

# Lithuania

on a plate



10 themed routes for your  
gastronomic adventures

30 Best Lithuanian  
restaurants

More than 200 tasty  
places to visit!

Let's get to know Lithuania through the truly local,  
seasonal and authentic flavours!

## The Republic of Lithuania (LT, LTU)

**Capital:** Vilnius

**Area:** 65,300 km<sup>2</sup>

**Population:** 2.794 million (2020)

**Official languages:** Lithuanian

**Currency:** Euro (€)

**Time zone:** winter time UTC+2 (EET),  
summer time UTC+3 (EEST)

**Calling code:** +370

**Emergency number:** 112

Member of the European Union from 2004.  
Tap water is safe to drink.

## The National Tourism Development

**Agency:** [www.lithuania.travel/en](http://www.lithuania.travel/en)

## Tourism information centres:

[www.lithuania.travel/en/offices](http://www.lithuania.travel/en/offices)

## Train tickets:

[www.litrail.lt/en](http://www.litrail.lt/en)

## Bus tickets:

[www.autobusubilietai.lt/en](http://www.autobusubilietai.lt/en)

## Public transport:

[www.vilniustransport.lt/en](http://www.vilniustransport.lt/en)

## Airports:

**Vilnius Airport:** [www.vilnius-airport.lt/en](http://www.vilnius-airport.lt/en)

**Kaunas Airport:** [www.kaunas-airport.lt/en](http://www.kaunas-airport.lt/en)

**Palanga Airport:** [www.palanga-airport.lt/en](http://www.palanga-airport.lt/en)

## Sea Ports:

Port of Klaipėda: [www.portofklaipeda.lt/en](http://www.portofklaipeda.lt/en)



## Tourist information

There are official Tourist Information Centres in all the bigger cities and district centres: [www.lithuania.travel/en/offices](http://www.lithuania.travel/en/offices)

# Welcome

## to the ultimate guide



### WHICH PRESENTS LITHUANIA ON A PLATE

Everything from the long-established traditions and historic dishes to the recent gastronomic concepts, the manifesto of New Baltic Cuisine and various restaurants aim to identify the new Lithuanian cuisine. Sounds exiting? Tastes great! Let's get to know Lithuania through the truly local, seasonal and authentic flavours!

The foundation of Lithuanian gastronomic identity was laid in Vilnius region where the Grand Duchy of Lithuania was established. Lithuania has always been involved in the European gastronomic exchange with other countries and nations. Greek, French, Tatarian, German, Italian and other cuisines left a significant mark on Lithuanian gastronomic identity, enriching the flavours through the centuries-long networking. So, prepare your palette for diversity.

Now manors are opening their doors with menus full of newly resurrected historical dishes, and collaborating with real craftsmen who work in breweries and cherished bakeries or dairy facilities.

Distinctive culinary traditions of Lithuanian regions are brought back to life, cherished in many food-related celebrations. Farmsteads invite people to re-educate themselves by learning about the ancient food preparation techniques and remembering the flavours which have been forgotten.

Seasonality is being looked back at to reconnect with the land. Contemporary chefs are going back to their culinary roots. Lithuania is remembering itself through the creativity, research and collaboration with the experts of culinary heritage. Pieces of art, resembling Lithuanian food culture, are brought to the restaurant tables.

The favourable Lithuanian pink cold beetroot soup and *cepelinai* mark only the beginning of the journey around the vast worlds of Lithuanian cuisine that awaits you. There is so much more to explore!

In this guide, we present you 10 themed routes with each revealing different elements of Lithuanian cuisine, and provide you with directions for your gastronomic adventures: national dishes, food related celebrations, dining experiences, restaurants, markets and tasty museums are waiting for you. From one and only in the world tree-cake museum to the freshly baked traditional rye bread, Cucumber celebration or even a breath taking dinner in a hot-air balloon. Bring those flavours on, Lithuania!



# Authenticity in every bite

**TASTE POINTS:** Dark rye bread-Kastinys-Cepelinai-Kugelis-Buckwheat babka-Dumplings-Biggest craft fair

**This route will satisfy those who appreciate cultural heritage, authenticity, want to learn about local cuisine traditions and its roots, history, old recipes and cooking techniques.**

The ethnographic Lithuanian cuisine was shaped by the geographical situation and the rather cold climate. Crops, such as rye, buckwheat or potatoes were grown, and mostly pork meat was eaten along with the forest goods – mushrooms, herbs and berries. Lithuania has 5 ethnographic regions, and each region has its own distinctive dishes. And yet, some dishes are shared amongst the regions with the differences being in the making, serving or taste of the dishes. This route mainly concentrates on the dishes which originated in the houses of peasants, even though Lithuanian cuisine was highly influenced by the cultural development of manors as well.

1  
ROUTE



**NATIONAL MENU.** The fresh dark rye bread baking on the masonry stove was a familiar smell in every house. It is not only a part of Lithuania's gastronomic culture – a lot of myths, proverbs, sayings and songs were created to highlight the importance of dark rye bread. Bread is sacred and has always been treated with respect in Lithuania. "It cries if eaten by a sluggard" as a Lithuanian proverb says. Bread making required a lot of strength: the mixing of dough, which sometimes would weight around 70 kilograms, was done in a bucket with bare hands. It was made just from a few ingredients: rye flour, water, salt, a little bit of sugar, sometimes caraway seeds and a starter. **Daujenai bread** is a traditional, homemade rye bread which has been produced at the Daujėnai civil parish in Lithuania since the 17<sup>th</sup> century. It is marked with a Protected Geographical Indication. **Cepelinai** – potato dumplings stuffed with meat, in their round shape remind of a dirigible (German: *zeppelin*), and were founded at around 19<sup>th</sup> century in Lithuanian Minor (mostly German speaking land at the time). Now it is a national favourite and Lithuanian communities celebrate *World Zep Day* on the first Sunday of February all across the globe.

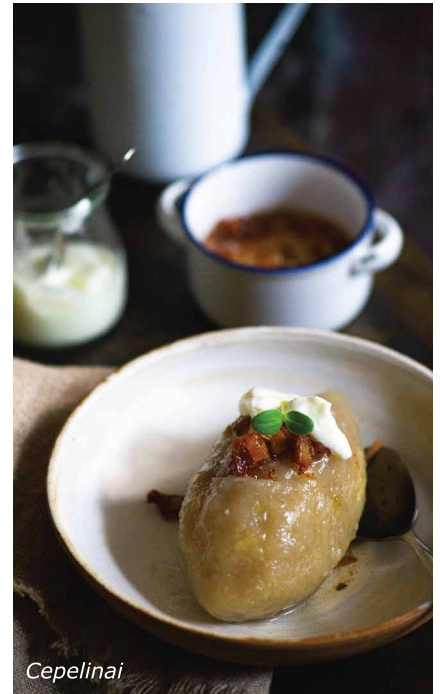
## INFO

### DAUJENAI BREAD

(*Daujėnų naminė duona*)

Saimeta shop, Vilniaus St. 16, Pasvalys, Panevėžys Dist.  
+37069831668  
www.saimeta.lt

**TIME:** all year round



Cepelinai

## EXPERIENCES.

**AUKŠTAITIJA** is the biggest of all Lithuanian regions with a cuisine based on grains and flour dishes. No other region makes so many dumplings or pancakes, and people in Aukštaitija are considered to be the real masters of hospitality. At a feast *A biržiece vaišin dainuodamūs* at the restaurant **Pilies skliautai**, all guests will be welcomed with traditional folk music, a table full of authentic dishes and introduced to beer making traditions of Biržai region.

## INFO

### PILIES SKLIAUTAI

J. Radvilos St. 3, Biržai  
+37045033390  
www.piliesskliautai.lt

**TASTING:** A biržiece vaišin dainuodamūs

**LANGUAGE:** LT, EN

**TIME:** all year round

**COST:** from 8 Eur/person, min 80 Eur

**GROUP:** max 15 people



**SAMOGITIA** region is well known for *kastinys* – a garlicky delicacy no other nation makes. It is made from sour cream, curdled milk, butter and spices, and it is served with hot potatoes in Samogitia. The history of *kastinys* goes far back to the pre-Christian era where it was served at weddings or other important occasions. You can make and taste *kastinys* yourself at **Angelų malūnas** or at homestead **Prie žiedelio**. The latter also offers tastings of other popular Samogitian dishes. All year round, grains are being milled into flour and bread is made at **Žaliūkių malūnininko sodyba**. You are invited to take a traditional bread making workshop there. Potatoes reached Lithuania at the first half of the 17<sup>th</sup> century, and their mass use for food started at the end of the 19<sup>th</sup> century. The making of *cepelinai* (potato dumplings) is not an old tradition. The popularity expanded only in the 20<sup>th</sup> century, and *cepelinai* remained one of the favourite dishes in Lithuania ever since. Learn how to make *cepelinai* at **Bernelių užėiga** or **Kryžbarkas** homestead.

