

# Restaurant Heydalur



## Starters



<b>Heydal soup</b>	<b>1050 kr</b>
Ginger, curry, tomatoes, coconut milk, garlic, onion	
<b>Heydalur Vegetable soup</b>	<b>1050 kr</b>
Cream cheese, cauliflower, broccoli, garlic	
<b>Cream of fish soup</b>	<b>1400 kr</b>
Fish, lobster, shrimps, garlic, cream	
<b>Passion Strips a la Matthías</b>	<b>1300 kr</b>
Smoked lamb served with slices of melon and blueberry sauce	
<b>Smoked puffin with sesame sauce</b>	<b>1300 kr</b>
Locally caught puffin served with slices of melon and blueberry jam	
<b>Salmon rose on salad</b>	<b>1300 kr</b>
Graven salmon served with salad and mustard honey sauce	



**Bread is served with all starters**  
**Salad supplement +200 kr**

## Veggie courses

<b>The Gardeners Vegetable patties</b>	<b>1800 kr</b>
Home-made patties made with onion, curry, rice, carrots, egg and cheese Served with fresh salad, mixed potatoes and garlic sauce	
<b>Vegetablebake</b>	<b>1800 kr</b>
Broccoli, cellery, tomatoes, eggs, blue cheese. Served with salad	
<b>Veggie Lasagne</b>	<b>1800 kr</b>
Carrots, onion, garlic, eggplant, cellery root, tomatoes, and chili pepper Served with fresh salad	

## Main Courses

# Fish

**Salted fish from the Westfjords** 2800 kr  
With sweet-and-sour onion and paprika  
Served with rice, fresh salad, raisins and dry tomatoes



**Fresh Trout from Heydalur** 3400 kr  
Oven-baked. Served with fresh salad and rosemary potatoes  
With mango chutney  
or pesto  
or blue cheese  
or soya, chili, garlic and ginger  
or pan-fried with salt and pepper



**Salmon from Heydal's river** 3600 kr  
(only from July to September depending on the catch of the day)  
Oven-baked. Served with fresh salad and rosemary potatoes



# Meat

**Heydalur burger** 2000 kr  
Beef, bacon, cheese, vegetables, barbecue sauce and rosemary potatoes

**Traditional Icelandic meat soup** 1800 kr  
Lamb and vegetables



**Chicken breast filled with spinach and cheese** 2400 kr  
Oven baked chicken breast filled with spinach, mushrooms and cheese.  
Served with rice and fresh salad

**Crispy chicken breast with orange flavour** 2400 kr  
Oven baked chicken breast covered by orange flavored cornflakes and chili pepper. Served with rice and fresh salad

**Valley of Adventure lamb stew** 2800 kr  
Lamb, curry, leek, carrots and banana.  
Served with fresh salad and rice



**Lamb fillet with wild mushroom sauce** 4500 kr  
Spiced lamb served with garlic potatoes, blended vegetables, spinach, pecan nuts and fresh salad



# Main Courses

## Children Menu

**Sliced bread sandwich**  
served with fresh salad  
950 kr  
**Lasagna**  
1500 kr  
**Spaghetti bolognese**  
with beef, tomato sauce and cheese  
1300 kr

# Restaurant Heydalur



## Desserts



### The travellers Blueberry Dream

A bed of almond macaroons, nougat, chocolate, hazelnuts and blueberry liqueur, with ice cream and blueberries.

1200 kr



### Rhubarb crumble from Elinus' garden

Rhubarb baked with crumble, raisins and chocolate caramel. Served with vanilla ice cream.

1000 kr



### Hot apple cake with ice cream

Home baked apple cake with cinamon and almonds.

1000 kr

### French chocolate cake with vanilla ice cream

Delicious home baked chocolate cake.

1200 kr

### Almond and marzipan pie with ice cream

Home baked almond and marzipan pie.

1200 kr



### Skyr mousse with fresh fruit

Skyr mousse with white chocolate, cream and seasonal fruits.

1200 kr



## Soft drinks

Coffee

300 kr

Espresso

300 kr

Double Espresso

350 kr

Hot Chocolate

450 kr

Cappuccino

400 kr

Tea

250 kr