



m e n u



SOFT-DRINKS



Coke, Coke light,	
Fanta, Sprite. 0,4	39,-
Battery	39,-
Olden	39,-
Ice Tea	39,-
Bottle Of Softdrink	39,-
Clausthaler	38,-
Low-Alcohol Beer	38,-

VEGETARIAN



Some of our dishes can also be made vegetarian - ask your waiter

SIDE ORDERS



Tomato Salad	32,-
Mixed Salad	32,-
Ranch Dressing, BBQ Sauce, Sweet Chili Sauce, Salsa, Buffalo Sauce, Sour Cream, Guacamole	23,-

SANDWICHES & SNACKS

(SANDWICHES 11-16)

BLT	129,-
Triple-decker sandwich with bacon, iceberg lettuce, tomato, mayonnaise and chips.	
Chicken BLT	129,-
Triple-decker sandwich with crispy chicken, iceberg lettuce, tomato, mayonnaise and chips.	
Chicken Sandwich	129,-
Triple-decker sandwich with crispy chicken, iceberg lettuce, leek, coleslaw and chips.	
Triple Decker Club	119,-
Triple-decker sandwich with smoked turkey, ham, cheese, mustard mayonnaise, tomato and chips.	



NEW! page 3
HEALTHY & TASTY

STARTERS

Gambas Pil Pil	120,-	Tostada Nachos	125,-
Sautéed king prawns in chili oil, bread and butter.		Nachos with sour cream, guacamole, salsa, onions and jalapeño topped with melted cheese.	
Potato Skins	Small 105,- Large 135,-	Tostados Nachos	160,-
Hollowed out baked potato, deep-fried and topped with cheddar cheese and bacon. Sour cream dip.		With chicken or meat sauce.	
Party Platter	455,-	Buffalo Chicken Wings	146,-
Minimum 4 pers. Buffalo wings, Potato skins, Jalapeño poppers and onion rings.		(Hot) Chicken wings with buffalo sauce, ranch dressing, celery and carrot sticks.	
Jalapeño Poppers and Onion Rings	132,-	Garlic Bread	45,-
		Garlic Bread	56,-
		With tomato and cheese.	

SOUP

Fish Soup	85,-
Fish velouté with sour cream, vegetables juliennes, shrimp and fishballs. Bread and butter.	
Chicken Soup	85,-
Home-made chicken noodle soup.	



SALADS

Chicken Caesar Salat	165,-
Romano salat med parmesanost og panert skivet kyllingbryst. Caesardressing. Brødkrutonger og bacon.	
Served with bread and butter.	

HEALTHY & TASTY

Compiled by
Rocco Sorace



Quiche 139,-

Lettuce, zucchini, mushrooms, fresh herbs, garlic, onions, eggs.

Wraps 159,-

Filet of chicken, cucumber, avocado, lettuce. Tzatziki.

Calabrese Chicken salad 169,-

Filet of chicken, spinach, cherry tomatoes, peppers and feta cheese. Vinaigrette dressing.

Steak with stuffed mushroom 262,-

Steak with mushroom filled with spinach, ricotta and pine nuts, lettuce.

Greek salad 119,-

Iceberg lettuce, feta cheese, black olives, tomato, cucumber, onions, and olive oil.

Seafood salad 165,-

Iceberg lettuce, prawns, crawfish tails, mussels, chives and avocado. Garlic dressing.

Seafood Pasta 169,-

Tagliatelle with garlic-steamed shrimp and mussels in a rich tomato sauce. Topped with leeks.

ICE TEA

Organic ice tea 39,-
Peach or Lemon



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www.focussfitness.com

Introducing... Rocco Sorace Good Food Good Life!

A lifestyle cookbook dedicated to improving your health and well being.

Rocco Sorace is a highly qualified, sought after personal trainer and lifestyle coach with a keen focus on organic produce and maintaining optimal health.

