

# Telenor Expo & The Hub

## MENUS 2026

### Meeting room menu

#### Breakfast buns

|  |         |
|--|---------|
| Breakfast bun with Provance ham and apple coleslaw (W, M, MU, E, C)* | Kr 35,- |
| Breakfast bun with mozzarella, tomato and sprouts (W, M)*            | Kr 35,- |
| Breakfast bun with cheese and bell pepper (W, M)*                    | Kr 35,- |
| Breakfast bun with brown cheese (W, M)*                              | Kr 35,- |

#### Focaccia

|  |         |
|--|---------|
| Focaccia smoked salmon with scrambled eggs (W, F, E, M)*         | Kr 78,- |
| Focaccia with Serrano ham, Brie, honey and pickled onion (M, W)* | Kr 78,- |
| Focaccia with tomato, mozzarella and pesto (M, W CA)*            | Kr 78,- |
| Focaccia with turkey pastrami, lettuce and tomato (W, M)*        | Kr 78,- |
| Focaccia with Provance ham and cheese (W, M)*                    | Kr 78,- |

#### Wraps

|   |          |
|---|----------|
| Cæsar chicken wrap, lettuce, parmesan and Cæsar dressing (W, M, E, C, MU, F)* | Kr 102,- |
| Smoked salmon with avocado, spinach and Sriracha dressing (M, W, C)*          | Kr 102,- |
| Falaffel wrap with hummus and Harissa dressing (M, W, C)*                     | Kr 102,- |

#### Salads and bowls

|  |          |
|--|----------|
| Poke bowl with marinated salmon, pickled vegetables and XO sauce (F, E, C, SE, SO, W, MO, SF)* | Kr 133,- |
| Chicken bowl with grilled vegetables, feta cheese and bell pepper sauce (M, SU)*               | Kr 133,- |
| Caprese salad with Serrano ham and balsamic (M, SU)*   | Kr 133,- |
| Green Salad "Cæsar salad" with turkey bacon and parmesan (F, M, E)*                            | Kr 133,- |
| Farmers marked (vegan) (C)*  | Kr 133,- |

Prices incl. VAT

Deadlines for ordering: less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# Telenor Expo & The Hub

## MENUS 2026

### Lunch sandwiches

|   |          |
|---|----------|
| Classic shrimp sandwich with dill mayonnaise<br>(W, SU, MU, SO)*                | Kr 135,- |
| Classic beef patties sandwich with fried onions and pickles<br>(W, SU, MU, SO)* | Kr 135,- |
| Ryebread sandwich, avocado, cottage cheese and sprouts<br>(R, M, W)*            | Kr 135,- |
| Ryebread sandwich with tuna salad, capers and red onion<br>(R, W, M, F)*        | Kr 135,- |
| Grilled Mediterranean vegetable sandwich<br>(W, M)*                             | Kr 135,- |

### Lunch platter

|  |          |
|--|----------|
| Expo lunch plate. Selection of meats, fish, cheese and vegetables<br>(W, E, SO, F, M, SF, P, C, MO, SE, SU)* | Kr 223,- |
| Cheese & Charcuterie Lunch plate. Selection of cheeses and cured meats<br>(M, W, R, SU, E, MU, WA)*          | Kr 223,- |

### Healthy

|  |         |
|--|---------|
| Fresh cut fruits, 5 sorts  | Kr 31,- |
| Greek yoghurt with homemade granola and berry compote<br>(M, W, R, O, AL, B, HA, P, SU, CA)* | Kr 26,- |
| Coconut chia pudding with tropical fruit   | Kr 26,- |
| Almond chia pudding with berries (AL)*   | Kr 26,- |
| Mixed nuts and dried fruits (WA, HA, P, AL)*   | Kr 26,- |
| Protein bar, peanut, caramel (M, SO, P)*   | Kr 34,- |

Prices incl. VAT

Deadlines for ordering: less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# Telenor Expo & The Hub MENUS 2026

## Sweets

|  |          |
|--|----------|
| Waffle with sour cream and jam (W, E, M)*              | Kr 26,-  |
| Flapjack, 80 g (M, W, O, E)*                           | Kr 36,-  |
| Muffin of the day (M, W, E, WA, P, HA)*                | Kr 38,-  |
| Blueberry muffin (SO, lactose and gluten free)*        | Kr 38,-  |
| Cinnamon bun (M, E, W)*                                | Kr 40,-  |
| Assorted selection of macaroons, per pcs. (AL, M, SO)* | Kr 16,-  |
| Bun with or without raisins (W)*                       | Kr 26,-  |
| Croissant (W, E)*                                      | Kr 39,-  |
| Mini pastry, per pcs. (W, E, WA)*                      | Kr 16,-  |
| Coconut roll (lactose and gluten free)*                | Kr 18,-  |
| Chocolate cookie (E, Gluten free)*                     | Kr 18,-  |
| Twist chocolate, price per bag (69 pcs)                | Kr 210,- |

## Beverages

|                                  |          |
|----------------------------------|----------|
| Mineral water, soft drink 33 cl. | Kr 37,-  |
| Froosh smoothie in bottle        | Kr 45,-  |
| Ringi apple juice, 75 cl.        | Kr 113,- |
| Coffee, tea, ice water           | Incl.    |

Prices incl. VAT

**Deadlines for ordering:** less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# **Telenor Expo & The Hub**

## **MENUS 2026**

### ***Practical information***

#### Ordering deadlines

Less than 50 people, within 2 workdays before delivery  
From 50-100 people, within 3 workdays before delivery  
More than 100 people, within 5 workdays before delivery