#### INFO

##### ANGELŲ MALŪNAS

Kūlio Dauba, Telšiai Dist.  
+37065574447

[www.angelumalunas.lt/en/](http://www.angelumalunas.lt/en/)

##### MAKING OF KASTINYS

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 150 Eur/group

**GROUP:** 1-10 people

##### PRIE ŽIEDELIO

Plungės St. 20, Beržoras,  
Plungės Dist. +37068609867  
[www.priezedelio.lt/en/](http://www.priezedelio.lt/en/)

##### MAKING OF KASTINYS

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 10 Eur/person

**GROUP:** min 15 people

##### TASTING OF SAMOGITIAN DISHES

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 15-22 Eur/person

**GROUP:** min 15 people

##### ŽALIŪKIŲ MALŪNININKO SODYBA

Architektų St. 73, Šiauliai  
+37041211198 [www.ausrosmuziejus.lt/zaliukiu-malunininko-muziejus](http://www.ausrosmuziejus.lt/zaliukiu-malunininko-muziejus)

##### TRADITIONAL BREAD BAKING

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 70-100 Eur

**GROUP:** max 30 people

##### BERNELIŲ UŽEIGA

M.Valančiaus St. 9, Kaunas  
+37061405236

[www.berneliuuzeiga.lt/en/](http://www.berneliuuzeiga.lt/en/)

##### MAKING OF CEPELINAI

**LANGUAGE:** LT, EN, RU, DE

**TIME:** all year round

**COST:** 4,9-6,9 Eur/person

**GROUP:** min 5 people

##### KRYŽBARKAS

Kryžbarkas 3, Pivoraiciai,  
Kelmė Dist.

+37060564748

[www.kryzbarkas.lt](http://www.kryzbarkas.lt)

##### MAKING OF CEPELINAI

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 10-12 Eur/person

**GROUP:** 20 people

*Zanavykai regale* at **Kuchmistrai** is a real feast and a great introduction to the peasant food of **SUVALKIJA** region. Baked cabbage head, poppy-seed roll, acorn coffee, carrot candy, baked curd cheese, meat rolls and smoked meat – all can be tasted while the mistress of the house and her maids explain the history of *Zanavykai* (North of Suvalkija region) cuisine.

#### INFO

##### KUCHMISTRAI

Beržų St. 3, Tubeliai,  
Šakiai Dist.

+37068534432

[www.kuchmistrai.lt](http://www.kuchmistrai.lt)

##### ZANAVYKAI REGALE

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** from 8 Eur/person

**REGISTRATION:** phone

**GROUP:** min 8 people

**DŽŪKIJA** is a forest land with an infertile soil which is not great for farming. So the people in this region had to live from mushrooms, berries, potatoes and buckwheat, which would grow in the sandy lands. At **Alytus Museum of Ethnography** or **Linus Černiauskienės** homestead you

can be led through the life journey of buckwheat: from sowing to the making of the traditional buckwheat *babka* – a ceremonial sweet cake of Dzūkija. Make the most delicious *dzūkiškos bandos* (potato pancakes baked in masonry stove on cabbage leaves) yourself a **Punios Panemunės dzūko pirkia**. To see how the rye bread dough looks like, to touch it with your own hands, and to smell the freshly baked bread, take a traditional bread baking workshop at **Trakai Regional Traditional Craft Centre** or **Dalgedu ethnographic homestead**.

#### INFO

##### ALYTUS MUSEUM OF ETHNOGRAPHY

(*Alytaus kraštotyros muziejus*)

Savanorių St. 6, Alytus

+37060781825

[www.alytausmuziejus.lt](http://www.alytausmuziejus.lt)

##### MAKING OF BUCKWHEAT BABKA

**LANGUAGE:** LT, EN

**TIME:** all year round

**COST:** 3 Eur/person

**GROUP:** 15-25 people

##### LINUS ČERNIAUSKIENĖS HOMESTEAD

(*Linus Černiauskienės sodyba*)

Kapiniškiai, Varėna Dist.

+37062964868

[www.facebook.com/Linus-Černiauskienės-kaimo-turizmo-sodyba-482819571907526](http://www.facebook.com/Linus-Černiauskienės-kaimo-turizmo-sodyba-482819571907526)

##### MAKING OF BUCKWHEAT BABKA

**LANGUAGE:** LT, EN, RU, PL

**TIME:** all year round

**COST:** min 70 Eur for max 4 people,

more people +10 Eur/person

##### PUNIOS PANEMUNĖS DŽŪKO PIRKIA

Kauno St. 3, Punia, Alytaus Dist.

+37061145791

[www.alytusinfo.lt/tourism-view\\_education/id-564](http://www.alytusinfo.lt/tourism-view_education/id-564)

##### MAKING OF DŽŪKIŠKOS BANDOS

**LANGUAGE:** LT, EN, FR, PL

**TIME:** all year round

**COST:** 300 Eur/group

**GROUP:** min 20 people

##### TRAKAI REGIONAL TRADITIONAL CRAFT CENTRE

(*Trakų krašto tradicinių amatų centras*)

Karaimų St. 41, Trakai +37069827197

[www.trakukrastas.lt/educacijos/dzukiskos-duoneles-kepimas](http://www.trakukrastas.lt/educacijos/dzukiskos-duoneles-kepimas)

## MAKING OF THE BREAD OF DŽŪKIJA

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 1-10 Eur/person

**GROUP:** min 15 people

## DALGEDU HOMESTEAD

(*Dalgedų sodyba*)

Piliakalnio St. 12, Žuklijai, Trakai Dist.

+37069817029

[www.dalgedusodyba.lt](http://www.dalgedusodyba.lt)

## TRADITIONAL BREAD BAKING

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 75 Eur/group

**GROUP:** max 15 people

Memel, now called Klaipėda, was a part of **LITHUANIA MINOR**, ruled by the German States from the 13<sup>th</sup> to the 20<sup>th</sup> century. The legendary *Memelio strimelių tefteliai* (fish balls in tomato sauce) are made in this region. The fish soup making, and fish smoking traditions run through the families, and it is the only sea food region in Lithuania. Try some local fish straight from the ponds nearby at restaurant **Mėlynasis karpis**. Head for the RIVERS, LAKES, AND THE BALTIC SEA route to learn about Lithuania Minor – the land nourished by the sea.

### INFO

## MĒLYNASIS KARPIS

Tvenkinių St. 6, Povilai, Šilutė Dist.

+37061672402

[www.kintai.lt/turizmas](http://www.kintai.lt/turizmas)

**MENU:** LT, EN

**TIME:** all year round

**FeelZcity** is inviting you to experience a folk-style dinner with live music and traditional dancing. As their motto goes – “impressions through sensations”. It is a fully satiating encounter with Lithuanian national cuisine!

### INFO

## FEELZCITY

GREY, Pilies St. 2, Vilnius

+370 618 27926

[www.feelzcity.com/st\\_tour/national-dinner-with-folk-show](http://www.feelzcity.com/st_tour/national-dinner-with-folk-show)

## FOLK DINNER

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** from 38 Eur/person



**FOOD EVENTS.** The biggest annual fair in Lithuania introducing folk arts and crafts is **Saint Casimir's Fair** (*Kaziuko mugė*). Find it all – kvass, bear, rye bread, curd cheese, smoked meat and fish, Lithuanian pastries and sweets and much more. It is a joyful feast dating back to the beginning of the 17<sup>th</sup> century, and it always takes place during the first weekend of March. If you stumble upon the city of Viduklė (Raseiniai Dist.) at the beginning of June, join **Koldūnų šventė** (dumpling celebration), watch a dumpling making competition and taste some dumplings which are officially considered a part of Lithuanian culinary heritage at **Senoji Viduklės koldūninė**.

## GO VILNIUS

[www.govilnius.lt](http://www.govilnius.lt)

## RASEINIAI TOURISM INFORMATION CENTRE

[www.atraskraseinius.lt](http://www.atraskraseinius.lt)

## SENOJI VIDUKLĖS KOLDŪNINĖ

Pionierių St. 3, Viduklė, Raseiniai Dist.

