

Aristotelian Definition: The fundamental elements - earth, water, air, and fire - that compose all matter.

# STOICHEIA

Ancient Greek: *στοιχεία* // "stoy-KHAY-ah"

## FINE DINING

STOICHEIA takes its name from the Ancient Greek word for the classical elements and offers a seasonally evolving dining experience within Leicester's Great Central Station. Rooted in the values of *Reuse, Reconnect, Reimagine, and Remind*, the concept uses the framework of the seasons and their corresponding elements to express and embody these principles; Each becoming a lens through which sustainability and reflection take shape.

WATER - WINTER   AIR - SPRING   EARTH - SUMMER   FIRE - AUTUMN

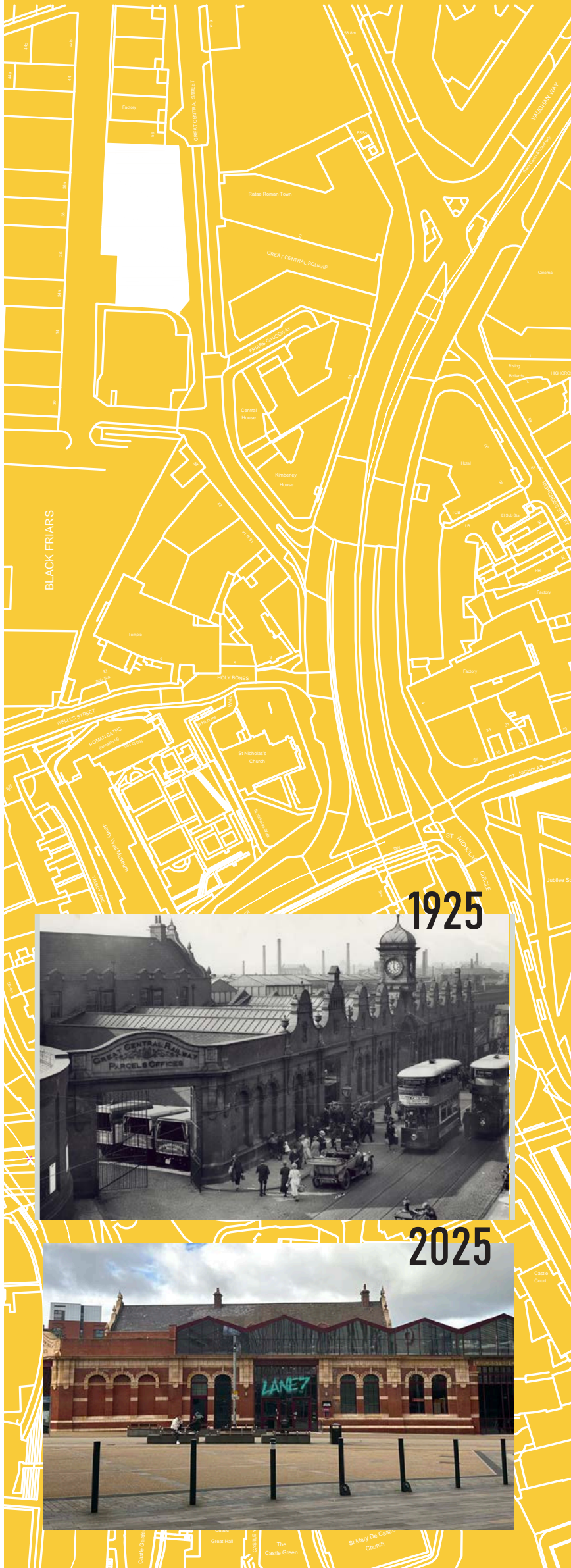
Menus highlight locally sourced, seasonal ingredients to reduce environmental impact and support biodiversity. While the physical space remains a constant, modular design and sensory transformation - through lighting, soundscapes, and atmosphere, create a fresh, immersive experience that encourages return visits, mirroring nature's rhythms and ongoing evolution. By embracing cycles rather than resisting them, Stoicheia fosters sustainable habits and a deeper awareness of ecological limits.

