



WE TURN FOOD SURPLUS INTO DELICIOUS MEALS!

Did you know that one third of all food production is wasted? That comes down to a worldwide wastage of 1.3 billion tonnes per year. Instock wants to change this! Instock was founded by Selma, Merel, Bart and Freke, who met each other at Albert Heijn. Being assistant supermarket managers, they saw the opportunity to create a better destination for unsold products. With their idea they won the 'Best Idea of Young Ahold' competition and were able to found Instock. With our restaurants, we are battling food waste in a new, delicious way. Are you ready to rescue food?

BREAKFAST & LUNCH

ARTISAN GRANOLA 6,25

Also available for breakfast, from 8.30 AM. Yogurt with fruit, speculaas spices and Instock Granola

i Ever had beer for breakfast? Try it out! Our granola is made from spent grains: the malt left-over from beer brewing. 0,0% vol. of course!

DIVINE WAFFLE 5,50

Waffle from rescued bread with confitted mandarin, caramel and citrus foam

HEALTHY TOAST 7,50

Toast with grilled vegetables, chick peas and sesame. Egg +1,-

SHAKSHUKA 6,75

Eggs in spicy tomato-harissa sauce with veggies, sweet-sour onion and cheesy toast

FOR THE LITTLE ONES 3,50

Buttermilk pancake with fresh fruit and chocolate sauce

CHEF'S SPECIAL 10,00

Trouble making the right choice? We got your back. This platter is filled with the sweet and savoury favorites of our chef.

FISH BURRITO 6,75

Burrito filled with fried fish, served with fresh remoulade and sweet 'n sour carrots

i This fried fish is literally too crooked for the standard packaging. And what doesn't fit, gets wasted. Unless it gets rescued by the Food Rescuers of Instock of course! Our chefs use this crooked fish to fill up our tasty burrito!

SOUP OF THE DAY 6,50

Always full of rescued vegetables, served with toast and crunchy garnish. Ask our staff for the soup of the day!

FALAFEL FATTOUSH 9,00

Spiced Lebanese salad with crispy falafel and seasonal vegetables

TASTY SIDES

VARIETY OF BITES 11,00 / 17,00

Handmade 'Bitterballs', fishcakes, rösti and a variety of dips

CHEESE-/BITTERBALLS 5 pieces 5,00

VARIETY OF VEGGIES 7,00 / 13,00

A mix of raw vegetables, veggie tempura, pickles, served with bread sticks and dips

POPSICLE 2,50

FRUIT BASKET 3,50

SWEET SOMETHING vanaf 2,50

HOUSEMADE FRIES / WEDGES 4,00

CHIPOTLE NACHOS 7,50

A pan filled with tortilla chips, loaded with spicy beef, cheese, avocado and yogurt

i It often happens that distribution centers are left with large batches of meat. This meat is still perfect, but supermarkets require a long(er) expiration date. We rescue this meat, and use it immediately for our nachos.

DINNER 4 COURSES FOR 29,50 OR 1 DISH FOR 8,50

Are you ready to rescue food? We recommend to choose four courses. Let our menu surprise you!

❶ Every dish on this menu contains at least one preserving technique from our cookbook *Instock Cooking*. These techniques do not only have great influence on the taste of our dishes, but will extend the expiration date as well. Furthermore, the menu is based on a mix of flavors from Suriname, the Caribbean and Middle America. The wife of our Chef is Aruban, so he developed a predilection for this exotic cuisine. Enjoy!

RED BEET TORTILLAS 🌱 * 🍷

Two home-made red beet tortillas filled with fresh coleslaw, dried apple, green herbs and a ketchup of bell peppers

❶ We dry the rescued apples ourselves in our oven. Adding the dried apples ensures that the tortilla gets a nice crunchy bite.

AREPA DI PAMPUNA 🌱 🍷 🥚

A fluffy pumpkin pancake topped with pickled carrots and grapes, chimichurri, topped with crispy chips of vegetable peels

❶ On the Antilles, this pancake is eaten as breakfast or as a snack, and tastes perfect with sweet and savory flavors.

