

SNACKS

UPTOWN CHARCUTERIE & CHEESE (1,2)
Utvalg av lokal charcuterie, oster, relish, syltede grønnsaker
Selection of local charcuterie, cheeses, relish, pickled vegetables
 175

UNION SQUARE SURF (1,2,3,4)
Innbakt fisk, popcorn, aioli, ketchup
Breaded fish, popcorn, aioli, ketchup
 120

The Local TROMSØ SPECIALS

APPZ

OCEAN HILL (1,2,12,14) 135
Dagens sjemat, grillet surdeigsbrød
Daily seafood, grilled sour doughbread

JOAKIM'S COLD REINDEER (2,6) 155
Carpaccio av rein, rips sorbet, pinjekjerner, syltede grønnsaker, majones
Reindeer carpaccio, redcurrant sorbet, pine nuts, vegetables, mayonnaise

TRIBECA SHROOMS (1,2) 120
Grillet surdeigsbrød med soppstuing, ost, majones
Grilled sourdoughbread with mushroom paste, cheese, mayonnaise

MAINS

CHARLIE'S FISH (2,4) 285
Dagens fisk, sjalottløk, cayenne pepper, safran yogurt saus, grønnsaker, habanero, hvitløk, amandine poteter
Fish of the day, shallots, cayenne pepper, saffron yogurt sauce, vegetables, habanero, garlic, amandine potatoes

FISHERMAN SOUP (4,5,14) 255
Laks, dagens fisk og sjemat, grønnsaker, tomat, krydret buljong
Salmon, fish- and seafood of the day, vegetables, tomatos, spicy broth

AGED BUTCHER'S CUT (13) 355
220g Tørrmodnet entrecôte, sprø løk, kål- og tomat salat, ditt valg av SOHO fries eller Garden salad
220g Dry-aged rib eye, crispy onion, kale- and tomato salad, your choice of SOHO fries or Garden salad

KING OF THE NORTH (6,13) 375
180g Reinsdyrs filet, potetmos, mango chutney, grønnsaks chips, kvernet pistasjnøtter, rødvinssaas
180g Reindeer filé, potato mash, mango chutney, vegetable chips, grounded pistachio nuts, red wine sauce



KITCHEN & TABLE

BY MARCUS SAMUELSSON

URBAN GARDEN

GREEN TABLE PLATES WITH YOUR CHOICE OF PROTEIN

NORTH EAST BEETS (2,3,10,12)

Grillet rødbeter, røkt rømme, misomajones, solbær, estragon
Blackened beets, smoked sour cream, miso mayonnaise, black currant, tarragon

WILLIAMSBURG CARROT (2,3,10,12)

Bakt gulrot, stekt grønnskålmajones, blåmuggost, syltet ingefær
Baked carrot, fried kale mayonnaise, blue cheese, pickled ginger



+ 150G STIRRED FRIED GINGER TOFU.....235
 + 150G BLACKENED GARLIC COD(4).....265
 + 150G BUTCHER'S CUT (13).....325



KITCHEN & TABLE

CLASSIC MAINS

K&T KIMCHI BURGER (1,2,3,10,13)

160g storfekjøtt, cheddar, bacon, kimchi, rødløk kompott, trøffel majo, fries
190g beef, cheddar, bacon, kimchi, red onion compote, truffle mayo, fries

..... 245

JERK CHICKEN CAESAR (1,2,3,4,8,12)

Grillet marinert kylling, mango slasa, romanosalat, krutonger, egg
Grilled jerk chicken, mango salsa, romaine salad, crutons, egg

..... 235

K&T QUINOA BURGER (1,2,3,9,10)

Quinoa, cheddar, kimchi, rødløk kompott, majones, søtpotet fries
Quinoa, cheddar, kimchi, red onion compote, mayonnaise, sweet potato fries

..... 235



#KITCHENANDTABLE @KITCHENANDTABLE



TO SHARE MAINS



2-PERSON SERVINGS

TRAVEL TO MOROCCO (1,9,13)

Langtidsstekt lam, grønnsaker, marokkanske krydder, couscous, brød
Slow cooked lamb, vegetables, moroccan spices, couscous, flatbread
 500

OSOBOCCO REINDEER (1,13)

Kuttet reinsdyr, ratatouille, aubergine, squash, løk, paprika, tomat, koriander, kikerter, amandine poteter
Sliced reindeer, ratatouille, aubergine, courgette, onions, peppers, tomato, coriander, chickpeas, potatoes
 550



HOT STUFF

SOHO FRIES (2,10) 60

140g Pommes frites, parmesan, urter

140g Potato fries, parmesan, herbs

SWEET POTATO FRIES (2,10) 70

140g Pommes frites av søtpotet, parmesan, urter

140g Sweet potato fries, parmesan, herbs

MIDTOWN MUSHROOMS (2) 40

Sautert sopp

Sautéed mushrooms

OLA NORDMANN 50

Stekt amadine potet

Roasted amadine potatoes

SAUCY RED OR SPICY (1,2) 40

Rødvin- eller Peppersaus

Red wine sauce or Pepper sauce

COLD STUFF

SIMPLE SALAD (10) 50

Spinat, kål, vinaigrette

Spinach, cabbage, vinaigrette

CONDIMENTS (2,3) 25

Aioli eller Majones

Aioli or Mayonnaise

BREAD (1) 15

Surdeigsbrød

Sourdough bread

1. Gluten 2. Laktose 3. Egg 4. Fisk 5. Skalldyr 6. Nøtter 7. Peanøtter 8. Soya
 9. Selleri 10. Sennep 11. Sesam 12. Sulfitter
 13. Lupiner 14. Skjell og Bløtdyr



