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Order Up! Sweden’s 2026 menu of top dining and culture is just what the Doctor ordered

2026 sees some exciting culinary launches and significant cultural moments across Sweden. The gastronomic scene features major openings, including Frantzén Group’s new high-energy Emberlin grill house, which centres on open-fire cooking, landing in Stockholm’s trendy Stureplan area. There´s also celebrated chef and entrepreneur Pontus Frithiof’s new French bistro concept, La Girafe, opening in Uppsala's main square. These developments coincide with key cultural milestones, such as the 100-year celebration of Stockholm’s renowned concert hall.

This impressive combination of dining and culture is at the heart of ”The Swedish Prescription,” a unique global initiative where Sweden has become the first country in the world to be recommended by doctors, where engaging with Swedish culture, and the balanced lifestyle exemplified by fika, are evidence-based ways to lift spirits and reduce stress.

Here are our picks for where and how to make 2026 a special year:

- NEW Frantzén Grill House in Stockholm
- Celebrated chef unleashes NEW restaurant in Uppsala
- Weinberg’s NEW bistro concept hits Helsingborg
- Knystaforsen on Forbes 10 “coolest” restaurants in the world in 2026 list
- Karlatornet, Scandinavia’s tallest tower open to the public, in Gothenburg
- 65 years of the world’s best vanilla ice cream, and it´s Swedish
- Umeå’s ambitious cocktail project turns five
- Stockholm’s concert hall celebrates 100 years
- Royal anniversaries galore at Solliden Palace
- Nobel-awarded female author honoured
- For children, from the renowned author, Astrid Lindgren

Hot NEW Frantzén grill house to open in Stockholm

Coming to Stockholm’s trendy Stureplan area in 2026, Emberlin marks a new chapter for Frantzén Group. This contemporary grill house will centre on open-fire cooking, offering an à la carte menu that spans meats, fish, seafood, vegetables and poultry. A raw bar featuring crudos, sashimi and sushi set the tone, while playful desserts add a lighter finish.

The venue will feature a lively dining room and a spacious bar with curated cocktails. Staying open late, Emberlin promises a high-energy atmosphere at the heart of Stockholm’s nightlife district, blending bold flavours with a vibrant social scene.

https://www.emberlingrill.se/

Celebrated chef unleashes NEW restaurant in Uppsala

Award-winning Swedish chef and entrepreneur Pontus Frithiof is opening a new restaurant, La Girafe, in Uppsala’s main square, Stora Torget, in February 2026. Like La Girafe Arlanda at the airport, the new restaurant will offer a generous selection of gourmet food and drink pairings throughout the day at a central location in Uppsala, Sweden’s fourth-largest city. Frithiof describes the food as "French bistro food with a twist".

https://www.pontusfrithiof.com/

Weinberg’s NEW bistro concept hits Helsingborg

Renowned Swedish chef Simon Weinberg will open Bankpalatset (The Bank Palace) in Helsingborg’s city centre in spring 2026. The new concept combines Nordic and Mediterranean influences in a modern bistro setting, serving à la carte lunch and dinner alongside a vibrant cocktail bar.

Weinberg brings experience from world-class kitchens such as NOMA, Bagatelle and Operakällaren, as well as acclaimed ventures Bokbacka in Oslo and Weinbergs Hotell in Trelleborg.

Knystaforsen among the 10 “coolest” restaurants in the world in 2026, according to Forbes

The Michelin-starred restaurant Knystaforsen, housed in a former sawmill in Rydöbruk, Halland (south-western Sweden), by a singing river and surrounded by unspoiled forests, has been included in Forbes’ annual list of the 10 “coolest” restaurants of 2026.

Selected by international experts, this distinction highlights the most innovative and inspiring establishments, those set to shape the future of global gastronomy. At Knystaforsen, there is no rush and no unnecessary embellishment. Over four hours, guests enjoy a menu inspired by nature’s pantry.

“*Mysterious, beautiful and utterly real. Every dish tells a story of river, forest and fire, raw nature shaped into refined simplicity. Dining becomes a journey rather than simply a meal. From campfire dishes beneath the stars to the quiet elegance of a candlelit dining room, it’s dining as discovery, a place where wilderness glows with quiet grace.”*, according to Forbes.

