

FLOW FESTIVAL®

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Flow Festival's food program merges top restaurants with a sustainable food selection

Flow Festival's food program once again gathers Helsinki's top restaurants for a weekend at Suvilahti. The selection of over 40 restaurants includes fine dining and casual street food, fusion cuisine, vegan dishes, bold new concepts, and beloved classics. Sustainability remains at the core of the offering: as in previous years, no red meat or poultry is served at the festival, and all fish on offer is locally sourced.

From the 2026 Top 50 Finnish restaurants list, new additions to Flow's program include **Boulevard Seafood**, showcasing top-notch Nordic seafood cuisine; **Le Grec**, which reimagines Mediterranean street food with a modern touch; and the classically inspired yet whimsical **Laivakoira** serving visitors at the Platinum Area. Among other notable first-time participants are **Aperte**, a modern Töölö-based restaurant led by chef **Patrik Lindström**, and **Robusto**, which combines French classics to Scandinavian roots.

Last year's standout concept restaurant, **Gina x Flow** by **Hans Välimäki**, returns for the festival weekend, once again pairing Italo disco with seasonal flavours. On Sunday, festivalgoers can discover an all-new restaurant concept, **Private Bazaar by Gina**, serving Hans Välimäki's Italian and North African-inspired brunch. Reservations for Private Bazaar will open later this summer.

A wide range of international street food flavours and returning favourites are also in the lineup. Latin American vibes are brought to the festival by **Lopez Tacos** amongst others, **Pumpui**, voted Helsinki's best Thai restaurant, offers authentic Thai street food, and the praised neighbourhood bistro **Vintero** brings fresh seasonal flavours. Highlights of the street food selection include the fully vegan pizza restaurant **FLIP**, **Fisu ja Ranet** with its locally sourced take on the British classic fish and chips, and **Vaasan Club**, where top chef **Mikko Kaukonen** reimagines street food classics.

Delicious baked treats are served by both the charming pink café truck **Teemu Aura's Pullabiili** and the much-loved Helsinki bakery-café **Levain**. Aromatic coffee is on offer from the small roastery **Good Life Coffee**, the Colombian coffee specialist **KAFE Colombiano**, **Arvid Nordquist Café**, and **Stockfors Coffee**, which also serves delicious coffee cocktails. **Alpro Matcha Bar** offers vibrant matcha green tea with a coconut twist.

Sustainability defines the food offering, making it easy to discover dishes made from locally sourced, seasonal ingredients. In line with the festival's Sustainable Flow program, no red meat or poultry is served at the festival, and all fish dishes feature fish sourced from Finland. All restaurants offer at least one vegan dish, and many present entirely vegan menus. In recent years, Flow's carbon and material footprint calculations have shown that food plays a key role in mitigating biodiversity loss and climate change.

As in previous years, the Sustainable Food competition awards top in the sustainability and overall flavour of the festival's restaurants. Three finalists are selected, and a jury appointed by Flow assesses the entries. The winner is

chosen based on a combination of sustainability scoring and the jury's evaluation. Last year's winner, **Greenfinch** – known for its pies and fries – will also return to Flow this year.

Restaurants in 2026 are:

Almost Taco, Alpro Matcha Bar, Ape Gelato, Aperte, Arvid Nordquist Café, Boneless, Boulevard Seafood, Buli Foodtruck, Crusty Pizza, Dolce Italia, Dub Burger, Fisujäränet, FLIP, Gina x Flow, Good Life Coffee, Greenfinch, KAFE Colombiano, Kamome, Kizuna, Laivakoiri, Le Grec, Levain, Levant, Loaded Mac 'N Cheese, Lobo, Loi Loi, Lopez Tacos, N4KU, N4KU RAMEN, Noodle Story, Patisserie Teemu Aura Pullabiili, Pretty Boy, Pumpui, Puppu, Rebl Eats, Robusto, Seksico Tacos, Seoul Fried, Shelter, Shinobi, Slicemonger, Stockfors Coffee, Teemu Auran Pastabaari, Vaasan Club, and Vintero.

Flow Festival takes place in Helsinki, Finland, 14–16 August 2026. See the program on the festival website:

<https://www.flowfestival.com/en/program/music/>.

Flow's main partner for 2026 is Heineken. Partners are Nordea, Novelle, Lyko, Vaasan, Champagne Lanson, Tise, Scandic, Tieto, Google, and City of Helsinki. Media partners are Bauer Media Outdoor, Helsingin Sanomat, Radio Helsinki, and Finkino. Production partners are Creative Technology, Stopteltat, and Sun Effects.

Tickets:

<https://www.flowfestival.com/en/tickets/>

3-day ticket: 279 €

3-day Platinum ticket: 419 €

2-day ticket: 249 €

1-day ticket: 169 €

1-day Platinum ticket: 259 €

www.flowfestival.com

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Press photos: <https://www.flowfestival.com/en/flow-festival/media/>

Media accreditation: <https://gest.fi/customers/aedhjf/9390?lang=en>

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