



## 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!

1 This menu is the result of everything we've learned in the past 1,5 years at Instock Utrecht. Using products from peel to pit and from head to tail, combined with various preserving techniques. Every dish on this menu contains at least one 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. Look around you! You will find all techniques in the restaurant.

## CARROT JERKY ..... 🥕 🧄 🌿 \*

Roasted and dried carrot marinated with citrus and fermented garlic, accompanied by a pesto of carrot leafage and rescued bread

1 The carrot and parsnip are used from head to toe in this dish. We make crispy paper and chips from the peels. We also use the carrot leafage. We make a tasty pesto out of this in combination with rescued bread and cheese.

## VICHYSOISE A LA INSTOCK ..... 🥔 🧄 🌿

A glass bowl filled with creamy smoked potato foam with buttery soft leek rings, covered with a crunchy lid of salted potato crisps

1 Vichyssoise is known as a hot or cold potato leek soup. We have given this dish an Instock touch. We use our ingredients as complete as possible. From the tops of the leeks we make both a creme and an oil.

## VEGETABLES ESCABECHE ..... 🥕 🌿 🧄 \*

A salad of vegetables, cooked in a spicy sour juice of celery, ginger, harissa and lemon, on a bed of coconut cream and roasted avocado, sprinkled with artisanal sriracha oil

1 We use the large pieces of vegetables for the escabeche. The small cuts mixed with kaffir lime leaves - from our own garden - are used to flavour the coconut cream.

## SALMON BELLY ..... 🐟 🧄 🌿

Salmon belly brined in a mix of mustard and vadouvan, with tuberous vegetables or potatoes roasted in sea salt with a fresh emulsion of pickled lemon **+2,95**

1 The belly is a less popular piece of salmon, because it is not found very beautiful, even though it's very tasty. We make crisps of the normally wasted salmon skin as well.

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

## FERMENTED VEGETABLE CROQUETTE ..... 🥕 🧄 🌿 \*

A croquette filled with rescued vegetables accompanied by a piccalilly of apple, celery and cucumber and chicory foam

1 The breadcrumb of our croquettes is made from rescued bread. The apple cores - that remain during the making of the piccalilli - are fermented and dried. This results in a powder with a cinnamon-like flavor.

## CASSOULET L'HOMME ..... 🐔 🌿 \*

Dutch rooster and a goat-lamb sausage in a stew of tomato sauce, white bean cream and Mediterranean vegetables **+2,95**

1 The cockerels, 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. The taste is, in our opinion, very good.

## KOMBUCHA PAVLOVA ..... 🥕 🧄 🌿 \*

A lemongrass meringue covered with citrus curd and red fruit pickled in kombucha

1 Fermented kombucha is not only delicious, but also full of good bacteria, which are good for your health.

## POMME D'AMOUR ..... 🍏 🧄 🌿

A hot apple dried for two days dipped in a bath of spicy sugar syrup with pannacotta and butter croissant crumbs

1 Drying the apple for two days creates a very intense taste reminiscent of grandma's apple pie.

# DRINKS

## COFFEE

📌 At Instock, we serve Moyee; this coffee is of high quality and FairChain. By burning coffee in its 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

📌 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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📌 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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📌 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

📌 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
PREMIUM WINES white / red	from 4,25 / 25,00
ROSÉ WINE	from 3,95 / 23,00
SANGRIA 0,5l / 1l	11,00 / 22,00
VONKELWIJN	5,25 / 27,50

# 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](mailto: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](http://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](http://instock.nl/lespakket-voedselverspilling).



[WWW.INSTOCK.NL](http://WWW.INSTOCK.NL)

