

Happy is the one who treats his tastebuds,
happy is the one who cherishes his true love.

At Haralds these two fortunes meet,
the setting for unforgettable treats.

Bon appétit!



www.ravintolaharald.fi

From the history books:

Birka was established in the late 700s and it was an important trading settlement in Sweden during the Viking Age. It was situated on the island of Björkö in Lake Mälaren. Thousands of graves have been found, as well as the remains of log buildings. In its time, Birka was one of the most important marketplaces in Northern Europe. Goods arrived from Russia, Byzantium and the realms of the Khazars. Artisans in Birka made jewellery out of amber, glass and semiprecious stones. The "Apostle of the North" Ansgar and his assistant Witmar visited Birka in 829, and the first Swedish congregation was organised there in 831.

VOYAGES OF THE VIKINGS

VOYAGE OF JORVIK..... 54,10 €

Fallow deer and bread cheese from Tapio's forest (L) (G)

Cold-smoked fallow deer roll stuffed with blackcurrant cream cheese, pickled mushrooms and red cabbage, herb sauce and bread cheese from Vaala cheesery.

Arctic char from Atla's court (L) (G)

Grilled Arctic char, parsnip-potato purée, lobster-butter sauce and herb sauce as well as simmered beetroots.

Elf-folk's pancakes

Gluten free +2 €

Crispy pancakes, blueberry sauce and buttermilk mousse, lingonberry ice cream, caramel crumble, strawberry-meringue crumble and strawberry jam.

VOYAGE OF BIRKA 48,70 €

Baldur's matron's vatrushka (L)

Toasted vatrushka served with warm-smoked salmon mousse and seaweed caviar, marinated cod with honey, pickles, pickled mushrooms and red cabbage.

Sigurd's chicken (L) (G)

Grilled chicken breast and blueberry cheddar from Jukola cheesery, Vikings' shield potatoes, smoked almond sauce, roasted root vegetables and winter apple jam.

Brunhild's chocolate cake (L) (G)

Chocolate cake and white chocolate mousse, strawberry-meringue crumble, rose-quince sorbet and blueberry sauce.

According to the history books:

In the Viking Age, food was eaten with a knife and spoon. There were no forks, as they were only invented later. The drink was served from wooden cups. The rich drank from silver drinking cups or even drinking glasses. Food was served on large platters. Drinking horns were mainly used for festive occasions. They couldn't be set on the table so the drink had to be drunk all at once.

From the history books:

Jorvik (York) attracted Vikings because the entire North of England could be ruled from there. Jorvik was an important commercial centre where people traded luxury goods like Byzantine silk, German wines and Baltic amber.

VOYAGE OF IRELAND 44,80 €**Völa's green salad (VE)**

Fresh salad and rhubarb vinaigrette, tomato and red onion salad, pickled red cabbage and marinated cucumber, lentils, carrot and cranberry bread.

Ranger's mushroom and vegetable patties (VE) (G)

Mushroom and vegetable patties, herb sauce, Vikings' shield potatoes, smoked almond sauce, horseradish hummus, roasted root vegetables and pickled mushrooms.

Honey-lips' rice pasty (VE)

Sugar-frosted rice pasty, cinnamon bun mousse, strawberry jam, rose-quince sorbet, strawberry crumble and blueberry sauce.

VOYAGE OF FINNLAND 60,90 €**Hulda's mushroom soup (L)**

Creamy mushroom soup topped with cranberry balsamico served with toasted rye bread and butter.

St. Magnus' reindeer (L) (G)

Reindeer tenderloin, smoked horse mousse, artichoke-potato cake, berry sauce and roasted root vegetables.

Harald's tar treat (L) (G)

Tar ice cream and lingonberry ice cream, strawberry-meringue crumble and spruce shoot syrup.

According to the history books:

Holmgang, or "going to the island", was a Viking duel. It was a recognised way for the community to resolve disputes. The parties took turns to hit each other with their weapons, often the challenged was first, and then it was the challenger's turn. There was also a rule that only three shields could be used.

