

Happy is the one who treats his tastebuds,  
happy is the one who cherishes his true love.

At Haralds these two fortunes meet,  
the setting for unforgettable treats.

Bon appétit!





# VOYAGES OF THE VIKINGS

## Set Menus Selected by Our Chefs

### THE VOYAGE OF THE VARANGIAN GUARD ..... 56,40 €

#### The emperor's fish shingle

Cold-smoked salmon, herring caviar, smoked bream, fresh salad tossed in caesar sauce, herb pistou cucumber, tomato relish and malt bread served on a shingle.

#### Pepper steak from the Byzantine court

Beef tenderloin topped with pepper mustard, cognac-pepper sauce, black salsify and potato cake, oven roasted root vegetables and a crispy bacon chip.

#### Northern matron's bread cheese

Warm bread cheese sprinkled with cinnamon and sugar served with baked apple jam and bark bread ice cream.

#### *From the history books:*

*The Varangians were vikings who travelled east, mainly to Russia and the Byzantine Empire. They journeyed as far as the Caspian Sea and Constantinople. The Varangians are believed to have originated from regions in current-day Sweden. All vikings who travelled on the river routes of Russia were called Varangians. The Varangian Guard was an elite unit of the Byzantine Army, whose members served as personal bodyguards to the Byzantine emperor. Rus, later known as Russia got its name from the Varangian rowers.*

### THE VOYAGE OF THE SEAFARER ..... 42,50 €

#### Cheese salad from Saloniemi farm

Nettle gouda from Saloniemi farm, fresh salad tossed in lemon vinaigrette, marinated vegetables, tomato relish and quinoa-lentil-cauliflower brunoise as well as toasted spelt-beetroot bread.

#### The nobles' zander




Butter-fried zander served with dill and sour cream sauce, parsnip mashed potatoes, creamy beetroots and roasted artichoke.



#### Pancakes from reval

Crispy pancakes served with raspberry sauce, cardamom ice cream, wild strawberry mousse and blueberry jam.

#### *From the history books:*

*The people of Paris felt the ruthlessness of the Vikings in 845 when the fleet led by Ragnar Lodbrok sailed to the city. Cronicles state that "countless rotting Christians" filled the river. Ragnar's fleet consisted of 120 ships and thousands of men. The wealthy city of Paris was a tempting target. When the Normans arrived in Paris, they found out that the city was empty: people had escaped and taken their possessions with them. The furious vikings started burning houses and destroying churches. To save the city from total annihilation the king, Charles the Bald, had to pay Ragnar 3,5 tonnes of silver. Paris was saved, but the greedy vikings came back soon.*

 = Gluten free    = Lactose free    = Low lactose level

 = Milk free    = Vegan

Prices subject to change – all rights reserved.



# VOYAGES OF THE VIKINGS

## Set Menus Selected by Our Chefs

### THE VOYAGE OF VINLAND ..... 37,30 €

#### Salad from the green isles

Fresh salad tossed in lemon vinaigrette, marinated vegetables, tomato relish and quinoa-lentil-cauliflower brunoise as well as toasted spelt-beetroot bread.

#### Chicken from the goat herder's fire

Juicy grilled chicken and goat cheese served with herb pistou, Wine of Wisdom -sauce, viking shield potatoes, oven roasted root vegetables and rhubarb jam.

#### Freya's chocolate cake

Mouthwatering chocolate cake topped with pear mousse, dried blackberries, yogurt drops and raspberry sauce.

#### From the history books:

*Leif Erikson was a viking and the son of Erik the Red, who is thought to have discovered Vinland around 1002–1003, thus being the first European to arrive in America. According to sagas Leif Erikson purchased a ship from Bjarni Herjólfsson, who had earlier sailed along the coast of America by accident. Leif sailed west in order to explore the land Bjarni had seen.*

*With 35 members of his crew he found a place he named Helluland: realizing it was uninhabitable he continued south and came to a land full of forests he named Markland.*

*It is thought that Markland was actually the Labrador Peninsula. Finally he landed around Newfoundland. The rivers were full of salmon and the climate was warm enough for the cattle to stay outside around the year. Leif and his crew built long houses for themselves and stayed the winter there. One of Leif's men, Tyrkir, found grapes, after which Leif named the land Vinland. For the trip back home they filled the ships with timber, grapevines and grapes.*

### THE VOYAGE OF THE GREEN LAND..... 40,60 €

#### Astrid's starter breads

Smoked paprika and beetroot hummus, spruce shoot oil and toasted spelt-beetroot bread.

