaped Norwegian coastal culture for over a thousand years. Every winter, this majestic fish migrates more than 1,000 kilometres from the Barents Sea to the spawning grounds off the coast of Lofoten and Vesterålen. But with the skrei comes roe – a delicacy deeply rooted in coastal households. Traditionally, roe has been just as important as the fish itself, used in everything from everyday meals to festive dishes. It represents a philosophy we share at Hurtigruten: using the whole fish, without waste, and with respect for the ocean's resources. Skrei and roe are not just seasonal ingredients – they are pillars of a food culture where the journey and story of the ingredients matter just as much as the flavour on the plate.

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.

Bidos

Bidos, also written bidos, is a central dish in Sámi food culture – deeply connected to reindeer herding, nature, and tradition. Its name comes from the Northern Sámi language and reflects a way of life built on respect for nature and the use of the whole animal.

A rich broth made from reindeer meat and bones forms the foundation, with potatoes, carrots, and onions added and gently simmered into a nourishing stew. The flavour is clean and honest, shaped by the ingredient and simple preparation.

In Norway's Coastal Kitchen, this tradition is carried forward with care and precision – a tribute to Sámi culture, craftsmanship, and the natural rhythm of the land.



STARTERS

Skrei roe cream from the fjords of Lofoten

with sugar kelp and endive

ALLERGENS: M, F, SO, G (WHEAT, OATS), (MAY CONTAIN TRACES OF SHELLFISH)

Bidos

ALLERGENS: S

✓ Norwegian vegan bowl

with herb oil and beetroot chips

ALLERGENS: SF, SO, G (WHEAT, BARLEY), (MAY CONTAIN TRACES OF SHELLFISH AND FISH)



MAINS

Herb-roasted pork fillet from Horns Butchery

with charred cabbage, fennel and radish crudité, and Choron sauce

ALLERGENS: M, E, SU

Ling fish

with beetroot barleyotto, kale and brown butter with mushrooms

ALLERGENS: M, SU, S, F, G (BARLEY)

✓ Arctic white bean fricassee

with roasted root vegetables, pickled carrot and toasted sunflower seeds

ALLERGENS: S, SU



DESSERTS

Troll Cream – Norwegian lingonberry mousse

with crisp waffles and hazelnut brittle

ALLERGENS: E, M, G (WHEAT), N (HAZELNUTS)

Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

✓ Vegan troll cream

Norwegian lingonberry mousse with dandelion and hazelnut caramel

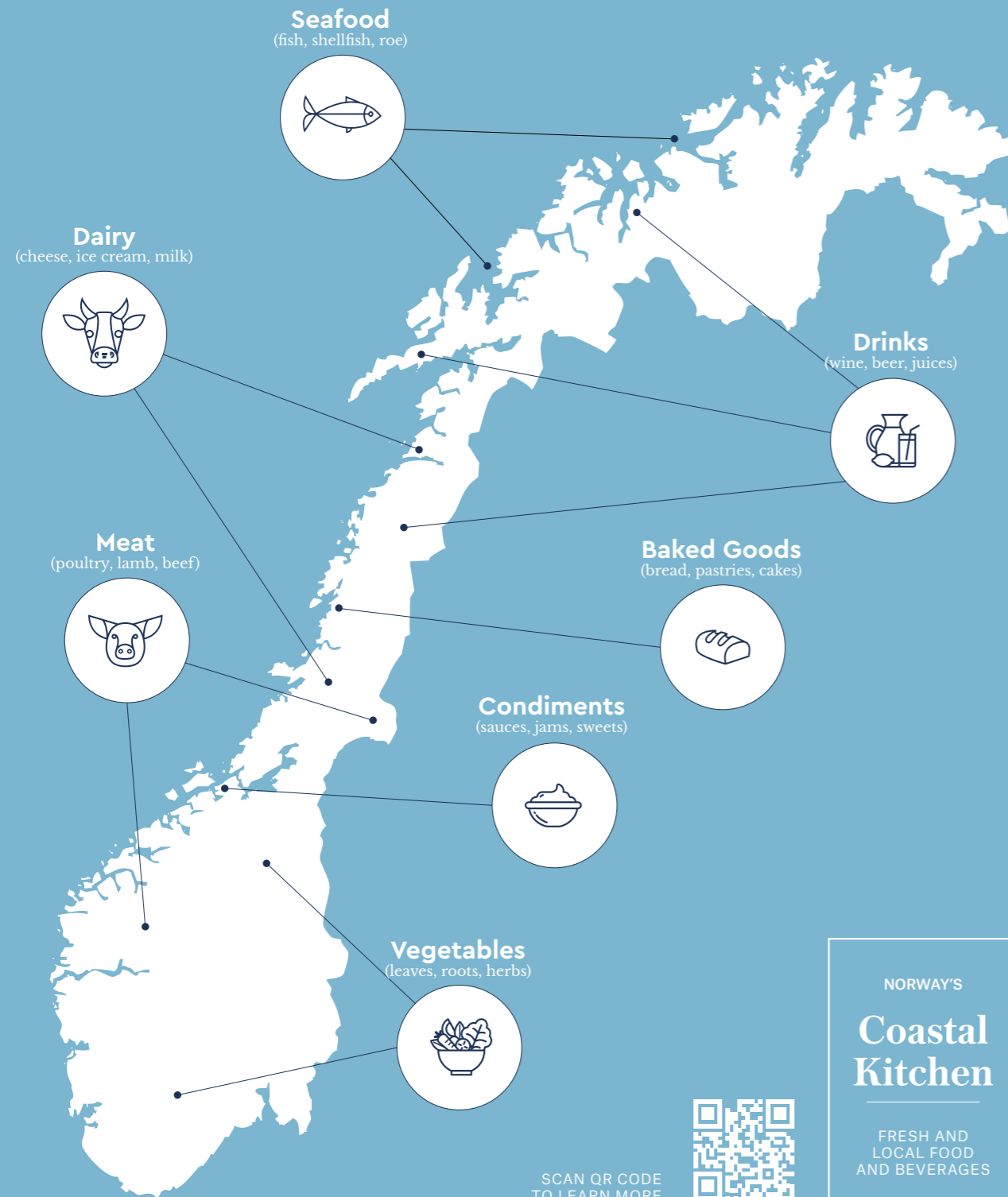
ALLERGENS: G (WHEAT), N (HAZELNUTS)

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER
MENU
Dag 5 | Tromsø

Tromsø

ENTERING THE HIGH NORTH – 69° North

The food traditions in the region of North Troms are influenced by three cultures that have merged: Sámi, Swedish and Norwegian. The Sea Sámi were permanent residents who lived by fishing and farming, but their culture was also influenced by the migratory Sámi who had summer pastures here. The cuisine made the most of the powerful flavours available, with dishes such as reindeer and moose prepared with wild mushrooms. Many of our Norwegian traditions arose from that self-sufficient way of life, which still prevailed just a hundred years ago.



