

# GREEN GUIDE

AMSTERDAM



FIRST EDITION

2017/2018

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## *ABOUT THE GREEN GUIDE*

This list aims to present a range of green locations in Amsterdam. Based on what you're after you can find your favourite in food, drinks, coffee, shopping, groceries, recycling and apps. With a focus on affordable prices for students, this list offers a general overview of many relevant places and is bound to grow as further suggestions are added. Let us know what you would like to see in the Green Guide by using the form on our website.

**This is an interactive PDF. Click on the name of a place to find more information about it.**

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*PIZZA*

Pay as you feel  
organic pizza nights

# WHAT MAKES A PLACE GREEN?



## **Organic products available**

Focus on organic products.



## **Vegan offers**

Focus on vegan options.



## **Vegetarian offers**

Focus on vegetarian options.



## **Fairtrade options**

Focus on fairly traded goods.



## **Local sources**

Focus on locally sourced goods.



## **Sustainability programs**

Focus on products or workshops that promote sustainability.



## **Recycling programs**

Focus on products or workshops that promote recycling.



## **Renewable energy source**

Focus on using renewable energy.

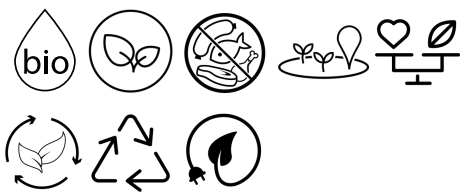
If a venue is missing one of the symbols, it may merely be the case that it is not known whether the attribute is applicable. Symbols are allocated according to our best judgment on information available online and in some cases through direct contact. If you feel that your business is misrepresented in this guide, please contact us.

# FOOD



## CAFÉ DE CEUVEL

Noord, Korte Papaverweg 4.



The winner of this list. This place has it all and earns the sustainability badge like no other place. Enjoy vegetarian and vegan options or come for a workshop on this former shipyard, that serves as a great hangout on summer days.

## DE KASKANTINE

Currently relocating until March 2018



This venue does not pay any bills for gas, water or electricity as it is fully sustainable. In a temporary location, it proves that sustainability is possible, with great results: Check their website for events, for example, weekend pizzas from their wood-fired oven until you say stop. Also open for a vegan brunch on Sundays. Pay as you feel. Various drinks for around €2.50. Stay updated as this project is moving to a new location in the south.

## DE PEPER @ OT301

West, Overtoom 301.



A legalised squat now offers performance space, cinema and gallery as well as dinner. A social and activist kitchen run by volunteers to serve vegan and organic dishes is open for three-course dinners on Tue, Thu, Fri & Sun. Call in the afternoon to get your name down on the list for dinner! Pricing is around €10 for a set menu.

## ROBIN FOOD KOLLEKTIEF @ De Nieuwe Anita

West, Frederik Hendrikstraat 111A.



A vegetarian, mostly organic, social and activist kitchen run by volunteers. Open for a set three-course dinner on Mondays and Thursdays for €10. You can also spend your time playing some board games.

## MILTVUUR KEUKEN ZUID

West, Eerste Schinkelstraat 14-16.



Another vegan, social and activist kitchen run by volunteers. Open for a set three-course dinner on Thursdays and Fridays, so call in the afternoon to get your name down on the list! Also very affordable.



## FRUITTUIN VAN WEST

Eendracht, Tom Schreursweg 48.



An organic orchard that offers workshops related to gardening, crafting, cooking and more. You can also pick your own fruit and pay per kg. A convenience store serves a wide range of organic supplies.

## BUURTBOERDERIJ

Sloterdijk, Spaarndammerdijk 319.



This community farm is a restaurant partly run by volunteers. It offers quite affordable drinks and meals. Try their three-course dinner for €8. A short bike ride from Westerpark you are also likely to get in touch with some sheep, that can be adopted, at this place. Yoga classes are offered as well.

## SPIRIT AMSTERDAM

Oost, Czaar Peterstraat 2A.



An organic and vegetarian self-service buffet with a huge variety. Open for breakfast, lunch and dinner. Price range: 2.25 - 2.95 €/100 gram.



## BETER & LEUK

near Wibautstraat, Eerste Oosterparkstraat 91.



