

LUNCH MENU



INSTOCK GRANOLA 6,50

Yogurt with fresh fruits, Instock Granola and a coulis of fruit

TIPSY GAZPACHO 8

Gazpacho of roasted tomato, paprika, onion and red wine with bread and tapenade

BURRITO 7

Burrito filled with veggie crisps, vegetables and curry mayo

PUMPKIN CROQUETTES 7

Homemade pumpkin croquettes served with sage mayonnaise | *add: bread 1,50*

STEW 9

Vegetable stew served with chickpeas, feta and sourdough bread

BULGUR SALAD 7,50

Served with roasted rescued vegetables and onion cream

STIR FRIED BULGUR 8

Stir fried bulgur with egg, bulgogi sauce and vegetables | *add: fried egg 1,- / fish 2,-*

MUSHROOM CROQUETTES 7,50

Two oyster mushroom 'GRO'quettes, served with mustard | *add: bread 1,50*

CHEF'S TASTING 12

Selection of daily changing savoury and sweet dishes

DISH OF THE DAY 8

Ask our staff for the dish of the day!

SWEET & SOUR WEDGES 4,50

GRILLED CHEESE SANDWICH 6

Served with kimchi and black garlic mayo
also available for kids!

SWEET OF THE DAY 4

Homemade sweets of the day,
ask our staff about today's offer

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

DINNER MENU



3 DISHES | 25,95 p.p.

4 DISHES | 29,95 p.p.

5 DISHES | 35,95 p.p.

**YOU CHOOSE
OR LET THE CHEF
DECIDE FOR YOU**

TIPSY GAZPACHO

.....

Made with roasted tomato, paprika, onion and red wine. Served with sourdough bread and tapenade

TUNA SHOARMA

.....

Tuna shoarma served with pita bread, black garlic tzatziki, onion and tomato

VEGABONARA

.....

String beans carbonara pasta with Instock's lentil cheese and white mushrooms

CURRY CAULIFLOWER

.....

Slow cooked cauliflower in curry butter with curry cream and cauliflower leaf salad
Only available for 2 people to share!

BLACK HONEY COD

.....

Black honey glazed cod offcuts with pickled courgette and fennel salad

CANDIED ONION

.....

Slow cooked red onion with mushroom ketchup, walnut pangrattato and onion skin cream

SWEET & SOUR WEDGES 4,50

CHOCO CHESTNUT ZUCCHINI

.....

Courgette cake with dark chocolate glaçage, black chestnut ice cream and hazelnut choco crumble and Andreas' truffle

FRAMBUCHA

.....

Raspberry-kombucha sabayon, with poached raspberries and caramelised white chocolate crumble

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 it's 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
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>Raspberry/laos, Citrus/basil, Elderflower</i>	
THIJSTHEE <i>lemon ginger, apple nettle</i>	3,25
SPARKLING WATER	2,75
FEVERTREE INDIAN TONIC	3,95
FEVERTREE MEDITERRANEAN TONIC	3,95
NATURFRISK GINGER ALE	3,80
HOMEMADE KOMBUCHA	4,50
AMSTERDAM CITY FARM <i>ginger beer</i>	3,80
FENTIMANS <i>rose lemonade</i>	4,25

INSTOCK BEERS

PIEPER BIER <i>pale ale</i>	4,20
BAMMETJES BIER <i>white beer</i>	4,20
BOOS BIER (LIMITED) <i>white beer</i>	4,20

(CRAFT) BEERS

HEINEKEN	2,75
MONGOZO <i>gluten free pilsner</i>	4,75
IJWIT <i>brouwerij 't ij / unfiltered white</i>	5,00
WHITE MAMBA <i>two chefs brewing / white beer</i>	4,75
KINKY KOOS <i>two chefs brewing / saison</i>	4,75
NOG EENDJE <i>bird brewery / blonde</i>	5,50
VINK HEERLIJK <i>bird brewery / double</i>	5,50
BLOESEM BLOND <i>gebr. door vrouwen / blonde</i>	5,50
GIN WEIZEN <i>gebr. door vrouwen / weizen</i>	5,50
DUBBEL + DIK <i>7 deugden / double</i>	5,20
SCHEEPS + RECHT <i>7 deugden / tripel</i>	5,20
THAI THAI <i>oedipus / tripel</i>	5,50
POLYAMORIE <i>oedipus / sour pale ale</i>	5,50
ISLANDER <i>lowlander / summer ale</i>	4,75
BEER OF THE DAY <i>ask our staff</i>	from 4,00

(SEMI) NON-ALCOHOLIC BEERS

HEINEKEN 0.0% <i>pilsner</i>	2,75
LOWLANDER 0.0% <i>white beer</i>	4,75
PLAYGROUND 0.5% <i>indian pale ale</i>	4,75
LOWLANDER 2.5% <i>yuzu grapefruit</i>	4,75

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 'N BUCHA	8,00
RUM 'N BUCHA	8,00
ESPRESSO BUCHA MARTINI	8,00
GIN-TONIC	8,95
MOSCOW MULE <i>vodka, ginger beer, citrus</i>	8,95
DARK 'N STORMY <i>rum, ginger beer, citrus</i>	8,95