

*food that knows  
where it comes from*

# MENNY

2019





LivLand Gård  
**MATMORA**

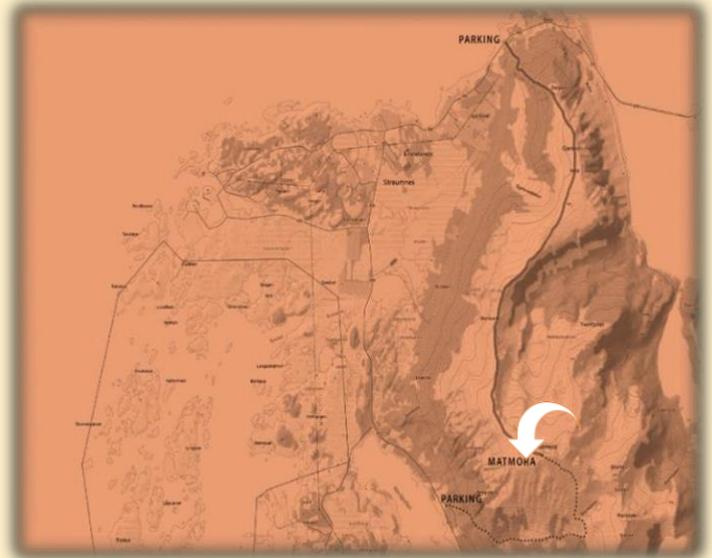
The dish will be served on a specially designed wooden plank and consist of:

- ❖ Cured meat of lamb ✂
- ❖ Meatroll of Vikinglamb ✂
- ❖ Steak of moose / Moose roastbeef ✂
- ❖ Local cheese
- ❖ Variation of cured local meat ✂
- ❖ Mini Fischcakes ✂
- ❖ Fried stockfishballs ✂
- ❖ Shellfish
- ❖ Assortmentsd of Sauces ✂
- ❖ Assortment of Dressings ✂
- ❖ Home baked bread Bread ✂
- ❖ Crackers
- ❖ Salad ✂

Fully or partly produced on our farm

**NOK 320,-PP**

Allergens:



Gluten grain (wheat, rye, barley, oat, spelt), Shellfish, Egg, Fish, Peanuts, Soya, Milk ( lactose), celery, Mustard, Sesame seed.

**788 Above sea level: Matmora is one of the most beautiful mountain areas in Lofoten. The long and curvy hillside contains some of the most iconic viewpoints in the area. There is a clear path that is easy to follow and one can choose to reach the summit by either walking up and down the same path or by hiking around the mountain. We recommend the roundtrip alternative. The trip is somewhat challenging and will take 4-6 hours to complete.**





## BLÅLYNGEN

The dish will be served on a specially designed wooden plank and consist of:

- ❖ CURED MEAT OF LAMB ✂
- ❖ MEATROLL OF vikinglamb ✂
- ❖ Steak of Moose/Roastbeef ✂
- ❖ Local Cheese
- ❖ Assortment of Cured Meats ✂
- ❖ Blueberry curdled VIKINGLAMB ✂
- ❖ Assortment of sauces ✂
- ❖ Assortment of dressings ✂
- ❖ Home baked Bread ✂
- ❖ Crackers
- ❖ Salads ✂

✂ fully or partly produced at the LivLand farm

**NOK 290,- PP**

### Allergens:

Gluten grain (what, rye, barley, oat, spelt),  
Shellfish, Egg, Fish, Peanuts, Soya, Milk (lactose),  
Celery, Mustard, Sesame seed



492 above sea level

**Blålyngen** is a somewhat isolated mountain with the Sundlandsfjord on the one side and the Vatenfjord on the other. The peak offers a magnificent view to all the mountain ranges in the area. From here you can see the peaks of Krokting and Jomfrutindan and the majestic mountain Rundfjellet.