*Stoicheia offers more than a meal, it's a conscious celebration of nature's resilience, and an invitation to live more thoughtfully and in tune with the Earth's changing patterns.*

### PROJECT SUMMARY



BAR LOUNGE [WATER-WINTER]



Grand Central Station, Great Central Street, Leicester LE1 4JT  
Former Victorian railway station with distinctive architecture; a notable remnant of Leicester's transport history, reflecting industrial growth and urban development.

REUSE

HONOUR THE PAST

RECONNECT

NATURE IS THE GUIDE

REIMAGINE

DESIGNED FOR TRANSFORMATION

REMIND

EDUCATE THROUGH EXPERIENCE



# REUSE

Stoicheia embraces reuse by incorporating salvaged materials and architectural remnants from Leicester's historic Great Central Station, the very site it now inhabits. Original brickwork and steelwork are preserved, celebrating the building's industrial legacy. Furniture is minimal and durable, intended to remain through seasonal shifts. The atmospheric change is achieved through lighting and projection, not decoration. Overhead, large ceiling fixtures made from recycled PETG represent flowing water. As lighting shines through they immerse guests in a distorted projection of flowing water and provide a striking yet sustainable focal point, transforming reclaimed materials into beauty. These elements keep the space adaptive yet rooted, reducing material turnover while respectfully extending the building's layered narrative.



ISOMETRIC VIEW  
[FIRE-AUTUMN]

## The Problem: A Sea of Waste

Plastic waste is choking our oceans, most of it being single-use, designed for convenience, not longevity. What once symbolised purity, water now mirrors **our culture of excess**. These plastics break down slowly, harming marine life and polluting vital ecosystems. As this project takes inspiration from the elements, it felt important not to ignore the impact we, as a society, have had on water. Water has now become a metaphor for imbalance; reflecting how far we've drifted from living in harmony with what the world provides.

## The Solution: Sculpting Flow from Waste

Reclaimed plastic will be reshaped into flowing ceiling fixtures that echo the movement of water. These forms remind us of nature's ability to adapt and endure. By reusing what would otherwise be waste, the installation reflects Stoicheia's value of reuse, giving discarded material a new purpose. The waves overhead act as both sculpture and quiet reminder. What once polluted the ocean now adds beauty to the space, shifting our perspective from throwing away to thinking again, from harm to care and from the use of excess to using with intention.

## CEILING FIXTURE CONCEPT MODEL-



This model looks at how light and flowing forms can change the feel of a space. Made from recycled plastic, it shifts in appearance with the seasons as lighting changes, echoing the natural world. It shows how something thrown away can become something thoughtful, beautiful, and worth looking up at.



# RECONNECT

Drawing inspiration from elemental forces - Earth, Water, Air, and Fire. Stoicheia invites guests to reconnect with nature's primal rhythms. Each season is guided by one of these classical elements, shaping the atmosphere through carefully curated changes in light, sound, scent, and menu changes. This sensory layering is not just aesthetic; it's emotional and grounding. The experience aims to draw attention to the subtle transitions of the natural world, which are so often overlooked in modern life.

Menus evolve with the seasons, using local produce to reflect what the Earth can offer at that given time; rather than what is demanded of it. This approach encourages a slower, more thoughtful relationship with the consumption of food. Each element carries its own mood: the warmth of Fire in Autumn, the movement of Water in Winter, the clarity of Air in Spring, and the abundance of Earth in Summer.

By engaging with the cycles of nature and the circularity of life, guests are invited to pause, reflect, and attune themselves to the balance and flow that underpins everything. This multisensory journey fosters a quiet harmony between human experience and the elemental world, reminding us that we are not separate from nature; **but part of it.**

WHERE FOOD  
FOLLOWS THE  
SEASONS.

BAR LOUNGE [EARTH-SUMMER]





# REIMAGINE

Stoicheia transforms with the seasons, evolving both visually and sensorially through shifting lighting and thoughtfully curated menus. Smart lighting plays a key role, subtly changing to reflect the mood of each elemental theme. A warm amber and deep reds for Fire in autumn, cool and calming blues for Water in winter, fresh greens and earthy tones for Earth in summer, and soft sky blues and whites for Air in spring. These colour shifts dramatically each season to immerse guests in the seasonal atmosphere, creating a space that feels alive and in sync with nature’s transitions.