BARA-BURGER 🌱 🍷 🥚 * 🍷

A Surinamese Bara with a beef burger, topped with pickled zucchini slices and fermented chili mayonnaise, accompanied by crunchy potato chips **+2,95**

❶ Where in the classic Bara urdi and tayerleaves are used to add flavour, our chefs use all kinds of rescued herbes. This in combination with mung beans.

VEGETABLES PASTECHEI 🌱 🍷 🥚 🍷

A Caribbean patty filled with a variety of fermented vegetables and smoked cheese accompanied by a wild garlic oil

❶ We pick the garlic ourselves. Wildlife picking not only provides exciting ingredients, but it is also a fun activity. In our cookbook you can find the recipe for garlic oil (p170).

TASTY SIDE DISH: TRIPLE COOKED FRIES / WEDGES 4,00

SMOKED MACKEREL STOBA 🐟 🍷 🌱 * 🍷

Smoked mackerel and a smoked Brandt & Levie sausage in a stew of pepper, pimento and tomato sauce with homemade potato churros

❶ These mackerel are too small or too big for standard packages. But of course, you won't taste any difference! Tip: Use the stove as a nice dip for the churros.

GOAT CURRY 🐐 🍷 🌱 * 🍷

A curry of confitted male goat with a mix of wild rice, coconut, peanuts and onions **+2,95**

❶ The cockerels, male goats and bulls from our agricultural sector are very undervalued. This is because male animals don't give milk, do not lay eggs and have a 'different' taste. Nevertheless, we think they taste very good.

TROPICAL PIZZA + CARAMEL ICE CREAM ... 🍷 🍷 🌱 * 🍷

Puff pastry covered with almond cream and candied fruit, with homemade caramel ice cream, sprinkled with popcorn

❶ The tropical pizza is covered with different fruits each time. The harvest of the day is always a surprise for the chefs at Instock.

BAKA-BANA 🌱 🍷 🥚 * 🍷

A fried banana in crispy dough with banana compote, rum raisins, coffee crumble and a foam of Malibu

❶ Even the coffee-grounds are not wasted at Instock. It can add a delicious flavour to the batter of many desserts, like our coffee crumble.

DRINKS

COFFEE

1 At Instock, we serve Moyee; this coffee is of high quality and FairChain. By burning coffee in it's country of origin, the coffee farmers earn a fair price.

COFFEE	2,20
ESPRESSO single or double	2,00 / 2,80
CAPPUCINO	2,60
LATTE	2,80
LATTE MACCHIATO	2,80
ESPRESSO MACCHIATO	3,00
ICED COFFEE black or latte	2,50 / 3,00
+ SOY MILK	+0,25
+ EXTRA SHOT ESPRESSO	+0,40

TEA

1 At Instock, we serve FRANK about tea: this tea comes directly from the plantations in Kenya. 'Direct trade' means a better price for the farmer and better tea for you.

TEA	2,50
Flavours: Frank Green, Rooibos Orange, Frank Grey, Spicy Lemongrass, South African Chai and a Season Special	
FRESH MINT TEA	3,00
FRESH TEA ginger or dried fruit	3,00
CHAI TEA LATTE	3,50
CHAI TEA MATCHA LATTE	3,50

BEERS

HEINEKEN	2,50
HEINEKEN 0.0	2,50
AMSTEL RADLER 2%	3,00
DESPERADOS	4,50

COCKTAILS

GIN-TONIC	8,50
KOM KOM kombucha, vodka, tonic, elder flower	8,50
RHUBARB SHRUB rhubarb, rum, mint	8,50
AMARETTO SOUR amaretto, lemon, egg white	8,50
MIMOSA fresh juice, vonkelwijn	8,50
MOSCOW MULE vodka, gingerbeer, citrus	8,50
DARK 'N STORMY rum, gingerbeer, citrus	8,50
BREAKFAST MARTINI gin, juice, citrus zest	8,50