## TORSKMANNEN

The dish will be served on a specially designed wooden plank and consist of:

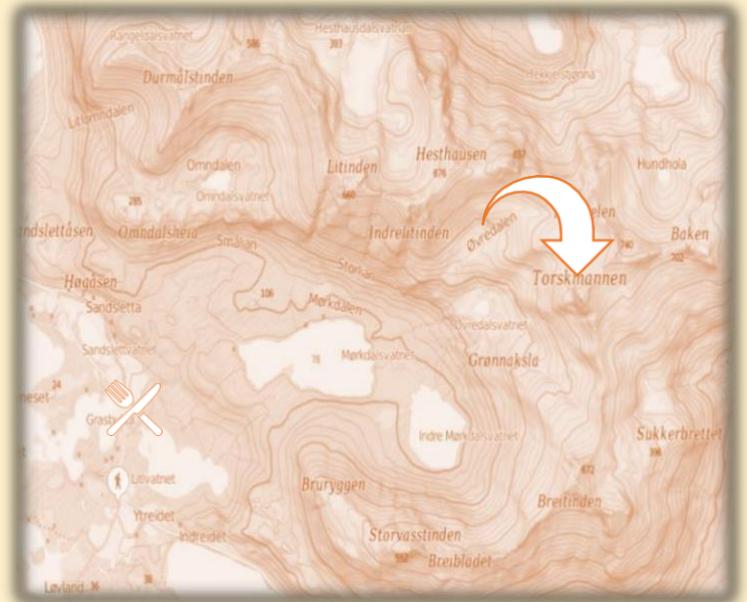
- ❖ Cured and smoked Trout ✂
- ❖ Smoked Salm, on ✂
- ❖ Cured and smoked Whale meat ✂
- ❖ Mini fishcakes ✂
- ❖ Fried Stockfish balls ✂
- ❖ Shellfish ✂
- ❖ Assortment of sauces ✂
- ❖ Assortment of Dressings ✂
- ❖ Scrambled Eggs ✂
- ❖ Bread ✂
- ❖ Crackers
- ❖ Salads ✂

✂ Fully or part produced at the Livland farm

**NOK 290,- PP**

### Allergens:

Gluten grain (Wheat, rye, barley, oat, spelt),  
Shellfish, Egg, Fish, Peanuts, Soy, Milk (lactose),  
Celery, Mustard, Sesame seed,



### 755 Above Sea Level

The mountain Torskmannen is located between the Vatnfjord and the Austnesfjord. From the top there is a great view to some of the most iconic and dramatic peaks in Lofoten such as Higrav, Geitgaljern Rulten. Torskmannen is a very popular peak for randonee skiing with excellent conditions. The area has lots of peaks and is an eldorado for skiers with an abundance of space.





## BREIBLADET

The dish will be served on a specially designed wooden plank or on a regular plate and consist of:

- ❖ Variation of locally produced cheeses
- ❖ Assortment of marmalades ✂
- ❖ Home Baked Bread ✂
- ❖ Crackers

✂ Fully or partly produced at the Livland farm

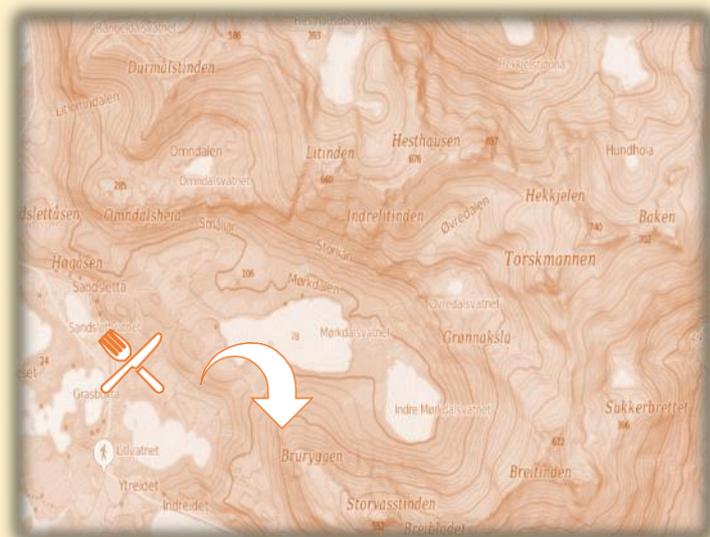
NOK 175,- PP

Allergens:

Gluten grain (wheat, rye, barley, oat, spelt), Milk (lactose)

500 Above sea level

Breiblandet is the area between the two mountains Breitind and Storvasstind. The area is challenging for hiking but once you have reached the “blade” there is a magnificent view in all. Directions. The area is rough and challenging but excellent for photography.