#### Lupin tempeh of the valkyries

Blue lupin tempeh topped with vikings' herb sauce and smoked paprika hummus, spicy tomato sauce, viking shield potatoes and quinoa-lentil-cauliflower fry-up.

#### Sigrid's salty liquorice mousse

Salty liquorice mousse, lemon and salty liquorice sorbet, liquorice meringue, liquorice sauce and dried blackberries.

#### From the history books:

*Erik the Red was a viking who, according to folklore, founded the first Scandinavian settlement in Greenland. He was born in Norway, but had to flee the country after being accused of killing his father and moved to Iceland. In Iceland Erik was declared an outlaw and he left to look for the land that had been described to him by a man named Gunnbjörn. He spent three years roaming the coast he had found west of Iceland and upon returning named it Grönland, green land. The vikings settled in Greenland around the year 1000, when the island's climate was more temperate than now. The vikings had two main colonies in Greenland: the western colony located at what is now the city of Nuuk and the eastern colony, close to current-day Qaqortoq, founded by Erik the Red. Greenlanders imported iron and wood and exported walrus tusks and pelts.*



# VOYAGES OF THE VIKINGS

## Set Menus Selected by Our Chefs

### THE VOYAGE OF PYRE COAST ..... 41,40 €

#### The huntsman's cep and chanterelle soup

Creamy cep and chanterelle soup topped with spruce shoot oil, spelt-beetroot bread and butter.

#### Aifur's lamb stew

An all-time classic: slowly stewed neck of lamb served with parsnip mashed potatoes, oven roasted root vegetables, tarred lingonberries, spelt-beetroot bread and herb pistou.

#### Harald's tar treat

Harald's famous tar-flavoured ice cream, nougat-caramel sauce, almond and oat crumble and dried blackberries.

#### *From the history books:*

*Later the king of Norway, St. Olaf is said to have made a trip to the Baltic Sea. First he pillaged the area of Mälär in Sweden. Then he sailed to Saaremaa taking the locals by surprise: first they agreed to Olaf's demands but then decided to attack Olaf and his men. After they survived the battle Olaf and his men sailed to pillage the coast of Finland, which was called Balagaarssida – Pyre Coast – in the sagas. Eventually they made their way deeper inland, where locals had already abandoned their homes and taken all valuables with them. While heading back to their ships, Olaf and his men were ambushed. Olaf and what was left of his crew made it back to their ships while a storm was rising. The Finns are said to have pursued Olaf and to have advanced the same distance on land as Olaf sailed on his ship. Olaf and his crew eventually managed to get away.*

### THE VOYAGE OF NORTHERN LIGHTS ..... 63,30 €

#### Starter stone from the land of the Sami

Cold-smoked salmon, tarred Baltic herring, smoked bream, smoked reindeer liver, corned elk, beef brisket mousse, malt bread and herb pistou cucumber.

#### Reindeer from the Northern fells

Reindeer tenderloin and stewed reindeer chuck, cep and chanterelle sauce, black salsify and potato cake, oven roasted root vegetables, warm bread cheese and tarred lingonberries.

#### Maidservant's dessert shingle

Mouthwatering chocolate cake topped with pear mousse, crispy pancake, raspberry sauce, bark bread ice cream, wild strawberry mousse and baked apple jam.

#### *From the history books:*

*Bjarmaland is a region appearing in Icelandic sagas and some other medieval sources which was located on the shores of the White Sea. Ohthere of Hålogaland was a viking and an explorer who lived around the beginning of the 10th century. He claimed to be the northernmost-living Norwegian and wanted to find out how far the country extended. He sailed north along the coast and finally came to a river mouth where the land was well cultivated. The people of this land spoke almost the same language as the Fenni (the Sámi people). However they were large and wealthy people with blonde hair. The sagas mention the Bjarmians' silver treasures, which the Norwegians tried to acquire by trading or stealing. The Bjarmians had erected an idol of their god Jómali – the vikings stole the gold crown from his head, a valuable chain around his neck and a bowl containing silver on his knees. The Bjarmians are thought to have gotten the silver by trading. In the Viking Age rivers doubled as trade routes from the Baltic Sea and the White Sea all the way to the Black Sea. The Norwegians also wanted pelts and walrus tusks from Bjarmaland. It is mentioned in the sagas that it was possible to travel to central Russia from Bjarmaland.*



# THE FEAST OF THE KING

## For Sharing with a Friend

Harald's amazing shields. Made for at least two or even the whole group. The court of Harald gathered all their best treats to the feast. An amazing meal is brought to the table, where different Nordic flavours are served on Viking shields.

