



PAMPUS

IMPACTEILAND®

FOODBOOK

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Off-grid since 1895

Fort Island Pampus was completed in 1895 and was completely off-grid even then. Not connected to the shore for electricity, gas or water. This allowed the stationed soldiers to operate independently in times of war and stay on Pampus for two months without the need for supplies.

And it still is! Pampus is not connected to water supply, mains electricity or gas. That is a challenge, but mostly offers opportunities! Pampus is currently experiencing the biggest transition in its history: from historically off-grid to fossil-free off-grid. Within the foreseeable future, Pampus will be the first 100% fossil-free World Heritage Site!

To achieve this, big and small steps are being taken in the areas of energy, water, waste, food and social sustainability. For example, we are currently cooking on our own made biogas and turning water from the IJmeer into Pampus water. In early 2024, we opened our own power plant in which a combination of biogas, hydrogen, wind and solar energy ensure that Pampus runs year-round on its own power.

Also new: an energy-positive historic shed (opened in 2024) that will be used as a beautiful new venue for drinks, dinners, business meetings and more. Crowning the project is a brand-new entrance building, floating in Pampus harbour with space for restaurant, shop and multiple function rooms.

But now about the food! At the heart of Pampus' production chain is its own island, where we grow unusual vegetables, herbs, fruit and edible flowers. We do this in our organic vegetable gardens and in our permaculture, a place where natural principles lead to an ecosystem that continues to nourish us.

But of course, we can't grow everything on Pampus. We sail electric back and forth to Muiden every day to bring beautiful, honest ingredients from local suppliers to Pampus. Where local is not possible (think chocolate or coffee), we work with suppliers who support our philosophy: *good, clean and fair!*

We work with these products year-round on our favourite island. Lots of vegetables and pulses and the occasional piece of meat or fish. Tasty, always fresh and in season, unadorned and with a happy-feminine Pampus touch.

Greetings from Pampus!

Anne, Diane and the rest of Pampus' hospitality team

Pampus is a partner of



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Reception and meetings

Our cake of the week cooks from Thick Spoon and apple schnitt from Kuijt. Two top local suppliers. Tea we serve old-fashioned in circular pots, herbal tea comes from our own garden. The coffee from purveyor Hesselink is Fairtrade and organic and there is also plenty of interesting things to taste if you don't go for tea or coffee!

Coffee and tea with

• Sweet	7,50
• Biscuits	4,00

Meeting package

17.50 per half-day session

- Unlimited coffee, tea and water
- Cookie jar
- Fruit
- Granola bars
- One extra snack per half-day period: sweet in the morning, savoury in the afternoon

Extra appetite: A cheerful-floury platter with cucumber, radish, seasonal fruit, chocolate and some small nibbles - €40.00 per platter (10 people)

No coffee, but welcoming

• Cava (organic) per glass	7,00
<i>Delicious with an oyster - seasonal price/ per 24 pieces</i>	
• Pas du Tout Mousseux	8,00
<i>The very best non-alcoholic bubble</i>	
• Pampus' Mocktail	6,50
<i>Extra tasty with pão de queijo *</i> 2,75	
• Bottle of Pampus beer	5,50
<i>Award-winning house beer - fresh drinker</i>	

* Pão de queijo is our favourite quick, savoury snack! A Brazilian cheese bite full of flavour yet very fluffy. And thanks to the use of tapioca, gluten-free too!

We are happy to accommodate principle food choices or existing allergies - please let us know before your visit. Prices per person (unless otherwise indicated), excluding VAT and subject to change



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Lunch

A cool island lunch, something for everyone. Always veg, always in season, always tasty.

Lunch table

- Facaccia sandwich with veggie topping
- Fresh soup of the season
- Croquette on a bap

With table water, tea and coffee	27,00
+ (Butter)milk and juices	30,00
With table water and house wines	35,50

Extras on the table

- Fruit bowl 1,50
- Salad with island vegetables and herb dressing 3,50
- Boiled egg with salt 1,50
- Cheese platter (3 varieties) with toast 4,25
- Kas and Cas croquette sandwich 7,50
- Croquette from Kas and Cas 4,00
- Zwamcijsje 4,25

delectable warm mushroom sandwich

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Drinks

A party at one of Pampus' many splendid locations! Taste award-winning Pampus beer, or go for a fine non-alcoholic treat. The island chefs provide the best bites.