## BRURYGGEN

The dish will be served either in a pot or on a plate and consist of:

- ❖ Pot of Game
- ❖ Mashed potatoes
- ❖ Salad
- ❖ Home baked Bread
- ❖ Butter

NOK 220,- PP

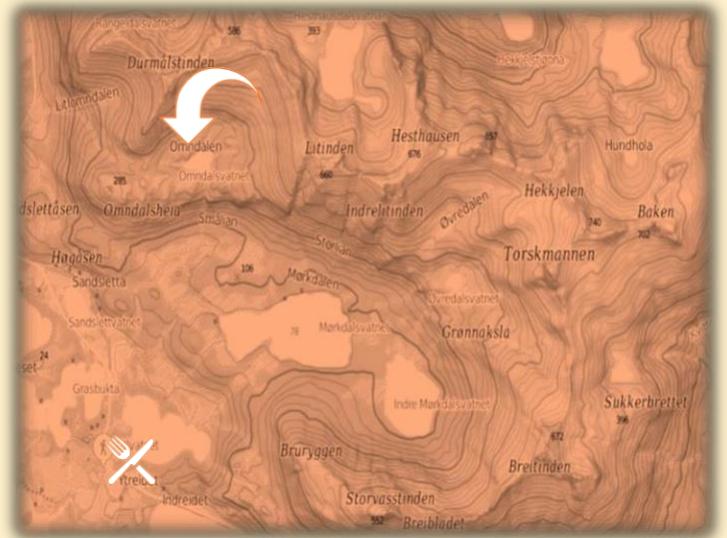
Fully or partly produced at the Livland farm

Allergens:

Gluten grain (wheat), Milk ( lactose), Celery, Mustard

### 350 MOH

Bruryggen is the mountain area west of the Storvasstind peak. This is a popular hiking area both in summer and winter. There is a gravel road to the area which makes the area very accessible and popular even for low impact hikers. There is an excellent view towards Blålyngen, Sandsletta (with absolutely crazy Roy) and the Vatenfjord. The area is known for an abundance of different species of birds.



## DURMÅLSTIND

The dish will be served on a specially designed wooden plank or on a plate and consist of:

- ❖ VIKING SAUSAGE ✂
- ❖ TACO SAUSAGE ✂
- ❖ LIVLAND SAUSAGE ✂
- ❖ MASHED POTATOES ✂
- ❖ SAUERKRAUT ✂
- ❖ SALAD ✂
- ❖ ASSORTMENT OF SAUCE ✂
- ❖ ASSORTMENT OF DRESSING ✂

✂ Fully or partly produced at the **Livland farm**

**NOK 240,- PP**

**Allergens:**

**Soya, Milk (lactose), Celery, Mustard**

**586 Above Sea Level**

The area around the peak Durmålstind is during the summer the main grazing area of our viking sheep. In this area they can move around in a varied terrain and will graze on a large variation of plants. This variation in food will give the meat a slight taste of game. The peak offers a magnificent view to the valley of Hesthausdalen and the mountain Fjordmannen in the north. Furthermore you can see the valley of Rangeldalen and the range Matmora in the west, Omdalen valley and the peak Torskmannen in the east and Vatenfjorden and the mountain Blålyngen in the south





LivLand Gård  
**LITIND**



Gluten grain (wheat, rye, barley, oat, spelt), Egg, Milk (lactose) Peanuts, mustard, celery

The dish will be served on a specially designed wooden plank and consist of:

- ❖ Cured leg of VIKINGLAMB 
- ❖ Cured leg of pork
- ❖ Cured sausage 
- ❖ Local cheese
- ❖ Salad 
- ❖ Assorted sauces 
- ❖ Assorted dressings 
- ❖ Homemade bread 

 Fully or partly produced at the LivLand farm

NOK 200,- PP

Allergens:

