



FURULUNDEN AND RISØBANK

Around 1800, the large plain west of the town began to be developed for agriculture.

The area was severely affected by sand drift from the coastal land. To prevent this, the owner, Gjert Gjertsen, planned to plant a forest belt. A Scottish agronomist, James Robertson, was brought to Mandal in 1805. He began planting from where the houses ended. Approximately 5 000 two-year-old larch trees were planted, mixed with pine trees. This is considered the first truly rational forest planting in Norway. Tobias Wattne took ownership of the land in 1828, and in 1855 it was passed on to his son Tørres. In 1862, he sold an area called Risøbank to Christian Salvesen who was originally from Mandal, but lived in Scotland. There he built a paraffin factory. After the factory was shut down around 1870, the family used Risøbank

as a vacation home until the state bought the area in 1969 and 1971. Tønnes Wattne sold the remainder of the property to Mandal Municipality in 1894.

Forest planting continued both in Furulunden and at Risøbank, and on the sandy moors closer to the town center, the last forest planting was done by schoolchildren in the 1930s.

In 2003, Furulunden and Risøbank, about 400 decares (approximately 100 acres), were named Norway's best outdoor recreation area. As the picture shows, there are a number of beaches surrounding the entire peninsula, from the 800 meter long Sjosanden to Lillebanken by the bridge.

DESSERT

BROWNIE 134	BANANASPLIT 134
with raspberry sorbet and whipped cream. C: eggs, milk, soy	vanilla, strawberry and chocolate icecream, whipped cream and banana. C: milk and eggs
3 SCOOPS OF ICECREAM 109	CHEESE CAKE 134
Vanilla, strawberry and chocolate ice cream, whipped cream, chocolate sauce. 1 scoop 39,- , 2 scoops 69,- C: milk, eggs	with mango- and passion fruit coulis. C: milk and almonds

FOOD

AMERICAN STYLE PIZZA

Allergens in all pizzas: wheat and milk
Glutenfree: +45,-, Half and half + 20,-

KONGEN AV MANDAL 254 345
Minced meat, bacon and onions.
FURULUNDEN 245 335
Ham and mushrooms.
SJØSANDEN 254 345
Pepperoni sausage, onions and pineapple.
KYLLINGGADA 259 349
Marinated chicken, pine nuts, tomatoes, crema balsamico and pesto. C: sulphite, cashewnuts
DYNAMITTEN 259 349
Marinated beef, bacon and mushrooms.
RISØBANK (vegetarian) 259 349
Tomatoes, pumpkin seeds, artichokes, olives, peppadew and pesto. C: sulphite and cashewnuts
KLEVEN 259 349
Marinated beef, peppadew, spring onions, olives and salad. Served with garlic dressing.
HEDNINGESIDA 259 349
Spiced minced meat, corn, tortilla crisps, spring onions and jalapenos. Served with sour cream and salsa.
BRANNVAKTA 259 349
Picante sausage, chili, red onions and oregano.
SELJOM 229
Snack pizza for the slightly hungry, italian size. Tomato sauce, cheese, herbs and grated parmesan.

Garlic sauce, sour cream or salsa	30
Aioli or pesto	30
Olives	49
Peppadew	49
Sidesalad	49
Roasted potatoes	49

ITALIAN STYLE PIZZA

Allergens in all pizzas: wheat and milk.
All italian pizzas are topped with grated parmesan.

MARGARITA 229
Mozzarella and tomato sauce.
HAM AND MUSHROOMS 239
Mozzarella, tomato sauce, ham and mushrooms.
PICCANTE 259
Mozzarella, tomato sauce, picante sausage, peppadew and red onions
PARMA 259
Mozzarella, tomato sauce, parma ham and arugula.
BIANCO PARMA 259
Mozzarella, Crème fraîche sauce, parma ham and rosemary
BEEF GORGONZOLA 259
Mozzarella, Crème fraîche sauce, marinated beef, arugula and crema balsamico.