FEAST OF THE KING

Prepared for a minimum of two

FEAST OF THE KING FOR TWO	144,80 €
ADDITIONAL VIKING	72,40 €/ person

Starter shield of Asgård

Cold-smoked fallow deer roll stuffed with blackcurrant cream cheese, red deer salami, grilled duck heart, fried pork fat, pickled mushrooms, marinated cod and tarred Baltic herring served with fresh salad and rhubarb vinaigrette, tomato and red onion salad, marinated cucumber, pickled red cabbage, lentils, carrot and bread cheese from Vaala cheesery. Rye bread, cranberry bread, warm-smoked salmon mousse, seaweed caviar, smoked horse mousse and tarred lingonberries.

Shield of Midgård

Succulent lamb belly, beef chuck, grilled chicken and spicy pork belly served with creamy cheese potatoes, Vikings' shield potatoes, roasted root vegetables, Wine of Wisdom -sauce, creamy pepper sauce and blueberry-onion jam.

Dessert shield of Bifrost

Chocolate cake and white chocolate mousse, crispy pancakes and blueberry sauce, sugar-frosted rice pasty, berry pralines, strawberry-meringue crumble, lingonberry ice cream, tar ice cream, rose-quince sorbet, buttermilk mousse, strawberry jam and cinnamon bun mousse.



The history of Harald:

The first Viking Restaurant Harald was established in Tampere on 20.09.1997. The original idea of a Czech-style beer restaurant quickly changed when, just before the renovation, it was discovered that a restaurant in the same style was about to open across the street on Hämeenkatu. We had to come up with a new idea and we found it in a Norwegian Viking Museum. The restaurant has evolved and grown over the years. Today, Harald's Viking villages are located in Tampere, Turku, Kuopio, Jyväskylä, Lahti, Oulu, Helsinki and Espoo.

STARTERS

1. **VÖLA'S GREEN SALAD** (VE) 7,10 €
Fresh salad and rhubarb vinaigrette, tomato and red onion salad, pickled red cabbage and marinated cucumber, lentils, carrot and cranberry bread.
2. **FRINNA'S CHEESE SALAD** (L) 9,90 €
Bread cheese from Vaala cheesery, fresh salad and rhubarb vinaigrette, tomato and red onion salad, pickled red cabbage and marinated cucumber, lentils, carrot and cranberry bread.
3. **HULDA'S MUSHROOM SOUP** (L)

STARTER 11,40 €
MAIN COURSE 16,80 €

Creamy mushroom soup topped with cranberry balsamico served with toasted rye bread and butter.
4. **FALLOW DEER AND BREAD CHEESE FROM TAPIO'S FOREST** (L) (G) 11,60 €
Cold-smoked fallow deer roll stuffed with blackcurrant cream cheese, pickled mushrooms and red cabbage, herb sauce and bread cheese from Vaala cheesery.
5. **BALDUR'S MATRON'S VATRUSHKA** (L) 12,20 €
Toasted vatrushka served with warm-smoked salmon mousse and seaweed caviar, marinated cod with honey, pickles, pickled mushrooms and red cabbage.

Vaala cheesery

Vaala cheesery produces bread cheese from Finnish ingredients with over 30 years of experience. The milk is brought to the cheesery fresh from the local milk farms, which produce the best milk in the world. Bread cheese has been a traditional treat when people have gathered to eat.

6. **HARALD'S TREAT SHINGLE** (L) 18,60 €

Blueberry cheddar from Jukola cheesery, red deer salami, cold-smoked fallow deer, pickles, rye bread, cranberry bread, toasted vatrushka, warm-smoked salmon mousse and smoked horse mousse.

7. **STARTER SHIELD OF ASGÅRD FOR TWO** (L) 35,20 €

ADDITIONAL VIKING 17,60 €/

Prepared for a minimum of two

person

Cold-smoked fallow deer roll stuffed with blackcurrant cream cheese, red deer salami, grilled duck heart, fried pork fat, pickled mushrooms, marinated cod and tarred Baltic herring served with fresh salad and rhubarb vinaigrette, tomato and red onion salad, marinated cucumber, pickled red cabbage, lentils, carrot and bread cheese from Vaala cheesery. Rye bread, cranberry bread, warm-smoked salmon mousse, seaweed caviar, smoked horse mousse and tarred lingonberries.

Jukola cheesery

The romanticism of cheese making is alive and well at Leivonmäki.

At Jukola farm in Leivonmäki the morning starts with fresh milk.

