



SUSHI · GRILL · BAR

## **NO NEED TO CHOOSE!**

A big juicy burger, a nice grilled steak or a selection of fresh sushi?  
It depends where your taste buds are at the time. At Cowsea there`s  
no need to choose, you can have both.

## SMALL DISHES

**CHEESE NACHOS** 159,-  
Nachos with warm cheese sauce, chunky salsa, guacamole, light sour cream.  
**MILK**

**TEMPURA SALAD** 185,-  
Deep-fried Scampi, avocado, cucumber, tobiko, chili mayonnaise, teriyaki sauce.  
**SHELLFISH, FISH, SOY, WHEAT GLUTEN, EGG, MUSTARD**

**COWSEA CAESAR** 190,-  
Romano salad, grilled chicken, bacon, jalapeno sauce, croutons, tomatoes, pickled red onion, parmesan.  
**MILK, EGG, WHEAT GLUTEN, SULFITE, SESAME SEED**

**SUSHI BOWL** 199,-  
Marinated salmon, rice, pickled red onion, avocado, mango, edamame, goma wakame.  
**FISH, WHEAT GLUTEN, SESAME SEED, SULFITE, SOY, SHELLFISH**

**FISH 'N' CHIPS** 199,-  
Deep-fried cod with fries, tomato salad, rocket salad, lemon, tartar sauce, dill.  
**FISH, WHEAT GLUTEN, EGG, SULFITE, MUSTARD**

**MUSSELS "MOULES FRITES"** 189,-  
Steamed mussels with white wine and cream. Served with fries and aioli.  
**MOLLUSCS, MILK, EGG, SULFITE**

## Sharing the Experience

FOR  
MINIMUM  
2 PERS.

**THE COWSEA EXPERIENCE** (price p.p) 340,-  
Bacon cheese burger, spareribs, chicken wings, onion rings, garlic & rosemary fries, mini caesar, aioli, BBQ sauce, creamed corn, tempura salad, spicy salmon roll.

**WHEAT GLUTEN, EGG, MILK, MUSTARD, CELERY, SOY, SULFITE, SHELLFISH, FISH, SESAME SEED**

**THE BURGER EXPERIENCE** (price p.p) 330,-  
Try our exciting burgers. Choose three optional burgers from our menu. We will cut them in two, so you can share the experience together. Served with dirty chorizo fries, onion rings, aioli and mojo sauce. (The Beyond Burger and Sushi & Burger are not included in this dish)

**ALL ALLERGENS**

## Burger + Fries



Our burgers are 180g, and we cook them medium plus to well done. Served with fries and aioli on the side. Gluten free burger bread available!

**BACON CHEESE** 225,-  
180g burger, bacon, cheese, salad, tomato, onion, pickled cucumber, cowsea dressing.  
**WHEAT AND BARLEY GLUTEN, EGG, MILK, MUSTARD, SESAME SEED**

**PULLED DUCK** 220,-  
Slow cooked duck, hoisin sauce, kimchi coleslaw, cucumber, spring onion, sesame seed.  
**WHEAT AND BARLEY GLUTEN, SESAME, MOLLUSCS, FISH, SOY, MILK**

**THE COWSEA** 210,-  
180g burger, kimchi coleslaw, spring onion, coriander, chili mayonnaise.  
**WHEAT AND BARLEY GLUTEN, MILK, EGG, MOLLUSCS, FISH, SOY**

**SAMBA** 215,-  
180g burger, cheese, guacamole, salad, jalapeño, pickled red onion, chili mayonnaise.  
**WHEAT AND BARLEY GLUTEN, MILK, EGG, MUSTARD, SOY, MOLLUSCS, FISH, SESAME**

**NEW YORK** 220,-  
180g burger, warm cheese sauce, caramelized onion, salad, tomato, pickled cucumber, American burger sauce.  
**WHEAT AND BARLEY GLUTEN, MILK, EGG, MUSTARD**

**ITALIAN JOB** 235,-  
180g burger, tomato sauce, mozzarella, parma ham, cherry tomatoes, pesto, ruccola.  
**WHEAT GLUTEN, EGG, MILK**

**GREEK** 220,-  
180g burger, tzatziki, feta cheese, olives, tomato, salad, hummus, garlic & rosemary salt.  
**WHEAT AND BARLEY GLUTEN, MILK, SESAME, SOY**

**CHORIZO** 215,-  
180g burger, chorizo, piquillo pepper, salad, mojo sauce, cowsea dressing.  
**WHEAT AND BARLEY GLUTEN, MILK, EGG, MUSTARD, SOY**

**BLUE CHEESE** 235,-  
180g burger, blue cheese, caramelized onion, fig marmalade, rocket salad.  
**WHEAT AND BARLEY GLUTEN, MILK, SESAME, SOY**