Hurtigruten's Seaweed Farm in Lyngen

A short distance outside Tromsø you will find Lyngen. The cold, nutrient-rich sea currents make the fjords between the high mountain tops one of the most productive marine areas. Marine life grows slowly in cold water, giving both fauna and flora an exceptionally rich flavour. Now that Hurtigruten is 130 years old, we wanted to take a revolutionary step in sustainability and environmental awareness. And what's more important than protecting our own underwater rainforest?

Kelp forests are 60% more efficient at absorbing carbon than trees – but only while they're actively growing. By harvesting mature seaweed and planting new shoots, Hurtigruten's seaweed farm contributes to reducing atmospheric carbon. It's a meaningful step towards a climate-stable planet we can pass on to the next generation.

Goatling

Norwegian kid goat is one of the most local and sustainable things you can eat. Goatling is to goat what lamb is to sheep – tender and flavourful, but with a milder character. Today, many goatling, especially males, are euthanised shortly after birth, because it costs more to raise them than what farmers can get paid for an adult male goat.

At Hurtigruten, we see the value in highlighting such ingredients – tasteful, ethically sound, and rooted in Norwegian tradition. The kid you are served today has grazed freely on herbs and heather along the coastal areas we sail past – and is our contribution to using the whole animal, with respect for both nature and resource.

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.

Wolffish

The wolffish is a distinctive species from the cold, deep waters along the Norwegian coast. Living close to the seabed, it feeds on shellfish and marine life – a way of life that gives the flesh its firm texture and rich flavour.

Beneath its rugged exterior lies a delicate, white flesh, both juicy and well suited to a variety of cooking methods. While long present along the coast, wolffish gained wider recognition in Norwegian cuisine when Ingrid Espelid Hovig introduced it on television in 1979.

In Norway's Coastal Kitchen, wolffish is prepared with simplicity and precision – allowing the natural qualities of the ingredient to take the lead.

SELECTED DISHES FROM TODAY'S BUFFET



Salmon and halibut sashimi

with ponzu, Hurtigruten's organic kelp

ALLERGENS: F, SO, SF (MAY CONTAIN TRACES OF SHELLFISH)

Norwegian shellfish

on ice with herbs and lemon

ALLERGENS: B, SK, SU

Baked celeriac soup

with braised Arctic young goat from

Mydland in Tromsø

ALLERGENS: M, S, SU

✔ Vegan dishes are available on the buffet



Chicken breast

with oven-roasted vegetables, herb potatoes and jus

ALLERGENS: M, S, SU

Steamed Atlantic wolffish

with golden beets, herb-infused potatoes, seaweed beurre blanc and pickled red onion

ALLERGENS: M, F, SU, (MAY CONTAIN TRACES OF SHELLFISH)

