

## CAFÉ SOCIETY

From cultural cafés to island outposts, Gothenburg's coffee shops are as creative as they are diverse. *Theresa Harold* sits back and enjoys the best the city has to offer

The Swedish tradition of *fika* is an integral part of life in Gothenburg. Quite simply, it means to take a break and enjoy coffee – often along with some baked treats and good company. Nowadays, the coffee may be replaced by tea, or juice for children, but the idea behind it remains the same. Unlike British afternoon tea, which is normally taken at around 4 o'clock, *fika* can be enjoyed at any time.

Visitors to Gothenburg are never far from an excellent café and the range of sweet options is also impressive, from cinnamon, cardamom or *semla* buns to princess cake – a sponge cake filled with cream and topped with marzipan. Biscuits are also eaten, which can be dunked in your drink. Informal and relaxed, *fika* is a much-loved social pastime and one that should be relished while visiting the city.



### SKÄRGÅRDENS CAFÉ

The southernmost island serviced by the ferries, Vrångö is the ideal destination for a day trip. Once you've enjoyed one of the island's nature trails, have a rest in this delightful venue. It was opened in 2013 by Jennie Davidsson and Madeleine Karlsten who live year-round on the island, initially

as a place where local families could gather during the quieter winter months. Skärgårdens Café is a bar, restaurant and café with stunning sea views and a superb menu which comprises homemade meals and delicious pastries.

**Skärgårdens Café,**  
Nötholmsvägen 10,  
430 83 Vrångö,  
+46 (0)7 6397 5011,  
[skargardenscafevrango.se](http://skargardenscafevrango.se)



PHOTO: NILS LUNDE

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## KAFÉ FRILAGRET

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Situated between Järntorget and Esperantoplatsen, Kafé Frilagret is part of the youth-led Frilagret initiative, a cultural venue where members of the community host events in various languages. The café serves locally roasted, organic,

fair-trade coffee along with vegan and vegetarian lunches and gluten-free options. Come for the coffee and stay for a screen-printing workshop, dance performance or concert.

**Kafé Frilagret,**  
Lagerhuset, Heurlins plats 1A,  
413 01 Gothenburg,  
+46 (0)31 368 3492,  
[frilagret.se](http://frilagret.se)




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## LLAMA LLOYD

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A recent addition to Gothenburg's café scene, Llama Lloyd was established by music enthusiast Robin Olsson. In a rather unconventional move, the menu is focused on vegetarian food, offering just one dish for carnivores. Customers who arrive on a bicycle will receive 10% off their coffee order.

**Llama Lloyd,**  
Väderkvarnsgatan 16A,  
417 03 Gothenburg,  
+46 (0)31 122110,  
[llamalloyd.se](http://llamalloyd.se)