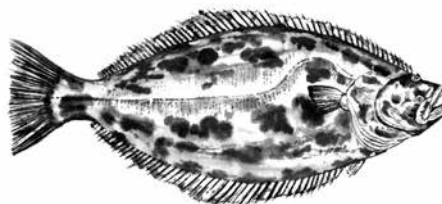
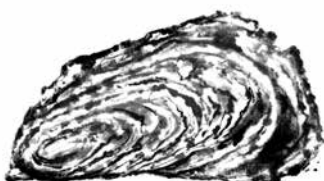
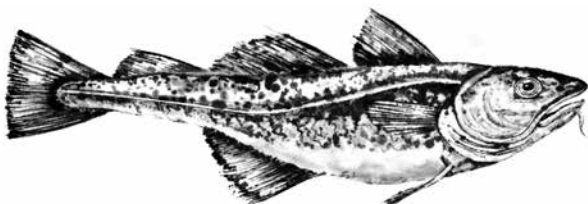


ARCTIC FINE DINING

# KYSTEN

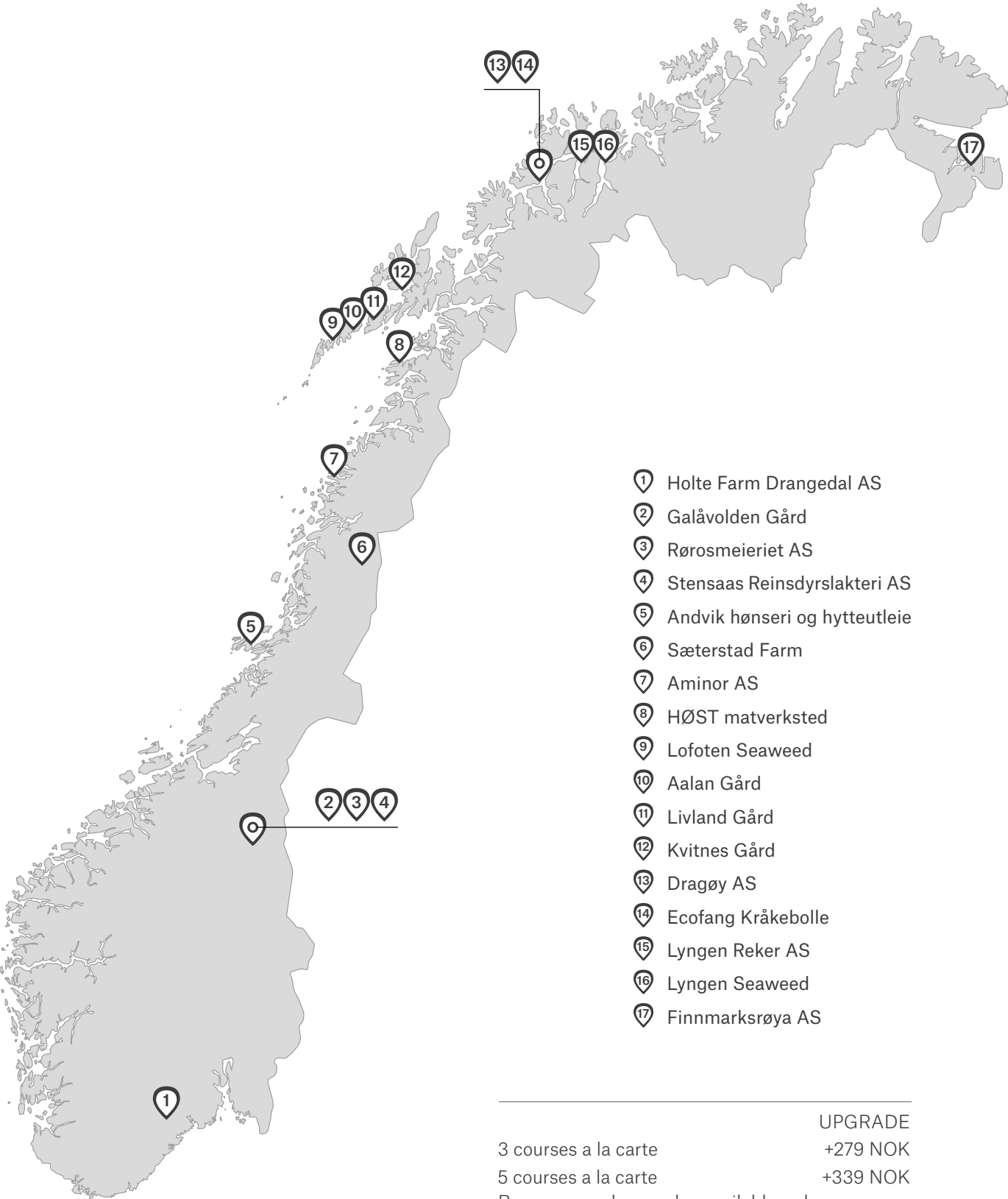
HURTIGRUTEN



NORWAY'S  
**Coastal  
Kitchen**

FRESH AND  
LOCAL FOOD  
AND BEVERAGES

# SUPPLIERS OF THE SEASON



- 1 Holte Farm Drangedal AS
- 2 Galåvolden Gård
- 3 Rørosmeieriet AS
- 4 Stensaas Reinsdyrslakteri AS
- 5 Andvik hønseri og hytteutleie
- 6 Sæterstad Farm
- 7 Aminor AS
- 8 HØST matverksted
- 9 Lofoten Seaweed
- 10 Aalan Gård
- 11 Livland Gård
- 12 Kvitnes Gård
- 13 Dragøy AS
- 14 Ecofang Kråkebolle
