

***ENTREPRENEURIAL LEARNING EXCHANGE INITIATIVE FOR SUSTAINABLE HOSPITALITY
SMEs IN THE BALKAN-MEDITERRANEAN REGION***

Subsidy Contract No. BMP1/1.3/2616/2017

Company name: Soul kitchen



Source: <http://soulkitchen.bg/en/gallery>

Country/region of operation: Sofia, Bulgaria

Sustainability dimension: environmental, social

Description of the enterprise/initiative: Soul Kitchen is a cozily furnished small restaurant in Sofia where you feel like eating at home. The place looks like an apartment where you can choose whether to eat in the dining room, the hall or the living room. It is a project of a group of friends and culinary enthusiasts, which embodies common philosophy to prepare tasty and fresh food and common vision for its presentation.

Social/ community impact sought: Soul Kitchen aims at highlighting the opportunities for consumption of healthier, local, seasonal and tasty food, as at the same time empowering the local farmers/suppliers of products.

Stakeholders: residents and visitors of Sofia

Approach applied: fresh-food policy approach

Innovation applied: The restaurant uses purified water from the water purification system Spring-Time 400 by Aqua Living. With the system, the place can offer clean, fresh and first quality "spring water".

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Social impact and business results achieved: Enabling Sofia's residents and visitors to consume fresh healthy food:

- Food with pure origin – according to the possibilities and availability, mainly organic products are selected as well as such with Bulgarian and regional origin;
- Prepared with optimal fresh products;
- Products and raw materials without, with minimum or friendly thermal treatment, in order to preserve the living microelements and vitamins (necessarily without frying);
- Entirely from wholegrain, natural, untreated and unrefined ingredients;
- Food 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;

Financial situation / sustainability of the business model: The restaurant avoids the use of plastic packages exotic products or processed food. The water purification system not only provides fresh and first quality spring water but also prevents the use of glass bottles, plastic, residues and heavy metals, therefore enhancing the sustainability of the business model. In addition the restaurant applies strict waste separation and low-food-waste policies.

Key success factors: personal touch, concept, resource-efficiency

Challenges and problems: limited capacity

Year when the enterprise was created: n/a

References (web-site, intent links, video, etc.): <http://soulkitchen.bg/>

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