

RESTAURANT LYST

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LYST PHILOSOPHY

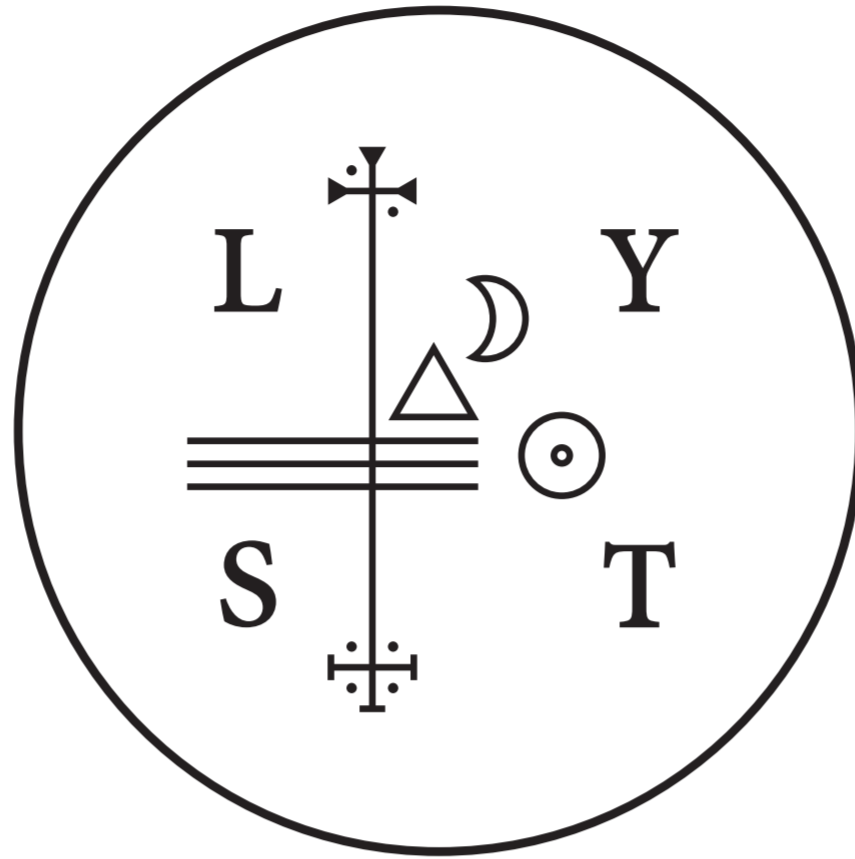
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Local gastronomy at the heart of Fjordenshus.

The philosophy at LYST is about local raw materials, the ever changing nature and the overall artwork of Fjordenshus. It aims to create one magical, inclusive and sustainable dining experience. LYST is deeply rooted in the local area. The goal is to attract guests from all over the world and give them an unforgettable, sense-activating, gastronomic experience. LYST marks itself as a responsible restaurant, which means that all dishes are based on local ingredients and sustainable production principles. To achieve this LYST strives to source everything from within a 100 mile radius and utilise everything to the fullest. Without being dogmatic, this is an effort to create a more sustainable restaurant.

RESTAURANT LYST

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LOGO

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*A visualisation of the gastronomic concept and vision at Restaurant LYST.
The 4 Elements interlinked with Season & Time.*



EARTH



FIRE



WATER



AIR

THE 4 ELEMENTS

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*LYST's daily interpretation of ingredients,
flavour and preparation.*



TIME

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Moon phases above the Northern Hemisphere.



SEASON

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Sun motion above the Northern Hemisphere.

THE MENU & THE 4 ELEMENTS

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LYST'S DAILY INTERPRETATION

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At LYST there is no traditional menu. Instead, the LYST team creates a unique menu every night. The menu is based on the state of nature and reflects the changes that nature undergoes as a result of weather, time, season and cultivation.