The fresh and high quality milk combined with the experience of the cheese makers are the prerequisites to a fine cheese. Jukola cheesery sticks to traditional methods of cheese making even if it takes a lot of manual labour and time.



*According to Viking mythology:
 Sigurd is a central character in the Völsunga saga.
 It is told that Sigurd rode a horse looking for the valkyrie Brunhild in
 order to seek good advice. Sigurd and Brynhild get engaged, but later Sigurd arrives
 at the Gjukung court, where queen Grimhild gives him a magic potion so
 he would forget Brunhild and marry her daughter Gudrun.*

MAIN COURSES

- | | | |
|-----|---|---------|
| 8. | RANGER'S MUSHROOM
AND VEGETABLE PATTIES (VE) (G) | 26,80 € |
| | Mushroom and vegetable patties, herb sauce, Vikings' shield potatoes,
smoked almond sauce, horseradish hummus, roasted root vegetables and
pickled mushrooms. | |
| 9. | SIGURD'S CHICKEN (L) (G) | 24,60 € |
| | Grilled chicken breast and blueberry cheddar from Jukola cheesery,
Vikings' shield potatoes, smoked almond sauce, roasted root vegetables
and winter apple jam. | |
| 10. | FOWLER'S CATCH (L) (G) | 29,90 € |
| | Grilled duck breast, artichoke-potato cake and herb sauce, berry sauce,
roasted root vegetables and winter apple jam. | |
| 11. | ARCTIC CHAR FROM ATLA'S COURT (L) (G) | 29,60 € |
| | Grilled Arctic char, parsnip-potato purée, lobster-butter sauce and herb sauce
as well as simmered beetroots. | |
| 12. | ELK-CALLER'S BURGER (L) | 24,20 € |
| | Gluten free +2 €
180 g elk patty, a slice of spicy pork belly and blueberry cheddar from Jukola
cheesery, tar-bbq sauce, pickled red cabbage and fresh salad in a toasted
potato bun served with mayonnaise and Vikings' shield potatoes. | |
| 13. | RUNECARVER'S ELK STEW (L) (G) | 21,90 € |
| | Delicious elk stew served with smoked horse mousse, parsnip-potato purée,
roasted root vegetables, tarred lingonberries and pickles. | |
| 14. | HARALD GILLE'S MEAT PAN (G) | 24,90 € |
| | Beef chuck, spicy pork belly and game bratwurst served with creamy cheese
potatoes, creamy pepper sauce, roasted root vegetables, pickles and pickled
red cabbage. | |

15. **LOMBARD NOBLE'S PORK** (G)
 200 G 26,90 €
 400 G 32,90 €

Grilled pork shoulder and spicy pork belly with tar-bbq sauce served with creamy cheese potatoes, creamy pepper sauce, roasted root vegetables and blueberry-onion jam.

16. **FOREST RANGER'S LAMB** (L) (G) 26,80 €

Succulent lamb belly with herb sauce, parsnip-potato purée, smoked almond sauce, roasted root vegetables, blueberry-onion jam and pickles.

17. **BEEF FROM DANEVIRKE'S PASTURE** (L) (G)
 150 G 28,90 €
 300 G 37,90 €

Sliced Black Angus petit tender and tar-bbq sauce, blackcurrant cream cheese, Vikings' shield potatoes, Wine of Wisdom -sauce and roasted root vegetables.

18. **HEIDRUN'S RED DEER** (L) (G) 36,80 €

Red deer sirloin, artichoke-potato cake, blue cheese from Saloniemi farm, creamy pepper sauce, fried pork fat and roasted root vegetables.

19. **ST. MAGNUS' REINDEER** (L) (G) 39,20 €

Reindeer tenderloin, smoked horse mousse, artichoke-potato cake, berry sauce and roasted root vegetables.

20. **SHIELD OF MIDGÅRD FOR TWO** (G) 69,80 €
 ADDITIONAL VIKING 34,90 €/person
 Prepared for a minimum of two

Succulent lamb belly, beef chuck, grilled chicken and spicy pork belly served with creamy cheese potatoes, Vikings' shield potatoes, roasted root vegetables, Wine of Wisdom -sauce, creamy pepper sauce and blueberry-onion jam.

