



MATHIAS DAHLGREN
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INTRODUCTION TO CHEF MATHIAS DAHLGREN

Chef Mathias Dahlgren is a well-known profile in culinary Sweden. Renowned for his culinary skills and creativity, Mathias Dahlgren cherishes a food philosophy based on what he calls “the natural cuisine.” In his own words, this builds on “a Swedish identity on a regional platform, creating cuisine that is open for local as well as global ingredients and influences. A cuisine that celebrates the fresh produce of each season.” This philosophy permeates all his culinary endeavors.

Today, he runs two restaurants at the Grand Hôtel in Stockholm, the award-winning Matbaren and Seafood Gastro. Matbaren is a restaurant with a vibrant array of medium-sized dishes paired with carefully selected beverages. Seafood Gastro focuses on dishes inspired by everything that lives on, next to, or in water; it received its first Michelin Star in the spring of 2024, less than a year after its opening.

In 2025, Mathias Dahlgren also launched a new outdoor terrace UTE offering a more casual experience with lighter dishes, snacks, and a curated selection of beer, wine, and other refreshing beverages. This addition reflects Dahlgren’s commitment to seasonality and relaxed enjoyment of great food and drink in a vibrant setting.

Through the years, Mathias Dahlgren has received the highest of accolades from both the food industry and international press. Today, he is still the only Swedish chef to have been awarded the internationally acclaimed “Bocuse d’Or,” at the young age of 27, the most prestigious gastronomic competition in the world. He is also the sole chef in Sweden to have been named “Chef of Chefs” eight times by Sweden’s top gastronomic colleagues. He was president of the Swedish Bocuse D’Or Academy for many years and is currently a member of Matlandet Sverige’s board of experts. Mathias Dahlgren is also the author of seven cookbooks, the most recent being *Mat i sommartid*, *Kokbok för grå dagar*, *Rutabaga*, *Hemkunskap*, and *Det naturliga köket* (in Swedish only).

Born in 1969, Mathias Dahlgren was raised on a family farm in Storliden outside Umeå in the north of Sweden. Interested in food for as long as he can remember, he learned the connection between food, family, and the land at an early age. He trained as a chef in his hometown of Umeå and has an extensive history of running successful restaurants in Stockholm, including the legendary Bon Lloc, which he ran between 1996 and 2005 and which was awarded one Michelin star.

In 2007, he opened the eponymous Mathias Dahlgren restaurant at the Grand Hôtel, consisting of two restaurant concepts, Matbaren “the food bar” for more casual lunch and dinner in a contemporary setting, and Matsalen “the dining room” for more elegant evening dining, both with interiors by the renowned British designer Ilse Crawford. In 2008, Matsalen received its first Michelin star, becoming a two-star Michelin restaurant in 2009, at which time Matbaren received one Michelin star. In 2014, Mathias Dahlgren added a third, innovative concept of Matbordet, Swedish for “the dining table,” where guests ate right in the middle of the cooking process.

At the end of 2016, Mathias Dahlgren chose to close Matsalen and Matbordet at the top of their game. The premises underwent an extensive renovation, and on February 13, 2017, Mathias Dahlgren opened a lacto-ovo vegetarian restaurant named Rutabaga, taking green cuisine to a fresh, new, and delicious level. In 2020, he opened his first restaurant abroad at the luxury Soneva Jani resort in the Maldives. Rutabaga closed and was replaced by Seafood Gastro in 2023, marking a new chapter in Dahlgren’s innovative culinary journey.



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SEAFOOD GASTRO

Scandinavia, known for its extensive coastlines and rich marine life, offers a diversity of flavor experiences. We not only strive to present the well-known species but also to discover the lesser-known yet exquisite delicacies that the sea, lakes, rivers, and their surroundings offer, an aquatic approach. We carefully handpick our ingredients, always focusing on taste and quality. Our primary ingredients are wild and come from the pristine waters that Scandinavia offers.

Our dining options are designed to provide you with a complete flavor experience. Whether you choose to join us for dinner or attend our exclusive Friday lunches, we guarantee that every moment will be a culinary journey.

MATBAREN

The award-winning restaurant Matbaren is a modern bistro – an informal restaurant in keeping with the times. Using the very best of fresh seasonal produce, Mathias Dahlgren creates a vibrant menu of medium-sized dishes and well-paired wine and beverages on a daily basis, served at a table or up at the large bar counter. This dynamic restaurant specialises in flavourful, well-balanced dishes from a menu divided into headings “From our country”, “From other countries,” and “From the plant world.” Seats are kept at the bar counter for those who haven’t booked.

UTE

Outside Mathias Dahlgren’s restaurants at the Grand Hôtel lies UTE, Dahlgren’s outdoor terrace where guests are invited to enjoy the sun at Blasieholmen from the best seats in the house. Here, a straightforward and uncomplicated menu is served, featuring selected snacks and small dishes, along with house-brewed beer and other refreshing drinks.

THE GREEN RABBIT

At the Green Rabbit rye bread bakery, Mathis Dahlgren spices traditional craftsmanship with new ideas and playfulness. Here, organic rye bread is freshly baked every day. At the same time, the bakery helps safeguard the future of rare Swedish grains by finding new ways to use them. In addition to all sorts of bread and baked goods, the Green Rabbit also serves break-fast, soup of the day and finger-licking good open sandwiches on rye, enjoyed as a take away or savoured on the spot.

THE SPARROW WINE BAR & BISTRO

Enjoy an authentic and genuine French bistro-style experience located at the chic boutique hotel with the same name. Guests can expect a warm and welcoming environment with a relaxed and vibrant atmosphere. Based on the food philosophy of the Natural Cuisine the a la carte menu consists of classic French dishes made from the very best of fresh seasonal produce. The wine bar represents a wide range of high-quality French wines to enjoy by glass or combined with a piece of cheese. The friendly ambience make it easy to stop by for a quick glass of wine or stay for a full evening.