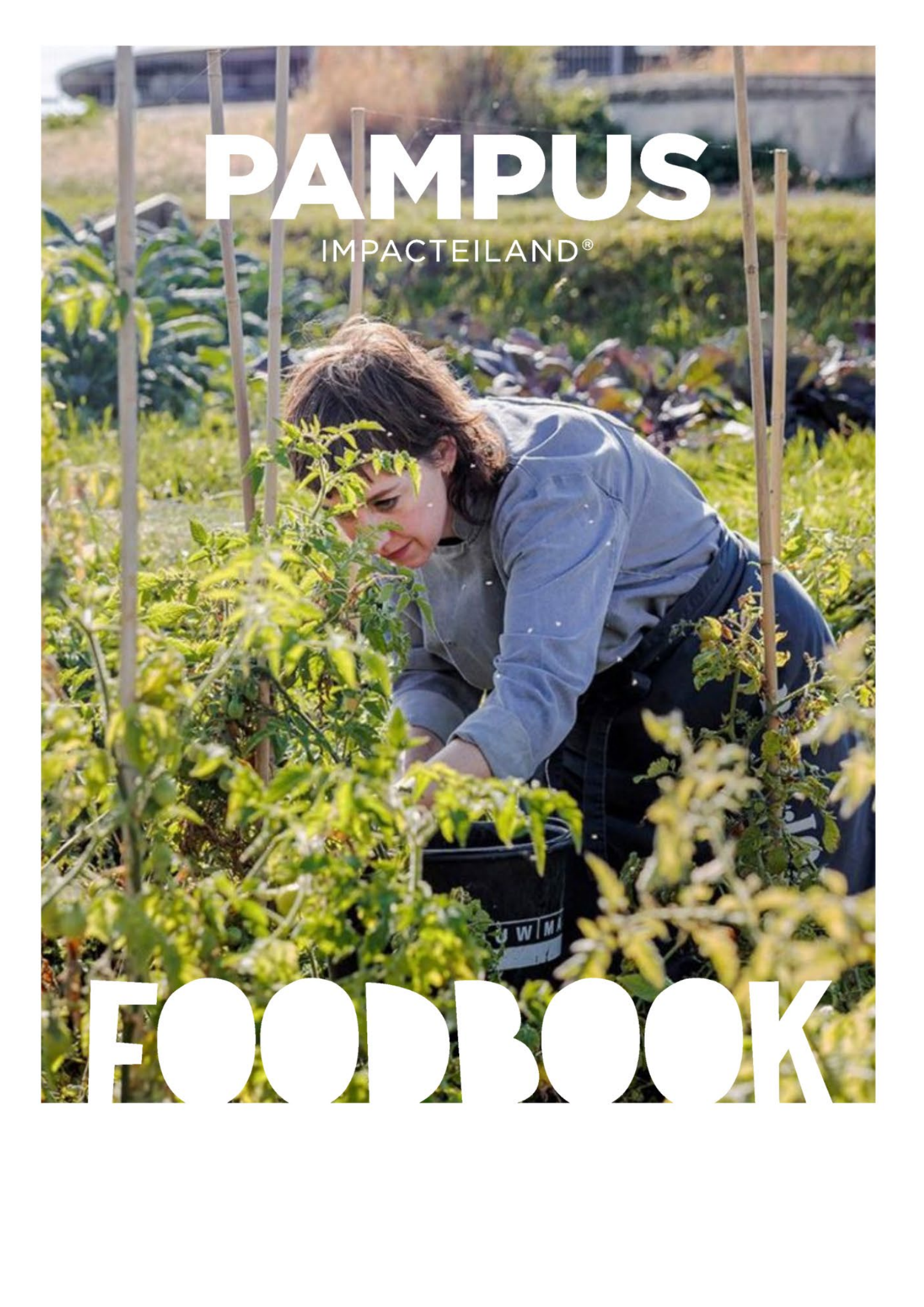


A woman with brown hair, wearing a grey long-sleeved shirt and dark pants, is bent over in a garden, harvesting green tomatoes. She is holding a black bucket with white text. The garden is filled with green plants and several wooden stakes. In the background, there is a concrete wall and some trees.

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FOODBOOK

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Off-grid since 1895

Forteiland Pampus was completed in 1895 and was already completely off-grid. The island was not connected to the mainland for electricity, gas or water. This allowed the stationed soldiers, in times of war, to operate independently and remain on the island for months without outside supplies.

Even today, Pampus is still not connected to mains water, gas or electricity. What once was a necessity has now become a conscious choice. The island has undergone a remarkable transition: from historically off-grid to fossil-free off-grid UNESCO World Heritage.

With a smart energy system in which sun, wind, biogas and hydrogen work together, the island increasingly runs on its own power. Water from the IJmeer is purified into Pampus water, and the barbecue runs on our own biogas.

A special place on the island is the historic Bergloods, now an energy-positive venue for drinks, dinners and gatherings overlooking the IJmeer.

But now — let's talk about the food.