✔ Beet bourguignon

with mashed potatoes and horseradish

ALLERGENS: S, SU, SE



Chocolate terrine

with Nýr cream and thyme meringue

ALLERGENS: E, M, SO

Cheese of the day

ALLERGENS: ASK YOUR WAITER

✔ Vegan chocolate cake

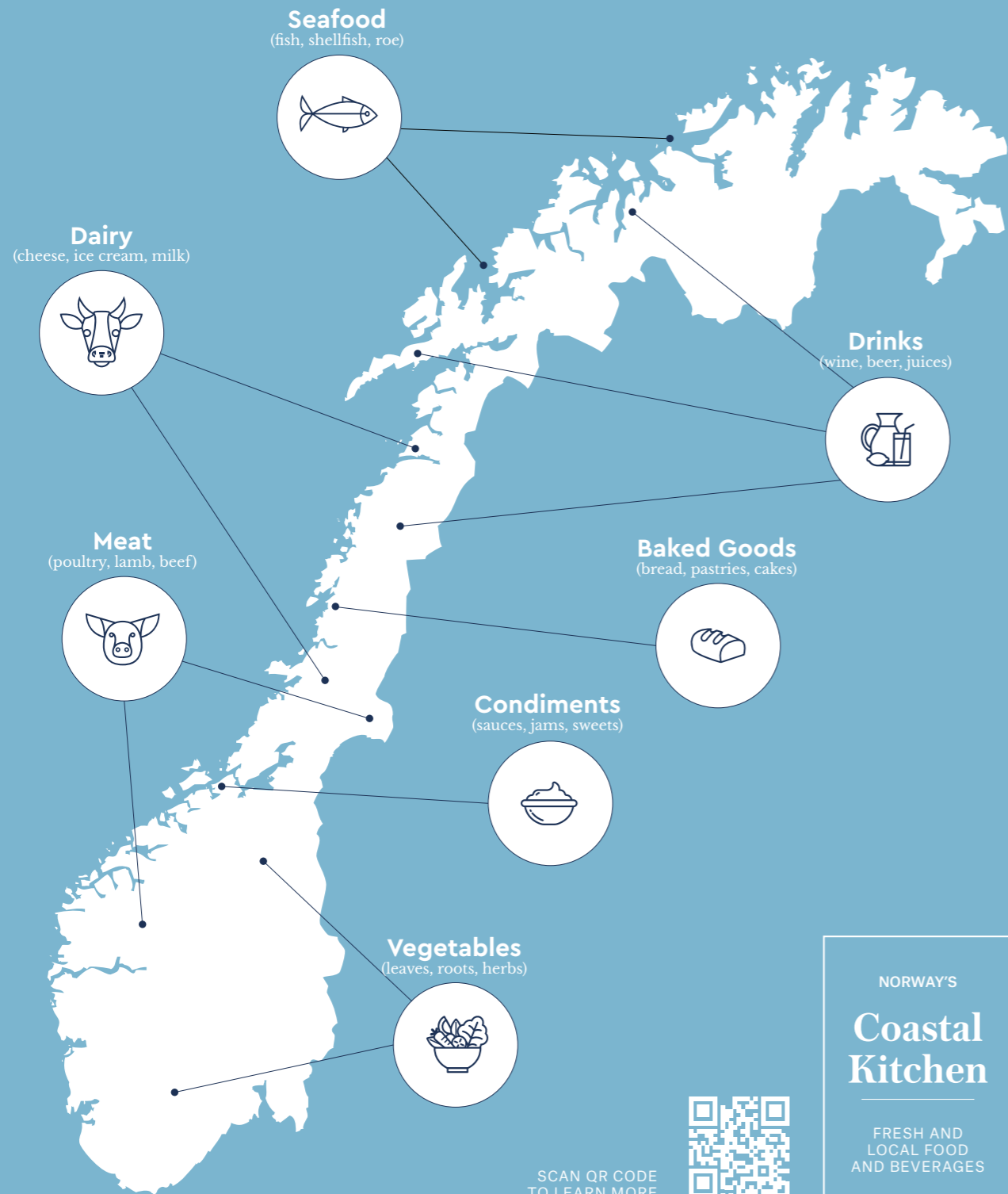
with whipped cream and hazelnuts

ALLERGENS: G (WHEAT), SO, N (HAZELNUTS)

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER
MENU
Dag 6 | Honningsvåg

EN | Day 6

Honningsvåg

NORTH CAPE – 71° North

The region of Finnmark is home to North Cape, the northernmost point on the European continent. For a long time, people believed that these towering cliffs marked the end of the world. Finnmark is so vast and so different that many find it difficult to put it into words, so let's start with trying to describe the food. Norway is rich in food traditions but the strong Finnish immigration experienced by Finnmark brought with it Finnish food traditions such as the use of grain, porridge, offal, blood, and cured meat.



Halvar Ellingsen

Tonight's menu has been developed in collaboration with Halvar Ellingsen – one of Norway's most renowned chefs, raised in Vesterålen with a strong connection to nature and its ingredients. With experience from some of Norway's most influential restaurants, as a winner of the Norwegian National Culinary Championship and a former member of the Norwegian national culinary team, he has developed a distinct expression of modern Norwegian cuisine. At Kvitnes Farm, he works with sustainability, Arctic agriculture, and a holistic approach to food production, focusing on Northern Norwegian ingredients and traditions.

As one of our culinary ambassadors, he helps shape Norway's Coastal Kitchen – where ingredients, history, and craftsmanship come together. We invite you to discover more about the people behind the food on our website.

Haddock

Along Norway's long coastline, haddock has been a faithful companion to those who live close to the sea. This slender member of the cod family thrives in cold, clear waters and has provided nourishment and livelihood to coastal communities for generations.

When daylight returns in spring and summer brings calm seas and abundant fishing grounds, fresh haddock has long been a natural part of coastal diets. It was also hung to dry in the salty sea air and preserved as salted and dried fish – important trade goods that once connected the coast with the wider world.

With its white flesh and firm texture, haddock offers a mild, elegant flavour that reflects the clarity of the sea and the freshness of the season.

Arctic Char

Lovage has long traditions in Nordic kitchens and monastery gardens, where it was cultivated both as a culinary herb and a medicinal plant. This hardy perennial thrives in cool climates and has, for generations, been a natural part of households along the coast.

The plant is recognised by its sturdy stems and deep green leaves. Every part can be used – from leaves and stems to seeds and root – adding distinctive depth to cooking.

Its flavour is aromatic and full-bodied with notes reminiscent of celery and herbs, often described as "Nordic umami." Used sparingly, lovage adds strength and complexity, binding together flavours from sea and land.

Rhubarb

The first shoots of rhubarb are among the clearest signs that spring has arrived along the coast. This hardy plant thrives in cool climates and has long been a trusted presence in gardens and farmyards throughout Norway's coastal regions.

Although rhubarb originates from Central Asia, it quickly found its place in Nordic kitchens. After the long winter, its tart stalks were a welcome addition to the diet, marking the transition to a lighter and greener season.

Its flavour is bright and tangy with natural fruitiness. Paired with sugar or berries, its acidity softens, creating a clean, lively taste that mirrors the freshness of spring



STARTERS

Smoked haddock

with whipped sour cream, pickled kohlrabi and dill oil

ALLERGENS: F, M, SU

Potato cake with cured leg of lamb

with smoked sour cream and leek

ALLERGENS: M

✔ Fennel soup

with confit fennel

ALLERGENS: SU, S



MAINS

Baked haddock

with potato cream, leek and smoked haddock and ramsons sauce

ALLERGENS: F, M, SU

Braised lamb shoulder

with potato cream, baked onion and lovage jus

ALLERGENS: M, SU

✔ Barley "byggotto"