COLD DRINKS

ORANGE JUICE	3,00 / 4,25
JUICE OF THE DAY	3,00 / 4,25
HOME MADE ICED TEA	3,25
SPARKLING WATER	2,50
TONIC	2,50
FRITZ kola, kola light, rhubarb, lemon, apple-cherry	2,50
GINGER ALE	3,00
FEVERTREE GINGERBEER	3,50
TROPISCHE KOMBUCHA 1% vol.	4,25
TEPACHE 1% vol.	4,00

CRAFT BEERS

PIEPER BIER	4,00
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1 Did you know that 340 million kilos of potatoes get wasted in The Netherlands annually? That is why we brew Pieper Bier from rescued potatoes. The hop flavour stands out nicely and you will taste a flowery bitter.

BAMMETJES BIER	4,00
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1 Bread is a product that's also wasted a lot! That's why we brew Bammetjes Bier from rescued bread. Because of the special recipe, the beer is a bit cloudy with yeast. Plus: it has got a touch of banana.

CODE BLOND	4,75
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Blond beer from Amsterdam's rain water

RUW + BOLSTER white beer	4,75
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DUBBEL + DIK double	4,75
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SCHEEPS + RECHT tripple	4,75
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SEASONAL BEER	4,75
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WINE AND BUBBLES

1 A wrong label, a difficult cork or a wine which is being taken out of the assortment. Normally, these wines get wasted, but now they get rescued by our Food Rescuers!

HOUSE WINE white / red	3,95 / 23,00
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PREMIUM WINES white / red	from 4,25 / 25,00
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ROSÉ WINE	from 3,95 / 23,00
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SANGRIA 0,5l / 1l	11,00 / 22,00
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VONKELWIJN	5,25 / 27,50
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GOOD JOB, FOOD RESCUER!

WITH **1**
FOUR COURSE
DINNER AT
INSTOCK,
YOU WILL
ALSO RESCUE...

RESCUING FOOD AT INSTOCK

When you have a meal at Instock, you're not only rescuing food, but also water, energy, land and Co2. These scarce resources are necessary to produce, package and transport food. We'd like to say: enjoy food instead of wasting it! So let's have breakfast, lunch or dinner!



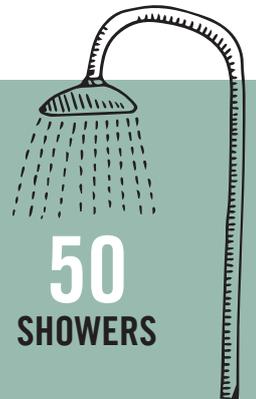
1,74
KILOS OF CO2

ABOUT CO2
Emitted during
transport or
packaging of
our food.



2470
LITERS OF WATER

equals...



50
SHOWERS

ABOUT ENERGY

Think of heating
greenhouses or
running a factory.



LOTS OF ENERGY

ABOUT WATER

To produce food, you need
lots of water. For example: to
produce 1 kilo of beef, costs
15.000 liters of water!

WHAT ELSE WE DO

STOCKROOM

All our restaurants got a 'Stockroom': an event space which is for rent for meetings, workshops, parties and private dinners. Looking for an extra activity for your event? Try our pubquiz or a masterclass Instock Cooking where you can learn how to preserve food.

CATERING & FOOD TRUCK

Event on location? Our food truck drives through the country for rescued catering. Catering without our truck is also possible! Curious about our Stockroom and catering possibilities? Get in touch with our account manager: events@instock.nl or call **06-30511046**.

MASTERCLASS INSTOCK COOKING

Did you dine at Instock and became interested in trying our preservation techniques at home? Learn how to preserve food during our Instock Cooking Masterclass! Our chef teaches you all about pickling, fermenting, smoking and drying. New ways to rescue food at home! For more info: instock.nl/en/evenementen.

EDUCATION PROGRAM FOR PRIMARY SCHOOLS

In October 2017, we launched our first education program for Dutch primary schools. During this program (free download from our website) a new generation of food rescuers will learn all about food, the chain and waste. instock.nl/lespakket-voedselverspilling.



WWW.INSTOCK.NL