The heart of our kitchen lies on the island itself. In the gardens of Pampus we grow vegetables, herbs, fruit and flowers that go straight into the kitchen.

Of course, we cannot produce everything on the island. That is why we sail electrically between Pampus and Muiden every day to bring beautiful ingredients to the island. And where local simply isn't possible — think coffee or chocolate — we work with producers who share our philosophy: good, clean & fair.

With these ingredients we cook all year round on our favourite island: lots of vegetables and legumes, sometimes fish or meat. We preserve as people used to, and add rich flavours. Always fresh, seasonal, and with a cheerful Pampus touch.

Greetings from Pampus,

Anne, Diane
and the rest of the team

Pampus is a partner of



and certified in 2026 as



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The small print

We are happy to accommodate ethical dietary choices or existing allergies — please let us know before your visit. Unfortunately we cannot cook for guests with coeliac disease, a salt-free diet, or a garlic allergy.

Prices are per person (unless stated otherwise), excluding VAT and subject to change.

Welcome & Meetings

This week's cake comes from Dikke Lepel and the appelschnitt from Kuijt — two excellent local suppliers.

Tea is served the old-fashioned way in circular teapots, and herbal tea comes from our own garden. Coffee from our royal supplier Hesselink is Fairtrade and organic. And if you prefer something other than tea or coffee, there is plenty of interesting things to taste!

Coffee and tea jugs with

- | | |
|----------------|------|
| • Sweet treats | 9,25 |
| • Biscuit tin | 4,00 |

Meeting package

15 per half day or 25 for the full day

Throughout the day — depending on the moment — small bites and sips to keep everyone sharp. For example:

- Coffee, tea, water
- Apples
- Biscuit tin, sweet snack
- A vitamin shot
- Pampus iced tea
- A small warm Zwamcijsje

Geen koffie, wel welkom

- | | |
|---------------------------------------|-------|
| • Welcome drink 0.0 with a Zwamcijsje | 7.00 |
| • Organic cava with a Zwamcijsje | 10.50 |
| • Pampus beer with a Zwamcijsje | 8.45 |

A Zwamcijsje?

Yes indeed — a crispy puff pastry snack filled with oyster mushrooms. The plant-based - and much tastier - cousin of the Dutch sausage roll, you could say. Made with mushrooms grown in the Netherlands.



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Lunch

A bold island lunch — something for everyone. Always vegetarian, always seasonal, always delicious.

Het Lokaaltje – Pampus' quirky island lunch (100% plant-based))

- Garden sandwich
- Fresh seasonal vegetarian soup — naturally lactose-free and gluten-free, because a good soup doesn't really need those anyway.
- Croquette from Kas and Cas

Standard with table water and organic juice 27,00

Table water, tea and coffee 27,00

Table water, organic juice, tea and coffee 29,50

Extras for the lunch table

- Fruit 1,75
- Egg with Pampus salt 1,50
- Extra croquette sandwich from Kas and Cas 7,50
- Zwamcijsje Mini or Max 2,50 / 4,50
Warm savoury mushroom pastry



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Drinks 'borrel'

A celebration at one of the many beautiful locations on Pampus. Taste award-winning Pampus beer, or choose a fine alcohol-free treat. Our island chefs provide the perfect bites.

Drinks - tab

We are happy to keep track of the drinks you have and invoice afterwards. That way you simply pay for what you enjoyed.

- What does it cost? Roughly the same as a café on the mainland.
- Ask us for the most recent drinks menu.

Drinks – fixed package

Also possible — no surprises afterwards. Slightly more expensive, but very clear.

Extended package: draft beers, bottled beer, house wine, cava, spirits and soft drinks

- | | |
|---------------|-------|
| • 2,5 hours | 35,00 |
| • Extra hours | 12,50 |

Basic package: draft beers, house wine and soft drinks

- | | |
|---------------|-------|
| • 2,5 hours | 27,50 |
| • Extra hours | 7,50 |



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Bar bites

The basics

49,50 (30 bites)

- Bittergarnituur
Pampus' fried favourites - classic Dutch bar snacks, just without the animal.

A little extra

8,75

- 2 bar snacks per perso
- Luxury table snacks

The full spread

18,25

- 2 bar snacks
- Luxury table snacks
- Zwamcijsje
- Bread with dips
- Garden vegetable bites with aioli
- Dutch cheeses with crackers and balsamic onions

Individual orders

- Oysters
Always from the Netherlands, per 24 pieces seasonal price
- Zwamcijsje Mini or Maxi
Warm savoury mushroom pastry 2.50 / 4.50
- Potato waffle with house sauce and garnish
A kind of oversized chip — the perfect midnight snack. 4.00 each



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Island dining – *Proef Pampus!*

As an off-grid island, Pampus lends itself perfectly to special cooking methods, bold flavour combinations and age-old preservation techniques. Our chef chooses the best preparation based on the season, the location and the ingredients. Roasting, grilling, baking in the embers, drying.