with pickled onion, oyster mushrooms and lovage–sherry vinaigrette

ALLERGENS: S, G (BARLEY), SO



DESSERTS

Strawberries with rhubarb

oregano emulsion and aromatic cream infusion

ALLERGENS: M

Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

✔ Strawberries with rhubarb

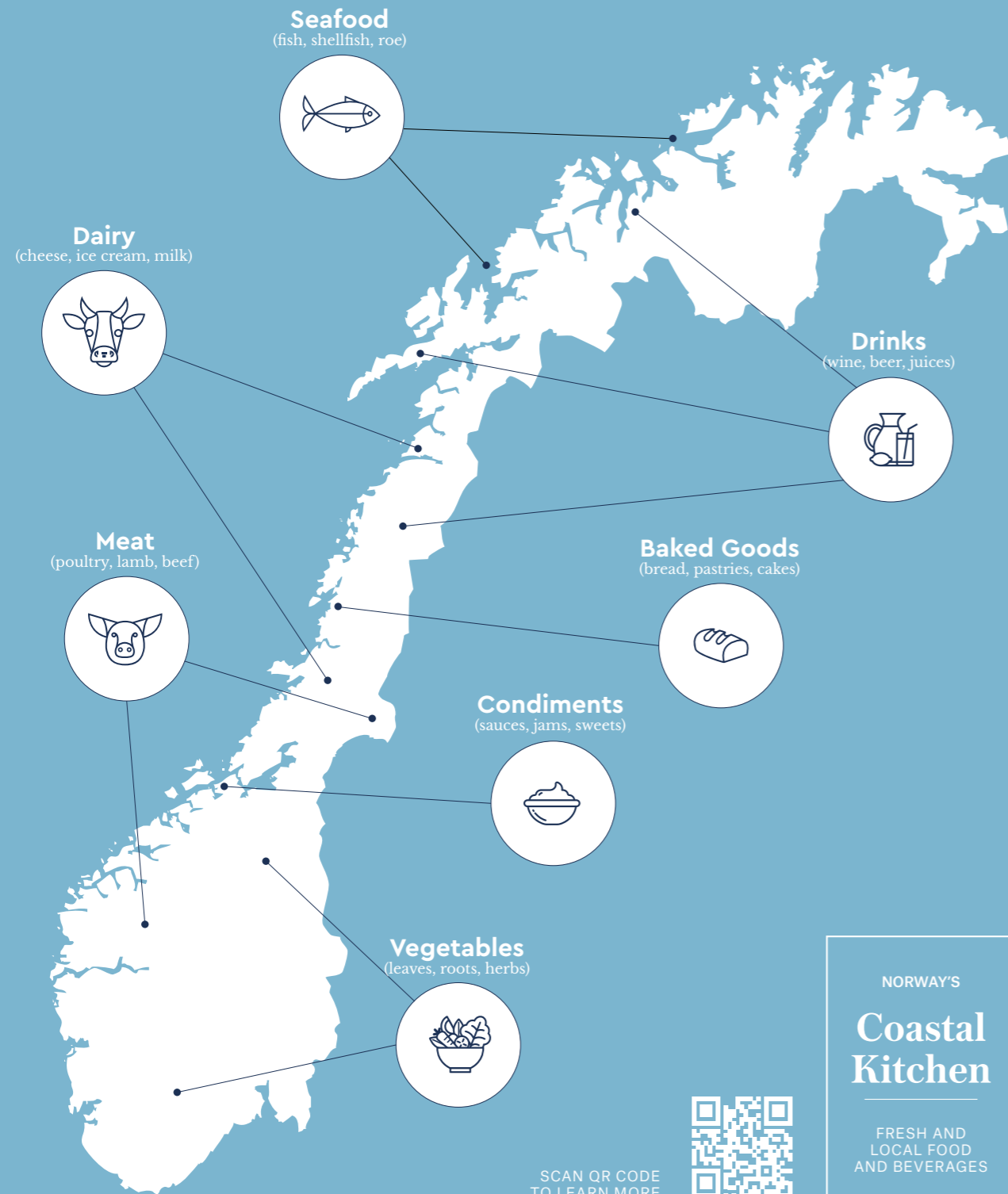
oregano emulsion and aromatic vegan cream

ALLERGENS: –

A true taste of Norway

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER
MENU
Dag 7 | Kirkenes

Kirkenes

EAST-FINNMARK – 69° North

Kirkenes is known as the capital of the Barents region. Although it's a small town, Kirkenes has a multicultural population, thanks to the nearby borders with Finland and Russia. It won't take you long to spot signs written in multiple languages around the streets. But it's the pristine nature surrounding Kirkenes that makes the food culture here truly distinctive. There's a clear focus on fresh, local ingredients such as reindeer meat, mullet, king crab, and wild salmon.



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. Norwegian beekeepers have also 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.

Arctic Char

A Norwegian food treasure, the Arctic char has swum in the mountain lakes of Arctic Norway for thousands of years, and eaten by the inhabitants of this region and beyond for just as long. Related to salmon and trout, it is an abundant fish with populations native to freshwater alpine lakes as well as Arctic and subarctic coastal waters, who tend to migrate up river to spawn.

Today, Arctic char is farmed as part of Norway's huge environmentally conscious aquaculture industry. A bit leaner than its two salmonid cousins, its firm, reddish meat and mild taste make it much sought after by chefs, who prepare it in countless delicious ways.

Herring

Herring is probably the most important fish in human history. A bold statement, but one backed up by the cities founded on and the wars started over this coveted "silver of the sea." During spawning season, herring flow into Norway's fjords and the herring fishing season begins – an important event for coastal communities. Living in enormous schools of up to three billion individuals, herring has long sustained life in and around the Atlantic, saving the people of Norway from hunger during bad harvests and in times of war.

The fish is particularly suited to preservation techniques like pickling, salting, and smoking. Matjes (salt-marinated herring), for example, with its unique and rounded flavour, becomes so tender that it melts in the mouth.

Borscht

Borscht is a classic beetroot soup, known for its distinctive balance of acidity and depth, shaped by centuries of tradition and regional interpretation. Originally, it was made from plants such as hogweed, long before beetroot became its defining ingredient.

With roots across Eastern Europe, the dish has evolved into many variations, yet remains centred around bold flavour and a strong connection to its ingredients.

Today, borscht is prepared with beetroot as its foundation – an ingredient also familiar in Norwegian cuisine – and is often served with sour cream, adding a smooth and balanced finish.



STARTERS

Sámi Láibi

marinated herring, whipped sour cream, perfectly boiled eggs, and pickled onions

ALLERGENS: F, E, M, G (WHEAT, RYE)

Carrot tart

with Nýr cream and almonds

ALLERGENS: M, E, G (WHEAT), N (ALMONDS)

✔ Russian borscht

(beet soup) with vegan yoghurt

ALLERGENS: S, G (OATS)



MAINS

Slow-roasted beef shoulder

with oven-roasted beets, crispy kale, mashed potatoes and rich jus

ALLERGENS: M, S, SU

Arctic char from Sigerfjord

with charred cabbage, fennel and radish crudités, and Choron sauce

ALLERGENS: E, F, M, SU

✔ Potato cakes

with beetroot, vegetable salsa and herb vinaigrette

ALLERGENS: -



DESSERTS

Russian honey cake

with buttercream and salted caramel sauce

ALLERGENS: E, M, G (WHEAT)

Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

✔ Raspberry mousse

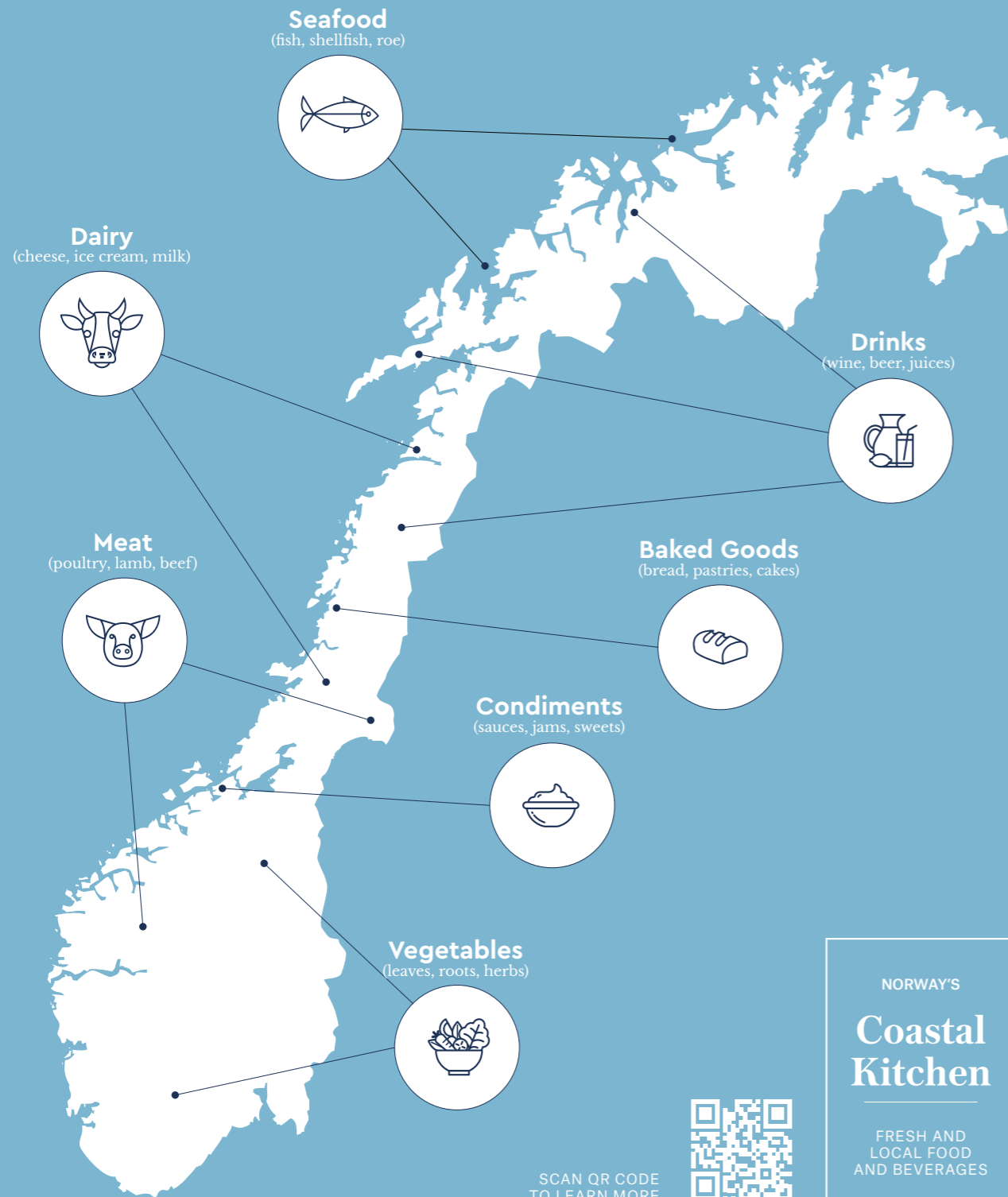
with blackberry coulis and almond brittle

ALLERGENS: N (ALMOND)

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER
MENU

Dag 9 | Vesterålen

Vesterålen

THE LOFOTEN ARCHIPELAGO – 68° North

Today's menu has a colour and taste that reflects both our culinary origins and our culinary future. Lofoten was the northernmost seat of Viking culture and their legacy lives on, even here. Even though the Vikings made themselves rich through trading in fish and wild animal skins, and built a ferocious reputation through plunder and war, they saw themselves primarily as farmers. On land, Lofoten's windswept climate has left its mark on plant life, but there are oases of fertile soil to be found.



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.

Rolvøy Dandelion Syrup

If you've been looking for a vegan sweetener that tastes like honey, your search ends here. Dandelion syrup is perfect for pouring over your waffles or sweetening your tea, while boasting all the nutritional benefits of the plant it comes from – like removing toxins and boosting the immune system.

Norway's finest dandelion syrup is made by family-run business Molta, from the hand-picked wild flowers of Rolvøy – and that's what we serve aboard our ships. However, it's not too difficult to make it yourself. Start with lots of fresh dandelions, preferably picked in a clean area. After removing the stem and green flower base, boil a kilogram of the petals in a litre of water with 800 grams of sugar. Let it sit overnight, then strain and reduce to syrup consistency.

Smoking

Smoking is one of the oldest methods of preserving food – developed in a climate where access to fresh ingredients was seasonal and shaped by nature. Traditionally, fish and meat were hung over open fire for hours or days, where heat, drying, and the properties of smoke contributed to both preservation and flavour.

Over generations, the technique has evolved, from cold smoking to hot smoking, often with flavour becoming as important as preservation. In Sámi food culture, smoking fish and reindeer has long been a central tradition, often carried out in a lavvu.

Today, smoked products remain an integral part of Norwegian cuisine – where heritage, craftsmanship, and flavour come together.

Kvæfjordkake

Kvæfjordkake was created in the 1930s when café owner Hulda Ottestad in Kvæfjord refined a Danish recipe. The result: a light sponge cake topped with crispy meringue and sliced almonds, filled with vanilla custard and whipped cream. The contrast of soft, crisp, and creamy made it instantly popular. From local coffee tables, it spread nationwide, and in the 1980s, Norwegians voted it the country's official national cake.

Today, it's a staple at confirmations, weddings, and Constitution Day celebrations. Families add their own twist with cloudberries, raspberries, or potato flour for extra lightness—but the essence remains the same: a taste of Northern Norwegian hospitality, creativity, and pride—a cake that connects generations.

SELECTED DISHES FROM TODAY'S BUFFET



Lightly smoked halibut

with dill-stewed potatoes and crispy capers

ALLERGENS: F, M

Roast beef

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

ALLERGENS: M

Spinach soup

with croutons

ALLERGENS: S, G (WHEAT, RYE, OATS)

✔ Vegan cold dishes are available on the buffet



Whole-roasted leg of lamb

with steamed root vegetables, wild garlic potatoes, pickled blackcurrants and thyme jus

ALLERGENS: M, SU, S

Oven-baked trout

with sautéed green beans, pearl onions and beurre blanc

ALLERGENS: F, M, SU

✔ Fried chickpea cake

with bean cassoulet, spring onion and pickled beets

ALLERGENS: SE, SU, SO, G (WHEAT)



Kvæfjord cake

with Rolvøy dandelion syrup

ALLERGENS: M, E, G (WHEAT)