**SUSHI & BURGER** 245,-  
180g burger, bacon, cheese, salad, tomato, onion, pickled cucumber, cowsea dressing, 6 pieces Philadelphia Maki. (Served without fries)  
**WHEAT AND BARLEY GLUTEN, FISH, SHELLFISH, EGG, MILK, EGG, MUSTARD, SULFITE**

**SALMON BURGER** 220,-  
180g salmon burger, salad, tzatziki, pickled red onion, piquillo pepper, aioli.  
**WHEAT AND BARLEY GLUTEN, EGG, FISH, MUSTARD, SESAME SEED, MILK, SOY**

**BEYOND BURGER (VEGAN)** 245,-  
Beyond burger, "Go vegan" cheese, romano salad, onion, tomato, pickled cucumber, vegan chili mayonnaise.  
**WHEAT AND BARLEY GLUTEN, MUSTARD, SESAME, SOY**

**THE BEYOND BURGER**

## SIDE ORDERS *Change to / extra*

**SWEET POTATO FRIES** **NO ALLERGENS** 30,- / 50,-  
**PARMESAN & TRUFFLE FRIES** **EGG, MILK** 40,- / 60,-  
**GARLIC & ROSMARY FRIES** **NO ALLERGENS** 25,- / 45,-  
**DIRTY CHORIZO FRIES** **MELK, EGG** 45,- / 65,-  
**BAKED SMALL POTATOES** **NO ALLERGENS** 30,- / 50,-  
**MINI CAESAR** **MILK, EGG, SULFITE, SESAME SEED** 45,- / 55,-  
**ONION RINGS** **WHEAT GLUTEN, MILK** 40,-  
**KIMCHI COLESLAW** **MOLLUSCS, FISH, SOY** 40,-  
**CREAMED CORN** **MILK** 40,-  
**CHILI MAYONNAISE** **EGG, FISH, MOLLUSC** 30,-  
**GOMA WAKAME** **SESAME SEED, SOY, WHEAT GLUTEN** 30,-  
**BBQ SAUCE** **SELERY, SULFITE, WHEAT GLUTEN, SOY** 30,-  
**AIOLI** **EGG, MUSTARD** 30,-  
**TARTAR SAUCE** **EGGS, MUSTARD, SULFITE** 30,-  
**TZATZIKI** **MILK** 30,-  
**MOJO** **SULFITE** 30,-

## Fra grillen



### MEATS

**ENTRECÔTE** (220g) 295,-  
**TENDERLOIN** (200g) 345,-  
**LAMB CHOPS** (250g) 335,-  
**CHICKEN STEAK** (180g) **SULFITE, MUSTARD** 235,-  
**RIBS** (500g) **CELERY, SULFITE** 245,-

### FISH

**GRILLED SALMON** (180g) **FISH** 245,-

The main courses are served with asparagus beans and pickled red onions.

### Choice of sauce

**RED WINE SAUCE** **SULFITE**  
**HERB BUTTER** **MILK, EGG, SULFITE**  
**TARTAR SAUCE** **EGG, MUSTARD, SULFITE**  
**BBQ SAUS** **CELERY, SULFITE**  
**SOUR CREAM** **MILK**  
**TZATZIKI** **MILK**

### Choice of potatoes

**BAKED SMALL POTATOES** **NO ALLERGENS**  
**SWEET POTATO FRIES** **NO ALLERGENS**  
**GARLIC & ROSEMARY-FRIES** **NO ALLERGENS**  
**FRIES** **NO ALLERGENS**

### Side orders +40 kr

**KIMCHI COLESLAW** **MOLLUSCS, FISH, SOY**  
**TOMATO SALAD** **EGG, WHEAT GLUTEN, MUSTARD**  
**CREAMED CORN** **MILK**  
**ONION RINGS** **MILK, WHEAT GLUTEN**

## Sushi



## MAKI ROLLS

**THE KING ROLL** (12 pieces) 240,-  
Deep-fried maki roll with snow crab, avocado, chili mayonnaise, teriyaki sauce.  
**SHELLFISH, EGG, WHEAT GLUTEN, SOY, FISH, MOLLUSCS, SESAME SEED, SULFITE**

**TRUFFLE SALMON MAKI** (8 pieces) 175,-  
Salmon, avocado, trout roe, cream cheese, truffle teriyaki, tempura crunch.  
**FISH, MILK, SOY, WHEAT GLUTEN, SESAME SEED**

**COWSEA ROLL** (6 pieces) 185,-  
Deep-fried scampi, snow crab, jalapeño sauce, avocado, cucumber.  
**SESAME SEED, SHELLFISH, WHEAT GLUTEN, SOY**

**SPICY SALMON MAKI** (8 pieces) 165,-  
Salmon, spring onion, chili mayonnaise, teriyaki sauce, tempura crunch.  
**MOLLUSCS, FISH, SOY, WHEAT GLUTEN, SESAME SEED, EGG**

**TEMPURA ROLL** (6 pieces) 155,-  
Deep-fried scampi, chili mayonnaise, avocado, cucumber.  
**MOLLUSCS, FISH, SOY, SHELLFISH, EGG, SESAME SEED, WHEAT GLUTEN**