<b>THE FEAST OF THE KING .....</b>	<b>69,90 €/person</b>
<b>FOR TWO.....</b>	<b>139,80 €</b>

### The starter shield of Asgård

Cold-smoked salmon, smoked bream, tarred Baltic herring, herring caviar, bear salami, smoked reindeer liver, corned elk, beef brisket mousse, fresh salad tossed in caesar sauce, herb pistou cucumber, tomato relish, nettle gouda from Saloniemi farm, blackcurrant jam, spelt-beetroot bread and malt bread.

### The shield of Vanaheim

Sliced Black Angus petite tender steak, stewed elk entrecote, tender reindeer chuck and reindeer groat sausage served with cep and chanterelle sauce, rosemary sauce, viking shield potatoes, creamy cheese potatoes, oven roasted root vegetables and tarred lingonberries.

### The dessert shield of Jotunheim

Mouthwatering chocolate cake topped with pear mousse, crispy pancakes and raspberry sauce, warm bread cheese sprinkled with cinnamon and sugar, wild strawberry mousse, salty liquorice mousse, baked apple jam, blueberry jam, tar-flavoured ice cream, bark bread ice cream and lemon and salty liquorice sorbet.

#### From the history books:

*Holmgang, or "island walk", was a duel practised by Norsemen. It was a recognised way to settle disputes. Information about holmgang is found in sagas. It wasn't easy to back away from the challenge, as one would not be regarded as a real man afterwards. It was possible, however, to get someone to fight for you. The opponents took turns in hitting each other with their weapons: often the challenged would hit first, then the challenger. One often implemented rule was the access to three shields, which could be broken by the heavy blows. The duels often had a designated area, for instance an animal hide. Sometimes the opponents were taken to a small island – only the winner was meant to come back. If someone left the area, he was called a coward. Often the winner was given the loser's property, sometimes even all of it. According to the sagas, holmgang became a problem when the berserks started using it to rob people. They would challenge people and take their land, property or woman. Mostly because of this, holmgang was forbidden in Iceland in 1006 and in Norway in 1014.*





### Saloniemi farm

*A piece of the original Finland. All of Saloniemi farm's products are made from the milk of finncattle and goats. The animals graze on endangered Finnish biotopes and beach meadows, which gives historical nuances to their meat and milk. As told by the lady of the farm: "I got my first goat at the age of 19 because I didn't want to buy my milk from the store. Her name was Maire and I have always had goats after that. It's strange to notice that I had a goat before I had a family and I still have a family even though I have goats. It all started from a few goats I had as a hobby, and I started to make cream cheese from their milk. In 1998 I managed to buy all the goats from two separate farms that were closing, and it was quite the surprise for my husband to find 70 goats in the cowshed instead of the five we had before. I really wanted to believe we could be successful and the concept was to have a farm so productive that we wouldn't need a second job let alone take the kids to daycare."*

## STARTERS

1. **SALAD FROM THE GREEN ISLES**   ..... 6,80 €  
Fresh salad tossed in lemon vinaigrette, marinated vegetables, tomato relish and quinoa-lentil-cauliflower brunoise as well as toasted spelt-beetroot bread.
2. **CHEESE SALAD FROM SALONIEMI FARM**  ..... 7,90 €  
Nettle gouda from Saloniemi farm, fresh salad tossed in lemon vinaigrette, marinated vegetables, tomato relish and quinoa-lentil-cauliflower brunoise as well as toasted spelt-beetroot bread.
3. **ASTRID'S STARTER BREADS**   ..... 6,90 €  
Smoked paprika and beetroot hummus, spruce shoot oil and toasted spelt-beetroot bread.
4. **THE HUNTSMAN'S CEP AND CHANTERELLE SOUP**   
Creamy cep and chanterelle soup topped with spruce shoot oil, spelt-beetroot bread and butter.  
  
STARTER ..... 9,90 €  
MAIN COURSE ..... 12,80 €
5. **RAFTERS' REINDEER SOUP**   
Cheese soup with shredded reindeer chuck and roasted artichoke served with malt bread and butter.  
  