+37060435995

[www.senoji-vidukles-koldunine.business.site](http://www.senoji-vidukles-koldunine.business.site)

**MENU:** LT

**TIME:** all year round



**RESTAURANTS.** The best-loved *cepelinai* can be found at **Cepelinų gryčia**, for *vėdarai* (potatoes in pig gut) try Šnekutis. At **Šnekutis** and **Alinė Leičiai** potato pancakes are on the menu as well. Many other dishes can be found at restaurants representing Lithuanian national cuisine – **Senoji trobelė**, **Stikliai Tavern** or **Amatininkai**. By the way, Senoji Trobelė gets the most positive feedback amongst foreigners on TripAdvisor! There are quite a few places appreciated for their dumplings. **Kavarsko koldūnai** – miniature dumplings served in a small restaurant with only a few tables just beside Kavarsko St. John the Baptist Church. **Raganė** has 17 different versions of dumplings. **Vilties vaistinės arbatinė** has only one type of dumplings – *šaltanosiai* – dumplings with sweet bilberry filling, but it was one of the most

common and popular dishes in the Grand Duchy of Lithuania during the 19<sup>th</sup> century. People say restaurant **Žemaitis** has the best borsch in the country. Restaurant **Kryžkelė** offers a tasting of Samogitian *kastinys*, ham marinated in beer with honey and carp stuffed with apples. **Belmontas** was first a water mill, now – a peaceful place to dine where you can listen to the sounds of Vilnelė river and the surrounding waterfalls. The restaurant's kitchen and the décor of the restaurant are being kept authentic: national Lithuanian dishes are served for the guests, and the walls of the restaurant are decorated with folk artwork. Care for a cosy evening with live music at a wooden tavern? Traditional meals cooked over an open fire and Samogitian cuisine is waiting for you at **Juonė pastuogė**. Herring with potatoes, *cibulynė* (onion soup), *kastinys* (garlicky beaten bream) with hot potatoes, *spirgūtis* (ground cannabis sauce) or homemade caraway seed kvass. So many delicious options to choose from!

### INFO

## CEPELINŲ GRYČIA

Siesarties St., Juočiai, Molėtai Dist.

+37061474671

[www.facebook.com/Cepelinų-Gryčia-733294343371492](https://www.facebook.com/Cepelinų-Gryčia-733294343371492)

**MENU:** LT, EN, DE

**TIME:** summer season, closed on Mondays

## ŠNEKUTIS

Šv. Mikalojaus St. 15, Vilnius

Polocko St. 7A, Vilnius

Šv. Stepono St. 8, Vilnius

+37065699459 +37068776247

+37065047058

[www.jususnekutis.lt/en/](http://www.jususnekutis.lt/en/)

**MENU:** LT, EN, RU

**TIME:** all year round

## ALINĖ LEIČIAI

Stiklių St. 4, Vilnius

+37052609087 [www.bambalyne.lt](http://www.bambalyne.lt)

**MENU:** LT, EN, RU

**TIME:** all year round

## SENOJI TROBELĖ

Naugarduko St. 36, Vilnius

+37060999002

[www.senojistrobele.lt/en/](http://www.senojistrobele.lt/en/)

**SEE THE HOUSES, CRAFTING  
APPLIANCES AND EXPERIENCE  
THE EVERYDAY LIFE OF THE  
HOUSEHOLDS FOR YOURSELF.**

Restaurant *Kuchmistrai*,  
tasting dishes

Lithuanian dark rye  
bread with fresh butter

**Open-air museum of Lithuania:**  
Open - air museum of Lithuania

**MENU:** LT, EN, RU, PL  
**TIME:** all year round

#### STIKLIAI TAVERN

Gaono St. 7, Vilnius  
+37052644632  
[www.stikliai.com/en/restaurants-events](http://www.stikliai.com/en/restaurants-events)

**MENU:** LT, EN, RU  
**TIME:** all year round

#### AMATININKAI

Didžioji St. 19, Vilnius  
+37068722366  
[www.amatininkai.lt/en/](http://www.amatininkai.lt/en/)  
**MENU:** LT, EN, RU, DE, IT  
**TIME:** all year round

#### KAVARSKO KOLDŪNAI

Šaltinio St. 1, Kavarskas,  
Anykščiai Dist.  
+37038155147  
[www.kavarsko-koldunai.eu](http://www.kavarsko-koldunai.eu)  
**MENU:** LT  
**TIME:** all year round

#### RAGANĖ

Sodų St. 3B, Sirutiškis, Kėdainiai Dist.  
+37067607967 [www.ragane.lt](http://www.ragane.lt)  
**MENU:** LT  
**TIME:** all year round

#### VILTIES VAISTINĖS ARBATINĖ

Laisvės Ave. 100-1, Kaunas  
+37067986939  
[www.facebook.com/viltiesvaistinesarbatine](http://www.facebook.com/viltiesvaistinesarbatine)  
**MENU:** LT, EN  
**TIME:** all year round

#### ŽEMAITIS

Draugystės Ave. 25, Šiauliai  
+37061520310  
[www.restoranaszemaitis.lt](http://www.restoranaszemaitis.lt)  
**MENU:** LT, EN  
**TIME:** all year round

#### KRYŽKELĖ

P. Višinskio St. 18, Kurtuvėnai, Šiauliai Dist.  
+37067401316  
[www.smuklekryzkele.wordpress.com](http://www.smuklekryzkele.wordpress.com)  
**MENU:** LT, EN, RU  
**TIME:** all year round

#### BELMONTAS

Belmonto St. 17, Vilnius  
+37061413400 [www.belmontas.lt](http://www.belmontas.lt)  
**MENU:** LT, EN  
**TIME:** all year round

#### JUONĖ PASTOGĖ

Aušros Ave. 31, Šiauliai  
+37041524926  
[www.jonis.lt](http://www.jonis.lt)  
**MENU:** LT, EN  
**TIME:** all year round

Almost every city  
in Lithuania has  
their own market



Hales Market

1  
ROUTE



#### MUSEUM. Open-Air Museum of Lithuania

is an open-air museum presenting five regions of Lithuania – Dzūkija (Dainava), Aukštaitija (Highlands), Suvalkija (Sudovia), Žemaitija (Samogitia) and Lithuania Minor at the end of the 18<sup>th</sup> century and the first half of the 20<sup>th</sup> century. This open-air museum offers expositions modelled after each ethnographic region: see the houses, crafting appliances and experience the everyday life of the households for yourself.

#### OPEN-AIR MUSEUM OF LITHUANIA

L. Lekavičiaus St. 2, Rumšiškės,  
Kaišiadoriai Dist.  
+37034647392 [www.llbm.lt/en/](http://www.llbm.lt/en/)  
**TIME:** full exposition is open  
from May to September



**MARKETS.** Almost every city in Lithuanian has their own market, even if it is a small one for only a day per week. The markets mentioned in this gastronomic guide present a variety of Lithuanian fresh produce: dark rye bread, dairy products, vegetables, fruits, herbs, meat or fish. Some have attraction points of their own. We can only say that one of the best cepelinai are waiting for you at **Spoon Out & Cepai at Hales Market.**

#### INFO

#### SPOON OUT & CEPAI

Pylimo g. 58, Vilnius  
+37069497356  
[www.facebook.com/spoonout](http://www.facebook.com/spoonout)  
**MENU:** LT, EN  
**TIME:** Tuesday –  
Sunday from 11AM to 16PM

#### HALES MARKET (Halės turgus)

Pylimo g. 58, Vilnius  
+37052625536  
[www.halesturgaviete.lt/en/](http://www.halesturgaviete.lt/en/)  
**TIME:** all year round from  
7AM to 6PM, Sundays 7AM to 3PM,  
closed on Mondays



THE MARKETS MENTIONED IN  
THIS GASTRONOMIC GUIDE  
PRESENTS A VARIETY OF  
LITHUANIAN FRESH PRODUCE.





**GASTRONOMIC GUIDE PRESENT  
A VARIETY OF LITHUANIAN FRESH  
PRODUCE**

# Manor cuisine

**TASTE POINTS:** Nobleman feast-Lithuanian manors-Game meat dishes-Craft fairs-Lithuanian Culinary Museum

This route will satisfy those who love historic dishes, enjoy visiting historic places and would gladly step into the shoes of a nobleman to try out some upper class meals.