Menus follow the same rhythm. Sourced seasonally from Manor Farm in Loughborough, ingredients are chosen for what the land naturally offers at that moment, not what is artificially forced. With small set menus that change each season, the dining experience remains fresh, focused, and aligned with sustainable values. This not only reduces food waste but also supports local biodiversity and farming practices. Together, the lighting and menus form a multisensory narrative that connects diners to time, place, and the natural world. Stoicheia becomes more than a restaurant; it becomes a living environment that moves with the earth, reminding us of the beauty in eating with the seasons, not against them.



MAIN DINING ROOM [AIR-SPRING]



## MANOR ORGANIC FARM

Manor Organic Farm, located in Loughborough, is a respected local producer known for its commitment to sustainable and organic farming practices. The farm specialises in grass-fed livestock, seasonal fruits, and vegetables grown without synthetic chemicals or pesticides, supporting biodiversity and soil health. By working closely with Manor Organic Farm, Stoicheia ensures that its menus feature fresh, high-quality ingredients that reflect the natural rhythms of the seasons. This partnership not only reduces environmental impact through local sourcing but also celebrates the rich agricultural heritage of the region, reinforcing the restaurant’s core values of sustainability and respect for the Earth’s resources.

## STOICHEIA

### AIR

SPRING MENU  
STARTER

GARDEN PEA VELOUTE WITH A SILKY TEXTURE, DRIZZLED WITH FRAGRANT WILD GARLIC OIL AND TOPPED WITH CRUNCHY TOASTED SEEDS FOR CONTRAST AND FRESHNESS [V]

DELICATE SMOKED TROUT MOUSSE, SERVED WITH THIN CUCUMBER RIBBONS AND A BRIGHT DILL OIL, BALANCING SMOKY RICHNESS WITH FRESH HERBAL NOTES.

### MAIN

BUTTERY ASPARAGUS TART FEATURING FLAKY PASTRY, CREAMY RICOTTA INFUSED WITH LEMON ZEST, FINISHED WITH A SPRINKLE OF FRESH HERBS FOR A LIGHT, VIBRANT DISH

