

SKÅL Restaurant



BREAKFAST
(FROKOST)

Healthy (Sunn)

Light (Lys) <i>Skyr Yogurt • Pulla Bread* • Fresh Fruit • Granola</i>	\$16
Carbless (Uten Karbohydrater) <i>Poached Egg • Avocado • Mushrooms • Peppers • Onion • Sausage • Sprouts* • Cheese Curds* • Skål-sa</i>	\$18
Vegan (Grønnsak) ^{VG} <i>Tofu & Turmeric Scrambled "Eggs" • Mushroom • Tempeh "Bacon" • Potatoes</i>	\$18

Hearty (Hjertelig)

Skål Breakfast <i>Two Eggs • Bacon or Sausage • Potatoes • Toast</i>	\$20
Viking Breakfast <i>Three Eggs • Bacon • Sausage • Potatoes • Toast</i>	\$25
Three Egg Omelet <i>Cheese • Skål-sa • Choice of 3: Peppers, Mushroom, Herbs, Bacon, Sausage, Onion, Sprouts*</i>	\$20
ADDITIONAL TOPPINGS \$2 ADD CHEESE CURDS* \$2	
Eggs Benedict ^{VEGETARIAN OPTION AVAILABLE} <i>Poached Eggs • English Muffin • Peameal • Hollandaise • Potatoes</i>	\$21

Heavenly (Himmelsk)

Finnish Pancakes (Finsk Pannekake) <i>Three Pancakes • Three Berry Compote • Maple • Cream</i>	\$18
French Toast (Fransk Brød) <i>Hearth Loaf* • Cardamom • Orange • Egg • Maple</i>	\$18
Oatmeal (Havregrøt) <i>Oats • Peanut Butter • Yogurt • Berry • Banana Chip</i>	\$10

On The Side

Bacon \$5	Pork Sausage \$5	Two Eggs \$5	Potatoes \$5	Oatmeal \$5	Cereal \$5	Fruit \$5	Toast \$5
Substitute Gluten Free Toast \$2							

Beverages

Seattle's Best Coffee	\$3.00	Bottled Water	\$3.50
Black, Green, or Herbal Tea	\$3.00	Soft Drinks or Iced Tea	\$3.00
Hot Chocolate	\$3.00	Bottled Juice	\$3.00
Milk or Chocolate Milk	\$3.50	<i>Orange, Apple, Cranberry, or Grapefruit</i>	
		Non-Alcoholic Beer	\$4.50

Children (Barna) ^{12 AND UNDER}

Pancake Spaghetti <i>Pancake Noodles • Strawberry • Maple Syrup</i>	\$9
Young Jarl <i>One Egg Any Style • Bacon or Sausage • Potatoes • Toast</i>	\$9
Sneaky Peanut Butter Oatmeal <i>Brown Sugar • Peanut Butter • Milk • Fruit</i>	\$9
Yogurt & Fruit <i>Yogurt • Fruit • Granola</i>	\$9

VG = VEGAN

*Local Producers: Thunder Oak Cheese Farm, Veg-e-Tate Market Garden, Shaw Bakery, Current River Bakery.
Prices are subject to change.

**BREAKFAST
(FROKOST)**