660 MOH

The area around Litind is also an important grazing area for our Vikingsheep. This is a very steep and challenging area that is not suitable for hiking. The main reason for a visit here is either gathering sheep or hunting



LivLand Gård

## MØRKDAL

The dish will be served on a specially designed wooden plank or on a regular plate and consist of:

- ❖ Cured and warm smoked trout ✂
- ❖ Egg and potato salad ✂
- ❖ Pickled onions ✂
- ❖ Homebaked bread ✂
- ❖ Butter

✂ fully or partly produced at the Livland farm

NOK 220,- PP

Allergens:

Gluten grain (wheat), Milk (lactose), Celery, Mustard



74 MOH

The valley of Mørkdal is easy accessible both in the summer and winter. The valley is located northeast of our farm and has two lakes with good fishing for char and trout. This is a very popular area in the wintertime.



# OMNDAL

The dish will be served on a specially designed wooden plank and consist of:

- ❖ Slow cooked Vikinglamb in a pot. ✂
- ❖ Mashed potatoes ✂
- ❖ Salad ✂
- ❖ Home baked bread ✂
- ❖ Butter

✂ Fully or partly produced at our farm.

**NOK 270,- PP**

**Allergens:**

**Gluten grain (wheat), Milk (lactose), Celery Mustard**

## 300 Above Sea Level

The valley of Omndal is located north of LivLand and is the the area most loved by our viking sheep. the valley has a small lake and varied vegetation. The entrance to the valley has challenging terrain but once in the valley there is an excellent view to the Blålyngen mountain and the Vatenfjord. The area is mostly visited by hunters and when we gather the sheep.



## VATENFJORD

the dish will be served in a pot or on a plate and consist of:

- ❖ Creamy fish soup ✂
- ❖ Home baked bread ✂
- ❖ butter

✂ Fully or partly produced at our farm

NOK 180,- PP

### Allergens:

Gluten grain (wheat), Shellfish, Egg, Fish, Milk (lactose), Celery, Mustard



### 0 MOH

Vatnfjorden is located in paralell with the Sunnlandsfjord and has its entrance through a narrow sound. From the entrance the fjord stretches south about 4 kilometers to the bottom where the name is Blålyngpollen. This is an excellent area for kajaking and sea trout fishing.





## SUKKERBRETTE

The dish will be served on a specially designed wooden plank or on a plate and consist of:

- ❖ Baked apple
- ❖ Lofoten ice cream ✂
- ❖ Cream of caramel ✂

✂ fully or partly produced at our farm

NOK 90,- PP

Allergens:

Milk (lactose)

396 Above sea level

The hillside Sukkerbrettet is located on the south east range of the Torskmannen mountain and it is a popular area for randonee skiing and when we are out to gather the sheep.



## DRINKS

❖ BEER 0.5	90,-
❖ White wine	90,-/350,-
❖ Red Wine	90,-/350,-
❖ Cocktails	100,-
❖ AQUAVITE	90,-
❖ WHISKY	90,-
❖ COGNAC	90,-
❖ Liqueurs	80,-
❖ Light beer	50,-
❖ Sodas	40,-
❖ Viking brew	50,-
❖ Coffee and Tea	35,-
Latte	40,-

# Childrens Party

## Birthday with a twist

When arranging your childs birthday party at our farm the children will be able to participate in the preparation and the cooking of the food for their own party. They will learn the origin of the food and how it is prepared and cooked. The children will also have the possibility to see and join all the animals on the farm and we will be able to arrange a wide range of activities.

### The menu possibilities:

❖ Setting the table with decorations	25,-
❖ We make ice cream	100,-
❖ We make hot dogs	175,-
❖ We make fish cakes	175,-
❖ We make hamburgers	175
❖ Cake	40,-
❖ Sodas 0,5L	35,-
❖ Fruit Syrup	20,-
❖ Chicken stew with salad	140,-
❖ Burgers with sides	175,-
❖ Hot Dogs with sides	75,-
❖ Visit the animals	25,-
❖ QUIZ	25,-
❖ KROLF (sommer)	25,-
❖ Coffee	30,-

Price is per person

**Minimum charge for childrens birthday is nok 2500,-**