STARTER ..... 11,20 €  
MAIN COURSE ..... 14,80 €
6. **STARTER STONE FROM THE LAND OF THE SAMI**  .. 12,80 €  
Cold-smoked salmon, tarred Baltic herring, smoked bream, smoked reindeer liver, corned elk, beef brisket mousse, malt bread and herb pistou cucumber.

### From the history books:

*Cows in the Viking Age were small and didn't produce milk during the winter months. The milk was made into cheese, which didn't spoil like milk. Cheeses were a luxury food for the Vikings. The more cheeses were served to guests, the wealthier the house. Cream cheese was seasoned with herbs and whey was used as a beverage. Dried and cooked cheeses were for the winter and eaten especially at Christmas.*



### Salmon from Kemi river

*Cold-smoked salmon is made in a juniper box and gets its vibrant colours from the northern lights, it's said. In the past salmon brought wealth and kept hunger at bay. Even if crops failed, there was always salmon in the river. Salmon and fishing had an impact on the local agriculture. There was more than enough fish, and it's said that local farmhands had a clause in their contracts which stated that salmon couldn't be served every day. The salmon was preserved by salting up until the 1950s. Up until the end of the 19th century the salmon was cured in huge wooden tubs that could fit even 400 kg of fish. Before curing the fish were gutted and split in two and to preserve their beautiful red colour the fish were treated with a solution of sodium nitrate.*

## 7. THE EMPEROR'S FISH SHINGLE ..... 12,90 €

Cold-smoked salmon, herring caviar, smoked bream, fresh salad tossed in caesar sauce, herb pistou cucumber, tomato relish and malt bread served on a shingle.

## FOR SHARING WITH A FRIEND

Harald's amazing shields. Made for at least two or even the whole group.

## 8. THE STARTER SHIELD OF ASGÅRD ..... 14,80 €/person

FOR TWO..... 29,60 €

Cold-smoked salmon, smoked bream, tarred Baltic herring, herring caviar, bear salami, smoked reindeer liver, corned elk, beef brisket mousse, fresh salad tossed in caesar sauce, herb pistou cucumber, tomato relish, nettle gouda from Saloniemi farm, blackcurrant jam, spelt-beetroot bread and malt bread.

### From the history books:

*Wild game, such as bear, elk and deer, brought variation to the table. Not until the middle ages were forests and wild game owned so that only kings and noblemen were allowed to hunt in a certain area. In the Viking Age forests were for everyone. The Vikings ate a lot of meat: beef, pork, lamb and goat. The animals were usually slaughtered in fall, but some were slaughtered separately for big feasts, such as Christmas. The meat was preserved by salting, drying, fermenting or curing. Horse meat was chopped and cooked in a way which resembled current-day kebab, although omitting the heavy spices. In Iceland the Vikings also ate seal and whale.*





**Blue lupin producer Jalotofu**

*The pioneer of natural, domestic plant protein. Finnish blue lupin is the secret of the slightly sweet taste of Jalotofu's hand-made lupin tempeh. The bean has over 30% of protein, lots of fiber and only a little starch, so it will keep even the biggest eaters full for a long time. Tempeh is a fermented food traditionally made from soy beans. Tempeh originated in Indonesia and Southeast Asia; in the west tempeh is also made from peas or lupin. Tempeh differs from tofu by its nutritional content and flavour. Because of the fermenting process and the use of whole beans tempeh has more protein, fiber and vitamins, a firmer consistency and a more intense, slightly nutty flavour.*

## FROM HELGA'S GARDEN

9. **THE EARL'S JACKFRUIT STEW**   ..... 19,80 €  
Spicy jackfruit and vegetable stew, parsnip mashed potatoes, oven roasted root vegetables, blueberry-onion jam and roasted artichoke.
10. **LUPIN TEMPEH OF THE VALKYRIES**    ..... 22,90 €  
Blue lupin tempeh topped with vikings' herb sauce and smoked paprika hummus, spicy tomato sauce, viking shield potatoes and quinoa-lentil-cauliflower fry-up.

## FROM THE SIDE OF THE BOAT

11. **CAESAR SALAD FROM KEMI RIVER**  ..... 17,90 €  
Cold-smoked salmon, fresh salad tossed in lemon vinaigrette, quinoa-lentil-cauliflower brunoise, marinated vegetables, herb pistou cucumber, tomato relish, boiled egg, caesar sauce and butter-fried malt bread sticks.
12. **THE NOBLES' ZANDER**   ..... 25,60 €  
Butter-fried zander served with dill and sour cream sauce, parsnip mashed potatoes, creamy beetroots and roasted artichoke.

