

ICELANDIC

MAR SEAFOOD

CUISINE

APPETIZERS

MAR Seafood soup

Our freshest seafood,
sourdough bread, and butter
3.199 kr

Arctic tartar

Blinis, chervil honey mayonnaise,
pickled onion and arctic char skin
3.799 kr

Baccala salad

Slow-cooked salted cod
with ruccola, spinach, chorizo oil
with black olives, cottage and crispy
wasabi
3.499 kr

Panfried Shrimps

Garlic butter, cherry tomatoes, parmesan
2.999 kr
For two to share
3.899 kr

DESSERT

Dessertpan

Rhubarb and apple
Sweet crumble and vanilla ice cream
2.499 kr

Crème brûlée

Butter biscuit and vanilla ice cream
2.599 kr

LUNCH BUFFET

Indulge in our Seafood Lunch
Buffet featuring our most
popular fish pans and exciting
new recipes for you to taste and
enjoy. Everyday from 12:00 -

14:00

3.999 kr

PANS

Lamb fillet

potatoes, wild mushroom sauce
5.999 kr

Seafoodpasta

Pasta, today's freshest seafood,
seafood sauce, lemon zest, and chives
4.499 kr

Monkfish on the bone

Bacon, peppercheese sauce, white wine
5.299 kr

FISH PANS

Fishstew

Cod, potatoes, and pepper cheese
served with rye bread and butter
4.299 kr

Cod tongues

Cherry tomatoes, garlic butter,
chili, lemon
4.399 kr

Wolfish

Grapes, white wine, cream,
cream cheese, black pepper
4.699 kr

Cod cheeks

Soy glaze, herbs, and chili
4.499 kr

Ling

Blue cheese sauce, white wine, pecan nuts
4.499 kr

Halibut

White wine, cream, and wild mushrooms
4.899 kr

Arctic char

Sun-dried tomatoes, cream,
almond flakes
4.799 kr

Potatoes and vegetables come
with every pan.

Specific fish are used for each dish
to ensure perfect flavor.
Availability may vary based on
our fishmongers' daily catch.

SHARK & BRENNIVÍN

Fermented Shark
(Hákarl) 6 Pieces - 1.500 kr
5cl Shot of
Icelandic Brennivín - 1.500 kr



MAR
SEAFOOD

@ MARSEAFOODICELAND



RESTAURANT