

## Michelin restaurant Grön, Bistro Sinne, Shelter, and other top restaurants to Flow

**Flow's wide-ranging culinary selection will present 40 restaurants this year.**

Once again, Flow Festival's selection of restaurants is praiseworthy with a remarkable number of vegetarian and environmentally friendly options. Taking part this year are, among others, the recently Michelin-starred **Grön**, which bases its food philosophy on wild Nordic ingredients; a Flow first-timer **Shelter**, **Bistro Sinne**, which favours fresh, local and seasonal produce; and top chef **Matti Jämsén's Munchies** serving beloved fast food classics with a new twist.

For years, Flow has invested in a diverse, vegetarian, and environmentally friendly menu. Flow educates its food vendors to serve ecological dishes. The caterers are provided with Sustainable Meal guidelines that are developed according to the principles of sustainable catering. Following these guidelines, all the restaurants offer a special Sustainable Meal option on their menu. Based on a sustainability evaluation and the reviews of a taste panel, a winner will be chosen from all the Sustainable Meals served at the festival. Every restaurant also has at least one vegan option. Flow's vegetarian restaurants include e.g. the organic and quality-oriented **Cargo Coffee + Vegetarian Food**, the totally vegan and wild food inspired **Wicked Rabbit**, the Mediterranean vegetarian kitchen **Baba Foods** as well as **The Meatles** by **Gold&Green** – the pioneer of sustainable food and inventor of pulled oats – and **Ooh La Laa**, who prepare their fresh dishes from locally produced and seasonal ingredients.

Flow Festival 2018 presents several novelty restaurants, such as **Pobre**, the first Nordic restaurant for modern Philippine cuisine, and **Addis Ethiopian Kitchen**, one of Finland's best African restaurants. Many of last year's favourite restaurants return to Flow, including Helsinki's first Japanese ramen restaurant and last year's Sustainable Meal winner **Fat Ramen**, Moroccan-inspired **Sandro**, Syrian-Lebanese **Levant** as well as **Na'am Kitchen**, which brings flavours from North Africa and the Middle East. One can also find traditional but quality street food at Flow, e.g. from **Social Burgerjoint**, founded by the winner of Finnish Master Chef **Mika Tuomonen** and known for its charcoal grilled burgers and handmade brioches.

Flow Festival restaurants for 2018 are: **3 Kaverin Jäätelö**, **Addis Ethiopian Kitchen**, **Baba Foods**, **Bistro Sinne**, **Bun-2-Bun**, **Cargo Coffee + Vegetarian Food**, **El Ceviche Güero**, **Fat Ramen**, **Good Life Coffee**, **Grön**, **Jungle Juice Bar**, **Kahvila Sävy**, **Kimchi & the Chicken**

**Gang, Levant, Lie Mi, Mad Wok, The Meatles by Gold&Green, Munchies by Matti Jämsen, Na'am Kitchen, Oatly, Ônam, Ooh La Laa, Paulig Coffee Bar, Paulig Coffee Van, Pizzarium, Pobre, Powau, Sandro, Shelter, Social Burgerjoint, Soft Republick, Soi Soi, Street Gastro, Thaiger, Thai Papaya, thetastydogs, Twisted Street Kitchen, UMAIJARI+Sushi and Wicked Rabbit.**

Read more about the restaurants:

<https://www.flowfestival.com/en/festival/food/>

Flow Festival takes place 10–12 August in Helsinki, Finland.

Artists at the 2018 Flow Festival include e.g. **Kendrick Lamar, Arctic Monkeys, Patti Smith, Lykke Li, Fleet Foxes, Alma, Charlotte Gainsbourg, Bonobo, Grizzly Bear, St. Vincent** and many more.

Flow Festival's confirmed partners for 2018 are main partner Lapin Kulta, partners Aalto Yliopisto, Bright Finland, Oatly, OP, Paulig, Plan B, SEAT, Stopteltat and Sun Effects, as well as media partners Basso, Clear Channel, Helsingin Sanomat and Resident Advisor.

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#### **Tickets:**

Ticketmaster [www.ticketmaster.fi](http://www.ticketmaster.fi) p.0600-10-800

Tiketti [www.tiketti.fi](http://www.tiketti.fi) p.0600-1-1616

3 days: 215 €.

2 days: 159€

1 day: 99€

Gold Area tickets:

3 days ticket 345 €.

1 day Gold Area ticket 175€.

Ticket price includes service fee.

2-10€ donation to campaign for cleaning up the Baltic Sea can be added.

#### **Travel packages:**

[Festicket](#)

[Festlane](#)

**Press images:** [www.flowfestival.com/en/media](http://www.flowfestival.com/en/media)

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