



Kaiseki – Fresh seaweed menu

1	Edamame	Lightly boiled. Salted.
	Scallops sashimi and salmonbelly ito-zukuri.	Dressed with ponzu made with scallop roe. Ikura. Ponzu and spring onion on salmonbelly strips.
	Seasalat (<i>havsalat</i>) with spicy vinegared dressing.	Ricevinegar, soysauce, dried chilies, grated ginger.
	Bladders of yellow tang / knotted wrack (<i>grisatang</i>) in gomadare.	Only bladders of yellow tang dressed with sesamedressing.
2	Grilled mackrel	Grilled mackrel sprinkled with salt.
	Miso cod	Misomarinated grilled cod.
	Pickled cucumber	Vinegared cucumber salad with konbu.
3	Pickled seaweed	Thong weed (<i>remmetang</i>) and konbu pickled in nuka. Activ bacteriaculture made from ricebran.
	Mixed sashimi	Salmon, salmon tataki, mackrel, cured mackrel roe, octopus, scallops. Garnished with vegetables and seaweed (aonori (<i>japansk drivtang</i>)(<i>Sargassum muticum</i>), salicorn).
	Konbu cured salmon	Plated with salmonroe and aonori.
4	Assorted sushi	Nigiri of minke whale with sesamegrains. Salmon nigiri with minced red onion. Flamed halibutfat with aonori. Gunkanmaki of baby sugar kelp filled with chopped octopus and spring onions. Uramaki with wildcaught scampi, seasalat, cucumber and avocado. Sesameseeds.
5	Steamed blue mussels with scampi and bladderwrack (<i>blæretang</i>)	Sake- and gingersteamed blue mussels with wildcaught scampi. Topped with lightly blanched tips of bladderwrack.
6	Deepfried halibutfins vinegared with vegetables. Engawa nambazuke.	Deepfried with potatestarch. Vinegared for three hours with julienne of carrots, leeks, onion, chili and aonori.
	Dead man's rope (<i>åletang - Chorda filum</i>) with cured mackrel roe	Raw dead man's rope with minced cured mackrel roe. Topped with mint/oregano leaves.
7	Steamed cod wrapped in oarweed (<i>fingeratang</i>).	Cod salted. Rinsed. Wrapped in oarweed for 2 hrs then steamed.
	Pan fried rayfish with spicy salsa	Minced tomatoes, grilled bellpeppers, red onion, aonori, lime, ponzu and dried chilies.
8	Grilled fish cheeks with lemon miso	Grilled cheeks of salmon and cod. Dressed with lemonmisdressing and flamed.
	Grilled squidtentacles	Salted with limewedges.
9	Horse tataki with misogarlic.	Seared sirloin of horse. Pepper, salt and minced misomarinated garlic