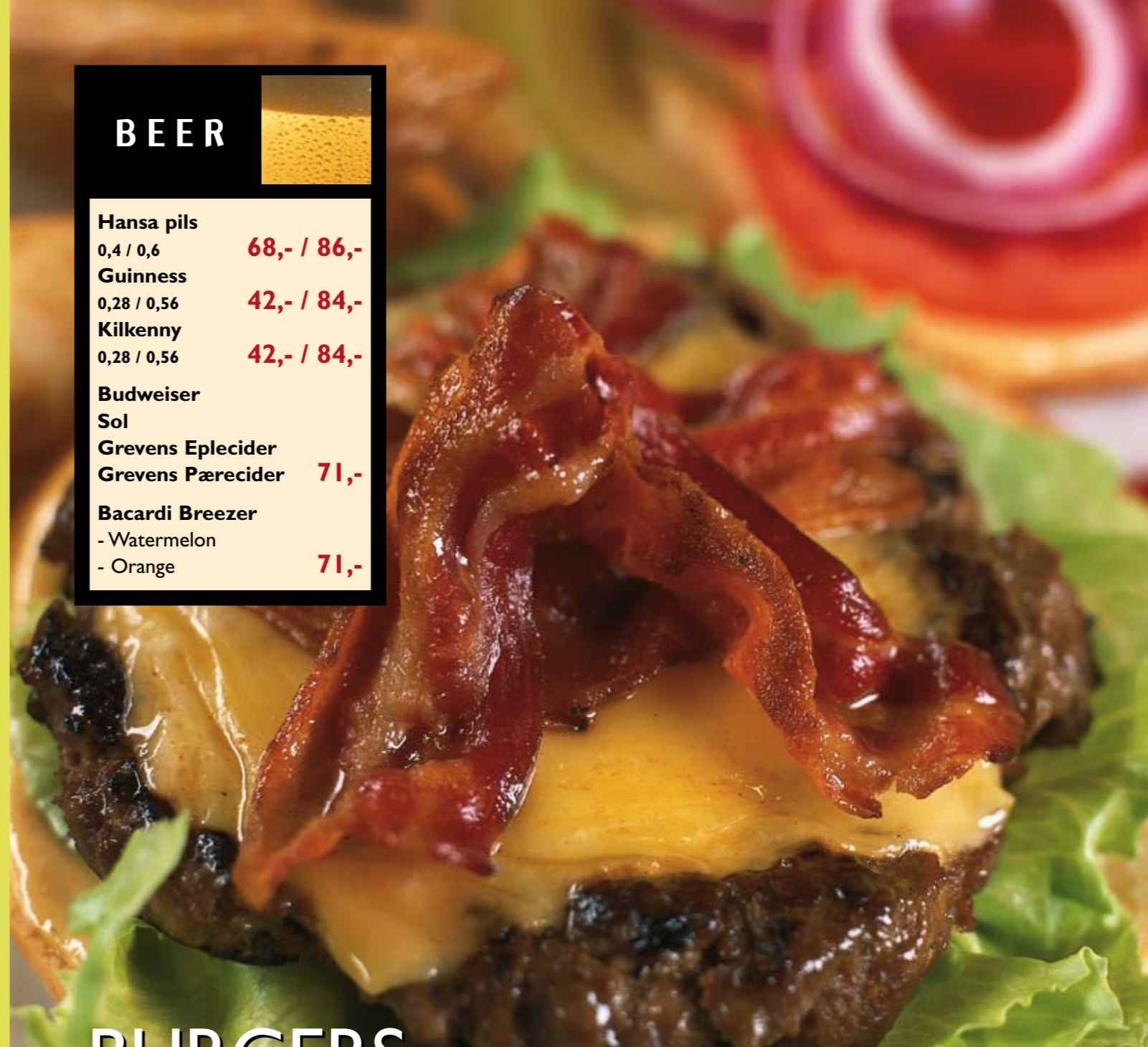


Your companion to a healthy lifestyle
Quick, delicious recipes dedicated to improving your health and well being.