A friendly and cosy atmosphere at this place that offers organic breakfast and lunch with many vegan and vegetarian options. Also on offer: Yoga classes, vintage clothing and tasty hot chocolate or chai.

## BAKING LAB

Oost, Linnaeusstraat 99.



Too often you can squeeze a loaf of bread to half its size, especially when it's from the supermarket. You won't succeed at Baking lab because they are selling a huge variety of high-quality bread. They even teach you how to make it in their regular workshops! This experimental bakery, baker's shop and café focusses on sustainability, you may want to try their veggie bacon made from croissants from the day before, so be sure to come by for lunch or pick up a loaf Wednesday - Saturday.

## TASTE BEFORE YOU WASTE @ Dokhuis Galerie

Plantage, Plantage Doklaan 8-12.

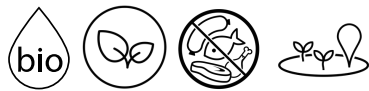


There's a lot going on here. You may like to join the Wasteless Wednesday Dinners where volunteers make vegetarian meals from local ingredients that are good quality and would otherwise have been wasted. Pay as you feel. On Tuesday afternoons you can collect free leftover food and meet like-minded people.



## DE LAATSTE KRUIMEL

Centrum, Langebrugsteeg 4.



Baked goods like bread, scones, quiches and cakes are all organic and sourced from local ingredients. This rather small and cosy shop can be quite busy at times and offers a 10% discount for students.

## TRUST

De Pijp, Albert Cuyppstraat 210.



A little waste-free restaurant at Albert Cuypp market, where ingredients are sourced. Enjoy healthy, vegan and vegetarian meals and drinks. Milk alternatives are served. Pay as you feel.

## INSTOCK

Oost, Czaar Peterstraat 21.



Food waste is given a new opportunity at Instock. Unwanted food from local supermarkets is rescued on a daily basis and turned into quality dining. Card payment only.

## LAVINIA GOOD FOOD

Centrum, Kerkstraat 176.



Mostly vegetarian and vegan meals are served at this health food restaurant, open for breakfast and lunch. Card payments only.





## HUMMUS HOUSE

Centrum, Sint Antoniesbreestraat 25C.



A protein-rich serve of home-made, fresh hummus is all you need. It is tasty, vegan and only €7.

## SIR HUMMUS

De Pijp, Van der Helstplein 2.



This cute, little place serves tasty variations of fresh, homemade hummus, starting at €9.50.

## HUMMUS BISTRO D&A

Jordaan, Westerstraat 136.



Located in Jordaan, and now also in Oost, Hummus Bistro serves great shakshuka or hummus with falafel until late. Around €8-12.

## MANAMANA

De Pijp, Eerste Jan Steenstraat 85.



On the menu are homemade hummus, falafel as well as other Middle Eastern dishes like baba ghanoush. Around €8-12. Pricier than the other venues serving hummus though because the portions are for sharing and thus smaller.



## MASLOW CAFÉ

Science Park, Carolina MacGillavrylaan 3198.



Organic beers and tasty hummus dishes are served at this café, which many students regard as their living room. Student-friendly prices.

## DE BUURMAN

West, Van Hallstraat 65.



Authentic Egyptian falafel are offered at this little venue. Crispy and fresh. Price around €5.

## SAFAK

Oost, Linnaeusstraat 221.



If you are in Oost and looking for a Falafel kebab, this is one of your best options. Prices around €5.

## LEEMAN DÖNER

De Pijp, Van Woustraat 160.



Another small and simple Falafel kebab can be bought at this popular joint, also open near the flower market. Around €3 but you may need two.



## NOORDERLICHT CAFÉ

Noord, NDSM-Plein 102.



Vegan soups and salads are served at this venue built on an old shipyard that allows for a great atmosphere during live music events. Check their agenda.

## SALSA SHOP

Several locations.



This Amsterdam chain serving Mexican food, like burritos, is likely to be in your area when you're looking for a quick vegetarian or vegan meal. A veggie burrito is €8. Also at Centraal.

## VEGAN JUNK FOOD BAR

De Pijp, Marie Heinekenplein 9 - 10  
& West, Staringplein 22.



