

FISH & WILD



MUNCH_s HUS

OPENING TIME: DAILY FROM 12.00 O'CLOCK, KITCHEN OPEN TILL 11.00 P.M.

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SUBWAY.: U2 BÜLOWSTRASSE, U- & S-BAHN YORCKSTRASSE UND
BUS M19 DENNEWITZPLATZ



Speciality of the house

Elk roast D,F,G,J,N,O,4

In caramelised Norwegian goat's milk cheese-juniper-sauce on potato-parsley root-purée, with it chestnuts and cranberries

22 Euro

Skagerrak-Fish platter B,D,F,H,J

With fried char of Arctic Ocean, fillet of ling, codfish and Norwegian salmon - and king pawns on sherry sauce, with it parsley roots, leek ragout and Bamberg potatoes

For 2 persons, per person 22 Euro



„ Der Fisch im Wasser, der ist unser Brot,
verlieren wir ihn, dann leiden wir Not.“

Petter Dass, Priester und Dichter aus Lofoten
(1647-1707).



Starters and Soups

Grandma's fish soup B,H,I,J

With fillets of salmon, spinach and pearl harleys
7 Euro

Boletus cream soup with elk sausage D,F,3,6

7 Euro

Arctic Ocean soup B,D,F,H,J,N,O

With Greenland shrimps, lump sucker caviar, with it vegetables
Julienne
7 Euro

Rondane-Plate C,D,F,G,K,N,O,3,6

With the best from wood and mountains. Elk ham, Elk
sausage³, reindeer sausage³, scrambled egg and Snøfrisk
8 Euro

Sognefjord-Plate B,C,H,K

From sea and fjord. Warm smoked pepper-mackerel fillet,
marinated young herring, marinated salmon, Greenland shrimps and
Egg with lump sucker caviar
8 Euro

Hardanger-Plate D,F,K

With cheese specialities from Tine/Norway. Geitost, Snøfrisk,
Ridder cheese, Jarlsberg and marinated fruits
7 Euro



Gönnen Sie sich mal etwas anderes...!



Salad menu

Salad Stockholm B,G,K

Small crown of marinated green salad with marinated salmon rose
on dill-mustard sauce, with it walnuts
8 Euro

Salad Munch D,G,K

Big mixed salad in Aceto Balsamico-honey-dressing, with it orange
fillets, avocado, sheep's milk cheese, fried potato croutons and
sunflower seeds
9 Euro

Spinach salad K

Leaf spinach marinated in garlic vinaigrette with tomato slices, with
it fried herb mushrooms
9 Euro

Salad Oslo B,K

Big mixed salad with fried salmon strips in Aceto Balsamico- honey-
dressing and roasted potato croutons
12 Euro

Salad Bergen B,D,K

Warm smoked pepper mackerel fillet and three fried king prawns on
avocado cream with crown of marinated salad.
14 Euro



Neben Menschen wird Norwegen auch von einer anderen Art von
Wesen bevölkert, nämlich den Trollen. Zu Gesicht bekommt man sie
nur nachts oder bei Dämmerlicht, denn das Tageslicht vertragen sie
nicht. Es heißt, daß sie zu Stein zerfallen, wenn sie von einem
Sonnenstrahl getroffen werden. So zieren sie heute die norwegische

Landschaft als Felsformationen.



Fish dishes

Halibut fillet B,D,F,H,N,O

On warm blueberry and saffron sauce, with it baby leek, carrot sticks and potatoes
17 Euro

Variation of fish from fresh water and salt water B,D,F,H,N,O

Fried fillet of salmon and pike-perch with two king pawns, with it rosemary potatoes and steamed leaf spinach in Sandefjordsmør
19 Euro

Grilled fillet of salmon B,D,F,H,K,N,O

In Pommery-mustard-sauce, with it leaf spinach and almond potatoes
16 Euro

Ling fillet B,D,F,H,J

With Sichuan pepper on celery-potato-purée with beetroot sticks and lump sucker caviar
18 Euro

Ling is the Norwegian fishermen's' insider tip. It wanders down to 1000 meters into the depth. Its snowy-white fillet has a taste of crustaceans.

Arctic Ocean char fillet B,D,F,H,N,O

On roasted parsley roots and potato-slices with lemon- avocado-cream-sauce
18 Euro

Baked codfish fillet B,D,F

On beetroot sauce and steamed carrot vegetables
17 Euro

Haddock cake B,C,D,F,H,N,O

In brown butter with potatoes and marinated salad
15 Euro



Meat dishes

Duck breast fillet D,F,J,N,O

In wild cranberry sauce with red cabbage and potato
17 Euro

Minced meat balls D,F,J,N,O

In brown sauce, with it home-made pickled cabbage with cranberries
and parsley potatoes
15 Euro

Norwegian national dish

Lamb in white cabbage with potatoes
17 Euro

In September, when the sun stands lower in the sky and the golden trees throw long shadows, there comes the calm time. At the open fire in the kitchen it smells of „Får i kål“. Lamb with white cabbage is a basic farmer's dish full of tradition, which is willingly eaten everywhere in the family circle.

Baked medallions of pork D,F

With elk ham on fried mushrooms with spinach and potatoes
15 Euro

Vegetarian Dish

Krydder Pannekake C,D,F,N,O

Herb Crêpe stuffed with yellow beets, snow peas, spinach, and
carrot sticks on boletus sauce
15 Euro



“ Was mag es wohl sein, was da oben
ich sehe über den hohen Bergen?
Das Auge, es schaut dort nichts als Schnee,
grün ragt der Baum hinauf in die Höhe,
ach wollt', ach, hinüber so gerne,
wann wagt er sich wohl in die Ferne?“

Bjørnstjerne Bjørnson



Dessert

Pannekaker fylt med blåbær og vaniljeis C,D,F,N,O

Pancakes filled with blueberries and vanilla ice-cream

7 Euro

Troll cream C,D,F

With blueberries and currants, with it a scoop of vanilla ice-cream and cloudberry

7 Euro

Tilslørte Bondepiker D,F,N,O

Veiled Norwegian farmer girls - apple pieces in cinnamon, with it caramelised crumbs and whipped sweet cream

7 Euro

Caramel creame C,D,F,G

With cloudberry, with it macaroon sticks

8 Euro

Isvariasjon C,D,F,G

A scoop of vanilla & chocolate ice-cream on fruits with cream and chocolate sauce

6 Euro

Barnerett Children's dish (only for children)

Kjøttkaker med poteter D,F,J,N,O

Minced meat balls with potatoes

6 Euro

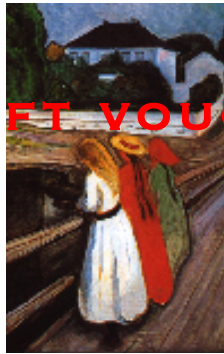
Allergy list

A= peanuts, B= fish, C= egg, D= lactose, E= lupins, F= milk, G= nuts, H= shellfish, crustaceans, molluscs, I= sulfide-, sulfurdioxide, J= celery, K= mustard, L= sesame, M= soy, N= wheat, O= gluten

1= contains caffeine, 2= contains quinine, 3= preservative, 4= dye, 5= sweetener, 6= antioxidant, 7= contains phenylalanine, 8= flavor enhancer, 9= phosphate, 10= waxed

MUNCH's HUS

SCHENKEN SIE IHREN FREUNDEN
EINE FREUDE



A GIFT VOUCHER

FÜR SPEISEN UND GETRÄNKE

WWW.MUNCHSHUS.DE