- 15 Lyngen Reker AS
- 16 Lyngen Seaweed
- 17 Finnmarksrøya AS

	UPGRADE
3 courses a la carte	+279 NOK
5 courses a la carte	+339 NOK
Beverage packages also available, ask your server	

# ARCTIC FINE DINING KYSTEN

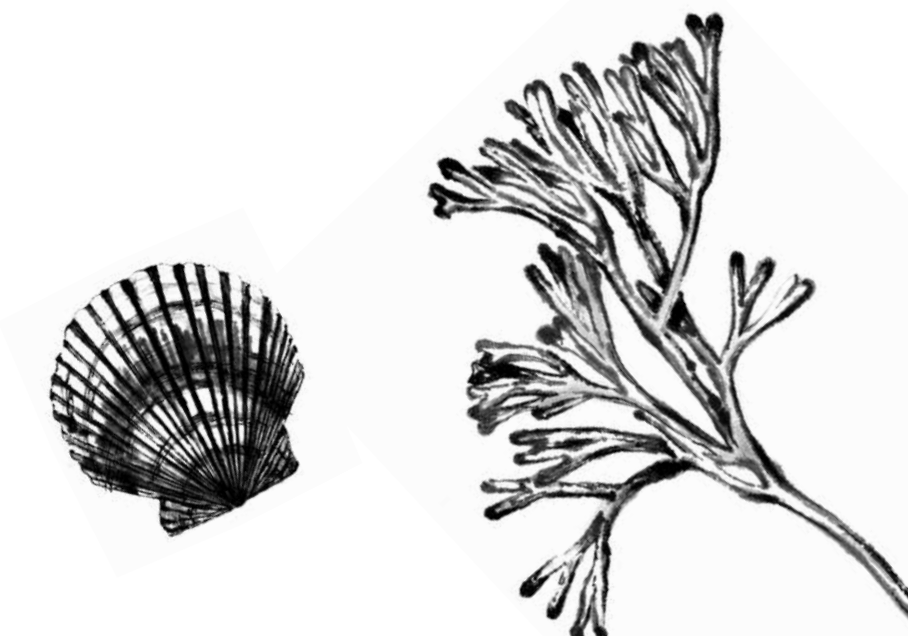
The extensive kelp forest found along the Norwegian coast is our version of a tropical rainforest. It acts like the ocean's lungs as an important carbon sink. It is estimated that around 30 million tonnes of CO2 are stored there today. The kelp forest is also crucial for biological diversity and is considered one of the world's most productive habitats.

