

Type: Restaurant / Take away / meal delivery
Country: Sofia, Bulgaria



Why it is a good practice?

Soul Kitchen is an innovative Vegan Restaurant in the center of Sofia where sustainability and good ethical behaviour are the basis of their business model. They like to serve diverse and fresh food every day, at an affordable price. They work around a seasonal menu... "in tune with nature's rhythm" and so, local sourcing and a short supply chain is key. The restaurant is run under the ethos of professionalism, innovation and a taste for experiments.

About

Soul Kitchen was established by a group of friends, and professionalism and love of food drive them to inspire their guests. It is one of the most beloved places in the center of Sofia. Through thinking about people and empathy with nature, they work outside of the norms, with a new vision and faith for the future. Their motto is "Together we make life happier and tastier" and they do this through their menu, service, and beliefs. At Soul Kitchen you will taste a variety of cleansing & alternate drinks, interesting and creative Vegan dishes, no bake / raw desserts and many other unusual and different offerings each day. They are happy to offer delivery service within the working hours of the restaurant, throughout the territory of Sofia city. Soul Kitchen is a dream come true for this group of friends, as it has become a fresh and alternative venue in Sofia. Their vision has been realized through their love for food, attention to detail and an uncompromising selection of all raw materials.

Healthy

Soul Kitchen offers smaller portion sizes; an array of water and low-sugar drinks and even their no bake vegan desserts are nutritious. The aim to reduce/avoid refined sugars, saturated fats and trans fats in their menu and offer healthy foods to aid the obesity crisis. Their approach is to, only cook ingredients to retain the maximum freshness of products and keep food in their natural state as much as possible.

Portion sizes are considered carefully for example soup of the day is 300 ml /Soul kitchen dessert is 150g.

Good food for them is:

- Food with pure origin – seasonal and predominately organic products are selected of regional and Bulgarian origin, as much as possible.
- Prepared using optimal fresh ingredients.
- Products and raw materials without, or with minimal friendly thermal treatment, in order to preserve the living microelements and vitamins within the products.
- Entirely wholegrain, natural, untreated and unrefined ingredients.
- All those free of animal products, ingredients with milk origin, artificial additives, improvers, colors, flavors, refined salt, refined and trans-fats, sodium glutamate, ingredients with E-numbers.

Sustainable

When purchasing ingredients, they try to avoid packaging, as they are aware of the Environmental impact and waste. They believe in operating a circular economy and have eco-solutions in place for their take-away packaging. They offer purified water from the water purification system, Spring-Time 400 by Aqua Living. With this system they offer clean, fresh and quality "spring water", thus avoiding the use of glass bottles, plastic, residues and heavy metals. In terms of sustaining their business they have established flexible sales channels.

Ethical

Soul Kitchen is an SME who bases its business on healthy nutrition; responsible food chain; ethical sourcing and eco nutrition. They believe in empowering the consumer with all relevant information. As mentioned through thinking about people and bearing empathy towards nature, they are continuously improving their processes, with a new vision and faith for a greener future.

Dietary requirements

The restaurant's profile is mainly Vegan/Vegetarian. All allergens are considered and menus are designed to tackle global health issues like diabetes and obesity. Everything is plant based and carefully reflected upon for its health benefits. Portions sizes are well thought-out and coeliacs are catered for throughout all the available menus.

Follow Soul Kitchen's story