**MANGO ROLL** (6 pieces) 155,-  
Salmon, cream cheese, mango, strawberries.  
**SESAME SEED, MILK, FISH**

**PHILADELPHIA MAKI** (6 pieces) 140,-  
Salmon, philadelphia, cucumber and avocado  
**SESAME SEED, MILK, FISH**

**VEGAN ROLL** (6 pieces) 140,-  
Salad, pickled red onion, marinated mushrooms, edamame hummus.  
**SOY, WHEAT GLUTEN, MUSTARD, SESAME SEED**

## SUSHI PLATES

**TRUFFLE NIGIRI** 135,-  
6 pieces flamed salmon nigiri with truffle teriyaki.  
**SESAME SEED, SOY, WHEAT GLUTEN, FISH**

**SALMON NIGIRI** 120,-  
6 pieces classic salmon nigiri.  
**SESAME SEED, FISH**

**PONZU SASHIMI** 135,-  
6 slices of raw salmon with ponzu sauce, trout roe and coriander.  
**SESAME SEED, SOY, WHEAT GLUTEN, FISH**

**MAKI MIX 14** 224,-  
4 x Spicy Salmon Maki, 6 x Mango Roll, 4 x Truffle Salmon Maki.  
**MOLLUSCS, FISH, SOY, WHEAT GLUTEN, SESAME SEED, EGG, MILK**

**MAKI MIX 16** 256,-  
4 x Spicy Salmon Maki, 3 x Mango Roll, 6 x Tempura Roll, 3 x Cowsea Roll.  
**FISH, MILK, SOY, WHEAT GLUTEN, SESAME SEEDS, MOLLUSCS, SHELLFISH, EGG**

**COMBO 14** 225,-  
8 x Nigiri Salmon, 3 x Mango Roll, 3 x Tempura Roll.  
**FISH, MILK, SOY, WHEAT GLUTEN, SESAME SEEDS, MOLLUSCS, SHELLFISH, EGG**

**COMBO 18** 289,-  
4 x Sashimi Salmon, 6 x Truffle Nigiri Salmon, 4 x Truffle Salmon Maki, 4 x Spicy Salmon Maki.  
**FISH, MILK, SOY, WHEAT GLUTEN, SESAME SEEDS, MOLLUSCS, EGG**

**COMBO 22** 329,-  
5 x Sashimi Salmon, 6 x Nigiri Salmon, 4 x Truffle Salmon Maki, 3 x Cowsea Roll, 4 x Spicy Salmon Maki.  
**FISH, MILK, SOY, WHEAT GLUTEN, SESAME SEEDS, SHELLFISH, MOLLUSCS**

## DESSERT



### TROPICAL PASSION

Mango, passion fruit sorbet, coconut flakes.

CITRUS

99,-

### PAVLOVA

Meringue, vanilla cream, raspberry sauce, fresh berries.

EGG, MILK

99,-

### COWSEA «SNICKERS»

Brownie, vanilla ice cream, caramel sauce, peanuts.

WHEAT GLUTEN, EGG, MILK, PEANUTS AND NUTS

99,-

### CHOCOLATE FONDANT

chocolate fondant, vanilla ice cream, raspberry sauce.

WHEAT GLUTEN, EGG, MILK, TRACE OF PEANUTS AND NUTS

110,-

### COWSEA «ICE CREAM SUNDAE»

vanilla ice cream, vanilla cream, fresh berries, raspberry sauce, corn flakes, tutti frutti, mango salsa, oreo crunch.

MILK, EGG, WHEAT GLUTEN, SOY, TRACE OF PEANUTS AND NUTS

110,-

## PREMIUM MILKSHAKES

### CHOCO

Kulinaris\* vanilla ice cream, cream, milk, chocolate sauce, oreo crunch.

WHEAT GLUTEN, MILK, SOY, TRACE OF PEANUTS AND NUTS

110,-

### CARAMEL

Kulinaris\* vanilla ice cream, cream, milk, snickers and caramel sauce.

EGG, MILK, WHEAT GLUTEN, PEANUTS, SOY

110,-

### RED BERRY

Kulinaris\* vanilla ice cream, cream, milk, strawberries, raspberry sauce.

MILK, TRACE OF EGG, PEANUTS AND NUTS



110,-

\*Norwegian premium ice cream and sorbet producer

## SNACKS

### PEANUTS

39,-

### ROASTED CORN

39,-

# LUNCH BUFFET

195,-

We present an exciting lunch buffet with burger, sushi and lots of other delicious foods. Coffee, dessert and a popsicle for the kids, is included in the price.

Kids up to 5 years eats for free, and kids up to 12 years gets 50% discount.

We wish you a warm welcome!

Check our website for opening hours and lunch table reservations.

Kids and drink menus in separate menus. Please ask your waiter.

Table reservations:  
[www.cowsea.no](http://www.cowsea.no)



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