

FOOD HELSINKI? HEL YEAH!

www.visithelsinki.fi

#foodhelyeah

PRICE RATING (MAIN COURSE)

- € : 8-12
 €€ : 12-20
 €€€ : 20-30
 Lunch prices in Helsinki are usually € 8-12.
 🌿 vegetarian restaurant

DESIGN DISTRICT

- 13 Salve – restaurant €€€€
Hietalahdenranta 11
- 14 Sinne Helsinki – restaurant & deli
Eerikinkatu 2 €€€ – €€€€
- 15 Säelä – restaurant €€€€
Neitsytpolku 12
- 16 Cholo - street food €
Lönnrotinkatu 9
- 17 A 21 Dining – restaurant €€€
Kalevankatu 17
- 18 Muro – restaurant €€€
Fredrikinkatu 41
- 19 Lasipalatsi – restaurant & café €€€
Mannerheimintie 22 (under renovation 2016)
- 20 Kakkugalleria – café €
Fredrikinkatu 41
- 21 Sea Horse – restaurant €€€ – €€€€
Kapteeninkatu 11
- 22 Kuppi & Muffini – café, bakery
and retail shop €
Kalevankatu 17
- 23 + Hietalahti Market Hall €
Lönnrotinkatu 34
- 24 HOT SPOT: Old Church Park

GREEN DISTRICT

- 1 Ateljé Finne – restaurant €€€€
Arkadiankatu 14
- 2 Cafetoria – café €
Runeberginkatu 31
- 3 Kuukuu – restaurant €€€€
Museokatu 17
- 4 Tin Tin Tango – café €
Töölöntorinkatu 7
- 5 Café Regatta – café €
Merikannontie 10
- 6 Korjaamo Sushi Bar + Wine –
restaurant, Töölönkatu 51a-b
- 7 Elite – restaurant €€€€
Eteläinen Hesperiankatu 22
- 8 Anton & Anton – retail shop €€€
Museokatu 19
- 9 Manala – restaurant €€€€
Dagmarinkatu 2
- 10 Sis. Deli + Café – café & retail shop €€€
Topeliuksenkatu 3
- 11 + Korjaamo – café & restaurant €€€
Töölönkatu 51a-b
- 12 HOT SPOT: Töölönlahti Bay

SOPA DISTRICT (south of Espoo)

- 25 Fafa's – street food €
Iso Roobertinkatu 2
- 26 Rikhard von Trappe – €€€€
restaurant, Rikhardinkatu 4
- 27 Bronda – restaurant €€€€
Eteläesplanadi 20
- 28 Emo – restaurant €
Kasarmikatu 44
- 29 Sundmans Krog – restaurant €€€€
Eteläranta 16
- 30 Toca – restaurant €€€
Unioninkatu 18
- 31 Spis – restaurant €€€€
Kasarmikatu 26
- 32 Kaartin kotikauppa – retail shop €
Korkeavuorenkatu 19
- 33 Juuri & Latva – restaurant €€€€
Korkeavuorenkatu 27 & 25
- 34 Zucchini – restaurant €
Fabianinkatu 4
- 35 + Old Market Hall €
Eteläranta
- 36 HOT SPOT: Sinebrychoff Park

FOOD TOUR COMPANIES

Happy Guide Helsinki
Fork in Hand

KIOSKS

Lankarulla
Tove Jansson
Park Kiosk
Karhupuisto
Park Kiosk
Esplanade Park
Kiosk

open

BOOKSTORES WITH RECIPE BOOKS

Akateeminen kirjakauppa
Suomalainen kirjakauppa
Decanter shop
Kokkipuoti
Rosebud

HISTORICAL DISTRICT

- 37 Café Engel – café €
Aleksanterinkatu 26
- 38 Ask – restaurant €€€€
Vironkatu 8
- 39 Kolme Kruunua – restaurant €€€
Liisankatu 5
- 40 Köket – café €
Aleksanterinkatu 28
- 41 Qulma – café & lunch restaurant €
Mariankatu 13
- 42 Fazer – café €€€
Kluuvikatu 3
- 43 Johan & Nyström – café
Kanavaranta 7 €
- 44 Torrefazione – café €
Aleksanterinkatu 50
- 45 Leipomo Keisari – bakery &
retail shop €€€
Liisankatu 18
- 46 Bryggeri Helsinki – restaurant
Sofiankatu 2 €€€€
- 47 HOT SPOT: Esplanade Park