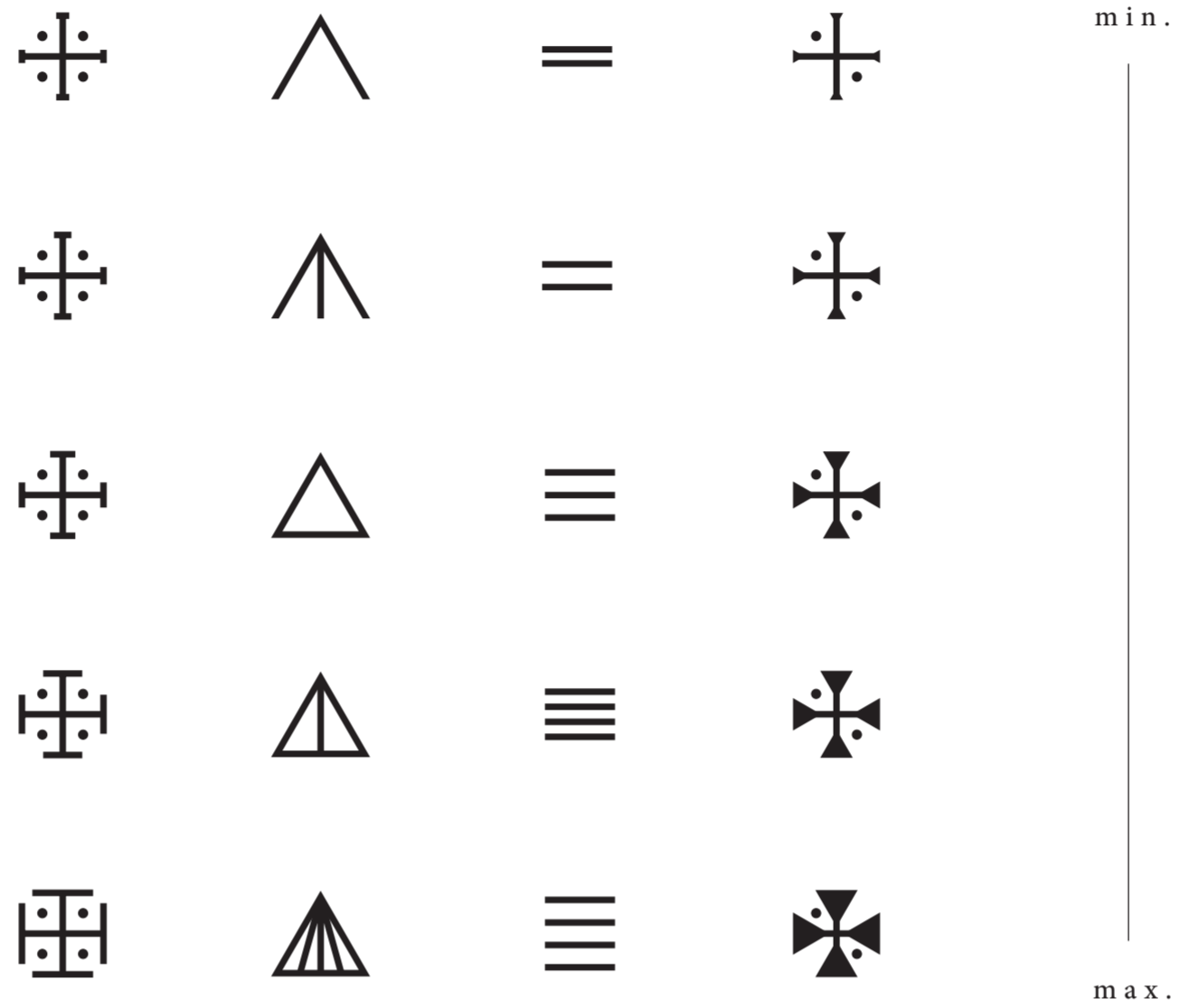
The menu at LYST is an interpretation of the 4 elements - and of the riches nature has to offer at the specific moment in time.

THE LYST BAROMETER

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*The logo and the menu at LYST is presented to the guests as a visual model
— the so called LYST Barometer.*

*The Barometer and its settings will indicate presence and intensity of the 4 elements
in the menu, setting the tone for the meal.*



ELEMENT INTENSITY

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The intensity/presence of the 4 elements in the menu.



THE SETTING OF THE LYST BAROMETER

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*All 4 elements and their individual intensity levels are placed at the outer edge
of the LYST Barometer. Each day, the volume and presence of the 4 elements in the menu
are summed up and visualised on the LYST Barometer.*

The daily setting of the Barometer is registered and kept in the logbook.

THE LYST BAROMETER

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TONE OF THE MEAL

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All 4 elements and their individual intensity levels are placed at the outer edge of the LYST Barometer. Each day, the volume and presence of the 4 elements in the menu are summed up and visualised for the guest on the LYST Barometer - setting the tone for the meal. Afterwards, the daily settings of the Barometer are registered and kept in the logbook.

RESTAURANT LYST LOGBOOK

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THE DOCUMENTATION

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LYST marks itself as a responsible restaurant, which means that all dishes are based on local ingredients and sustainable production principles. Each day, LYST receives ingredients from local foragers and farmers. To document these unique supplies and the ever changing menu, the daily setting of the Barometer (the menu) is registered, documented and kept in the logbook for the guests and for posterity to see.