

## Flow Festival drops red meat from its menus

Expanding the complete experience of Flow Festival, the festival's restaurant and bar selection is once again a world-class collection of high-quality culinary surprises and exceptionally versatile drink options. In addition, Flow continues its trail-blazing work on sustainability by cutting red meat and poultry entirely out of the menus and ensuring all restaurants have at least one vegan option. The festival also presents a wide variety of wines, craft beers, and desired additions to non-alcoholic beverages.

The extensive culinary selection at Flow Festival is a combination of numerous new restaurants and beloved favorites familiar from previous festival editions. This year, visitors get to enjoy food from 40 restaurants and drinks from over 20 bars. Flow's CEO **Suvi Kallio** tells more about the food of this year's festival: *"Flow is constantly looking for new ways to make the festival more sustainable. Food production is one of the largest emitters of greenhouse gases worldwide, and, on average, animal-based nutrition is particularly burdensome for the environment. Therefore, the next natural step was to stop offering red meat and poultry in our restaurants. Instead, we focus on first-rate vegetarian options, and many restaurants only serve vegan menus."*

Flow Festival's visitors get to enjoy the vegetarian-focused menus by the best restaurants in Finland, as many fine dining kitchens relying on seasonal ingredients and local food arrive at the festival for the first time. **The Glass** serving Nordic Bistro and Tampere-based **Kajo** using local food bring their restaurants to Flow. **W30**, taking festival visitors on a delicious journey to French cuisine and **Brasa** with their **Yakitori by Brasa** concept, complement the festival's fine dining experience.

Flow will also serve food with the best vegetarian and seafood ingredients inspired by different parts of Asia. **Loi Loi**, with a playful interpretation of Southeast Asian cuisine, and **Pobre**, serving food from the Philippines, launching its new restaurant concept **CALAMARI** at Flow Festival, are both part of this year's selection. Added to the mix are vegan **Kimchi Fries**, which serves french fries with Korean kimchi, and **The Bao**, a restaurant by **Vaasan** serving trendy steamed bao buns with an Asian twist steered by top chef **Mikko Kaukonen**. Returning to Flow are Finland's first ramen restaurant **Fat Ramen** with its vegan menu, **Lie Mi** presenting modern Vietnamese cooking, and **Twisted Street Kitchen**, with its eighth time at the festival.

Bringing to Flow breezes from the Middle East and North Africa are Sandro's founder's new restaurant concept **Casa Moro**, offering Moroccan flavors with a Nordic twist, **Levant** with their meze-meals and grilled falafel rolls, **Baba Hummus Bar** serving traditional hummus dishes, and **Georgian Street Kitchen** offering the very best of Georgian cuisine like khachapuri, Lavash breads, and Georgian vegetable stew.

Street food friends are spoiled by numerous new restaurants that include highly popular **Seksico Tacos**, which is known not only for its tacos but also for its classic Seksico® Chili Sauce, **Story** with its menu of sourdough pizza dogs, musician Lieminen's popular pizza restaurant **Crusty Pizza** with its food truck, and

**Churros & co.** with its savory and sweet churros. Additionally, a festival favorite, Finland's first vegan hamburger chain, **Bun2Bun**, returns to Flow.

One of the city's most popular spots for locals and international visitors **Way Bakery** and **Anton&Anton** whose portions are made with domestic, high-quality ingredients are also included in this year's restaurants. **Paulig's Juhla Mokka Smooth Lounge & Cafe** and **Oddlygood Tasteland**, a vegan smoothie bar, reinforce Flow Festival's food and drink options.

Flow's wide selection of drinks expands this year. Some of the specialties are **Viinlinna**, located near Flow's cozy restaurant world presenting the best wines of **Hartwall**, two champagne bars by **Lanson**, **Craft Alley** focusing on craft beers by **Mattson**, **Lagunitas**, and **Bryggeri**, and the **ZeroZone** featuring only non-alcoholic beverages. Near Lapin Kulta Red Arena, a fully self-sufficient **Lapin Kulta Pure** container bar running on solar power offers festival-goers refreshing drinks.

Read more about Flow's restaurants and bars: <https://www.flowfestival.com/en/festival/food/>

#### **Flow Festival 2022 restaurants are:**

Anton&Anton, Ape Gelato, Baba Hummus Bar, Bali Brunch, Bun2Bun, CALAMARI by POBRE, Casa Moro, Churros & co., Crusty Pizza, Eat Poke, Fat Ramen, Freeesh Sushi, Georgian Street Kitchen, Green Hippo, Juhla Mokka Smooth Lounge & Cafe, Just Vege, Kajo, Kimchi Fries, Levant, Lie Mi, Loi Loi, Lopez y Lopez, MeEat, Mex-Man, Momo House, Oddlygood Tasteland, Ônam, Outrun, Satama Bistro, Seksico Tacos, Social Burger Joint, Story, Thai Papaya, The Bao, The Glass, Twisted Street Kitchen, Vanhan Porvoon jäätelötehdas, W30, Way Bakery, Yakitori by Brasa

Flow Festival takes place in Helsinki, Finland, on the 12th–14th of August 2022.

The festival will host around 150 artists. Already announced acts are Gorillaz, Florence + The Machine, Nick Cave & The Bad Seeds, Burna Boy, Jamie xx, Michael Kiwanuka, JARV IS..., Princess Nokia, MØ, Sigrid, Bikini Kill, Freddie Gibbs, King Gizzard & The Lizard Wizard, Fred Again..., and many more.

The main partner for the year 2022 is Lapin Kulta Pure. Other confirmed partners are FREE.fi, Vaasan, Valio Oddlygood®, Lanson, Juhla Mokka, Helsingin kaupunki, media partners Clear Channel, Helsingin Sanomat, Radio Helsinki, Finnkino and Resident Advisor, and production partners Stopteltat, Sun Effects, and Creative Technology.

See the full program for Flow Festival on the website: <https://www.flowfestival.com/en/artists/>.

[www.flowfestival.com](http://www.flowfestival.com)

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#### **Tickets:**

Ticketmaster [www.ticketmaster.fi](http://www.ticketmaster.fi)

Tiketti [www.tiketti.fi](http://www.tiketti.fi)

3-day ticket: 215 €

2-day ticket: 185 €

1-day ticket: 115 €

3-day Gold Area ticket: 345 €

1-day Gold Area ticket: 185€

Prices are applicable for the time being. Prices include the service charge.

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

**Media accreditation:** <https://gest.fi/customers/aedhjf/3942?lang=en>

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