Perhaps you're new to Amsterdam and haven't had a chance to try their famous Dutch cuisine because you prefer to go vegan or vegetarian. There's a solution now and you may be pleased to hear that bitterballen, kapsalon and fish and chips are now available for you at two locations! It is quite a hip place and the food is anything else but boring. Mains like burgers start at €7.50. Open late until around midnight. Card payment only.



# DRINKS



## **BROUWERIJ TROOST**

De Pijp, Cornelis Troostplein 21.



Running on green energy, this brewery also offers a variety of locally brewed beers and even recycles the steam from their cooling water. Vegetarian and vegan options on the food menu. Also has venues in Oost and Westerpark.

## **FLOWER FOOD & DRINK**

Plantage, Entrepotdok 36.



A 100% organic cafe with vegan and vegetarian offers near Roeterseiland. Bottled beers are available too.

## BROUWERIJ 'T IJ

Oost, Funenkade 7.



Organic beers come at a trade-off as hops often have to be imported from New Zealand. Conscious of their impact, this brewery, located in a historic windmill, has switched to ingredients from closer sources for some of their beers: Plzeň, IJwit, Paasij, IJbok, I.P.A. and IJndejaars.

## OEDIPUS BREWERY

Noord, Gedempt Hamerkanaal 85.



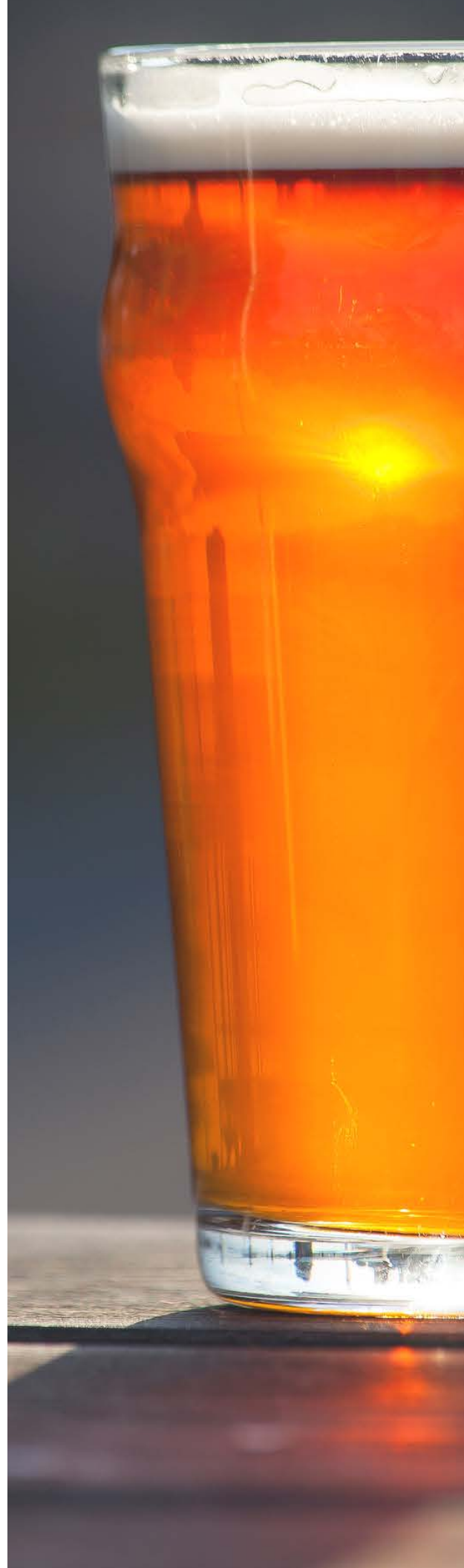
A significant energy intake is sourced from this breweries' own solar panels. The tap room offers a cosy warehouse atmosphere and colourfully bottled beers.

## DE PRAEL HEMELSWATER

Centrum, Oudezijds Armsteeg 26.



Have a taste of Hemelswater, a blonde beer brewed with rainwater, at this local and spacious brewery. Don't be disappointed if this beer is out of stock, you must have been enjoying the good weather for a while. No rain = no beer.



# COFFEE



## BACK TO BLACK

Grachtengordel, Weteringstraat 48.