SALAD

All our salads are served with bread and butter.
C: wheat, milk, soy and sesame

BROCCOLI SALAD 219
Broccoli, avocado, walnuts, chickpeas, cranberries, salad, sprouts, and honey- and orange vinaigrette. C: wheat, milk, nuts, mustard and sulphite
CHICKEN SALAD 249
Chicken breast, artichokes, casper berries, raisins, grilled red pepper, sprouts, salad and curry and peanut dressing. C: wheat, peanuts, sulphites and mustard
SHRIMP SALAD 249
Shrimps, mango, avocado, salad, sprouts and ginger dressing. C: wheat, peanuts, sulphite, soy, shellfish and fish

SANDWICH

CLUB SANDWICH 259
Chicken breast, bacon, tomatoes, onions, salad, wholemeal bread, mustard mayonnaise and roasted potatoes. C: wheat, egg, mustard, sesame, sulphite and soy
SHRIMP OPEN SANDWICH 249
Shrimps, avocado, mango, salad, sprouts, wholemeal bread and aioli. C: wheat, egg, mustard, shellfish, sesame, sulphite and soy
AVOCADO SANDWICH 209
Avocado, sundried tomatoes, peppardew, curd cheese, sprouts and homemade bread. C: wheat and milk
MOZZARELLA SANDWICH 215
Mozzarella, tomatoes, strawberries, salad, pumpkin seed oil, homemade bread and mayonnaise. C: wheat, milk, egg, sulphite

OTHER DISHES

PIADINA CHICKEN 229
Piadina flat bread, chicken breast, mustard mayonnaise, tomatoes, salad and pickled red onions. C: wheat, egg, mustard and sulphite
PIADINA PARMA 239
Piadina flat bread, parma ham, crème fraîche sauce, mozzarella, tomatoes, salad and parmesan. C: wheat, milk
PASTA BOLOGNESE 259
Topped with grated parmesan. Served with bread and butter. C: wheat, celery, milk, eggs, sulphites, sesame and soy
NACHOS 119
Served with guacamole, sour cream and salsa. C: milk. Extra: Cheese sauce +49
SUPERNACHOS 239
with spiced minced meat, cheese sauce, corn and spring onions. C: milk. Extra: Sidesalad +49
ANTIPASTI 339
Chefs choice of meat, cheese and vegetables. Served with bread and aioli. C: wheat, sulphite

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Store Elvegata 25 - 4514 Mandal - www.smoi.no - +47 38 27 15 00

DRINKS

COFFEE

BLACK COFFEE	42
TEA (black, green, fruit, chai)	42
ESPRESSO	47
MACCHIATO C: milk	47
AMERICANO	47
CORTADO C: milk	54
CAPPUCCINO C: milk	54
CAFÉ LATTE C: milk	54
CHAI LATTE C: milk	54
HOT CHOCOLATE C: milk	56
CAFÉ MOCCA C: milk	61
ICED COFFEE C: milk	57

EXTRA

FLAVOUR SYRUP (caramel, irish cream, vanilla, hazelnut)	7
WHIPPED CREAM C: milk	7

MINERAL WATER

COLA, COLA ZERO, FANTA ZERO, FANTA EXOTIC, SPRITE ZERO	59
SPARKLING WATER	59
ECO FRUIT DRINKS (apple, currant berry, blueberry, raspberry, elderflower, rhubarb)	69
PEACH ICED TEA	59
JUICEBOX	39

ALCOHOL FREE BEER

HEINEKEN 0.0 C: barley	59
CLAUSTHALER RADLER C: barley	59
NØGNE Ø STRIPPED CRAFT (Lime infused blond ale) C: barley and wheat	65

LOCAL BEER

NUA SMOI - 0,5 glutenfree beer C: barley and wheat	129
NUA BLOND - 0,5 glutenfree beer C: barley and wheat	129
NUA IPA - 0,5 glutenfree beer C: barley and wheat	153
LB RYVINGEN PILS - 0,33 C: barley and wheat	108
LB SVARTSKJÆR IPA - 0,33 C: barley and wheat	151