21. **CANUTE THE GREAT'S GAME SWORD** (G)
 FOR ONE 43,60 €
 FOR TWO 87,20 €

Reindeer tenderloin, red deer sirloin, grilled duck breast, game bratwurst, bell pepper and zucchini skewered on a sword served with creamy cheese potatoes, Vikings' shield potatoes, roasted beetroots, mushroom sauce, berry sauce and tarred lingonberries.



Suomen jäätelö

Harald's delicious ice creams are made by Suomen Jäätelö, which uses milk from Finnish cattle. Milk from indigenous cattle is ideally suited to ice cream making, as the milk from Finnish cows is naturally higher in fat and protein. And those are the qualities you need to make the best ice cream possible, when all you want is the best-tasting result. No additives or artificial colour are used in the ice creams. Each raw material used is the best of its kind.

DESSERTS

- 22. DESSERT SHIELD OF BIFROST FOR TWO (L) 39,80 €**
ADDITIONAL VIKING 19,90 €/
Prepared for a minimum of two person

Chocolate cake and white chocolate mousse, crispy pancakes and blueberry sauce, sugar-frosted rice pasty, berry pralines, strawberry-meringue crumble, lingonberry ice cream, tar ice cream, rose-quince sorbet, buttermilk mousse, strawberry jam and cinnamon bun mousse.

- 23. BRUNHILD'S CHOCOLATE CAKE (L) (G) 11,90 €**
Chocolate cake and white chocolate mousse, strawberry-meringue crumble, rose-quince sorbet and blueberry sauce.

- 24. HONEY-LIPS' RICE PASTY (VE) 10,90 €**
Sugar-frosted rice pasty, cinnamon bun mousse, strawberry jam, rose-quince sorbet, strawberry crumble and blueberry sauce.



- 25. ELF-FOLK'S PANCAKES..... 12,90 €**
Gluten free +2 €
 Crispy pancakes, blueberry sauce and buttermilk mousse, lingonberry ice cream, caramel crumble, strawberry-meringue crumble and strawberry jam.
- 26. PANCAKE FEAST 21,80 €**
(to share with friends, 2-3 persons)
Gluten free +5 €
 Crispy pancakes and blueberry sauce, lingonberry ice cream, caramel crumble, strawberry-meringue crumble and strawberry jam.
- 27. HARALD'S TAR TREAT (L) (G) 10,30 €**
 Tar ice cream and lingonberry ice cream, strawberry-meringue crumble and spruce shoot syrup.
- 28. SILKBEARD'S DESSERT SHINGLE (L) 16,50 €**
Gluten free +1 €
 Chocolate cake and white chocolate mousse, crispy pancake, blueberry sauce, strawberry jam, strawberry-meringue crumble and rose-quince sorbet.
- 29. FROST GIANT'S ICE CREAMS:**
 1 SCOOP 4,90 €
 2 SCOOPS 7,30 €
Feel free to choose from the following flavours:
 Tar ice cream, lingonberry ice cream or vanilla ice cream (L)
 Chocolate ice cream or rose-quince sorbet (M)
Choose from the following toppings:
 strawberry jam, blueberry sauce, spruce shoot syrup, chocolate sauce
- 30. SOMETHING SWEET WITH COFFEE (L) (G) 2,30 €**
 Harald's berry-chocolate praline.
 A hand-made chocolate praline from Mercedes Chocolaterie's factory in Åland.

Harald's story:

"Have the Gates of Valhalla opened? The tears are washed from my eyes to see my boy again!" exclaimed old Vigdis when his son, Haakon Honeymouth, finally returned from a long voyage with his chest filled with treasures.

Most dishes can be made
 gluten- or lactose free!
 Please inform the staff of your allergies.

Prices subject to change – all rights reserved.

*Gluten-containing products are processed in the kitchen,
 so we cannot guarantee 100% gluten-free.*

Harald's story:

The most pleasant sound Harald knew was the clanging of the big bell and Helga's cry: 'Let's eat'. We had to wash first, Helga was very particular about that, and when we ate we had to use strange utensils. "You could have left these in the kingdom of the Franks", Thor Codface muttered painfully to Harald as a fork hit him in the eye. "I want to continue with my fingers too", Olof the Weak-Minded said to his friend.