**From the history books:**

*The Vikings ate peas, beans and onions. The English taught the Vikings how to grow cabbages. The Vikings didn't eat too much vegetables. Fish was a staple alongside meat. Especially cured fish was eaten. Curing was one of the few ways to keep fish from spoiling. Fresh fish was grilled, smoked or boiled. Bread and porridge was made from wheat, rye, oat and barley. Wheat bread was an expensive treat for the rich.*





### *Kustavin savipaja and Mainio Savipaja*

*Kustavin Savipaja Oy is a family business – a pottery shop in the archipelago which has been producing its entire collection by hand since 1975. The basic collection is designed by Aija Paatero, but today the production and new collections show the workmanship and know-how of the entire staff. The basis is a broad and practical collection of pottery, from which everyone can pick a combination they prefer. The collection also includes a great number of decorative items.*

*MainioSavi is a pottery shop producing high-class hand-made utility goods and decorative items. MainioSavi has been operating in Puuppola, Jyväskylä since 1998. Every item is hand-made from earthenware and fired to temperatures between 1260 and 1270 degrees.*

*Many items are made on a traditional potter's wheel.*

## FROM THE PASTURES

### 13. THE KHAZARS' CHICKEN SWORD ..... 19,90 €

Chicken glazed with tar sauce, spicy tomato sauce, bacon potatoes, oven roasted root vegetables and blueberry-onion jam.

### 14. CHICKEN FROM THE GOAT HERDER'S FIRE ..... 21,80 €

Juicy grilled chicken and goat cheese served with herb pistou, Wine of Wisdom -sauce, viking shield potatoes, oven roasted root vegetables and rhubarb jam.

### 15. RURIK'S WILLOW GROUSE ..... 28,60 €

Grilled willow grouse, lingonberry-butter sauce, black salsify and potato cake, oven roasted root vegetables and blackcurrant jam.

### 16. PORK OF THE NORMANS

Smoked pork neck glazed with vikings' herb sauce, grilled pork belly, rosemary sauce, creamy cheese potatoes, stewed onion, oven roasted root vegetables and apple-chili jam.

NORMAL 200 g ..... 19,90 €

LARGE 400 g ..... 29,90 €

### 17. VIKING WARRIOR'S MEAT PAN ..... 21,70 €

Beef brisket glazed with tar sauce, reindeer groat sausage, grilled pork belly, cognac-pepper sauce, creamy cheese potatoes, creamy beetroots and blackcurrant jam.

#### *From the history books:*

*In the Viking Age food was eaten with a knife and a spoon. They had no forks, because the fork hadn't been invented yet. Drink was served in wooden cups. The rich drank from silver cups or even glasses. Food was served on big platters. Drinking horns were mainly used on special occasions. As drinking horns don't have stems, they had to drink it empty at one go.*





### Ulf Blackbeard

*Ulf Blackbeard, the head chef of restaurant Harald. Raised in the dark north, he can see stars better than southern cooks, a skill that was crucial to the Vikings on long sea trips. The name Ulf he got from Icelandic Vikings, meaning wolf (ulfr) and the name Blackbeard from a distant ancestor from the Caribbean, Captain Blackbeard. The wild blood of pirates courses in his veins, not to mention the looks. That certainly wasn't a downside when he travelled all over the world learning how to cook, nowadays watching over the pots and cauldrons in the village's kitchen.*

## FROM THE CAMPFIRE

### 18. BLACKBEARD'S BEEF STEAK

Sliced Black Angus petite tender steak and beef brisket mousse, Wine of Wisdom -sauce, viking shield potatoes and oven roasted root vegetables.

NORMAL 150 g ..... 26,90 €

LARGE 300 g ..... 37,60 €

### 19. PEPPER STEAK FROM THE BYZANTINE COURT

Beef tenderloin topped with pepper mustard, cognac-pepper sauce, black salsify and potato cake, oven roasted root vegetables and a crispy bacon chip.

NORMAL 150 g ..... 35,90 €

LARGE 300 g ..... 53,80 €

### 20. AIFUR'S LAMB STEW ..... 23,80 €

An all-time classic: slowly stewed neck of lamb served with parsnip mashed potatoes, oven roasted root vegetables, tarred lingonberries, spelt-beetroot bread and herb pistou.