The kitchens of manors could afford to have more expensive products, such as milk, butter or something even more exotic and surprising to treat their guests to, for example, bear or beaver meat. During the 17<sup>th</sup>-19<sup>th</sup> centuries, the lunch of a nobleman would include 5-7 dishes to choose from. Spices imported from other countries were used to season the dishes. Hunting was a privilege of the upper class, but game meat was seen on the tables more often only from the 19<sup>th</sup> century. The kitchens of manors were highly influenced by the cultural changes. Each epoch would introduce its own cuisine fashion and preference; French, Italian and other national chefs would be invited to complement the menu. Now, many restaurants are restoring old manor recipes, and the visitors nowadays get a chance to have a multi-layered experience: to experience the authentic taste of traditional food at the original manor space.

**NATIONAL MENU.** Restaurant **Kuchmistrai**, established in the kitchen of Zypliai Manor, nourishes the culinary heritage of Lithuanian noblemen. Here visitors can try dishes, made after the recipes of *kuchmistrai* (ancient kitchen chefs) from the times of the Grand Duchy of Lithuania. Have a tasting of royalty dishes or pick your favourites from à la carte menu. Either way, you will get a chance to taste history –



One of the Best historic restaurants

fried pigeons, *zraz* (rabbits rolls), grilled carps or even the impressive centrepiece – *Manor House Full Duck*. **Ertlio namas** is one of the best historic restaurants in Lithuania. Dishes for 4-6 meal tasting dinners are chosen from distinctive periods. For example, you can have a dish from the 16<sup>th</sup> century, such as veal sausage, and then a sorrel soup with quail from the 17<sup>th</sup> century.

## INFO

### KUCHMISTRAI

Beržų St. 3, Tubeliai, Šakiai Dist.  
+37068534432  
[www.kuchmistrai.lt](http://www.kuchmistrai.lt)

**MENU:** LT, EN

**TIME:** all year round  
Manor House Full Duck has to be ordered in advance

### ERTLIO NAMAS

Šv. Jono St. 7, Vilnius  
+37063733300 [www.ertlionamas.lt/en/](http://www.ertlionamas.lt/en/)

**MENU:** LT, EN

**TIME:** all year round



### EXPERIENCES.

The tour **Flavours of Vilnius** will serve you well as an introduction to Lithuanian cuisine, history and architecture of the capital Vilnius. Stroll along the streets with pleasantly surprising breaks at restaurants, cafés and snack stores. Get to know the gastronomy of Temporary Capital on a **tour in Kaunas**. Walk along Laisvės Avenue – the renowned street of Kaunas – and be introduced to the entertainment and the food preferences of bohemians and labourers. For a more in-depth historical research, explore Lithuanian manors. The history of **Ilzenberg Manor** dates back more than 500 years. Fully restored, the first biodynamic farm in the Baltic region has it all: grains, meat, fruits, vegetables, berries, dairy products, honey. Visitors are invited to have a tour, a tasting or even an overnight stay. There is a possibility to purchase their produce at **Ilzenberg Manor**

store in Benediktas Market in Vilnius. **Pakruojis Manor** hosts workshops in the manor brewery with an opportunity to learn about the authentic brewing methods. You can brew local beer yourself and taste few different kinds of it. For those willing to try 4 kinds of collectible drinks and learn about the history of distilling, try the manor's distillery. In the evening, the aristocratic feast is waiting where all the guests will have a chance to feel like Barons and Baronesses. Baked quails for the main course and starters are served with courtier subtleties, all inspired by Radvilai cuisine of the 19<sup>th</sup> century. **Norviliskes Castle** sets up medieval lunch for everyone who are willing to learn about the history of the castle, time-relevant eating habits and have a medieval feast. **Rusne Villa** offers an authentic nobleman dish tasting experience including a glass of royal stag blood liquor and nobleman fish pie. **Panemune Castle** is a beautiful piece of Renaissance architecture alongside Nemunas river. Stay here for the night in the luxury apartments with classical decor and enjoy game meat dishes with mead or Lithuanian wine at the restaurant.

## INFO

### FLAVOURS OF VILNIUS

Starts by the steps to the entrance of Vilnius Cathedral Clock Tower  
+37061620002 +37061620007  
[www.urbanadventures.com/Vilnius-tour-flavours-of-vilnius](http://www.urbanadventures.com/Vilnius-tour-flavours-of-vilnius)

**LANGUAGES:** EN

**TIME:** all year round

**COST:** 85 Eur/person

**GROUP:** 1-12 people

### GASTRONOMY TOUR IN KAUNAS

Rotušės Sq. 15, Kaunas  
+37061623828  
[www.visit.kaunas.lt/en/](http://www.visit.kaunas.lt/en/)

### FOOD AND ENTERTAINMENT IN INTERWAR KAUNAS: FROM BOHEMIANS TO LABOURERS

**LANGUAGE:** LT, EN

**TIME:** all year round

**COST:** 20-25 Eur/person

**GROUP:** 10-25 people

### ILZENBERGAS MANOR

(*Ilzenbergo dvaras*)  
Ilzenbergas 4, Rokiškis Dist.  
+37069644004 [www.ilzenbergas.lt/en/](http://www.ilzenbergas.lt/en/)



Restaurant *Lokys*,  
beaver meat stew

### TASTING OF FARM PRODUCE

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 7 Eur/person

**GROUP:** min 14 people

### ILZENBERG MANOR STORE

(*Ilzenbergo Dvaras ir Ūkis*)  
Benediktas Market,  
Ukmergės St. 259A, Vilnius  
+37069426614  
[www.benediktoturgus.lt/en/prekeiviai/ilzenberg-manor-house-and-farm/](http://www.benediktoturgus.lt/en/prekeiviai/ilzenberg-manor-house-and-farm/)  
**TIME:** all year round

### PAKRUOJIS MANOR

(*Pakruojo dvaras*)  
Karciamos St. 9, Pakruojis  
+37061812298 +370 657 526 93  
[www.pakruojo-dvaras.lt/en/](http://www.pakruojo-dvaras.lt/en/)

### BEER TASTING WITH ŽALDOKAS

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 12 Eur/person

**GROUP:** min 20 people

For individual beer brewing workshops check the website

### DISTILLERY TOUR

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 12 Eur/person

**GROUP:** min 15 people

### ARISTOCRATIC DINNER

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** 100 Eur/person

**GROUP:** min 20 people

### NORVILISKES CASTLE

(*Norviliškių pilis*)  
Norviliškės, Šalčininkai Dist.  
+37068253353  
[www.norviliskiu-pilis.lt/en/](http://www.norviliskiu-pilis.lt/en/)

### MEDIEVAL LUNCH

**LANGUAGE:** LT, EN, RU, DE

**TIME:** all year round

**COST:** from 750 Eur/group

**GROUP:** min 20 people

### RUSNE VILLA

(*Rusnės Vila*)  
Pakalnės St. 82, Rusnė, Šilutė Dist.  
+37065297333  
[www.villarusne.lt/en/](http://www.villarusne.lt/en/)

### TASTING OF AUTHENTIC NOBLE DISHES

**LANGUAGE:** LT, EN, RU

**TIME:** all year round

**COST:** from 37 Eur/person

**GROUP:** 8-10 people

### PANEMUNE CASTLE

(*Panemunės pilis*)  
Vytėnų St. 53, Pilis I,  
Jurbarkas Dist.  
+37068639393  
[www.panemunespilis.lt](http://www.panemunespilis.lt)

**MENU:** LT, EN

**TIME:** all year round

### FOOD EVENTS. Bartholomew Fair (*Šv. Baltramiejaus mugė*)

takes place in August in the bustling streets of Vilnius, which are full of crafts, arts and traditions of the Renaissance city. Head for **Hansa Days** (*Hanza dienos*) in Kaunas to learn about the medieval crafts and the traditions of chivalry. **Days of Live Archaeology** (*Gyvosios archeologijos dienos*) – the archaeology festival in a land of hill forts – Kernavė – resurrects ancient crafts to life. It goes back to the Archaic period and re-enacts everyday actions, such as stone grain milling. Be prepared to try out new dishes and eat a lot as all the festivals have a food fair!

### GO VILNIUS

[www.govilnius.lt](http://www.govilnius.lt)

### KAUNAS IN

[www.visit.kaunas.lt/en/](http://www.visit.kaunas.lt/en/)

### INFORMATION ABOUT KERNAVĖ

[www.kernave.org/en/](http://www.kernave.org/en/)



**RESTAURANTS.** Crayfish tail soup often appeared on a nobleman's menu. Try it now at **Lithuanian Pub Entry** – a restaurant which fosters the traditions of the Interwar Lithuania. The feast delicacies – beaver meat stew and boar meat roast praised by the Grand Duke Gediminas – can be tasted in the meat house's **Lokys** gothic style halls and cellars. The dishes of the Radvilos family – de facto rulers of Lithuania during the 15<sup>th</sup>-18<sup>th</sup> centuries – are presented at tasting lunch in the restaurant **Pilies skliautai** which can be found in the cellars of Biržai Castle. Have a dinner at a restaurant built in the orangery of **Raudondvaris Manor** – a spectacular example of Renaissance architecture.