Cheese of the Day

ALLERGENS: ASK YOUR WAITER

✔ Vegan chocolate mousse

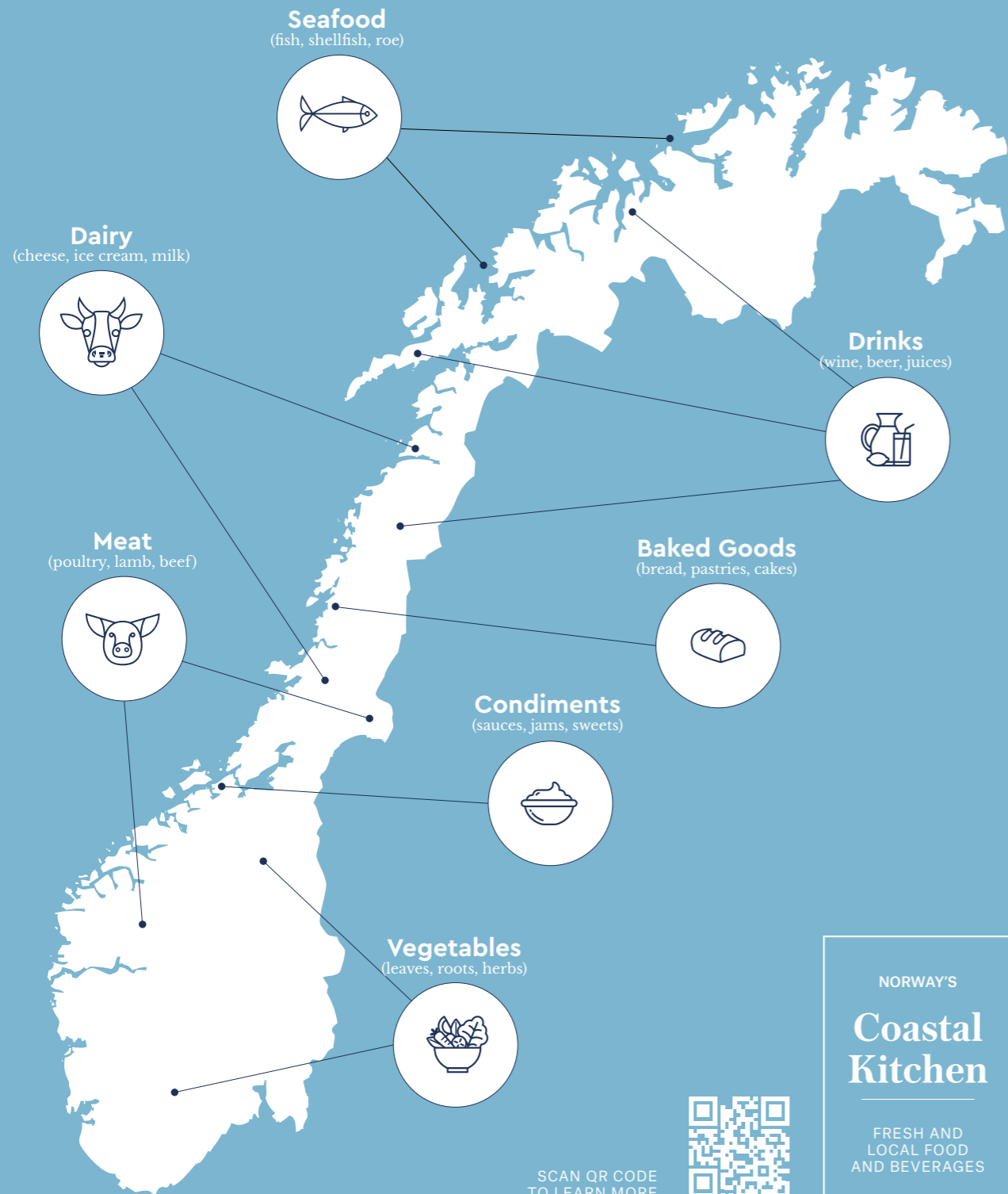
with caramelised nuts

ALLERGENS: SO, N (HAZELNUTS)

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER MENU
Dag 10 | Helgeland

EN | Day 10

Helgeland

THE KINGDOM OF A THOUSAND ISLANDS – 66° North

An invisible line sweeps across Sweden, Finland, Russia, Alaska, Canada, Greenland and Iceland – a line that also splits Norway in two. The magic number 66° 33' marks this line. It's the Arctic Circle, north of which the Midnight Sun shines. Above this line, you can see the sun 24 hours a day throughout the summer, or experience the Polar Night in the winter.



Truffle seaweed

When walking along the Norwegian coast at low tide, the last thing you'd expect is to catch the distinctive scent of truffles on the sea breeze. But among the strings of seaweed lining the shorefront, this aroma can be traced to a small, fluffy algae that ranges in colour from maroon to dark purple. It has fittingly 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 therefore 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 mostly used as a garnish or spice to elevate gourmet dishes.

Beef Cheek from Trøndelag

Beef cheek from Trøndelag is a cut deeply rooted in Norwegian food traditions – shaped by a region known for its strong agricultural heritage and quality produce. As part of a whole-animal approach, this cut has long been valued for its ability to develop rich flavour through slow cooking.

Through gentle braising, the connective tissue breaks down, resulting in tender, succulent meat with depth and character. The quality of the ingredient is allowed to stand out.

In Norway's Coastal Kitchen, beef cheek is presented with respect for both origin and craftsmanship – where time, precision, and simplicity define the experience.

Skrei

Skrei is cod...but not all cod is skrei. Skrei grow up in the Barents Sea but every year they swim a thousand kilometres to the seas around Lofoten, Senja, and Vesteralen, where they were conceived. The long journey means skrei meat is leaner, whiter, and firmer than that of coastal cod, which tend to stay in the same area. Skrei also have brighter markings and are longer and more pointed than coastal cod. The name comes from the Old Norse word skreid, meaning 'fish that wanders'.

Skrei is also nicknamed the 'love fish' as it faithfully returns to the same spot each year – a habit that shows no sign of changing; Norwegian skrei is the most sustainably managed cod stock in the world.

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, pureed, 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 beetroot-cured salmon, a salmon dish we traditionally serve at Christmas.