### 21. LEATHERPANTS' ELK PAN ..... 23,70 €

Stewed elk entrecote, elk sausage, lingonberry-butter sauce, bacon potatoes, oven roasted root vegetables, stewed onion and tomato relish.

### 22. REINDEER FROM THE NORTHERN FELS ..... 34,80 €

Reindeer tenderloin and stewed reindeer chuck, cep and chanterelle sauce, black salsify and potato cake, oven roasted root vegetables, warm bread cheese and tarred lingonberries.

#### From the history books:

*The Varangian Guard was an elite unit of the Byzantine Army, whose members served as personal bodyguards to the Byzantine emperors. The guard was established during the reign of emperor Basil II, when Vladimir I of Kiev sent 6000 men to help him defend his throne against the rebel general Bardas Phokas. The Varagians had fought with the Byzantine Army before, but for the first time in 988 they were made an elite unit, which followed the emperor wherever he went. The guard soon gained a reputation of being brave and extremely loyal. At first, the guard consisted of Rus' men, but soon gained other Scandinavians, such as Norwegians, Swedes and Icelandic. The guard was well known for their love of alcohol and long war axes, and they were called "axe-wielding warriors" in Byzantine chronicles.*



### The Viking worlds

The world view of the ancient Scandinavians was based of belligerent sagas, which said that the universe was divided, among others, to Asgård, the world of the gods, and Midgård, the world of humans. The world tree Yggdrasil was a giant tree which connected all nine worlds of the universe. It is thought to have been either an ash or a yew; the latter is supported by the mention in Edda of it being an evergreen. Alcohol is the sap of Yggdrasil and drinking alcohol might have been a sacrament. The world tree is a mythical tree which binds the sky and the earth together or supports the skies. It stands in the centre of the Earth.

## 23. MIMIR'S GAME SWORD

FOR ONE ..... 39,70 €  
FOR TWO ..... 77,80 €

Reindeer tenderloin, stewed elk entrecote, willow grouse, elk sausage and vegetables skewered on a sword served with cep and chanterelle sauce, lingonberry-butter sauce, viking shield potatoes, creamy cheese potatoes, creamy beetroots and blackcurrant jam.

## FOR SHARING WITH A FRIEND

Harald's amazing shields. Made for at least two or even the whole group.

24. THE SHIELD OF MIDGÅRD  ..... 33,90 €/person  
FOR TWO ..... 67,80 €

Beef brisket glazed with vikings' herb sauce, tender neck of lamb and chicken glazed with tar sauce served with cognac-pepper sauce, Wine of Wisdom -sauce, viking shield potatoes, creamy cheese potatoes, oven roasted root vegetables and beef brisket mousse.

25. THE SHIELD OF VANAHEIM  ..... 38,60 €/person  
FOR TWO ..... 77,20 €

Sliced Black Angus petite tender steak, stewed elk entrecote, reindeer chuck and reindeer groat sausage served with cep and chanterelle sauce, rosemary sauce, viking shield potatoes, creamy cheese potatoes, oven roasted root vegetables and tarred lingonberries.

### From the history books:

The universe is divided into nine worlds or realms. Asgård is the home of the Aesir, their houses and halls and the sacred well of Urd. Vanaheim is the home of the Vanir, a second group of gods. Alfheim is home to the light-elves ruled by Frej. Midgård is the world of men, located in the centre of the universe. Muspelheim is a realm of fire and chaos, which has existed forever. It is ruled by Surtr and his fire giants. Jotunheim is the home of the frost giants, gods and enemies of humans. In Jotunheim lies the well of Mimer, the forest of Järnveden and the fortress of Utgård. Svartalfheim is a part of the underground world and the home of the dwarves. Helheim is a dark, gravelike realm of the dead ruled by Hel. Nifelheim is the lowest realm of all: a place of eternal cold and darkness where the dragon Nidhögg and other dragons torment the worst sinners.





### Suomen jäätelö

Harald's delicious ice cream is made by Suomen jäätelö. Only milk from Finncattle is used in the process. The milk from these indigenous cows is well suited for making ice cream because of the naturally higher fat and protein content. These properties are needed to make the best possible ice cream when striving to get the most delicious flavour. No artificial flavouring or colouring is used in the making process. Every used ingredient is the best of its kind.