BEER



Hansa pils 0,4 / 0,6	68,- / 86,-
Guinness 0,28 / 0,56	42,- / 84,-
Kilkenny 0,28 / 0,56	42,- / 84,-
Budweiser Sol	
Grevens Eplecider	
Grevens Pærecider	71,-
Bacardi Breezer	
- Watermelon	
- Orange	71,-



BURGERS

All burgers are served with Idaho potatoes.

Harbour Special 182,-
Burger of breaded chicken breast, iceberg lettuce, tomato, pickles, onions, mustard mayonnaise and coleslaw.

Vegetarian Burger 125,-
Vegetarian burger with iceberg lettuce, tomato, onions, pickles and mustard mayonnaise.

Classic Burger 166,-
Burger of 100% pure beef, iceberg lettuce, tomato, onions, pickles and mustard mayonnaise.

Cheeseburger 170,-
Burger of 100% pure beef, iceberg lettuce, tomato, onions, pickles, mustard mayonnaise and cheese.

Deluxe Bacon-cheeseburger 181,-
Burger of 100% pure beef, iceberg lettuce, tomato, pickles, onions, mustard mayonnaise, cheese and bacon.

Barbeque Burger 168,-
Burger of 100% pure beef, iceberg lettuce, tomato, onions, pickles, mustard mayonnaise and barbeque sauce.

Cajun Burger 170,-
(Hot) Burger of 100% pure beef, Creole spices, iceberg lettuce, tomato, onions, pickles, mustard mayonnaise and jalapeños.

The Works! 195,-
Burger of 100% pure beef, iceberg lettuce, tomato, onions, pickles and mustard mayonnaise. Cheese, bacon and vegetables of the day.



FAJITAS

(Medium, hot or kamikaze)

Chicken Fajitas 250,-

Grilled sliced chicken, onion, sweet peppers, tortilla, rice, salsa, sour cream, cheese and guacamole

Steak Fajitas 264,-

Grilled steak, onions, sweet peppers, tortilla, rice, salsa, sour cream, cheese and guacamole.

King Prawn Fajitas 276,-

Grilled king prawns, onions, sweet peppers, tortilla, rice, salsa, sour cream, cheese and guacamole.

Combo Fajitas 276,-

Chicken, steak and king prawns combined into one fajitas.



SEAFOOD

Harbour's King Prawns 229,-

Deep-fried king prawns with rice and salad of the day. Chili cream sauce.

Mussels 208,-

Mussels steamed in white wine, with bread.

Monkfish 262,-

Baked monkfish with bacon, sauce of saffron and butter, sautéed vegetables and rice.

Salmon with pesto 237,-

Baked salmon with pesto, saffron butter sauce, sauté vegetables and Idaho potatoes.



CHICKEN

Chicken Fingers 192,-

Deep-fried strips of chicken breast, coleslaw, BBQ sauce and ranch dip. Idaho potatoes.



STEAKS

Surf 'n Turf 262,-

180g filet steak with jumbo shrimps, creamed chili sauce and vegetables of the day.

Porky Jacks 229,-

Filet of pork, bacon, sautéed vegetables, caramelised onions and potatoes au gratin.



BAR MENU

I & 2 Floor Harbour Cafe Cocktails

Cosmopolitan 83,-

Vodka, Cointreau Lime Juice & Cranberry Juice.

Happy 85,-

Gin, sour apple, Dash Monin grønn eple, lime.

Margarita 85,-

Tequila, Cointreau, Sour Mix.

Frozen Drink

– Daiquiri & Margarita

XL Raspberry Daiquiri 114,-

Light Rum, Sour Mix & Raspberry.

XL Raspberry Margarita 114,-

Tequila, Cointreau, Sour Mix & Raspberry.

XL Strawberry Daiquiri 114,-

Light Rum, Sour Mix & Strawberry.



NON ALCOHOL DRINK

San Francisco 55,-

Orange Juice, Grape Juice, Pineappel Juice, Lemon Juice, Grenadin & Club Soda.

Safe Sex 55,-

Cranberry Juice, Peach Monin & Pineappel Juice.