A cute little cafe, with own roastery, selling fairly traded coffee and homemade cakes. If you're lucky you might share your stay with Binkie, a cat that will steal your heart. So be aware! Vegan options like milk alternatives are available.

## BOCCA COFFEE

Grachtengordel, Kerkstraat 96HS.



This spacious, cool cafe lets you pick your favourite locally roasted bean and doesn't make a secret of where it has been sourced. Cow milk alternatives like almond milk are available.

# SHOPPING

## LENA LIBRARY

Jordaan, Westerstraat 174h.



A library for women's clothes. Browse online to see what's available. Instead of buying your favorite piece you either pay for a one-time loan or use points from your subscription which starts at €25 per month. Under the subscription you can borrow as long as you like. Pick up and return in Jordaan.

## EPISODE

Centrum.



With four shops across Amsterdam and half a dozen more across Europe, this chain is another option for you to get your hands on good quality 2nd hand clothing.

## KILO SHOP

Centrum, Waterlooplein 189.



Buy your clothes second hand and pay per kilo! Several locations. Prices range 20-60€/kg.

## WE ARE VINTAGE STORE

Oud-West, Kinkerstraat 193.



With another shop in Oost, these stores offer second-hand clothes based on the kilo system with prices starting at 10€/kg. You will need cash but ATMs can be found nearby.

## HET FAIRE OOSTEN

Oost, Waldenlaan 208.



With a focus on various long-lasting products from creative designers, you are likely to find a new addition to your home or your next gift here. A workshop room is available for a range of activities.

## HET JITTERSDOK ZEEBURGERPAD

Cruquiseiland, Zeeburgerpad 90-99.



One of the bigger thrift stores, that carries a lot of furniture and appliances, is located here. Have a look if you need anything for your new home.



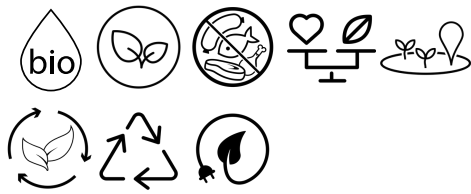


# GROCERIES



## EKOPLAZA

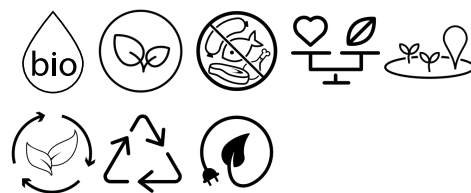
Several locations across Amsterdam.



This supermarket is a Dutch chain, that focuses on organic, locally sourced and fairly traded products.

## ODIN

Oost, Czaar Peterstraat 2 B.



This cooperative supermarket is not in the hands of shareholders but carried by its members. It is not necessary but you can buy a membership to get organic, locally sourced and fairly traded products with a discount.

## DELICIOUS FOOD

Jordaan, Westerstraat 24.



Family-owned health food store with organic products of all kinds. Buy muesli, nuts and dried fruits per gram without wasting packaging. Vegetables from local farmers and freshly baked goods like cookies are available too.

## EKODIS

Oost, Beukenplein 73.



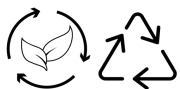
An independent family-owned supermarket selling a big range of organic products including vegetables and eggs from local farmers. This supermarket can easily compete with the bigger names. However, there is only this one store in Oost. So, lucky you if you live nearby.



# RECYCLING

## **ZERO WASTE LAB**

Oost, Dapperstraat 84



This recycling centre allows you to exchange paper, plastic and textile leftovers for local coins that can be exchanged for discounts at businesses in the area. Also at Waterlooplein.

A similar concept exists in Noord, see [wastedlab.nl](http://wastedlab.nl).

# APPS



## HAPPYCOW



Available for Android, iOS or online, this guide is your Yelp or Google reviews equivalent for any vegan or vegetarian needs worldwide. Perfect for finding amazing venues in your area when travelling to new locations. Many user submitted reviews help you find your favourite. Very useful!

## RESQ CLUB



Available for Android, iOS or web. Everyday local eateries post their offers so you can pick up some food at a usually discounted price and thus save it from being thrown out. Click on the link to see what is offered near you and have another look tomorrow if there is nothing for you today.

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