HIPSTER DISTRICT

- 48 Suvanto – café €
Suvannontie 18
- 49 Kolmonen – restaurant €€€
Kolmas Linja 11
- 50 Sandro – restaurant €€€
Kolmas Linja 17
- 51 Cella – restaurant €€€
Fleminginkatu 15
- 52 Good Life Coffee – café €
Kolmas Linja 17
- 53 Street Gastro – street food €
Vaasankatu 13
- 54 Döner Harju – street food €
Fleminginkatu 23
- 55 Leipomo K.E. Avikainen – bakery &
retail shop €
Franzéninkuja 10
- 56 Silvoplee – café €€€
Toinen Linja 7
- 57 Abattoir – café, restaurant, retail
shop € – €€€
Työpajankatu 2
- 58 + Hakaniemi Market Hall €
Hämeentie 1a
- 59 HOT SPOT: Bear Park

EXPLORE HELSINKI'S FOOD CULTURE ON THE TRAM!

Helsinki has one of the largest tram systems in Europe! Here are three food related tram routes with five suggested stops each. These routes take you through the food districts, but some of them even take you outside of the common food districts. You'll find more information about the area that the team map covers on the website www.visithelsinki.fi. The tram stop names are in the brackets.

TRAM ROUTE NUMBER 6: DESIGN – HIPSTER – ART

- Starting point: Hietalahti
- Hietalahti Market Hall & summertime flea market (Hietalahti)
- Bulevardi: Café Ekberg (Fredrikinkatu)
- Hakaniemi Market Hall & Market Square (Hakaniemi)
- Ethnic Helsinki: Hämeentie walk (between Hakaniemi – Sörnäinen)
- Abattoir (get off at Lautatarhankatu, walk down Lautatarhankatu, and turn left at Sörnäisten rantatie)
- ✚ If you have additional time: Arabia

TRAM ROUTE NUMBER 7: HISTORICAL – GREEN

- Starting point: Pasilan asema
- Sibeliuksen Park (Töölön halli, walk along Sibeliuksenkatu)
- Töölönlahti Bay (Ooppera)
- Tori Quarters (Senaatintori)
- Kruununhaka (Hallituskatu)
- Vallila (Vallilan kirjasto)
- ✚ If you have additional time: Turn table (Pasilan asema, walk along Ratapihantie, and turn right at Tallinkatu)

TRAM ROUTE NUMBER 4: JUGEND – AALTO'S HELSINKI

- Starting point: Vyökatu
- Prison restaurant Linnankellari (Vyökatu)
- Katajanokka's red brick barracks (Katajanokan puisto)
- Kansalaistori Square + City Museum Hakasalmi Villa (Kansallismuseo)
- Töölö (Hesperian puisto, walk along Eteläinen Hesperiankatu)
- Munkkiniemi (Munkkiniemen puistotie, walk along the Park Avenue, turn left at Laajalahdentie and walk to the beach)
- ✚ If you have additional time: Seuraasaari Island (Meilahdentie, walk along Meilahdentie, turn left at Tamminiementie, cross the bridge to the island)

ISLAND RESTAURANTS

Lonna
Boathouse
Pihlajasaari
Skiffer Liuskaluoto
Särkännlinna

SEASIDE CAFÉS

Ursula – Ehrenströmintie 3
Mattolaituri* – Ehrenströmintie 3 A
Café Compass* – Ehrenströmintie 1 B
Café Carusel – Merisatamankatu 10
Birgitta – Hernesaarenranta 10



*open only in summer

Restaurant



Helsinki's food culture is the most interesting one in the Nordic countries thanks to its unique location between East and West. It's a brave barking dog: fun, innovative, easy-going, social, seasonal, fresh, local, natural, traditional yet modern, it's exciting and continuously evolving! Most of all it's about people and stories – get to know them through this one map, five districts and 50 places! 1-5-50 -> easy to remember since the city where heaven meets the sea - Helsinki - was founded in 1550. These five districts can be explored on foot, by bike, tram, bus or underground.

