



RESCUED FOOD NEVER TASTED SO GOOD!

Welcome at Instock! Here, we turn food surplus into delicious meals. Crooked fish, carrots with two legs or ripe mangoes play the main role in our dishes. These are ingredients that normally remain unsold. Why? Due to beauty flaws, strict quality requirements or simply surpluses. Buuuuut, we got some good news. By eating breakfast, lunch or dinner at Instock, you rescue food! Enjoy your meal!

LUNCH *from 11.30 AM - 4 PM*

ARTISAN GRANOLA 6,25
Yogurt with Instock Granola and fruit, red wine syrup and oolong tea. Also available for breakfast, from 8.30 AM.

❶ *Beer for breakfast! 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 yesterday's croissants, caramel foam, roasted banana with miso butterscotch and brown butter crumble

HEALTHY TOAST 6,50
Toast with vegetables, puffed chick peas and dips. Egg +1,00

KIMCHI SHAKSHUKA 6,75
Kimchi-tomato stew with vegetables, a slow poached egg, sesame seeds, onion soy gel and thick toast from the grill

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 crooked fried fish, fresh salad, apple and teriyaki sauce

❶ *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. Ask our staff for the soup of the day!

POKÉ BOWL 9,00
A fresh salad with salmon belly, pickled and raw vegetables, served with puffed rice

TASTY SIDES

VARIETY OF BITES 11,00 / 17,00
Handmade 'Bitterballs', cheese balls, 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 from 2,50

HOUSEMADE FRIES / WEDGES 4,00

CHIPOTLE NACHOS 7,50
A pan filled with tortilla chips, loaded with pulled pork and spicy beef, cheese and fresh dips

❶ *Our rescued meat comes from distribution centers. When the shelves of the supermarkets are full, this meat remains as a left-over. We rescue this meat, and use it 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 4 courses. Let our menu surprise you from 6 PM.

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. The menu is based on a mix of flavors from Eastern Europe and North Asia. The ex-girlfriend of our Amsterdam based chef was Polish, so he developed a predilection for Eastern European food. In addition, his favorite kitchen is Asian. Enjoy!

YAKI YASAI

Roasted vegetables pickled in rice wine and miso, in a bath of green apple juice, covered with mustard seeds, onions and a crisp of flaxseed

❶ The vegetables are pickled in two types of rice wine: sake en mirin. The combination of textures make this dish our chef's favorite.

THIRSTY TOMATOES

Dried tomatoes rehydrated with fermented tomato juice, accompanied by dried flowers, vegetable paper and a cream of tofu and sesame

❶ For this dish we use all tomatoes that we can rescue. In addition, we make the crisp vegetable paper from vegetable peels.

SALMON TARTARE WITH AN ASIAN TWIST

A tartar of pickled pieces of salmon, covered with Instock yuzu gel and topped with spiced furikake and crunchy potato twists **+2,95**

❶ A classic dish with an Instock touch. In this tartare, we use pieces of the belly and tail of the salmon. These are less popular, but are just as nice and soft.

CAULIFLOWER-POWER

Creamy cauliflower puree, flavored with Zurek Zakwas, Instock "truffle" and crispy hay of vegetable peelings

❶ Zurek Zakwas is a Polish bread soup. The soup has been fermented for 7 days, creating a slightly sour and creamy flavour. To know why we chose the name Cauliflower-power, you will obviously have to try the dish.

FRIES / WEDGES 4,00

POLISH SEAWEED GNOCCHI

Seaweed gnocchi with a spicy puree of kimchi, an oven-baked cheese crumble and a fresh cucumber pickle

❶ The Kimchi is made from the cauliflower leaves we use for our Cauliflower-power dish. We pick up the cheese we use for this dish every day with our Instock tricycle from a local Albert Heijn.

INSTOCK MINI GRILL

A juicy Brandt & Levie sausage, puffed pork rind, a piece of tender pork belly with a roasted slice of apple, Korean apple-samsjang gel and Teriyaki sauce **+2,95**

❶ The Brandt & Levie sausages are very popular, but these do not meet the strict beauty requirements, and therefore remain unsold. They are delicious though!

KVASS DESSERT

A fresh Kvass sorbet with caramel foam and a roasted banana with a marinade of miso butterscotch

❶ Kvass is a popular Slavic drink made from fermented bread with sugar, honey or fruit. Our Kvass is slightly different. We add vegetable and fruit peelings, apple cores and Bammetjes Beer.

RUSSIAN FRUIT ROULETTE

Fruit pickled in a foamy mix of red wine, tea, cinnamon and nutmeg with misutgaru ice cream on a bed of roasted grains, seeds and Instock granola

❶ Misutgaru is a Korean multigrain milkshake. We use rescued bread, rescued grains and milk to make our own misutgaru. For this dessert our chefs turn it into ice cream.

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 <i>single or double</i>	2,00 / 2,80
CAPPUCINO	2,60
LATTE	2,80
LATTE MACCHIATO	2,80
ESPRESSO MACCHIATO	3,00
ICED COFFEE <i>black or latte</i>	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
<i>Flavours: Frank Green, Rooibos Orange, Frank Grey, Spicy Lemongrass, South African Chai and a Season Special</i>	
FRESH MINT TEA	3,00
FRESH TEA <i>ginger or dried fruit</i>	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 <i>kombucha, vodka, tonic, elder flower</i>	8,50
RHUBARB SHRUB <i>rhubarb, rum, mint</i>	8,50
AMARETTO SOUR <i>amaretto, lemon, egg white</i>	8,50
MIMOSA <i>fresh juice, vonkelwijn</i>	8,50
MOSCOW MULE <i>vodka, gingerbeer, citrus</i>	8,50
DARK 'N STORMY <i>rum, gingerbeer, citrus</i>	8,50
BREAKFAST MARTINI <i>gin, juice, citrus zest</i>	8,50

COLD DRINKS

ORANGE JUICE	3,00 / 4,25
JUICE OF THE DAY	3,00 / 4,25
HOUSE MADE ICED TEA	3,25
SPARKLING WATER	2,50
TONIC	2,50
FRITZ <i>kola, kola light, rhubarb, lemon, apple-cherry</i>	2,50
GINGER ALE	3,00
FEVERTREE GINGERBEER	3,50
HOUSE MADE TROPICAL KOMBUCHA <i>1% vol.</i>	4,25
HOUSE MADE TEPACHE <i>1% vol.</i>	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 <i>white beer</i>	4,75
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DUBBEL + DIK <i>double</i>	4,75
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SCHEEPS + RECHT <i>triple</i>	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 <i>white / red</i>	3,95 / 23,00
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PREMIUM WINES <i>white / red</i>	from 4,25 / 25,00
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ROSÉ WINE	from 3,95 / 23,00
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SANGRIA <i>0,5l / 1l</i>	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 kilogram of beef, costs 15.000 liters of water!

EVENT SPACE, CATERING & FOOD TRUCK

All Instock restaurants got a 'Stockroom': the perfect event space for your meetings, workshops, parties and private dinners. And when you choose our breakfast, lunch or dinner package, the room is free of charge. Looking for an extra activity? Try our pub quiz or a masterclass Instock Cooking, where you learn how to preserve food. Event on location? Our food truck drives through the entire country for rescued catering. Catering without our truck is also possible!

Curious for our Stockroom and catering possibilities? Get in touch with our account manager: send an e-mail to events@instock.nl or call +31 6 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 a new generation of food rescuers will learn all about food, the chain and waste. Free download from instock.nl/lespakket-voedselverspilling/



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