**INFO**

**LITHUANIAN PUB ENTRY**

Vilniaus St. 26, Kaunas  
+37061443332  
www.lithuanianpub.lt/en/  
**MENU:** LT, EN  
**TIME:** all year round

**LOKYS**

Stiklių St. 10, Vilnius  
+37052629046 www.lokys.lt/en/  
**MENU:** LT, EN, RU, DE, FR, IT  
**TIME:** all year round

**PILIES SKLIAUTAI**

Radvilos St. 3, Biržai  
+37061644078 www.piliesskliautai.lt  
**MENU:** LT, EN, LV  
**TIME:** all year round



**RAUDONDVARIS MANOR**

*(Raudondvario dvaras)*  
Pilies St. 1, Raudondvaris, Kaunas Dist.  
+37065650755  
www.raudondvarioldvaras.lt  
**MENU:** LT, EN  
**TIME:** all year round, closed on Mondays



**TASTE MUSEUMS. Lithuanian Culinary Museum**

is a museum entirely dedicated to gastronomy, and has more than 25 thousand exhibits assembled – tableware, silverware, books, old food packaging, bottles, household utensils and furniture all from the 13<sup>th</sup> to the 20<sup>th</sup> century. A unique opportunity to experience historic Lithuanian cuisine in the authentic environment of **Palace of the Grand Dukes** awaits. Choose from two different programs, each for distinctive historical periods, learn how the governance of Bona Sforca changed Lithuanian cuisine (16<sup>th</sup> century), or how it was influenced by different world cuisines during the 15<sup>th</sup>-18<sup>th</sup> centuries. Besides being one of the most important buildings in Lithuania, the Palace of the Grand Dukes is also a history museum.

**INFO**

**LITHUANIAN CULINARY MUSEUM**

*(Lietuvos kulinarijos muziejus)*  
Bokšto St. 9, Vilnius  
+37052194849 +37069854805  
www.culinarymuseumvilnius.lt/en/  
**TIME:** all year round  
**COST:** 3 Eur/person

**PALACE OF THE GRAND DUKES**

*(Valdovų rūmai)*  
Katedros Sq. 4, Vilnius  
**MUSEUM:** +37052620007  
Programs: +37061638770  
www.valdovurumai.lt/en/  
www.restoranas.valdovurumai.lt  
**MUSEUM LANGUAGE:** LT, EN, RU  
**TIME:** all year round, from 1st of September to 31st of May closed on Mondays  
**COST:** 8 Eur/person  
**HISTORIC DINNERS/GASTRONOMIC PERFORMANCE LANGUAGE:** LT, EN, RU  
**TIME:** all year round  
**COST:** from 50 Eur/person  
**GROUP:** max 60 people



**MARKET. Every Sunday during the warm season, Panemunė Castle Fair**

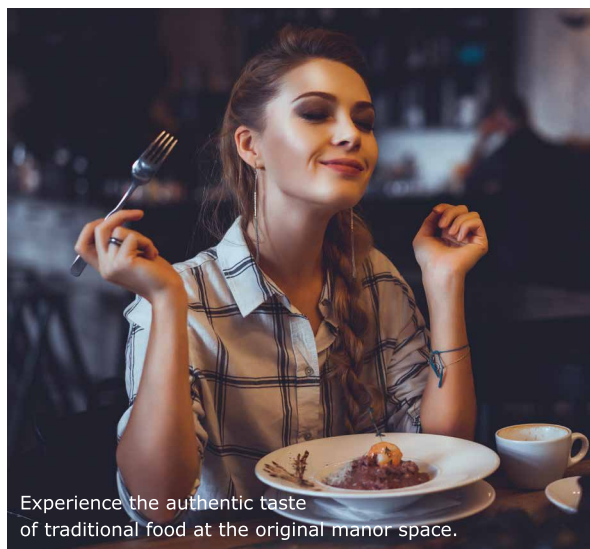
takes place in Jurbarkas. A traditional fair, evoking the traditions of the 17<sup>th</sup> century, is brought back to life by craftsmen wearing authentic costumes and selling natural traditional produce. Every manor had their own farmers, cooks and craftsmen. Now all of them gather outside of Panemunė Castle to present what treasures were made and used inside.

**INFO**

**PANEMUNĖ CASTLE FAIR**

*(Mugė Panemunės pilyje)*  
Vytėnų St. 53, Pilis I, Jurbarkas Dist.  
+37068639393  
www.panemunespilis.lt  
**TIME:** on the Weekends from April 21st to October 1st 12PM-5PM

2  
ROUTE



Experience the authentic taste of traditional food at the original manor space.



Panemunė castle

Handmade dill butter  
with rye bread



**IN ERTLIO NAMAS, YOU  
CAN HAVE A DISH FROM  
THE 16TH CENTURY**



Snail caviar with  
radish and sorrel

# Meeting point

## TASTE POINTS: Bagels-Potato pancakes-Šimtalapis-Uzbek pilaf-Kibinai-Nations' fair-Food Courts

This route will satisfy history lovers who are searching for authentic tastes and their roots, and are willing to know more about the national minorities in Lithuania. This route is also for those who are looking for many different cuisines under one roof.

The lands of Lithuania were always a meeting point for different cultures. Lithuanian cuisine is international and is influenced by traditions of many other nations: Jews, Karaites, Tatars, Italians, French, Byzantines, Germans, and others living or travelling nations through the territory. A lot of dishes, which are now a very important part of Lithuanian cuisine, are actually mutually shared, and the roots of those dishes can be traced back to the national minorities.

3  
ROUTE

 **NATIONAL MENU.** Bagels, brought to Lithuania and Poland by Jews, disappeared completely by the time of the Soviet Union, and are now reappearing rapidly as a part of brunch culture. Compare bagels at the opposite ends of Pylimas Street – kosher **Bagel shop** operates in a house of Lithuanian Jewish community, and the brunch café **Beigelistai** can be found in Hales Market. The round shape of a bagel symbolises the circle of life and infinity! Potato pancakes, or as the Jews call them *latkės*, is the main dish for *Hanukkah* celebration. Now *latkės* are enjoyed all year round, but especially in autumn, after the potato harvest. Even *kugelis* (potato

pudding), currently considered the national dish of Lithuania, was first a part of the Jewish food culture. Herring with raisins and cinnamon, a dish on every Lithuanian's table on Christmas Eve, can be also added to the list.

### INFO

#### BAGEL SHOP

(*Beigelių krautuvėlė*)

Pylimo St. 4, Vilnius

+37068386894

[www.facebook.com/beigeliukrautuvele](http://www.facebook.com/beigeliukrautuvele)

**MENU:** LT, EN

**TIME:** all year round, closed on Saturdays

#### BEIGELISTAI

Hales Market, Pylimo St. 58, Vilnius

+37068210971

[www.facebook.com/Beigelistai](http://www.facebook.com/Beigelistai)

**MENU:** LT, EN

**TIME:** all year round

It is said that Tatars brought cucumbers and onions to Lithuania. Well, nowadays we use them everywhere and eat Tatarian *koldūnai* (dumplings), *čeburekai* (deep-fried turnover with a filling of ground or minced meat and onions) and *šimtalapis* (a poppy seed cake with one hundreds layers), which can be tasted in Raižiai (Alytus Dist.) – one of the Tatar towns in Lithuania together with Nemėžis (Vilnius Dist.). Call on the **Lithuanian Tatar Household Museum at Subartonys** (Varėnos r.) to learn about the Tatarian traditions. Visit a sheep farm and taste dumplings, *čeburekai* with homegrown mutton, a meaty pumpkin pie, baked in an old clay stove with tea boiled in an ancient kettle. Do you only want to taste *šimtalapis*? Then head for the bakery **Lapė Kepė**!