Drinks - noted

We like to keep track of the drinks you drink and bill you afterwards. That way you pay for what you've had.

- What does that cost? About the same as at the mainland café.
- Ask us for the latest version of the drinks menu

Drinks - buy-out

Of course you can, no surprises afterwards. Expensive, but nice and clear!

Comprehensive package: all beers on tap, bottled beer, house wine, Cava, spirits, soft drinks, coffee and tea

• First three hours	48,50
• Sequels	12,50

Basic package: all beers on tap, house wine, soft drinks, coffee and tea

• First three hours	29,50
• Sequels	7,50

Bites

• Pampus' Vegetable Board	80,00 - per 10
<i>A very fresh, colourful board with lots of crispy vegetables, bread, toast and dips</i>	
• Pampus' Cheese Board	100,00 - per 10 persons
<i>The very tastiest local cheeses with toast and garnishes (approx. 100 g. per person)</i>	
• Oysters	Seasonal price
<i>Always from the Netherlands, per 24 pieces</i>	
• Table garnish	3,50
<i>Grab-and-go on the table</i>	
• Bittergarnituur	49,50 (30 pieces)
<i>Fried, always fine, always veggie</i>	
• Zwamcijsje	2,15 (mini) 4,25 (maxi)
<i>Heart-warming hot roll</i>	
• Spicy empanada - per 2 pieces	3,00

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Island food - Taste Pampus!

As an off-grid island, Pampus lends itself to unusual preparation methods, quirky flavour combinations and age-old preservation methods. Our chef chooses the best way to prepare and serve based on season, location and ingredients. Roasting, grilling, poaching, drying.

Lots of vegetables and cheese, pulses, herbs. And - if you like - an honest piece of fish or meat to add flavour. Speaking of which, we source our ingredients from close by, but love spices and flavours from the Middle East and Southern Europe.

What do we drink with that? Delicious European wines, sometimes even Dutch! Or a fine non-alcoholic alternative, a nice limo or our homemade iced tea. Cheers!

Fast and delicious 16.60

Celeriac/fennel burger on a nice potato bun with piccalilli mayo, lettuce, tomato, gherkin and fried onions

Fast, delicious and tasty 24.00

Celeriac/fennel burger on a nice potato bun with piccalilli mayo, lettuce, tomato, pickle and fried onions. With a jacket potato with creme fraiche and garden herbs plus fresh coleslaw

Festive 45.00 (also possible in 100% vegetarian or vegan variety) - sample menu:

- White beans-cumin-sumak-red onion-black lime served with a side of Meat with Story *
- Cod side with fennel orange dill black pepper
- Marinated mushroom-radicchio-wild spinach-smoked paprika-oregano
- Roasted potato salad-shallot-augurt-Spanish mayonnaise
- Couscous salad-courgette-parsley-salted lemon molasses
- Green salad-cucumber-herb dressing
- Carrot-white cabbage salad-sesame-soy-mint-coriander
- Yoghurt-feta-tomato-padron pepper oil-pumpkin seed
- BBQ sauce, aioli, herb butter
- Pots of pickled Pampus vegetables
- Baguette-Turkish bread
- Herb plants, bunches of radishes, lemon

*:think of an 'old cow' no longer giving milk, leg of lamb from a buck or game in season. Never just any farm meat!

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Desserts:

- Affogato - 6.50
Island favourite: top quality vanilla ice cream with a spicy espresso
- Cornetto of farmhouse ice cream - 6.00
- Ice cream on a stick Raspberry-Hibiscus - 4.85
- Small sweet with coffee - 3.50
- Dessert - 13.50
For example, chocolate mousse with crumble, cream, fruit



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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!

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