#### Changes in numbers

Please keep us updated on accurate participant numbers  
Buffets have a minimum order of 15 people  
Restaurant Vision menu orders must be the same for the whole party

#### Allergens/dietary requirements

To ensure that everyone receives a safe and suitable meal, we kindly ask that all allergies/dietary requirements are reported in advance. If this is not registered within the deadline, we unfortunately cannot guarantee that we will be able to offer an appropriate alternative

**We are looking forward to welcoming you and your guests  
and give you the best experience**

Prices incl. VAT

**Deadlines for ordering:** less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# Telenor Expo & The Hub MENUS 2026

## Buffet menus

### Lunch buffet

Oven baked salmon and cod with gremolata (F, C)

Chicken with parmesan sauce (M)

Rosmary potatoes

Chickpea salad with tomatoes chili and lemon

Grilled vegetables with balsamic vinegar and pesto (M)

Baked honey carrots

Serrano ham

Brie, honey & pistachio (M, P, I)

Sourdough bread (W)

Aioli (M, U, E)

Price per person kr 463,-

Dessert of the day

Price per person kr 65,-

Prices incl. VAT

**Deadlines for ordering:** less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# Telenor Expo & The Hub MENUS 2026

## Lunch buffet inspired of the middle east

Hummus with Sumac and pepper (SE)

Squash with feta cream, and pomegranate (M)

Falafel (C)

Fattuch. Lebanese salad with tomatoes, cucumber, and a tangy lemon–sumac dressing (W)

Babaganoush. Smoky roasted eggplant purée with tahini, lemon and garlic (SE)

Spicy Lamb meatballs (M)

Stuffed Mini Peppers (M)

Liba bread (Lebanese Bread) (W)

Scampi with parsley and lemon (SF)

Olives

Price per person kr 463,-

Dessert of the day

Price per person kr 65,-

Prices incl. VAT

**Deadlines for ordering:** less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# Telenor Expo & The Hub

## MENUS 2026

### Finger food buffet

Frøya salmon with egg cream (F, E)

Scampi skewers with parsley and garlic (SF)

Cold marinated beef

Squash with feta cream and pomegranate (M)

Tortilla chips with smoked salmon & chives mayonnaise (M, MU, E, F)

Grilled chicken skewers with lemongrass

Tapenade toast (M, F)

Cheese and marmalade board (M, SU)

Wraps bites with beetroot, hummus and Chevre (M, W)

Aioli (E, MU)

Focaccia (W)

Price per person kr 463,-

Dessert of the day

Price per person kr 65,-

Prices incl. VAT

**Deadlines for ordering:** less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# Telenor Expo & The Hub

## MENUS 2026

### Restaurant Vision Telenor Expo

#### Menu 1, The Hunter

Pan-seared scallops with petit pois, creamed Jerusalem artichoke and hazelnut butter (M, MO)\*

Braised beef cheek with potato cream, spinach, pickled pearl onions, carrot and red wine sauce (M, C)\*

Homemade caramel brownie with blackberry and sorbet (W, E, M)\*

Price per person kr 544,-

#### Menu 2, The Fisher

Classic French onion soup (M, W)\*

Atlantic cod with pommes anna, vegetable medley, puree, and Sandefjord sauce (F, M)\*

Crème Brulé with blackcurrants and marinated orange (M, E)\*

Price per person kr 544,-

#### Menu 3, The Farmer

Classic French onion soup (M, W)\*

Creamy barley risotto with roasted root vegetables, and green herb pesto. (B, C)\*

Homemade caramel brownie with blackberry and sorbet (W, E, M)\*

Price per person kr 544,-

Prices incl. VAT

**Deadlines for ordering:** less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# Telenor Expo & The Hub MENUS 2026

## Chef's daily recommendation for lunch or dinner

Fish, meat, poultry, or vegetarian by your request

### **One course**

Kr 269,-

### **Two courses**

Kr 407,-

### **Three courses**

Kr 543,-

## Beverages in Restaurant Vision

Mineral water, soft drink 33 cl kr 37,-

Ringi apple juice 75 cl kr 113,-

Coffee, tea kr 28,-

In restaurant Vision you need to order the same menu for all your guests.

Allergens must be reported in advance.

Dinners/events after 16:00 only: Alcoholic beverages per request

Prices incl. VAT

**Deadlines for ordering:** less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays

# Telenor Expo & The Hub MENUS 2026

## Allergen list and abbreviations

M=Milk

Cereals containing gluten

- W=Wheat
- KW=Khorasan wheat
- CS=Spelt
- R=Rye
- B=Barley
- O=Oats

C=Celery

MU=Mustard

SO=Soy

F=Fish

SF=Shellfish (crabs, prawns, lobsters)

MO=Molluscs (mussels, oysters, squid, snails)

E=Eggs

P=Peanuts

Nuts

- AL=Almonds
- HA=Hazelnuts
- CA=Cashews
- PE=Pecan nuts,
- BR=Brazil nuts
- PI=Pistachio nuts,
- MA=Macadamia
- WA=Walnuts

SE=Sesame seeds

SU=Sulphur Dioxide and sulphites

L=Lupin

Prices incl. VAT

**Deadlines for ordering:** less than 50 people, within 2 workdays before delivery,  
from 50-100 people: within 3 workdays, more than 100, within 5 workdays