### INFO

#### LITHUANIAN TATAR HOUSEHOLD MUSEUM

(*Lietuvos Totorių buities muziejus*)

V. Krėvės St. 6, Subartonys, Varėna Dist.

+37061478316

[www.facebook.com/LTTBM](http://www.facebook.com/LTTBM)

**LANGUAGES:** LT, RU

**COST:** museum 2 Eur/person

**TASTING:** 5 Eur + product cost

Visit and details has to be arranged in advance via phone

#### LAPĖ KEPĖ

Lakūnų St. 14B, Vilnius

+37067002299

[www.lapekepe.lt](http://www.lapekepe.lt)

**TIME:** all year round

Lithuanians and Karaites have been living on the same land for more than 600 years. During the 14<sup>th</sup> century, Karaites were given houses by the Grand Duke Vytautas in Trakai, the Old Capital of Lithuania, which eventually became the capital of Karaites. The dish we all know and praise is *kibinai* – pastries with various fillings, traditionally – with mutton. In Trakai, these pastries can be tasted almost on every corner, but **Kybynlar** and **Kiubetė** restaurants will reveal more wonders of Karaites gastronomic traditions.

### INFO

#### KYBYNLAR

Karaimų St. 29, Trakai

+37052855179 [www.kybynlar.lt](http://www.kybynlar.lt)

**MENU:** LT, EN, RU, PL

**TIME:** all year round

#### KIUBETĖ

Trakų St. 2D, Trakai

+37068639740 [www.kiubete.lt](http://www.kiubete.lt)

**MENU:** LT, EN, RU, PL

**TIME:** all year round



Smalca



Smalca

BEST SNACK



Restaurant Šilo kopa



**EXPERIENCES.** The **gastronomic tour around Vilnius** will take you past the streets and traditional restaurants narrating the story of the ever-changing landscape of Lithuanian cuisine which is inspired by surrounding nations. After that, taste Georgian dishes: *khachapuri*, *chinkali* (dumplings) or Georgian *kebab* (grilled meat) at **Trakai Regional Traditional Craft Centre**. If you want to learn how to make traditional *kibinai* yourself and learn about the Karaim culture, make your way to Kybynlar.



Brunch café *Beigelistai*, Bagels

#### INFO

#### LITHUANIAN FOOD TOUR IN VILNIUS

**Starting point:** *Senamiesčio Krautuvė* (Literatų St. 5, Vilnius)  
+37069169365  
[www.vilniuswithlocals.com/tours/vilnius-food-tour](http://www.vilniuswithlocals.com/tours/vilnius-food-tour)  
**LANGUAGES:** EN  
**TIME:** all year round  
**COST:** from 65 Eur/person  
**GROUP:** 1-8 people

#### TRAKAI REGIONAL TRADITIONAL CRAFT CENTRE

(*Trakų krašto tradicinių amatų centras*)  
Karaimų St. 41, Trakai  
+37069827197  
[www.trakukrastas.lt/educacijos/gruziniscaronku-patiekalu-degustacija1](http://www.trakukrastas.lt/educacijos/gruziniscaronku-patiekalu-degustacija1)

#### TASTING OF GEORGIAN CUISINE

**LANGUAGES:** LT, EN, RU  
**TIME:** all year round  
**COST:** 25 Eur/person  
**GROUP:** min 10 people

#### KYBYNLAR

Karaimų St. 29, Trakai  
+37052855179 [www.kybynlar.lt](http://www.kybynlar.lt)  
**MAKING AND TASTING OF KIBINAI**  
**LANGUAGES:** LT, EN, RU  
**TIME:** all year round  
**COST:** 10-35 Eur/person  
**GROUP:** 2-150 people



**FOOD EVENTS.** In mid-September, Vilnius is in full hustle for a few days as the **Nations' Fair** takes place. It is a great introduction to the national dishes, culinary heritage, crafts, traditions of different nations that live in Lithuania. At the end of May in Kėdainiai, food and drinks festival **Radvilų Gurmanai** invites everyone who are willing to travel through the fair of flavours. Indulge yourself in trying eco, bio, natural, handmade produce from the market, and visit the open kitchen to see how dishes from different cuisines are made.

#### NATIONS' FAIR (TAUTŲ MUGĖ)

[www.tautumuge.lt](http://www.tautumuge.lt)

#### KĖDAINIAI TOURISM AND BUSINESS INFORMATION CENTRE

[www.kedainiutvic.lt](http://www.kedainiutvic.lt)



**RESTAURANTS.** Open the Jewish menu at **Big Stone** restaurant to try tilapia – the most popular fish in Israel. There is more: *hummus*, *shakshouka* (an egg poached in tomato sauce), falafel, forshmak (chopped herring) or *imberlach* – a dessert made from carrots and ginger. **Šilo kopa** is a family restaurant which cherishes old traditions of Dzūkija cuisine and Merkinė land. The menu is changed seasonally and is inspired by the Jewish, Russian, Polish and Tatarian food traditions who used to live on the same lands. The recommended dish is the Jewish schmaltz (rendered fat) with homegrown fermented vegetables. Not so far away The Pyramid of Merkinė (*Merkinės piramidė*) – a magical dome shining in the forests of Dzūkija National Park and Merkinė Observation Tower are located. Food from all corners of the world is presented at food courts of **Uptown Bazaar** and **Downtown Food Hall**. These spaces are filled with little restaurants which

will cater to everyone's tastes. **Open Kitchen** makes summer Fridays exciting! Restaurants take their tasty foods outside in an open space, 50 steps away from one of the most beautiful places in Vilnius – Vilnelė river and the Republic of Artists with its own constitution – Užupis.

#### INFO

#### BIG STONE

Kauno St. 5, Ukmergė  
+37034060078 [www.bigstonehotel.lt](http://www.bigstonehotel.lt)  
**MENU:** LT, EN, RU  
**TIME:** all year round

#### ŠILO KOPA

Vilniaus St. 12, Merkinė, Varėna Dist.  
+37062742425  
[www.facebook.com/silokopa](http://www.facebook.com/silokopa)  
**MENU:** LT, EN  
**TIME:** all year round (warm season – closed on Mondays and Tuesdays, cold season – open from Thursday to Sunday)

#### UPTOWN BAZAAR

Kauno St. 16, Vilnius +37061688388  
[www.facebook.com/uptownbazaar.lt](http://www.facebook.com/uptownbazaar.lt)  
**TIME:** all year round

#### DOWNTOWN FOOD HALL

A. Smetonos St. 5, Vilnius  
+37067181151 [www.downtown.lt](http://www.downtown.lt)  
**TIME:** all year round

**OPEN KITCHEN** Tymo Market, Aukštaičių St./Maironio St., Vilnius  
+37060372077  
[www.facebook.com/openkitchenlt](http://www.facebook.com/openkitchenlt)  
**TIME:** Summer Fridays



**MARKET.** **Hales Market** is one of the largest markets in Lithuania, the building itself is counting more than 100 years. The architect of Hales market was inspired by the Eiffel Tower: the metal constructions of the market are similar to the ones of the famous Parisian symbol. Today, people come there to eat in cosy little restaurants, wander around specialised gourmet shops, get some fresh produce from the farmers and to have the best Uzbek pilaf.

#### INFO

#### HALES MARKET (*Halės turgus*)

Pylimo St. 58, Vilnius +37052625536  
[www.halesturgaviete.lt](http://www.halesturgaviete.lt)  
**TIME:** all year round from 7AM to 6PM, Sundays 7AM to 3PM, closed on Mondays



# The wonders

of the modern kitchen



**TASTE POINTS:** Potato dumplings with carrots-Lithuanian wine-Tasting dinner with closed eyes-Lithuanian Gastronomy Week-30 Best Lithuanian restaurants-Food exhibition-Gourmet market

**This route will satisfy those who enjoy fine dining, gourmet products, tasting dinners, seasonal and micro-seasonal food, and the never ending kitchen experiments.**

*The winds of fine dining culture and tasting dinners are still fresh in Lithuania. After Lithuania proclaimed its independence a little more than 30 years ago, the search for an authentic Lithuanian identity began. Modern restaurants started a gastronomic movement with a goal to cultivate distinctiveness and find new Lithuanian cuisine. Now is an exciting time for research: restaurants are heading back to the traditional roots, working with historians, cooperating with local farmers, and finding new tastes in farms and gardens.*

**NATIONAL MENU.** Authentic recipes are brought into a modern existence at **Queensberry**. The restaurant presents more than 60 kinds of Lithuanian wine including ones made out of nettle, rhubarb or gooseberry, which are a great match to the national dishes, such as *vėdarai* (Lithuanian potato sausage), *kugelis* (potato pudding), dumplings with boletus mushrooms and duck liver sauce, or *zrazai* (rabbit meat rolls). Some dishes have a noticeable modern twist. For example, *cepelinai* (potato dumplings), which are traditionally oval in their shape, are remade into a square shape, with carrot, cannabis seeds and pickled mushroom filling.