WINES

BASIC GLASS / BOTTLE

WHITE	STOWELLS PINOT GRIGIO <i>Veneto, ITALY, 2016</i>	95/425
RED	STOWELLS TEMPRANILLO <i>Tierra Manchuela, SPAIN, 2016</i>	95/425

SOME EXTRA GLASS / BOTTLE

WHITE	RABL GRÜNER VELTINER <i>Kamptal, AUSTRIA, 2015</i>	110/545
ROSÉ	RABL ZWEIGELT ROSÉ <i>Kamptal, AUSTRIA, 2015</i>	110/545
RED	GABRIEL MEFFRE, CÔTE DU RHONE PRESTIGE <i>Rhône, FRANCE, 2015</i>	110/545

LETS GO CRAZY GLASS / BOTTLE

WHITE	L. MOREAU CHABLIS <i>Burgundy, FRANCE, 2015</i>	130/645
RED	BANFI CENTINE ROSSO <i>Tuscany, ITALY, 2014</i>	130/645

MARCUS SAMUELSSON WINES

LENOX 125 RED BLEND 640 Cabernet Sauvignon, Merlot Lodi, California, USA, 2013
LENOX 125 SAUVIGNON BLANC 640 Monterey, California, USA, 2013

BEERS & CIDERS

RINGNES 0,5L DRAFT 4,5% <i>Norway's biggest brewery</i>	90
BROOKLYN LAGER 0,5L DRAFT 5,2% <i>New York style beer</i>	105
CARLSBERG 0,33L BOTTLE 4,5% <i>Pilsner, Danish classic</i>	81
CORONA 0,33L BOTTLE 4,5% <i>Pale lager, Mexican classic</i>	87
BROOKLYN BROWN 0,33L BOTTLE 5,6% <i>New York style beer</i>	105
BROOKLYN EIPA 0,33L BOTTLE 6,9% <i>New York style beer</i>	105

GRAFF BRYGGHUS - 0,33L BOTTLES

Graff is a local craft brewery in Tromsø, run by the two ambitious friends Martin and Maruis

GRAFF; PORTLAND PALE ALE 4,7% <i>American ale with a hint of citrus and caramel. All-round beer alone or with food</i>	110
GRAFF; RED HEAD RED ALE 6,0% <i>American ale with six different malts, balanced with hops. Perfect alongside meats</i>	120
GRAFF; STILLE HAV IPA 6,8% <i>A well rounded American IPA that challenge your tastebuds, but is never overwhelming</i>	125
GRAFF; REFORMATOR 8,8% <i>A powerfull German Lager that can accompany or be taken alone as dessert</i>	130

MACK BRYGGERI - 0,33L BOTTLES

Founded in Tromsø in 1877. They later moved their main brewery to Nordkjolsbotn in 2012

MACK; PILSNER 4,5% <i>Pilsner</i>	87
MACK; HAAKON 4,5% <i>A little in between</i>	87
MACK; BAYER 4,5% <i>Bayer</i>	87
MACK; CIDER <i>Apple and Lime or Pear</i>	85

BRYGGERI 13

Started with brewing for friends, Bryggeri 13 quickly grew to a full fledged Micro Brewery

BRYGGERI 13; PASSION <i>Passion fruit ale, living on The Edge between ale and cider</i>	125
BRYGGERI 13; BUTCHER BOY <i>Fruit beer with blood orange. It's a bloody fresh ale with citrus</i>	125

SOFT DRINKS

FRUIT JUICES	45	NON ALCOHOLIC BEER	61
COCA COLA, ZERO, FANTA, SPRITE	45	NON ALCOHOLIC WINE	65
BONAQUA SPARKLING	45		

COCKTAILS & Drinks

SPARKLING

CASTELLBLANCH EXTRA BRUT <i>Catalonia, Spania</i>	GLASS 85 / BOTTLE 450
ANNA SPINATO PROSECCO <i>Veneto, Italia</i>	GLASS 95 / BOTTLE 550
NICOLAS FEUILLATTE BRUT <i>Champagne, Frankrike</i>	895
LANSON LABEL ROSE BRUT <i>Champagne, Frankrike</i>	950
LANSON GREEN LABEL, ORGANIC BRUT <i>Champagne, Frankrike</i>	995

CLASSIC COCKTAILS

MANHATTAN 4CL 125
Bourbon, Sweet vermouth, Bitters

THE ORIGINAL OLD FASHIONED

Bourbon, Orange, Bitters, Sugar, Soda

COSMOPOLITAN

Vodka, Cointreau, Cranberry, Lime

DRY MARTINI

Gin, Vermouth, Olives

DARK AND STORMY

Rum, Ginger ale, Lime

NOT SO CLASSIC COCKTAILS

ALOE VERA 4CL 125
Bacardi Lemon, Midori, Lemon, Sugar, Sprite

SPICY MOODS
Rum, Lemon, Sugar, Passionfruit, Chilli

PORNSTAR MARTINI
Vanilla Vodka, Passoa, Passionfruit, Lemon, Cava

GIN FIZZ
Gin, Lemon, Sugar, Soda

WHISKEY SOUR
Four roses Bourbon, Lemon, Angostura, Bitters, Sugar



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