Overfishing for wolf fish and cod in the 80s is the reason why there is now a hidden battle under the surface. For a long time, wolf fish were considered as savorless and were usually thrown back into the sea by fishing boats. But in the 80s, wolf fish became "trendy" on the dinner table and were fished in large quantities. However, wolf fish eat sea urchins. With the decline in wolf fish, the sea urchin population, which in turn feeds on kelp, grew unchecked. Over the past 40 years, large numbers of sea urchins have grazed through significant parts of the kelp forest in the fjords from Nord-Trøndelag and north to the Russian border. Scientists have estimated that 5,000 square kilometers of lush and species-rich kelp forest has been eaten away and replaced by desert-like, unproductive, bare rock bottom. By using sea urchins in our menus, Hurtigruten is making an important effort to preserve naturally growing algae along the coast of Norway.

Having local chefs as culinary ambassadors is the natural next step in the development of Norway's coastal kitchen. For the past 8 years, Hurtigruten has focused on the local Norwegian producers. They are at the heart of what we do, each one of them are representing the high-quality produce and local stories that define our menus. But our ambition is not only to be a world leader when it comes to short-travel food, but also at the forefront when it comes to collaboration with local chefs along the coast of Norway who share our vision and philosophy of food. Hurtigruten's first two culinary ambassadors are Halvar Ellingsen and Astrid Regine Nässlander, two northern Norwegian chefs with different and unique backgrounds. But they both have a great passion for Norwegian food, cultural heritage and are a breath of fresh air into Norway's coastal cuisine.

The autumn and winter menu has been developed in collaboration with Halvar and Astrid. The ingredients and dishes in today's menu are of great importance to Norways Coastal Kitchen, which represents traditional Nordic cooking techniques in the areas we sail in.

ENJOY THE MEAL!



MENU

STARTERS

**Rakfish mousse from Sæterstad Farm**  
with whipped sour cream, chives, dill,  
and kelp caviar from Lofoten Seaweed

ALLERGENS: F, M, G (WHEAT)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

159,-

**Jerusalem artichoke and  
capra cheese from Aalan Farm**  
butter-baked swede, sugar kelp,  
Jerusalem artichoke purée and leek powder

ALLERGENS: M  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

139,-

**Beef tenderloin carpaccio**  
**with Rausjødals cheese from Galåvolden Gård**  
pickled apple, apple syrup, Røros sour cream, and sugar kelp

ALLERGENS: M  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

179,-

**Raw shrimp with sea urchins from Ecofang**  
truffle seaweed, lightly smoked sour cream, pickled salsify,  
horseradish, salsify, and dill vinaigrette

ALLERGENS: SK, B, M, SU

169,-

**Butter-fried snow crab from Dragøy**  
tangy tomato salsa, dill and chive emulsion, truffle seaweed

ALLERGENS: M, E, SK, SE

179,-

MENU

MAIN COURSES

**Lightly cured and baked  
artic char from Sigerfjord**  
Pickled fennel, peas and dill emulsion

ALLERGENS: F, E, M

319,-

**Oven-baked wolffish with dill and chive emulsion**  
sugar kelp, celeriac with crispy cabbage, puffed pumpkin seeds,  
and moose marrow-cooked goldeye potatoes

ALLERGENS: F, E, S, M  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

319,-

**Reindeer entrecôte from Stensaas**  
red wine sauce, sugar kelp, sautéed Norwegian mushrooms,  
and Jerusalem artichoke chips

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

379,-

**Roasted duck breast from Holte farm  
with blackberries**  
Baked beetroot, celeriac puree, green beans and  
red wine sauce with blackberries

ALLERGENS: M, SU, S

339,-

**Multicoloured hasselback carrots**  
nut butter, celery purée, sugar kelp, and herb oil

ALLERGENER: S, M  
MAY CONTAIN TRACES OF SHELLFISH AND FISH

219,-

**All main courses are served with:**  
Oven-baked goldeye potatoes with herb oil and truffle seaweed  
MAY CONTAIN TRACES OF SHELLFISH AND FISH