#### INFO

##### QUEENSBERRY

Didžioji St. 18, Vilnius  
+37060683503  
[www.facebook.com/queensberryrestaurant](http://www.facebook.com/queensberryrestaurant)  
**MENU:** LT, EN  
**TIME:** all year round

**EXPERIENCES.** To experience flavours differently, try a tasting dinner with your eyes closed at **Apvalaus stalo klubas**. Besides that, the restaurant is located on the shore of Galvė lake, with a view to Trakai castle – one of the most beautiful medieval castles in Europe. Admiring it from the hot air balloon or passing nearby with a yacht is a truly unforgettable experience. **Čiop čiop** – the first and largest network of culinary studios in the Baltic States is offering a private Lithuanian culinary course. Try all three lakefront restaurants at **Esperanza Resort**, and enjoy a stroll through the restaurant gardens. **Vila Komoda** in Palanga reveals the world of scents by offering you to smell the different components and emulsions while dining. And for some additional thrill, try out the **Flying restaurant** which is going to take you on an adventure. It is a dinner in a hot air balloon, and it also offers you a chance to admire the beauty of Lithuanian nature and city architecture from up to 1500 metres high.

4  
ROUTE

#### INFO

##### APVALAUS STALO KLUBAS

Karaimų St. 53A, Trakai  
+37069913769 [www.asklubas.lt/en/](http://www.asklubas.lt/en/)  
**DINNER WITH EYES CLOSED**  
**LANGUAGE:** LT, EN  
**COST:** 60-70 Eur/person + 87 Eur for sommelier  
**TIME:** all year round  
**GROUP:** min 2 people

##### ČIOP ČIOP

Žvejų St. 2, Vilnius  
+37066366667  
[www.ciopciop.lt/en/](http://www.ciopciop.lt/en/)  
**LITHUANIAN COOKING COURSE**  
**LANGUAGE:** LT, EN, RU  
**COST:** from 49 Eur/person  
**TIME:** all year round  
**GROUP:** 1-20 people



Restaurant Vila Komoda,  
marinated organic brook trout, boletus oil,  
banana shallots, potato textures

## ESPERANZA RESORT

Paunguriai, Trakai Dist.  
+37069878378 [www.esperanzaresort.lt](http://www.esperanzaresort.lt)

**MENU:** LT, EN

**TIME:** all year round

## VILA KOMODA

Meilės Ave. 5, Palanga  
+37046020490  
[www.vilakomoda.lt](http://www.vilakomoda.lt)

**MENU:** LT, EN

**TIME:** all year round, cold season – closed on Mondays and Tuesdays

## AMBERTON AIR

Vilnius, Trakai  
+37061120911 +37065026468  
[www.ambertonhotels.com/en/amberton-air](http://www.ambertonhotels.com/en/amberton-air)

## FLYING RESTAURANT

**LANGUAGE:** LT, EN, RU

**COST:** 225 Eur/person

**TIME:** May-October

**GROUP:** 2-16 people

## FOOD EVENTS. Lithuanian Gastronomy Week

excites all the food lovers in November. Restaurants all around Lithuania open their doors with a special tasting menu. All the visitors can make a vote, in this way helping to advance the growth of Lithuanian food culture by picking the most remarkable restaurants.

## LITHUANIAN GASTRONOMY WEEK

(*Lietuvos gastronomijos savaitė*)

[www.govilnius.lt/visit-vilnius/events/lithuanian-gastronomy-week](http://www.govilnius.lt/visit-vilnius/events/lithuanian-gastronomy-week)

## RESTAURANTS. Every year, 30 best Lithuanian restaurants

are being picked by food industry representatives from the Good Food Academy. Currently, the leading restaurant in Lithuania is called Džiaugsmas, which means joy in Lithuanian. The restaurant works in a close relationship with local markets and aims to present the best-quality local produce. **Džiaugsmas** invites to experience flavours while sharing dishes with others at the table. The idea to remain simple and deliver decent size meals is a part of the joyous tasting experience. A dish representing their menu is oxheart tomato with handmade cheese, pistachio cream, raspberries, and basil. Menu for **Stebuklai** was created

Lithuania on a plate | 18

This is Lithuania  
on a plate

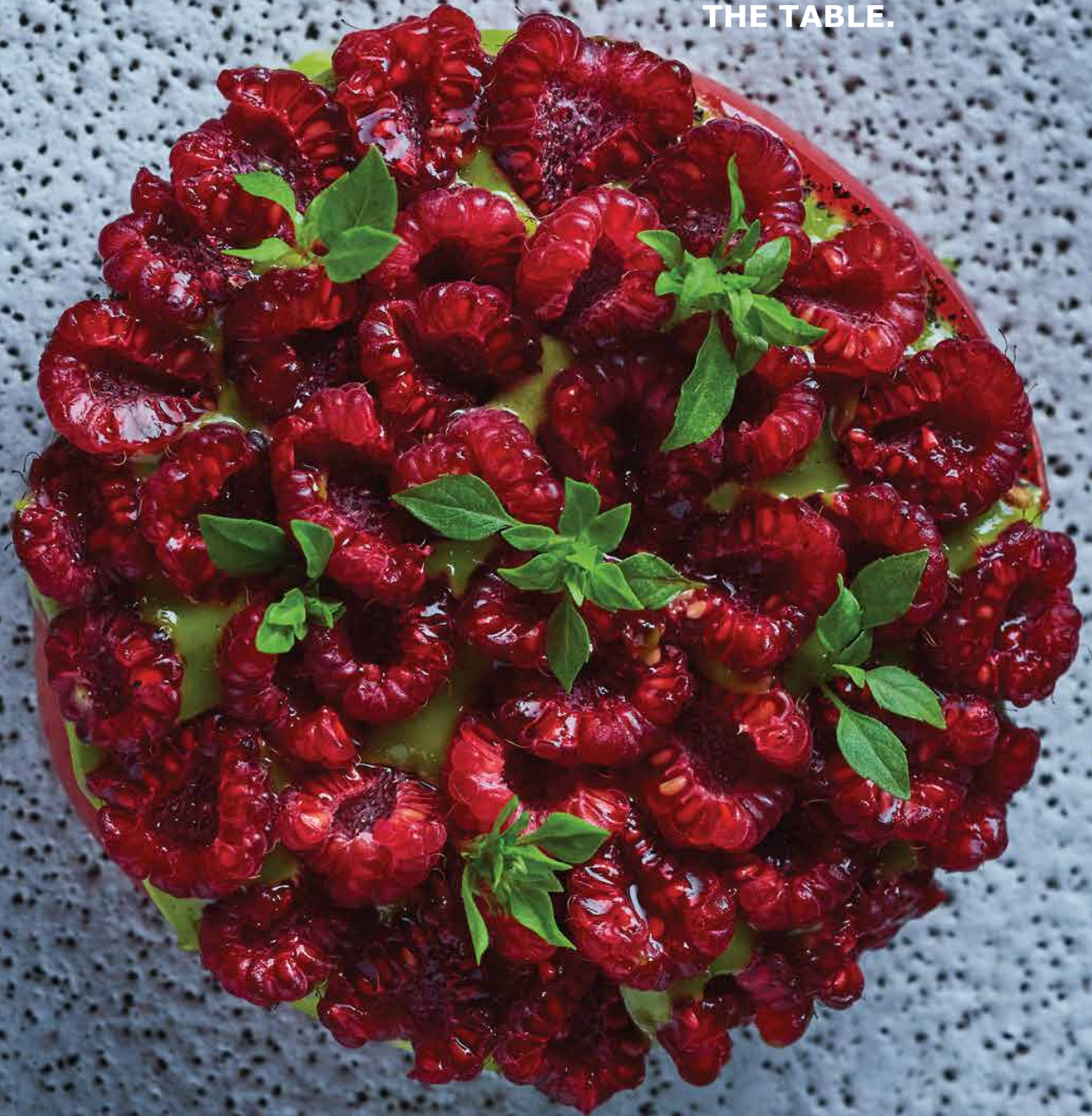


Restaurant *Nineteen18*,  
Brazdas

by the same chef of Džiaugsmas. It introduces raw and grill type of cuisine, and it serves one of the best brunches in town. At the new culinary experience-focused meeting place in Vilnius – Senators Passage – two well-known restaurants will reopen: **Nineteen18** and **14Horses**. Both restaurants are partners of the **Farmers Circle** farm in Ukmergė, where more than 500 hectares are devoted to growing quality vegetables, fruits, herbs and grains. **Nineteen18** and its signature dish *Brazdas* tells a story of Lithuania's most important trees. The fir tree, which is the mother and protector of young oaks, the oak itself, and the apple tree, whose fruit used to be the only sweet during the winter. The dessert resembles a wild stump, where an airy parfait of vascular cambium of fir is covered with a jelly of burnt oak leaves and seasoned with preserved apple juice. This is Lithuania on a plate. With the same passion for local products, **14Horses** strikes with its signature dish – potato carpaccio. The main idea of this dish is to look at a potato in an unusual way. Excellence in execution is the key here – boiling