Chicken 55,-

Cranberry Juice, Orange Juice & Sour Mix.

West Indian Cooler 55,-

Orange Juice, Pineappel Juice & Club Soda.

XL Strawberry Margarita 114,-

Tequila, Cointreau, Sour Mix & Strawberry.

XL Pina Colada 114,-

Light Rum, Pineapple Juice, Coconut Cream & Cream.

OF YOUR CHOICE



Choose between Idaho potatoes, cheese au gratin potatoes, french fries, rice or baked potato.

SPARERIBS

Baby Back Rib (1/1 rack) 259,-

Served with baked potato, coleslaw, corn on the cob and barbecue sauce.

Baby Back Rib (1/2 rack) 195,-

Served with baked potato, coleslaw, corn on the cob and barbecue sauce.



CHILDREN'S MENU

Classic Burger 70,-
Burger with iceberg lettuce, tomato and French fries.

Sausage 70,-
With French fries.

Chicken Nuggets 70,-
With French fries.

Spaghetti Bolognese 75,-

For the Children 62,-
2 scoops of ice cream with wafer.

Brownies and Vanilla Ice Cream 89,-
"Warm" American brownies with vanilla ice cream and kiwi fruit.

Ice Cream Cup 89,-
Three scoops of ice cream with assorted fruit.

American Cheesecake 89,-

Apple cake 89,-
With vanilla icecream and custard.

COFFEE

Coffee	25,-
Cappuccino	30,-
Espresso	26,-
Cafe Latté	35,-
Cafe Mocca	38,-
Kaffe Smørbukk	38,-
Kaffe Nøtteliten	38,-
Varm Sjokolade	38,-
Tea	25,-
Ice Tea	39,-



Coffees

Irsh Coffee 93,-
Jameson, Hot Coffee & Cream.

Calypso Coffee 93,-
Hot Coffee, Tia Maria & Cream.

French Coffee 93,-
Cognac, sukker, kaffe, krem.

Mexican Coffee 93,-
Kahlua, kaffe, krem.

Baileys Coffee 93,-
Baileys, kaffe, krem.

Longdrinks

Long Island Iced Tea 98,-
Vodka, Gin, Rum, Triple Sec, Tequila, Sour Mix & Cola.

Tokyo Iced Tea 98,-
Vodka, rom, tequila, gin, Midori, sour mix, sprite.

Aloe Vera 98,-
Bacardi, Midori, Sour Mix, sprite.

Lennart 98,-
Xantè, limejuice, sprite.

Woo Woo 98,-
Vodka, peach, Cranberryjuice, limejuice.

Fjellbekk 98,-
Vodka, akevitt, lime, sprite.

Kyoto 98,-
Gin Monin Passion Mynte, sitronsaft, soda.

Lollipop 98,-
Bacardi razz, Bacardi Limon Sour mix, orju, grenadine.

Peach Crush 98,-
Vodka, peach, Cranberryjuice, sour mix.

San Fransisco 98,-
Vodka, banan, orju, grenadine.

Paparazzi 98,-
Bacardi razz, Bacardi Limon Sour mix, lime, sprite.

Lynchburg Lemonade 98,-
Jack Daniels, Cointreau Sour mix, sprite.

Bloody Mary 98,-
Vodka, Tomatjuice, div. krydder.

Caipirinha 98,-
Cachaca rom, lime, sukker.

Cuba Libre 98,-
rom, limejuice, cola.

Mojito 98,-
rom, mynte, lime, sukker, soda.

Déjà vu 98,-
Vodka, Galliano, pasjonsfrukt, sour mix, lime.

Shots

B-52 83,-
Kahlua, Cointreau, Baileys.

Slippery Nipple 65,-
Baileys, sambucca, grenadine.

El Diablo 65,-
Kahlua, Tequila.

Hot Shot 65,-
Galliano, kaffe, krem.