HELSENKI

www.visithelsinki.fi

Graphic Design by Tikari & Maininki

Helsinki's food culture history

Mid-18th century

Coffee, hot chocolate and tea arrives to Helsinki through soldiers building the Suomenlinna Sea Fortress, the first "kaffehus" was established on Suomenlinna Sea Fortress Island in the 1750's

1827 - 1833 - 1838 - 1867 - 1887 - 1899

six of Helsinki's first restaurants were established; Kaisaniemi, Seurahuone, Kaivohuone, Kappeli, Kämp and Fennia

1862

Stockmann Department Store was founded

1919-1932
prohibition period - the first liquor store Alko was opened in 1932

1938

Salmiakki treats were introduced by Fazer

2000

Helsinki Menus were introduced in Helsinki as Helsinki was named the European Capital of Culture

2011

the first Restaurant Day and the beginning of Helsinki's ongoing food culture boom

1899

Karl Fazer Café was established

1987

first Michelin starred restaurant in Helsinki

1852

Helsinki's first café - Café Ekberg was established

Early 19th century

the first restaurants opened in Helsinki, among others Kaupunginkellari restaurant located at today's City Hall

1 000 B.C.

The first beers were produced in Finland

Learn more about Helsinki's food culture history at the Hotel and Restaurant Museum, Tallberginkatu 1

MICHELIN STAR RESTAURANTS (2015)

*Olo, Pohjoisesplanadi 5

*Demo, Uudenmaankatu 9-11

*Ask, Vironkatu 8

*Chef & Sommerler, Huvilakatu 28

Helsinki Menu restaurants (2015)

HelsinkiMenu provides a chance to enjoy the best tastes and seasons of the Finnish cuisine. Cooking by the season is natural for Finns. In spring Finns watch the potatoes grow and wait for the first bite of the simple treat: new potatoes with butter. Summer and autumn make the range of ingredients bloom: wild fish is accompanied by treats from the forest and fields. Preserved goods, like root vegetables, get sweetness and depth in their taste in winter. Dried, smoked and simmered hearty meat courses keep you warm in wintertime.

Arthur, Vuorikatu 19

Bryggeri, Sofiankatu 2

Fly Inn Restaurant & Deli, Helsinki Airport, Terminal 2, gate 27

Granittilinna, Säästöpankkiranta

Kuu, Joulukatu 27

Kuukuu, Museskatu 17

Nakka, Kanavaranta 7

Suomenlinnan Panimo, Suomenlinna C1

Café Ursula, Ehrenströmintie 3



ANNUAL FOOD EVENTS IN HELSINKI

Restaurant Day four times a year – in February, May, August, November

Local & Organic Food Fair

SCAE World Barista Championships

Street Helsinki

Champagne Market

Lovely Helsinki City Festival (Ihana Helsinki)

Food on Art "Ruokaa taiteella"

Taste of Helsinki

World Village Festival

Dinner in the Sky

Farmer's Markets

World Bites

Beer Festival (Suuret oluet, pienet panimot)

Delicacies of Finland (Herkkujen Suomi)