STARTERS

Salmon tartare

with truffle seaweed mayonnaise and seasonal sprouts

ALLERGENS: F, E, M, SE, SU (MAY CONTAIN TRACES OF SHELLFISH)

Norwegian pea soup

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

ALLERGENS: S, M, SE, SU, G (WHEAT, RYE, OATS)



MAINS

Choose between a meat or fish dish

Skrei from Dragøy

with sugar kelp and brown butter (beurre noisette)

ALLERGENS: F, M (MAY CONTAIN TRACES OF SHELLFISH)

Braised beef cheek from Trøndelag

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

ALLERGENS: S, M, SU (MAY CONTAIN TRACES OF SHELLFISH)



DESSERTS

Ice cream

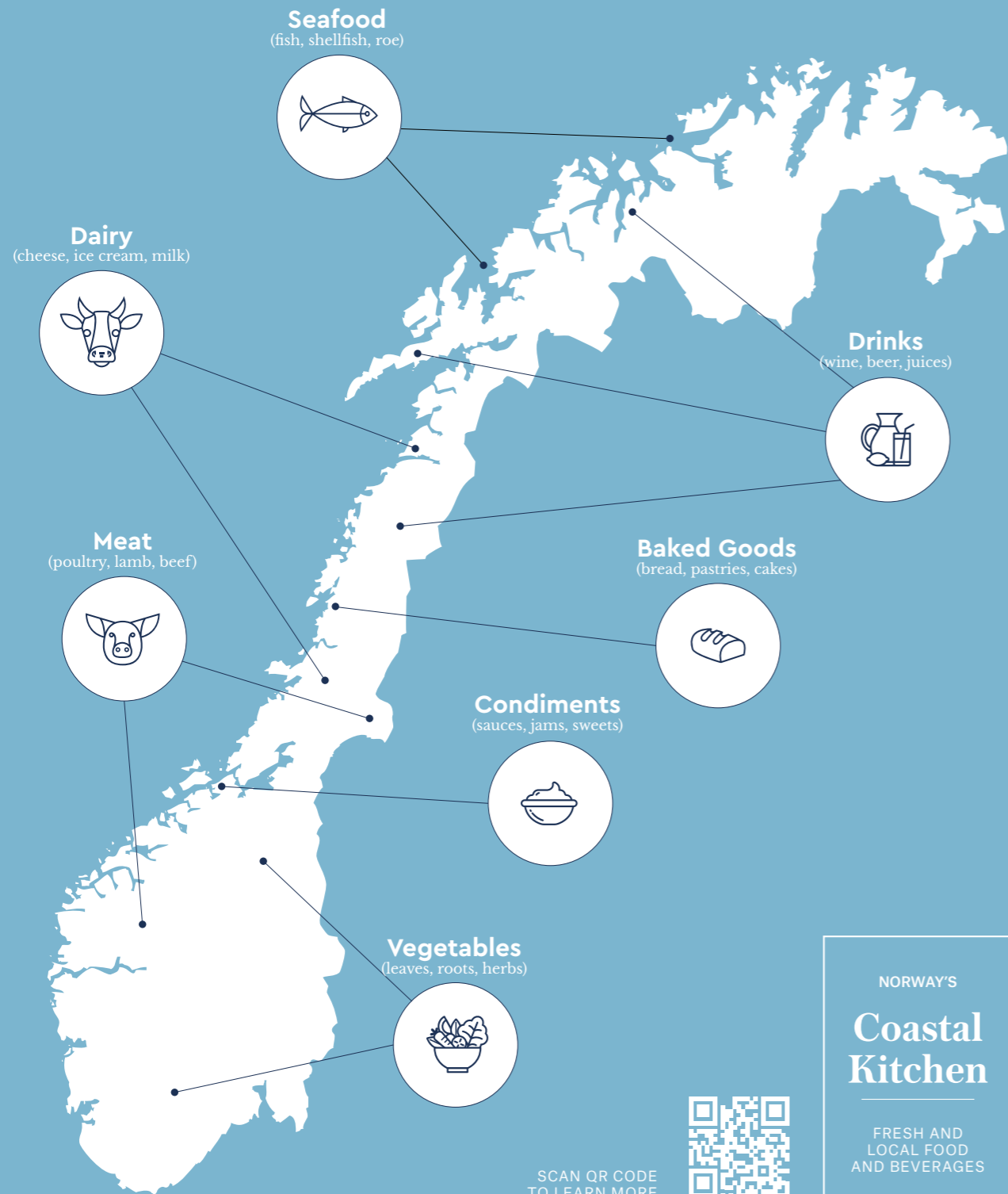
Vanilla ice cream from Svolvær, Andvika meringue, and cloudberry coulis

ALLERGENS: E, M, G (WHEAT)

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER MENU
Dag 10 | Helgeland

EN | Day 10

Helgeland

THE KINGDOM OF A THOUSAND ISLANDS – 66° North

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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 Hurtigruten-owned 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 land-based 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.

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.

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.

The future of food

If we are to support the planet's rapidly growing population safely and responsibly, we need to change our approach to 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 will play a larger role in our diets. Farming insects uses fewer 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.



STARTERS

✔ Beet tartare

with potato chips, vegan horseradish cream and fresh sprouts

ALLERGENS: -

✔ Vegan Norwegian pea soup

with gratinated croutons and plant-based crème fraiche

ALLERGENS: S, SU, G (WHEAT, RYE, OATS)



MAIN

✔ Nut wellington

with grilled vegetables and leek glaze

ALLERGENS: SE, SU, S, G (WHEAT, OATS), N (ALMOND, CASHEW NUT, WALNUT)



