

## The fresh food philosophy at Paasitorni is the finishing touch to your meeting!

Paasitorni offers a unique setting for successful meetings, seminars, parties and corporate events. And not least thanks to the catering options available: "We believe that any meeting gets a boost from tasty but healthy meals full of diverse flavours," says Food Manager Mikael Kyyhkynen, with more than 30 years of experience and passion for food behind him.

### Strength and energy in the morning and during breaks

The healthy breakfast and coffee options offered to meeting guests consist of seasonal Finnish delicacies, innovative novelties and traditional favourites. Start your morning with an enjoyable sip of fruit juice or freshly-brewed strong coffee. Indulge your tummy with organic Finnish flakes, overnight oats or fresh yoghurt and scrumptious seasonal berries. Baked goods as well as sweet and savoury pastries are baked in house, which means that they are always fresh and full of flavour. Finish your perfect breakfast with fresh fruit and vegetables as well as Finnish cheeses and cold cuts. You'll be ready to roll!

### Our catered lunches are all about Finnish quality

A balanced lunch will provide you with energy – but also pamper your palate! We favour diverse, healthy and fresh selections when it comes to lunches at Paasitorni. We emphasise Finnish ingredients in our meat and fish dishes year round. The origin of seasonal vegetables, root vegetables and other side dishes is determined by availability and season. Warm sides are carefully hand made in the kitchen at Paasitorni, always from fresh, first-rate ingredients. Lunch at Paasitorni is filled with happiness, flavours and energy!

### Dine in style in international kitchens – or at the heart of Finnish flavours

Dinner at Paasitorni at the end of a day of meetings is a culinary journey, with the best of many cuisines. Much like the rest of our food philosophy, the dinner menu also draws from local produce, genuine flavours and top quality ingredients. Finnish classics will make you feel as if you're enjoying local delicacies from rural lakes, fields and forests, savouring their unique flavours with a side of Finnish self-sufficiency and integrity. International dishes, on the other hand, will transport you to exotic new places on the wings of Finnish ingredients. This will make your day!

"Here at Paasitorni, we want to offer our guests memorable, melt-in-your-mouth, refreshing culinary experiences, regardless of the time of day or year – with an eye for functionality. Come and enjoy the most delicious meetings in Helsinki," Mikael says.

### *Portrait of the man behind the food philosophy, Food Manager Mikael Kyyhkynen*

*"I started my career in 1989 in Turku, where I also trained. After coming to Helsinki, I worked in many gorgeous restaurants, such as Palacenranta, Klippan, Boathouse, Fishmarket, Sasso, Töölönranta, La Societe du Cochon, Kellarikrouvi... After a few years of running my own business I started working at Ravintolacolmio, where I have had the chance to work at Suomenlinnan Panimo and Meripaviljonki before joining Paasitorni.*

*I first got interested in gastronomy as a child when my mother, who was passionate about food, would try different recipes and create beautiful dishes and have us children taste them. I think this might be hereditary, as my youngest child has just started studying to be a pastry chef. Apparently, a love of food runs through three generations in our family.*

*Thanks to mentors, my food philosophy is mostly based on classic French cuisine, which I have modernised over the years by adding new ingredients and fresh ideas, for example. Come and taste the fruits of my labours!"*