FAMILY FEAST

Harald has put together a delicious meal for the whole family. The family package includes a two-course menu for two adults and one child.

SHIELD OF MIDGÅRD

Succulent lamb belly, beef chuck, grilled chicken and spicy pork belly served with creamy cheese potatoes, Vikings' shield potatoes, roasted root vegetables, Wine of Wisdom -sauce, creamy pepper sauce and blueberry-onion jam.

FOR THE LITTLE VIKINGS, YOUR CHOICES ARE:

Elk or chicken burger or deep-fried chicken tenderloin with french fries and ketchup.

PANCAKE FEAST

For 2-3 persons. Gluten free +5 €

Crispy pancakes and blueberry sauce, lingonberry ice cream, caramel crumble, strawberry-meringue crumble and strawberry jam.

99,90 € (Two adults and one child)

Extra child 13 € | Extra adult 45 €



*To commit so strongly that one becomes immeasurable.
To hold so tight that one becomes boundless.
To love so madly that nothing is meaningless anymore.*

– Tommy Tabermann

HARALD AND HELGA'S LOVE PACKAGE

CANDLELIGHT DINNER FOR TWO

The menu includes a non-alcoholic
toast of love, an iced water and
coffee or tea with dessert



STARTER SHIELD OF ASGÅRD

Cold-smoked fallow deer roll stuffed with blackcurrant cream cheese, red deer salami, grilled duck heart, fried pork fat, pickled mushrooms, marinated cod and tarred Baltic herring served with fresh salad and rhubarb vinaigrette, tomato and red onion salad, marinated cucumber, pickled red cabbage, lentils, carrot and bread cheese from Vaala cheesery. Rye bread, cranberry bread, warm-smoked salmon mousse, seaweed caviar, smoked horse mousse and tarred lingonberries.

THE MAIN COURSE OF YOUR CHOICE

ARCTIC CHAR FROM ATLA'S COURT

Grilled Arctic char, parsnip-potato purée, lobster-butter sauce and herb sauce as well as simmered beetroots.

OR

BEEF FROM DANEVIRKE'S PASTURE

Sliced Black Angus petit tender and tar-bbq sauce, blackcurrant cream cheese, Vikings' shield potatoes, Wine of Wisdom -sauce and roasted root vegetables.

FOR DESSERT

SILKBEARD'S DESSERT PLANK

Chocolate cake and white chocolate mousse, crispy pancakes, blueberry sauce, strawberry jam, rose-quince sorbet and strawberry-meringue crumble.

120 €

TO MOISTEN THE THROAT

HARALD'S VOIMAOLUT "VIKINGS' POWER BEER"

Harald's own beers are brewed at the Mallaskoski brewery in Seinäjoki.

After heavy battles on the ground, Viking commanders rewarded their warriors with the best, refreshing beer.

VOIMAOLUT HONEY 0,33L 4,7%

Lightly hopped, a pale single malt beer, which is finished with real honey. The recipe aims for an authentic style of beer favored by the Vikings.

VOIMAOLUT SMOKE 0,33L 4,7%

The smoked beer has a strong but balanced soft smoke aroma and a smoky taste world, which has been created with using smoked malts. Soft and aromatic lager beer.



TO MOISTEN THE THROAT

HARALD'S HOUSE WINES – WISDOM WINE

Odin, the God of wisdom and battle, is known for his mystically acquired abilities. Odin was one-eyed because he had given up his other eye to drink from the fountain of wisdom. According to legend, Odin lived only on wine.

The grapes of Harald's Wisdom wines grow in Portugal at an altitude of 690 meters in two vineyards, the vines of the second vineyard are up to 80 years old. Grapes are grown in slate soil. The wine is aged for six months in French oak barrels before bottling. Casca Wines' wine wizard Helder Cunha is responsible for making the wines.

RED WINE

85% Aragonez, 15 % Rufete

The scent has raspberry, licorice and cherry. Full bodied and rich taste with long lasting raspberry and vanilla aftertaste. Vegan, organic.

WHITE WINE

85% Síría & 15% Fonte Cal

In the aroma, white flowers, citrus and pear. Dry (3.8g/l sugar) fresh, mineral, fruity and citrusy taste. Balanced and medium-bodied. Vegan, organic.