Lots of vegetables, legumes and herbs. And — if you like — some plant-based protein as an extra flavour booster. We source most of our ingredients nearby, but we also love herbs and flavours from the Middle East and Southern Europe.

What do we drink with that? Wonderful European wines, sometimes even Dutch ones. Or a good alcohol-free alternative, fresh lemonade or our house-made iced tea. Cheers!

Pita Pampus – a quick complete meal

23,50

- A soft pita bread filled with Falafval, tomato, pickled onion and garlic sauce.
- Served with red cabbage salad, cucumber, hummus, Pampuszuur and fresh herbs.

Falafval?

Yes - Falafval, not a typo. Falafval makes falafel from Dutch yellow peas and rescued vegetables. Plant-based, aromatic and surprisingly delicious. Less waste, more flavour.

Celebration buffet

45,00

- Labneh with roasted tomato, dill, sumac, garlic and toasted pumpkin seeds
- Hummus from our vegetable supplier (made to the Pampus recipe) with olive oil, za'atar and lemon
- Cucumber salad with red onion and mint
- Dried broad beans and olives
- Various breads, aioli, fresh herbs and Pampuszuur
- Aubergine purée with roasted vegetables, coriander, pickled red onion and Falafval
- Saffron rice with preserved lemon, butter, seasonal fish and shellfish
- Persian venison stew with yellow split peas, dried lime and cinnamon



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Pampus Souk – from 100 guests

35,00

- Tower of fresh simit, flatbread and other breads
- Dates, figs, apricots and other dried fruits
- Olives and preserved lemon, Turkish peppers
- Labneh with charred tomato, sumac, dill, mint and garlic
- Hummus with olive oil and za'atar
- Roasted broad beans
- Muhammara with walnuts and pomegranate seeds
- Pickled vegetables in all colours
- Bundles of fresh herbs, bottles of olive oil, rose water and orange blossom water, strings of aubergines
- Baba ganoush and roasted aubergine
- Green peppers and roasted paprika
- Carrot salad with raisins
- Bulgur with lots of lemon, parsley and tomato
- Pearl couscous with harissa, coriander and carrot
- Purple cabbage salad with Lebanese tahini dressing
- Cucumber salad with dried mint
- Falafel and pita with chilli sauce, mint sauce and garlic sauce
- BBQ with various sausages from Brandt & Levi (vegan and meat)

Desserts:

- Vanilla ice cream with coffee (affogato) or seasonal fruit 6.50
 - Cornetto from Boerderij IJs 6.00
 - Small sweets (chocolates, meringue and an ice bonbon) 4.50
 - Island dessert 13.50
- Appelschnitt with vanilla ice cream, real whipped cream and fresh green apple



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Other dinner plans?

At Pampus we bake, grill, roast and roast in all weathers we are used to! Of course we make sure our guests are warm and dry. But there are more possibilities. Dining outside at long tables endlessly, a festival dinner, walking around bites. We like to think along with you!

At the table

- Shared
Bowls full of island delicacies in the middle of the table. Passing, taking away and eating - nice dynamic 'Annemiek, may I have your bread', that atmosphere. Often we start with a soup, then a cold course and a hot one, ending with dessert.
- Dinner
Depending on the group size, everything is served per person, or we opt for a combination of shared and served.

We customise the menu for the above and it depends on the season and what the garden offers us. To give you an idea, here is a sample menu:

Buttermilk curd - Dutch shrimps - cucumber spice - pickled lemon - squid tuille
-
Spicy soup of Pampus pumpkin
-
Potato courgette biscuit - creme fraiche - smoked mussels
-
Bean cream - caramelised shallot - chive flower vinegar - lovage - rye bread crumb
-
Panna cotta of cornflake milk - camomile sorbet - salad of Pampus flowers

- 4 courses 55,00
Bread, appetiser, starter, soup, main course, dessert
- 5 courses 63,50
Bread, appetiser, starter, soup, entrée, main course, dessert
- Extra: cheese course 9,50
- Extra-extra: café gourmand 8,50



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Summer light and winter light

The heart of summer and midwinter on Pampus are marked by our Summer and Winter restaurant: Summer Light and Winter Light. These extensive and surprising dinner evenings have been a great success for years and are always sold out. On Fridays and Saturdays, these restaurants are open for private visits and groups of up to 20 people. On other days, we open the island for groups!

We are happy to share the latest menu with you. Depending on group size, a private Summer Light evening costs between €125 and €200 per person, including entrance, boat rental, logistics, dinner and an estimate for drinks.

Food stands

For large groups, we can host our own food festival! Tasty outdoors, eating with your hands, walking feet in the water... We tailor the menu, options from around 65 euros per person. A few popular appetisers:

Chickpea pancakes - salad of grated beetroot - tahini - sesame - herbal yoghurt

Turkish tip with venison hot dog and kimchi

Old cheese fritters with sour

Pea fritters with za'atar, feta lemon and mint

Corn tortilla with black bean stew, tomato, chipotle, dried black lemon, feta and coriander

Another idea?

Great, just let us know and we'll make something beautiful together!

