



Swedish Fika Experience

A moment to slow down, taste, listen, and enjoy. Discover the Swedish tradition of fika through homemade pastries, small cookies, open sandwiches, and local non-alcoholic drinks – all served with stories about culture, everyday life, and traditions.

You'll get to taste some of the best of Swedish baking and light meals: classic cinnamon buns, traditional cookies, Skåne-style open sandwiches, and local drinks such as apple must or rhubarb cordial.

What you will experience

- An introduction to the Swedish fika tradition
- Tasting of open sandwiches, buns, and cookies
- Local non-alcoholic beverages
- Storytelling about fika and Swedish celebrations
- Hosted in the food studio or at another location



Want to know more or make a booking?

Get in touch with Sanna at sanna.ohlander@me.com

Practical information

Duration: approx. 2 hours

Group size: 6–20 people

Price: SEK 6,000 (up to 6 people), then SEK 950 per additional person

Location: The food studio in Malmö or as agreed