Karlatornet, Scandinavia’s tallest tower open to the public, in Gothenburg

At 246 metres tall, Karlatornet becomes the tallest skyscraper in Scandinavia. From the summer of 2026, its panoramic observation deck, *Gothenburg View*, and its restaurant located on the 69th floor will open to the public.

65 years of the world’s best vanilla ice cream in Halland, Sweden

The world’s best vanilla ice cream officially comes from Sweden. The prize at 2025’s International Ice Cream Conference was awarded to SIA Glass (Glass is ice cream in Swedish) for the second year in a row. SIA’s 65th anniversary in 2026 offers an opportunity to reflect on how an old slaughterhouse became the producer of one of Sweden’s most popular ice creams, called The Ice cream boat.

SIA’s home base lies in the southern region of Halland, on the west coast, a region famed for its long sandy coastline. It is perhaps these long, white-sandy beaches that were the inspiration behind this award-winning ice cream. Visit SIA´s flagship ice cream bars in the seaside town of Falkenberg and the historic village of Slöinge, where SIA has been producing ice cream in since 1961, and it is here that you will find the entire range of flavours!

TOP TIP: While in Sölinge, make sure to enjoy a Swedish fika at the award-winning Solhaga Stenugnsbageri (Stone Oven Bakery). This is one of the region's best-kept secrets, frequented by locals year-round!

https://www.visithalland.com/en/

Umeå’s ambitious cocktail project turns five

Renowned bartender Emil Åreng’s Facit Bar, a bold, all-Swedish cocktail concept that opened in early December 2021, is aiming to become one of Europe’s top three bars.

Emil Åreng, one of Sweden’s most celebrated bartenders, opened Facit Bar in Umeå in early December 2021, with a 1,000 m² cocktail destination overlooking Rådhustorget in the city centre. Known for his creativity at Cadierbar at Stockholm’s Grand

Hôtel, Areng now sets out to create one of Europe's best bars.

Facit's menu uses only Swedish ingredients and domestic spirits, redefining classic cocktails with a Nordic twist. Together with a handpicked team and top Swedish designers, Åreng promises an innovative experience unlike anything else.

https://www.facitbar.se/en-us

Stockholm's concert hall celebrates 100 years

100 years ago, in 1926, Stockholm's concert hall became the country's first building dedicated to classical music. It is an outstanding example of Swedish classicist architecture, resembling an antique temple. The concert hall celebrates its anniversary – and indeed 125 years of the Royal Stockholm Philarmonic Orchestra - with Ludvig van Beethoven's Symphony No. 7, music that Beethoven composed while improving his health in a spa. The concert on 9 April similarly offers an opportunity to increase well-being and enhance positive emotions.

https://www.konserthuset.se/en/programme/calendar/concert/2026/100-years-in-blue/20260409-1900/

Royal anniversaries galore at Solliden Palace

The palace of Solliden was built 120 years ago, and it has since been a summer paradise for generations of the Swedish Royal Family on the island of Öland. 2026 sees a few more anniversaries: the King and Queen celebrate their golden wedding anniversary, and it will also be 50 years since German-born Silvia Sommerlath became Sweden's Queen. A great opportunity to visit the palace gardens and unwind while strolling through the lush green parks.

https://sollidensslott.se/solliden-palace/the-palace-garden/

Nobel-awarded female author honoured as her hometown opera house turns 50

The first woman to win a Nobel Prize in Literature was Swedish writer Selma Lagerlöf. Her most well-known book,*The Wonderful Adventures of Nils*, is often thought of as a children's book, telling the story of a boy shrunk to the size of a thumb and travelling across the country on the back of a goose. Blended into the story are historical and geographical facts about Sweden that captivate adults, too.

A new opera, SELMA, celebrates the author and the 50th anniversary of the opera house in Karlstad between February and April 2026.

https://www.wermlandopera.com/om-wermland-opera/english-summary/

For children

Mardie is a little girl who gets into lots of mischief, just like many of Swedish author Astrid Lindgren's characters. In June 2026, Mardie's home gets a facelift at the outdoor theatre and amusement park that is entirely dedicated to Lindgren's characters, Astrid Lindgrens Värld.

The new Junedalen (or Junibacken in Swedish) features more real-life-size houses, more room for play and a space for a bigger audience.

https://visitsweden.com/where-to-go/southern-sweden/smaland/the-world-of-astrid-lindgren/

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