Wine, Food & Good Living event

Art goes Kapakka

Syystober

Tori Quarters' Street Festivals

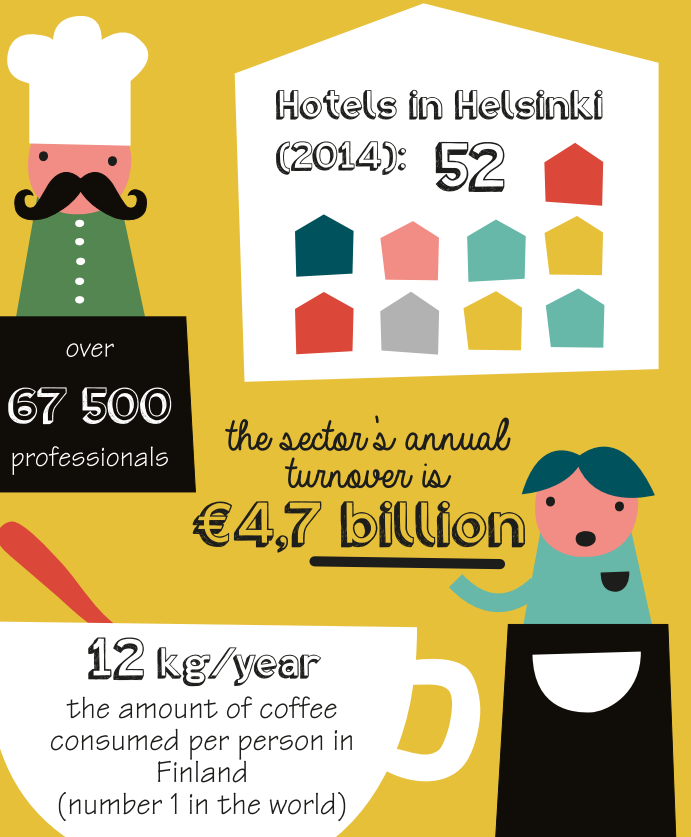
Licorice Festival

Baltic Herring Market

Christmas markets

FINNISH FOOD SCENE IN A NUTSHELL

(sources: Finnish Hospitality Association MaRa and Valvira)



Restaurants in Helsinki (2014): 1 271

accounts for 3.8% of Finland's GDP, which is more than banking and insurance or the forest industry

HELSINKI'S SEASONAL INGREDIENTS



January:
blinis, fish roe, burbot



February:
Runeberg tart, pea soup, Shrove buns (laskiaispulla)



March – April:
Lamb, Finnish Easter pudding (mämmi), pasha



May:
White fish, mead (sima), nettles, perch, pikeperch, May Day fritters (tippaleipä)



June- July:
new potatoes, salmon, sausage, Atlantic herring, strawberries, blueberries, sea buckthorn



August:
root vegetables, crayfish, wild duck, chanterelles, apples



September:
Baltic herring, hare, lingonberries, vendace



October – November:
Lamb, cabbage, moose, reindeer, goose



December:
Ham, root vegetable casseroles, gingerbread, Christmas pies (joulutorttu), mulled wine, beetroot salad (rosolli)

									
									
GLOSSARY									
									
Beer	Berry	Bun	Butter	Chocolate	Cinnamon bun	Coffee	Doughnut	Fish	Ice cream
Meat	Milk	Mushroom	Pasty	Porridge	Potato	Reindeer	Rye bread	Salty licorice	Water
Thank you	Could I have...	Do you have...	Delicious !	I'll have...	Olut	Marja	Pulla	Voi	Suklaa
Korvapuusti	Kahvi	Munkki	Kala	Jäätelö	Liha	Maito	Sieni	Piirakka	Puuro
Peruna	Poro	Ruisleipä	Salmiakki	Vesi	Kiitos	Voisinko saada...	Onko teillä...	Herkullista !	Ottaisin...
									
									

Eastern & Western influences in Helsinki's food culture

One of the characteristics of Helsinki's food culture is that it has been influenced both from East and West due to Finland's history. Here are some of the most evident influences from both sides.



EASTERN INFLUENCES

Oven casseroles
Stroganoffs and hot pots
Soft bread
Pasties, pies, Karelian pasty
Curd cheese
Short cut sour milk
Blinis
Mushrooms
Sauerkraut

WESTERN INFLUENCES

Soups and stews
Whole roasts
Hard bread
Sweet bread
Cheese
Long, elastic sour milk
Salted and pickled fish
Meatballs
Smoked meat and fish