Cognac/ Calvados/ Armagnac

Bache Gabrielsen XO 96,-
Braastad XO 82,-

Hennessy Privelege 96,-
Hennessy XO 165,-

Otard VSOP 95,-
Otard XO 165,-

Renault Carte Noire 95,-
Hennessy VS 82,-

Larsen XO 96,-
Remy Martin VSOP 95,-

Remy Martin XO 165,-
Martell VSOP 95,-

Martell Noblige 109,-
Pere Magoire Calvados 85,-

Xante Poire 65,-
Carlos Primera 85,-

Whisky

Grants 73,-
Glenfiddich 82,-

Chivas 83,-
Jonny Walker Red 69,-

Jonny Walker Black 82,-
J&B 69,-

Jack Daniels 72,-
Jim Beam 65,-

Seagram Vo 65,-
Canadian Club 65,-

Jameson Irish 73,-
Whisky Mineralvann 93,-

Kilbeggan 73,-

Vodka

Koskenkorva 71,-
Smirnoff 71,-

Absolut 78,-
Absolut Citron 78,-

Absolut Kurant 78,-
Absolut Mandarin 78,-

Vodka Mineralvann 98,-
Vodka Battery 98,-

Gin

Arctic Gin 78,-
Plymouth Dry Gin 78,-

Bombay Sapphire 78,-
Gin Mineralvann 98,-

Rom

Barcardi Carta Blanca 78,-
Barcardi Oro (Gold) 78,-

Barcardi Limon 78,-
Barcardi Razz 78,-

Barcardi Primium Black 78,-
Captain Morgan Spiced Rum 78,-

Rum Mineralvann 98,-

Mineralwater extra 20,-

WINE MENU

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White wine

House white *Ask you waiter*

1/1 Btl	325,-
1/2 Btl	160,-
Glass	65,-

Argento Chardonnay 330,-
(Argentina)

Chateau Bonnet Blanc 335,-
(France, Bordeaux)

Domaine Des Malandes Chablis 456,-
(France, Chablis)

Sancerre Blanc 477,-
(France, Loire)

**Cuvee Chr. Berens
Trebiano D`Abruzzo** 330,-
(Italy, Abruzzo)

Paz De Senoras Albariniho 461,-
(Spain)

Breuer Riesling sauvage 395,-
(Germany)

Touraine Sauvignon 395,-
(France)

Lagar de Cervera 475,-
(Spain)

Red wine

House red *Ask you waiter*

1 / 1 Btl	325,-
1 / 2 Btl	160,-
Glass	65,-

Argento Malbec 330,-
(Argentina)

Bourgogne Pinot Noir 412,-
(France, Burgundy)

Cuvee Chr. Berens Abruzzo 335,-
(Italy, Abruzzo)

Nippozzano Chianti Rufina Riserva 435,-
(Italy, Toscana)

Villa Borghetti Valpolicella Classico 425,-
(Italy, Veneto)

Fortius Tempranillo 340,-
(Spain)

Rotllan Reserva 477,-
(Spain)

Artezin Zinfandel 495,-
(USA)

Rioja Ivendi 330,-
(Spain)

Non Alcohol Wine

Ariel, white

Ariel, red	
1 / 1 Btl	275,-
1 / 2 Btl	138,-
Glass	55,-

Rosè

Maciarelli Rosato 1 / 1 Btl 361,-
(Italy)

Champagne

Dom Perignon 2.800,-

Móet & Chandon Brut	1 / 2 Btl 375,-
	1 / 1 Btl 750,-

Pommery Brut Royal	1 / 1 Btl 750,-
Nicolas Feuillatte Brut	1 / 4 Btl 230,-
	1 / 1 Btl 750,-



Welcome to Tonga Bar on the 3rd floor,
the bar with the largest selection
of exotic drinks in the city.

White wine

House white *Ask you waiter*

1/1 Btl	325,-
1/2 Btl	160,-
Glass	65,-

Argento Chardonnay 330,-
(Argentina)

Chateau Bonnet Blanc 335,-
(France, Bordeaux)

Domaine Des Malandes Chablis 456,-
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