DESSERT

✔ Vegan ice cream cake

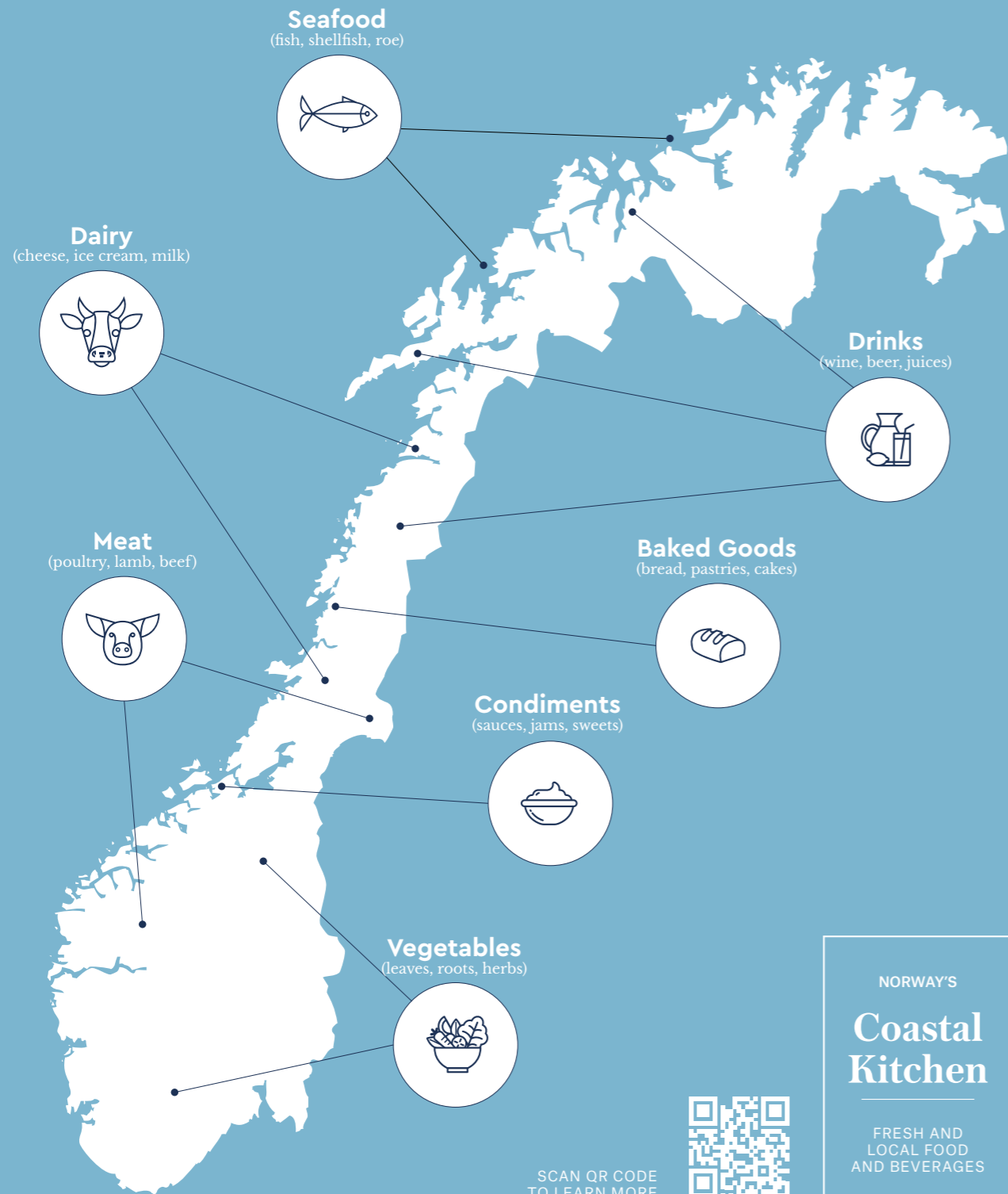
with cloudberry syrup, Gryr cream, and roasted hazelnuts

ALLERGENS: G (OATS), N (HAZELNUT)

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HURTIGRUTEN
TORGET
NORWAY'S COASTAL KITCHEN

EN

DINNER
MENU
Dag 11 | Trondheim

Trondheim

SPIRITUAL CAPITAL – 63° North

Trondheim became Norway's spiritual capital and an important European city. This is where some of the country's largest farms were found, and where Norway's oldest producer of aquavit set up home. Today, people from all over the world live and work in Trøndelag, but the South Sámi food culture has played a special role in the region's food traditions. Here, food is all about bringing people together. While we eat, we talk, we discuss new ideas, and we feel a warm sense of welcome and inclusion.



Røros Tjukkmjølkk

Tjukkmjølkk is rooted in an ancient dairy tradition from inland Norway. With origins tracing back to Viking times, it has long been a staple in the Norwegian diet - often enjoyed for breakfast or served with savoury dishes such as sausages. In the mountain region of Røros, this thick fermented milk has been produced since 1850 using a unique tette culture. Its distinct flavour and texture make it suitable for both sweet and savoury applications.

When incorporated into desserts - like today's tjukkmjølkk pudding - it brings a creamy richness balanced by refreshing tang, often served with local berries or sweet syrup. This pudding is a modern expression of a deep-rooted tradition and a prime example of how Norwegian ingredients and culinary heritage continue to inspire new gastronomy.

Sodd

Sodd is one of Trøndelag's most traditional dishes - long regarded as a celebratory meal for occasions such as weddings and gatherings. The name is believed to originate from the Old Norse word sjoda, meaning "to boil," reflecting its simple yet precise preparation.

Historically, sodd was prepared by local village cooks, each with their own recipe passed down through generations. A clear, rich broth forms the base, with lamb, beef, or game, often served with dumplings and root vegetables.

In the Innrøndelag region, it is traditionally accompanied by skjenning, a local flatbread. Sodd represents community and tradition - deeply rooted in Norwegian food culture.

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.

Saithe (Sei)

Norway's Coastal Kitchen is built on a simple philosophy: when ingredients are at their best, they need little accompaniment. Along the coast of Northern Norway lie some of the world's richest fishing grounds, where cold and warm ocean currents meet - creating ideal conditions for fish such as saithe.

A close relative of cod, saithe thrives in these nutrient-rich waters and is known for its firm texture and clean, delicate flavour. It can grow up to 120 cm in length and weigh over 20 kg.

For generations, saithe has been an essential resource along the Norwegian coast - valued both as an everyday fish and as part of the proud fishing heritage of Northern Norway.



STARTERS

Pastrami salmon

with pickled fennel and egg cream

ALLERGENS: F, E

Sodd

with skjenning flatbread

ALLERGENS: M, SU, G (WHEAT, RYE, BARLEY, OATS)

✔ Root vegetable terrine

with parsley oil and spring onion

ALLERGENS: S, N (HAZEL)



MAINS

Hampshire pork belly

with grilled summer cabbage, pickled rhubarb, potato purée, chives and mustard sauce

ALLERGENS: M, SU, SE

Pan-fried saithe

with peas, bacon and light pan sauce

ALLERGENS: M, F

✔ Potato dumplings

with roasted vegetables, pickled red onions, herb sauce and sunflower seeds

ALLERGENS: G (WHEAT), SU



DESSERTS

Røros traditional Tjukkmjølkk pudding

with caramelized hazelnuts and stirred raspberries

ALLERGENS: M, N (HAZELNUTS)

Ice cream of the day Cheese of the day

ALLERGENS: ASK YOUR WAITER

✔ Vanilla pudding

with caramelized hazelnuts
and stirred raspberries

ALLERGENS: N (HAZELNUTS)