

## Snack menu.

We serve our Snack Menu 11 am-8 pm, weekends and holidays 11 am-5 pm. Ask for gluten free Hot Dog Bun.

### Hot Dog with Bun/Potato Flat Bread 47 kr

Local Mydland Sausage served in a sausage bun.

**Allergens:** Wheat gluten, milk, sesame seeds in white bread

### Sausage with Fries 95 kr

Local Mydland Sausage served with fries.

### Fries 47 kr

### Nuggets og fries 105 kr

Chicken Nuggets with fries.

**Allergener:** Wheat gluten, milk

### Pancakes 78 kr

3 pancakes with strawberry jam.

**Allergens:** Wheat gluten, egg, milk

+ Garlic dressing (milk) + Sour cream (milk)	23 kr
+ Mayonnaise (egg)	10 kr
+ Chili Mayo (egg)	15 kr
+ Salsa	15 kr



## Dinner.

Our Dinner Menu is served 3 pm-8 pm. During weekends and holidays dinner is served 11 am-5 pm.

### Spring roll 1 pcs 50 kr 2 pcs 95 kr

Spring Rolls with chicken or minced beef, glass noodles and vegetables served with a light side salad and Sweet Chili Sauce.

**Allergens:** Wheat gluten, soy, sesame seeds

### Salmon Poke Bowl 190 kr

Raw pieces of marinated salmon served with sushi rice, edamame beans mango, avocado, spring onion, pickled ginger, seaweed salad, chili mayo and soy sauce.

**Allergens:** Fish, wheat gluten, sesame seed, soy, egg

### Tempura Bowl 190 kr

Crispy deep-fried tempura shrimps with sushi rice, edamame beans, mango, avocado, spring onion, pickled ginger, seaweed salad, chili mayo and soy sauce.

**Allergens:** Shellfish, wheat gluten, sesame seed, soy, egg

### Green Tempura Bowl (vegetarian) 170 kr

Crispy deep-fried tempura vegetables with sushi rice, edamame beans, mango, avocado, spring onion, pickled ginger, seaweed salad, chili mayo and soy sauce.

**Allergens:** Weat gluten, sesame seed, soya, egg

### Nachos 105 kr

Corn Nachos topped with melted cheese and minced beef served with sour cream and tomato salsa.

**Allergens:** Milk

In addition to our hot food menu, we have a wide selection of sandwiches, yoghurt, fruit and refreshing beverages. Ask for gluten free alternatives.

# TROMSØ BADET

## Menu

# Salad.

We serve Salad and Falafel 11 am-8 pm, weekends and holidays 11 am-5 pm.

<b>Caesar salad</b>	<b>150 kr</b>
Chicken served with lettuce, red onion, cherry tomatoes, parmesan cheese, croutons, and Caesar dressing.	
<b>Allergens:</b> Fish, milk, egg, wheat gluten	
<b>Falafel salad</b>	<b>125 kr</b>
Deep-fried chickpea balls served with lettuce, cherry tomatoes, red onion, hummus, and tahini dressing.	
<b>Allergens:</b> Wheat gluten, sesame seeds, soy	
<b>Falafel roll (vegetarian)</b>	<b>125 kr</b>
Deep-fried chickpea balls served in tortilla bread with lettuce, tomato, red onion, hummus, garlic dressing.	
<b>Allergens:</b> Wheat gluten, sesame seed, milk egg	

Thank you for clearing your table. Please deposit plates, glasses and waste at the clean-up station around the corner. You may not bring your own food for consumption inside the swimming hall.



# Pizza.

We serve our Pizza Menu Weekdays 11 am-8 pm. During weekends and holidays pizza is served 11 am-5 pm. We serve gluten free medium size pizza.

	Large	Medium
<b>Helt enkelt</b>	<b>240 kr</b>	<b>160 kr</b>
Ham, cheese, tomato sauce.		
<b>Allergens:</b> Wheat gluten, milk		
<b>Helt pepp</b>	<b>240 kr</b>	<b>160 kr</b>
Pepperoni, cheese, and tomato sauce.		
<b>Allergens:</b> Wheat gluten, milk		
<b>Veggis</b>	<b>249 kr</b>	<b>172 kr</b>
Cheese, bell pepper, champignon, red onion, sweet corn, olives, and tomato sauce.		
<b>Allergens:</b> Wheat gluten, milk		
<b>Hawaii</b>	<b>249 kr</b>	<b>172 kr</b>
Pineapple, ham, and cheese.		
<b>Allergens:</b> Wheat gluten, milk		
<b>Mageplask</b>	<b>260 kr</b>	<b>177 kr</b>
Beef, pepperoni, ham, bacon, minced meat, red onion, champignon, and cheese tomato sauce.		
<b>Allergens:</b> Wheat gluten, milk		
<b>Arriba Arriba</b>	<b>260 kr</b>	<b>177 kr</b>
Minced beef, sweet corn, red onion, Chinese cabbage, cheese, and sweet mustard dressing.		
<b>Allergens:</b> Wheat gluten, milk, mustard		
<b>Saken er biff</b>	<b>260 kr</b>	<b>177 kr</b>
Beef, bell pepper, red onion and bernaïse sauce.		
<b>Allergens:</b> Wheat gluten, egg, mustard, sulfite		

+ Garlic dressing (milk)

**23 kr**

# Burgers.

Our Burger Menu is served weekdays is served 3 pm- 8 pm. During weekends and holidays the Burger Menu is served 11 am-5 pm. Ask for gluten free burger bun.

	100 g	155 g	200 g
<b>The Classic Burger</b>	<b>110 kr</b>	<b>165 kr</b>	<b>190 kr</b>
Beef burger, sesame bun, Chinese cabbage, tomato, red onion, and burger dressing.			
<b>Allergens:</b> Wheat gluten, egg, mustard, sesame seed			
<b>Menu with fries and soda</b>	<b>175 kr</b>	<b>230 kr</b>	<b>255 kr</b>
<b>Luxury Burger</b>	<b>125 kr</b>	<b>190 kr</b>	<b>215 kr</b>
Beef burger, sesame bun, bacon, cheese, crispy lettuce, tomato, red onion, and burger dressing.			
<b>Allergens:</b> Wheat gluten, egg, mustard, sesame seed			
<b>Menu with fries and soda</b>	<b>190 kr</b>	<b>255 kr</b>	<b>280 kr</b>
<b>Vegetarian Burger</b>	—	<b>165 kr</b>	—
Vegetarian burger with Chinese cabbage, tomato, red onion, and vegan burger dressing.			
<b>Allergens:</b> Wheat gluten, mustard, sesame seed, soy			
<b>Menu with fries and soda</b>	—	<b>205 kr</b>	—
<b>Chicken Burger</b>	<b>145 kr</b>	—	—
Crispy chicken fillet, chinese cabbage, red onion, and burger dressing.			
<b>Allergens:</b> Wheat gluten, egg, mustard, sesame seed			
<b>Menu with fries and soda</b>	<b>210 kr</b>	—	—
<b>Wanny's Favourite Burger</b>	<b>100 kr</b>	—	—
100g beef burger with cheese and ketchup.			
<b>Allergens:</b> Wheat gluten, milk, sesame seeds			
<b>Menu with fries and Slurp</b>	<b>155 kr</b>	—	—
<b>Menu with fries and Soda</b>	<b>165 kr</b>	—	—

Extra cheese + 11kr

Extra bacon + 21kr