## DESSERTS

26. **MAIDSERVANT'S DESSERT SHINGLE**  ..... 15,90 €  
**GLUTEN FREE +1 €**

Mouthwatering chocolate cake topped with pear mousse, crispy pancake, raspberry sauce, bark bread ice cream, wild strawberry mousse and baked apple jam.

27. **HARALD'S TAR TREAT**  ..... 8,90 €

Harald's famous tar-flavoured ice cream, nougat-caramel sauce, almond and oat crumble and dried blackberries.

28. **FREYA'S CHOCOLATE CAKE**  ..... 9,90 €

Mouthwatering chocolate cake topped with pear mousse, dried blackberries, yogurt drops and raspberry sauce.

29. **SIGRID'S SALTY LIQUORICE MOUSSE**    ..... 10,80 €

Salty liquorice mousse, lemon and salty liquorice sorbet, liquorice meringue, liquorice sauce and dried blackberries.

30. **PANCAKES FROM REVAL**  ..... 10,20 €  
**GLUTEN FREE + 2 €**


Crispy pancakes served with raspberry sauce, cardamom ice cream, wild strawberry mousse and blueberry jam.



31. **NORTHERN MATRON'S BREAD CHEESE**   ..... 8,90 €

Warm bread cheese sprinkled with cinnamon and sugar served with baked apple jam and bark bread ice cream.

32. **BESTLA'S ICE CREAMS** 

Feel free to choose from the following flavours:

Tar, bark bread, cardamom, vanilla 

Chocolate, lemon and salty liquorice sorbet  

**To accompany:** Baked apple jam, blueberry jam, raspberry sauce, nougat-caramel sauce or liquorice sauce

- 1 SCOOP ..... 4,20 €  
2 SCOOPS ..... 6,80 €

### From the history books:

Bark bread is the edible bark split and inner bark of the pine tree. A bark pine must be at least 50 years old, preferably with a thin and smooth bark and no branches. The inner bark is easiest to extract from late May to early July. Before grinding the bark has to be treated: it is roasted and boiled to remove harmful substances. Bark is ground into bark flour which can substitute some of the rye flour when baking. Bark bread has been an emergency food in Finland in times when food has been scarce, last during the civil war in 1918. Nowadays bark bread is appreciated because it contains lots of fiber and other useful substances like flavonoids and lots of iron, manganese and zinc.

One kilogram of bark flour contains the daily need of vitamins B1, B2 and C.



### Rolf the Walker

Rolf the Walker often travelled to Paris to "feast" or for a robbing trip. He liked the new flavours so much that he no longer wanted to go back North to eat frozen lingonberries, so he convinced the king of France to give him a patch of land in exchange for the promise to keep other vikings away from Paris. Over the years he ate so much and got so fat that no horse was able to carry him, forcing him to travel by foot.

## SHARED TREATS


33. **THE DESSERT SHIELD OF JOTUNHEIM**..... 17,90 €/person  
(made for at least two)

**FOR TWO** ..... 35,80 €  
**GLUTEN FREE + 1 € / person**

Mouthwatering chocolate cake topped with pear mousse, crispy pancakes and raspberry sauce, warm bread cheese sprinkled with cinnamon and sugar, wild strawberry mousse, salty liquorice mousse, baked apple jam, blueberry jam, tar-flavoured ice cream, bark bread ice cream and lemon and salty liquorice sorbet.

34. **HELGA'S PANCAKE PARTY** ..... 22,60 €  
**GLUTEN FREE +1 € / PANCAKE**

Five crispy pancakes, wild strawberry mousse, raspberry sauce, baked apple jam and three scoops of cardamom ice cream.

35. **ICE CREAMS OF THE THREE NORNS**  ..... 9,90 €  
Cardamom ice cream, bark bread ice cream and lemon and salty liquorice sorbet.

### Desserts in the Viking Age

Nuts and honey were a sweet treat as well as imported almonds, figs, dates and apples.  
Also wild berries, like blueberries and strawberries were eaten.







6. STARTER STONE FROM  
THE LAND OF THE SAMI



11. CAESAR SALAD FROM KEMI RIVER



14. CHICKEN FROM  
THE GOAT HERDER'S FIRE



23. MIMIR'S GAME SWORD (for two)

Most dishes can be made  
gluten- or lactose free!  
Please inform the staff  
of your allergies.



31. NORTHERN MATRON'S BREAD CHEESE