

READY TO RESCUE FOOD?

LUNCH

INSTOCK GRANOLA 6,50

Yoghurt with fresh fruits, Instock Granola and red fruit coulis

OMELET 7,75

Fluffy omelet, bread and a small salad
add cheese / grilled veggies / salmon + 1,-

OYSTER MUSHROOM CROQUETTES 7,75

Two 'gro'quettes served with two slices of bread, mustard and a small salad

GREEK SALAD 9

Richly filled salad with tomato, cucumber, black olives and feta cheese

FOR THE LITTLE ONES

GRILLED CHEESE SANDWICH 3,75

Grilled cheese sandwich served with tomato ketchup

BAMMETJES BOSS 3,50

Chocolate sprinkle, peanut butter or jam sandwich by choice

FRENCH TOAST 6,25

Made of rescued bread with cinnamon, powdered sugar, fresh fruits and red fruit coulis

HEALTHY TOAST 7,25

Served with grilled veggies, home made hummus and puffed chickpeas | *boiled egg + 1,-*

FISH BURRITO 7,50

Burrito filled with fried fish, served with smoked bell pepper ketchup and sweet 'n sour carrots

TASTY SIDES

ATRISAN FRIES 4,20

Crunchy fries with mayonnaise

VEGGIE TEMPURA 7

Fried veggies with szechuan sauce and sesame

GRO BITTERBALLEN / CHEESE BALLS 6

Oyster mushroom bitterballen or cheese balls

SWEET OF THE DAY 4,50

Homemade sweets filled with what's in stock

Pssst, all bread on this menu is rescued from bakery vanmenno!

DINNER MENU



3 DISHES | 25,95 p.p.

4 DISHES | 29,95 p.p.

5 DISHES | 35,95 p.p.

**RESCUE DISHES OF YOUR
OWN CHOICE OR LET THE CHEF
SURPRISE YOU!**

GREEN BEANS

Green beans with hazelnutdressing and
Parmesan cheese

STICKY MEATBALLS

Meatballs in a sticky soysauce, spring onion and
sesame seeds

SMOKED CAULIFLOWER

Cauliflower cream, roasted cauliflower,
vegetable chips and Instock truffle

STEAK CHIMICHURRI

Grilled steak a la plancha with a green herb
and garlic chimichurri

KIMCHI BURGER

Brioche bun with a homemade vegetarian
burger, melted cheese and kimchi

BLONDIE

White chocolate cake with yoghurt granite
and a berry compote

CARROT HUMMUS

Carrot hummus with chickpeas and lemon

BEETROOT RISOTTO

Beetroot risotto with soy yoghurt, beetroot
powder and fresh chives

VEGGIE TEMPURA

Crispy fried eggplant with szechuansauce
and sesame

PARSNIP TAGLIATELLE

Tagliatelle made of parnsip with white wine
creamsauce, parsley and parmesan cheese

ADD SOME FRIES + 4,25

GRAPE CLAFOUTIS

Oven baked grape cake with cinnamon ice cream

INDIVIDUAL DISHES: 8,75

Exceptions or allergies? Please let us know, we will help you choose!

DRINKS

COFFEE *all coffees can be ordered decaf*

☛ 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	2,45
ESPRESSO <i>single or double</i>	2,20 / 2,70
CAPPUCCINO	2,90
LATTE <i>or latte macchiato</i>	3,10
ESPRESSO MACCHIATO	2,65
FLAT WHITE	3,30
HOT CHOCOLATE <i>with whipped cream + 0,50</i>	2,65
ICED COFFEE	2,75
ICED LATTE	3,50
+ SOY MILK	+0,10
+ OAT MILK	+0,20
+ EXTRA SHOT ESPRESSO	+0,55

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	2,80
<i>Choose from: Earl Grey, Simply Green, Spicy Lemongrass, Chamomile Mint and Rooibos Cinnamon</i>	
FRESH MINT TEA	3,25
FRESH TEA <i>ginger or dried fruit</i>	3,25
CHAI TEA LATTE <i>or chai tea matcha latte</i>	3,85

COLD DRINKS

FRITZ <i>kola, kola light, rhubarb</i>	2,75
ROZE BUNKER SYRUP <i>still or sparkling</i>	2,75 / 3,75
<i>Choose from: Raspberry/laos, Citrus/basil, Elderflower</i>	
THIJSTHEE <i>lemon ginger</i>	3,45
SPARKLING WATER	2,65
FEVERTREE GINGERBEER	3,95
FEVERTREE INDIAN TONIC	3,95
FEVERTREE MEDITERRANEAN TONIC	3,95
NATURFRISK GINGER ALE	3,80
FRESH FRUIT JUICE	3,25 / 4,75

INSTOCK BEERS

PIEPER BIER <i>pale ale</i>	4,20
BAMMETJES BIER <i>weizen</i>	4,20

(CRAFT) BEERS

HEINEKEN	2,75
MONGOZO GLUTEN FREE BEER <i>pilsner</i>	4,75
IJWIT <i>unfiltered white</i>	5,00
BLOESEM BLOND <i>blonde</i>	5,75
THAI THAI <i>tripel</i>	5,20
PANDORA <i>dutch pale ale</i>	5,20
DUBBEL + DIK <i>double</i>	5,20
SCHEEPS + RECHT <i>tripel</i>	5,20
PUMPKIN PARTY <i>pompoenbier</i>	5,75
WINTER I.P.A <i>winter indian pale ale</i>	5,75
HANDLANGER <i>dark amber</i>	5,75
BEER OF THE DAY <i>ask our staff</i>	from 4,70

(SEMI) NON-ALCOHOLIC BEERS

HEINEKEN 0.0	2,75
AMSTEL RADLER 2%	3,25
LOWLANDER 0.0 <i>white</i>	4,70
PLAYGROUND 0.5% <i>indian pale ale</i>	4,70

WINE & BUBBLES *or go for a non-alcoholic (sparkling) wine!*

☛ 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 / rosé</i>	from 4,25 / 23,00
PREMIUM WIJNEN <i>white / red</i>	from 4,25 / 23,00
SPARKLING WINE	4,75 / 33,00

COCKTAILS

GIN-TONIC	8,95
MOSCOW MULE <i>vodka, gingerbeer, citrus</i>	8,95
DARK 'N STORMY <i>rum, gingerbeer, citrus</i>	8,95
CHANGING COCKTAIL	8,95