BEER/CIDER

CB DRAUGHT BEER - 0,4 C: barley and wheat	108
CB DRAUGHT BEER - 0,2 C: barley and wheat	61
CB LITE - glutenfree beer C: barley and wheat	129
MANGO IPA C: barley and wheat	129
SOL - glutenfritt øl C: barley	116
HEINEKEN C: barley and wheat	116
NØGNE Ø GINGER BEER C: sulphite	116
GREVENS PEAR CIDER	116
HARD SELTZER (apple, mango)	116
BULMERS CIDER (apple, red berries) C: sulphite	144

SPARKLING WINE

PROSECCO DALUCA Accolade Wines, Veneto, Italy	124/620
VILLA BORDEAUX CREMANT BRUT Maison Le Star, Bordeaux, France	712
NICOLAS FEUILLATTE BRUT BRUT 0,7 BRUT 1,5 BRUT 3,0 Feuillatte, Champagne, France	1 076 2 194 5 145

WHITE WINE

VILLA WOLF RIESLING Villa Wolf, Pfalz, Germany	124/620
PETIT CHABLIS Pierre de Préhy, Chablis, Frankrike	147/735
SANCERRE FRANCK MILLET Frank Millet, Loire, France	828
ALBARIÑO ETIQUETA VERDE Granbazán, Rias Baixas, Spain	831
GRÜNER VELTLINER Rabl, Kamptal, Austria	822

All wines contains sulphite

ROSE WINE

VILLA WOLF ROSÉ Villa Wolf, Pfalz, Germany	124/620
SANCERRE ROSÉ Villebois, Loire, France	788

RED WINE

LUPI REALI MONTE- PULCIANO D'ABRUZZO Valle Reale, Abruzzo, Italy	124/620
VALPANTENA TORRE DEL FALASCO RIPASSO Cantina Valpantena, Veneto, Italy	136/680
CECCHI CHIANTI Famiglia Cecchi, Toscana, Italy	698
BARBERA D'ALBA Paolo Scavino, Piemonte, Italy	857
BARBARESCO Giacosa Fratelli, Piemonte, Italy	880
RIOJA CRIANZA Baigorri, Rioja, Spain	869
BOURGOGNE PINOT NOIR Pascal Clement, Bourgogne, France	1 020
BRUNELLI BRUNELLO DI MONTALCINO Azienda Agricola Martoccia, Toscana, Italy	1 040

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· MANDALS HEMMELIGHETER ·



SJØSANDEN

The earliest known references to beach life at Sjosanden date back to the early 1880s.

At that time, Consul Martin Weyergang in Mandal received permission from Tønnes Wattne, who owned the land, to build a small bathhouse near Hobde. The house was frequently used by the Weyergang family, who greatly enjoyed swimming in the fresh saltwater. At the time, this was quite unusual.

Einar Holmer Hoven, who was born in 1899, writes in his memoir "Slik var vår barndoms hvite by" ("Such Was the White City of Our Childhood"): "Sjosanden was a kind of distant and forbidden land, which we only occasionally caught a glimpse of, hand in hand with the grown-ups." At that time, the people of Mandal preferred to swim in the areas further inland. There was a clear separation between the swimming areas for men and women.

In the early 1900s, there was little belief in Southern Norway as a tourist destination. In 1916, Wilhelm Krag wrote: "Southern Norway's nature lacks sensation. So there is certainly no chance that Southern Norway will ever become a tourist destination". But he was proven wrong, as tourism in the region increased significantly during the interwar years.

This included Mandal, and one of the biggest contributing events was when the national camp of the Norwegian Boy Scout Association, with nearly 5 400 participants, was held at Vestnessletta in July 1932. In addition to the scouts, there was a huge crowd of spectators. On Sunday alone, it was estimated that around 20 000 people visited Mandal. The camp is considered the city's breakthrough as a tourist destination. After the camp, a commemorative album was published with nearly 140 photos, including several that for the first time showed the beach life at Sjosanden.

Another major success came in the summer of 1937, when the national camp of the Norwegian Girl Scout Association brought over 1 800 participants to the area. The photo was taken on Sunday, July 11, a day when an estimated 4 000 to 5 000 people had made their way to Sjosanden.