# MENU

## DESSERTS

**Rice pancakes with vanilla ice cream  
from Livland Gård in Lofoten**  
Vanilla caramel from Tverås Gårdsmat and raspberries  
ALLERGENS: M, G (WHEAT), E, N (CASHEWS)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH  
**119,-**

**Aquavit-marinated cloudberries  
with Arctic ice cream**  
caramel crunch, chocolate soil, truffle seaweed,  
cloudberry syrup, and crystallised mint  
ALLERGENS: M, E, SU, G (WHEAT), N (ALMOND)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH  
**139,-**

**Caramelised homemade sour cream porridge**  
winged kelp, and yoghurt ice cream with sea buckthorn from Gangstad  
ALLERGENS: M, E, G (WHEAT)  
MAY CONTAIN TRACES OF SHELLFISH AND FISH  
**119,-**

**Short-travelled cheese  
from local producers along the coast**  
homemade marmalade, and crunchy nut bread  
ALLERGENS: ASK YOUR WAITER  
**169,-**



# STORIES

**CLOUDBERRIES**  
Arctic Gold, Autumn's Gold, Mountain's Gold: their nicknames tell you how highly prized cloudberries 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 cloudberries 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 cloudberries since at least the Vikings, who took them on voyages to help prevent scurvy – not only are cloudberries 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.

**WOLF FISH**  
Our spotted wolf fish comes from the world's only commercial wolf fish farm located at Halså in Meløy. In the wild, the wolf fish is a demersal fish that can be found as far down as 550 metres, it can be 180 cm long and weigh 26 kg. A real beast from the deep. But its repulsive exterior hides a delicate and tasty interior. The fillet is white, fatty and makes up a large part of the fish. Spotted wolf fish also grow quickly in cold water, from smolt (young fish) to ready-to-slaughter four-five kilo fish takes around three years. An excellent fish for farming. We Norwegians got an appetite for wolf fish, when the most iconic chef and mother of all Norwegian food Ingrid Espelid Hovig cooked wolf fish for the first time on a TV kitchen program called "Savorless to delicacy" in 1979.

**SEA URCHIN**  
Norway, with its long coastline, has the world's largest number of sea urchins. Sea urchins are an environmental problem as they feed on kelp, so harvesting them for our menus helps to preserve the underwater kelp forests which are an important absorber of CO2. But don't let their spiky exterior put you off. Sea urchin roe is on

its way to becoming a local delicacy here on the coast. The sea urchins you eat today are caught and delivered by Ecofang in Tromsø, Kai Isaksen and Jens Kristian Henriksen aim to build a new maritime industry based on sea urchins in Norway, and every sea urchin you eat in Hurtigruten is harvested outside Tromsø.

**SEAWEED**  
Seaweed and kelp were a favorite among the Vikings who recognized its versatility in cooking and how rich it is in nutrients. For our menus, we use sugar kelp and many other products that are hand picked in Lofoten by Angelita and Tamara, the founders of Lofoten seaweed. Angelita was born in Lofoten and grew up in the fish factory where she worked with her father. On the other side of the world, in New Zealand, kelp was already a big part of Tamara's life. Her Japanese mother included kelp in almost every meal. A new and very cool product that we use from Lofoten seaweed is the Arctic Ocean Pearls. A gluten free and vegan option to caviar. Arctic Ocean Pearls combine the delicate flavors of seaweed with the pleasing texture of roe.

**RAKFISK**  
"Rakfisk" is mainly fermented fish. Fermented fish has historically been a way of storing fish, but also a way of cooking fish. The fish is salted and stored in closed barrels in the autumn and is matured and ready to eat in the weeks before Christmas. Fish curing is a process similar to fermenting, but faster. Cured fish and "rakfisk" can have similarities in taste and texture, almost like the difference between a fresh cheese and a well-aged cheese. In Norway, trout and char are most common. In Sweden, herring is put down in a similar process, the end product is then called "surströmming". Something only brave souls dare to eat. "Rakfisk" is a preservation method that is considered to have been known for at least 5,000 years. The name "rakfisk" is used as early as 1348 in Norway. This is cultural heritage and something you just must taste.