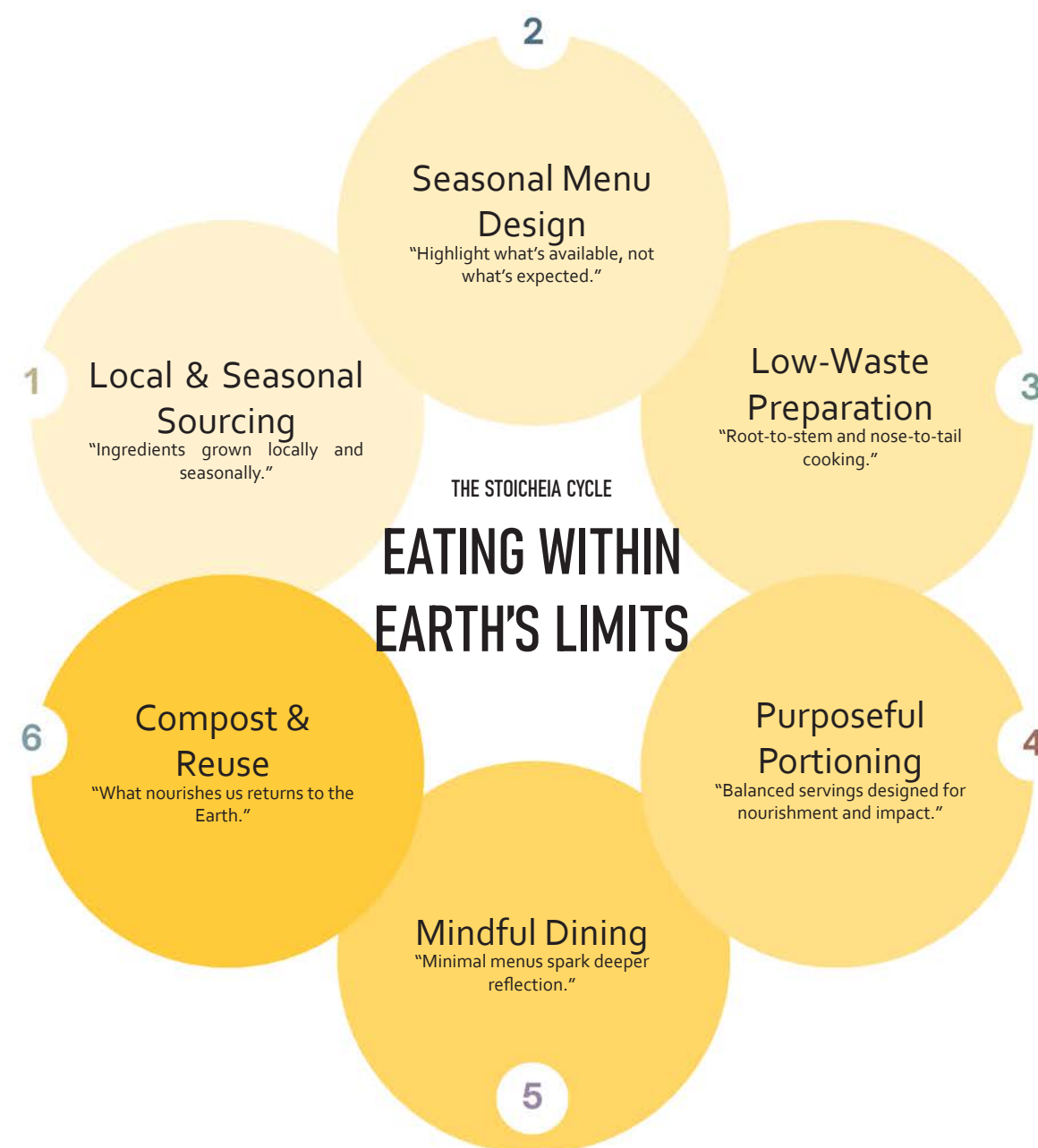
TENDER ROAST CHICKEN BREAST COOKED TO PERFECTION, ACCOMPANIED BY BUTTERY NEW POTATOES AND SEASONAL ASPARAGUS, DRESSED IN A FRAGRANT LEMON VERBENA BUTTER SAUCE

### DESSERT

CRISP ELDERFLOWER MERINGUE CROWNED WITH WHIPPED FRESH CREAM AND A MEDLEY OF MANOR FARM'S SEASONAL BERRIES, DELIVERING A SWEET, AIRY FINISH



# REMIN



Stoicheia offers more than just a meal; it's a subtle yet powerful invitation to reflect on the way that we as a society have come to consume. In today's world, dining often means overwhelming choice, endless menus, and an abundance that can feel disconnected from reality. Here, the experience is reduced down to what truly matters. The carefully curated menus are minimal yet expressive, designed not to overwhelm but to spotlight what nature provides at this moment. By sourcing all ingredients locally from farms like Manor Organic Farm, Stoicheia showcases what is genuinely available each season, rather than catering to consumer demands or forcing variety for a consumers sake.

This intentional restraint is a form of quiet protest against overconsumption and waste, challenging guests to consider the consequences of our habitual excess. Overproduction and overconsumption contribute heavily to environmental degradation and climate imbalance, issues that Stoicheia brings to the forefront through subtle storytelling woven into the dining space.

Sustainability at Stoicheia is not a passing trend or marketing buzzword; it's a foundational lens through which every aspect of the restaurant operates. It encourages guests to rethink abundance, and to appreciate that what we have: seasonal, local, and thoughtfully chosen, **is** truly enough. This approach nurtures a deeper awareness of natural limits and the importance of living within them, fostering respect for the Earth and its finite resources. Through education by experience, Stoicheia plants a seed of change in every guest, urging a shift from excess to balance, from waste to mindful management.



**PRIVATE DINING ROOM**  
**[WATER-WINTER]**



**PRIVATE DINING BAR**  
**[WATER-WINTER]**