it for 28 seconds in salted water leaves the potatoes still crispy, but takes away the raw consistency. One of Lithuania's main ingredients on a plate. **Amandus** is well known for its molecular kitchen, culinary shows and the legendary dessert *Ežiukas rūke*. The restaurant refined the mastery of tasting diners, and it is currently starting to focus on low food waste and nutritional balancing. **Stikliai** – the oldest private restaurant in Lithuania is bringing back local ingredients by using elegant and refined French cooking techniques. Their culinary hit – handmade ravioli stuffed with bread and smoked eel with lightly smoked white wine sauce. Slow and calm dining experience, as well as the all-time favourites, such as a salad composed of 12 different microgreens with fried beef tongue are bringing back guests to **Dine** over and over again. The best restaurant in the Temporary Capital of Lithuania with an outstanding freshness of their tuna tataki is **Dia**. Best in Klaipėda – **Monai** – with the kitchen just behind a big glass window which allows you to get a glimpse at the creation processes of dishes as pickled beetroot with goats cheese.

**DŽIAUGSMAS INVITES  
TO EXPERIENCE  
FLAVOURS WHILE  
SHARING DISHES  
WITH OTHERS AT  
THE TABLE.**



Restaurant *Džiaugsmas*,  
Oxheart tomato with handmade cheese,  
pistachio cream, raspberries and basil.

in the Temporary Capital of Lithuania with an outstanding freshness of their tuna tataki is **Dia**. Best in Klaipėda – **Monai** – with the kitchen just behind a big glass window which allows you to get a glimpse at the creation processes of such dishes such as pickled beetroot with goats cheese.

**30 BEST LITHUANIAN RESTAURANTS**  
www.30bestrestaurants.lt

#### INFO

##### DŽIAUGSMAS

Vilniaus St. 28, Vilnius  
+37063111153 www.dziaugsmas.com  
**MENU:** LT, EN  
**TIME:** all year round, closed on Sundays

##### STEBUKLAI

Gynėjų St. 14, Vilnius  
+37068585357  
www.stebuklai.com  
**LANGUAGE:** LT, EN  
**TIME:** all year round

##### FARMERS CIRCLE

Žirgyno St. 1, Radiškis, Ukmergė Dist.  
+37065256202 www.farmerscircle.lt  
**VISITING A FARM**  
**LANGUAGE:** LT, EN, RU  
**TIME:** all year round, but Winter is not recommended

##### NINETEEN18

Dominikonų St. 11, Vilnius  
+37060808950  
www.nineteen18.lt  
**LANGUAGE:** LT, EN  
**TIME:** all year round

##### 14HORSES

Dominikonų St. 11, Vilnius  
+37061250845  
www.14horses.lt  
**MENU:** LT, EN  
**TIME:** all year round

##### AMANDUS

Užupio St. 22, Vilnius  
+37067541191  
www.amandus.lt/en/  
**MENU:** LT, EN  
**TIME:** all year round

##### STIKLIAI

Gaono St. 7, Vilnius  
+37052649580  
www.stikliai.com/en/restaurants-events/  
**MENU:** LT, EN, RU  
**TIME:** all year round

##### DINE

Gedimino Ave. 35, Vilnius  
+37067223272 www.dinerrestaurant.lt/en/  
**MENU:** LT, EN  
**TIME:** all year round

##### Dia

Maironio St. 9, Kaunas  
+37065580308  
www.facebook.com/restaurantdia  
**MENU:** LT, EN, RU  
**TIME:** all year round

##### MONAI

Liepų St. 4, Klaipėda  
+37062663362 +37061359905  
www.restoranasmonai.lt  
**MENU:** LT, EN  
**TIME:** all year round



##### TASTE MUSEUMS. Taste

**Vilnius Horeca** is the biggest event in the world of Lithuanian gastronomy, HoReCa and hospitality sectors in the Baltic countries. Lectures, gastronomy workshops and competitions take place there. A foodie dream come true which invites people from all around the world: an exposition completely dedicated to the Baltic food and beverages, which presents the newest gastronomic innovations, trends, and technologies.

#### INFO

##### TASTE VILNIUS HORECA

LITEXPO, Laisves Ave. 5, Vilnius  
+37052454500  
www.litexpo.lt/en/  
**TIME:** beginning of November



Benediktas Market



##### MARKET. Benediktas Market

is a place that gathers more than 40 local farmers, gourmet food makers and restaurants under one roof in Vilnius. Have a taste of every bit of the world: from Lithuanian vegetables, dairy, cheese and fresh bread, colourful isles of spices, sea food and all the best quality gourmet produce to world kitchen restaurants showcasing dishes from Vietnam, Ukraine, Japan, China, Turkey and Italy.

#### INFO

##### BENEDIKTAS MARKET

(Benedikto turgus)  
Ukmergės St. 259A, Vilnius  
+37066998558  
www.benediktoturgus.lt/en/  
**TIME:** all year round

4  
ROUTE

Have a taste  
of every bit



Benediktas Market



**A PLACE THAT GATHERS  
MORE THAN 40 LOCAL  
FARMERS, GOURMET FOOD  
MAKERS AND RESTAURANTS  
UNDER ONE ROOF**



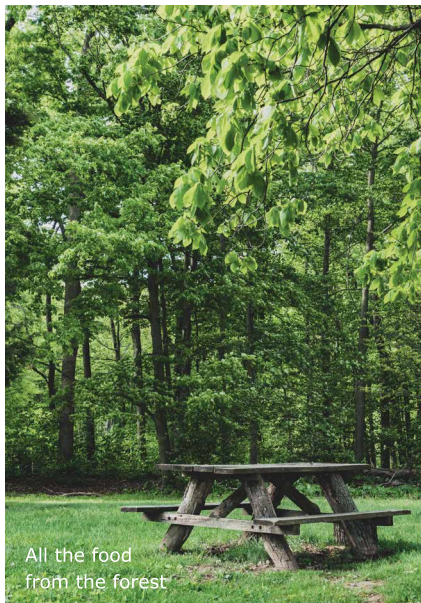
Benediktas Market

# Flavours of the forest

**TASTE POINTS:** Mushroom soup-  
Restaurants inside the forest-  
Oldest Lithuanian dessert-Ancient  
Beekeeping museum-Mushroom  
picking championship

This route will satisfy those who appreciate nature, authenticity, seasonal living, and tend to spend their free time in nature or simply promote a healthy lifestyle. Best season to take this route is autumn.

The rich variety of forest flavours is one of the main traits of Lithuanian kitchen. In the middle ages, the state of Lithuania was created by Lithuanian tribes in the region of Vilnius. The land itself was mostly infertile but filled with forests, rivers, and lakes. Naturally, all the food from the forest – mushrooms, berries, wild fruits, herbs, fish from lakes and rivers, hunting catch – were brought to the tables daily. This tradition is still alive today, and the flavours of the forest can be found in both traditional and modern restaurants.



All the food from the forest



Restaurant *Miške*, tasting dishes

5  
ROUTE

**NATIONAL MENU.** Let us begin with the traditional mushroom soup. Taste boletus and milk cap soup in **Labanoras** restaurant, which is situated in the middle of one of the biggest forests in Lithuania – Labanoras. Also, consider trying buckwheat pancakes with boletus mushroom sauce, pickled mushrooms with sour cream, and potatoes or dumplings with chanterelle mushroom and nettle sauce there. The menu is seasonal and is constantly being renewed, depending on what can be currently found in the forest. Restaurant chain **Katpėdėlė**, located in the largest cities of Lithuania, has mashed boletus soup with a little twist: the soup is served in an edible Lithuanian rye bread bowl.

## INFO

**LABANORAS**  
Seniūnijos St. 29, Labanoras,  
Švenčioniai Dist.  
+37065570917 +37065570918  
www.hotellabanoras.lt  
**MENU:** LT, EN  
**TIME:** all year round

**KATPĖDĖLĖ**  
Vilnius, Kaunas, Klaipėda and Šiauliai  
+37061120576 www.katpedele.lt/en  
**MENU:** LT, EN  
**TIME:** all year round

**EXPERIENCES.** If you are going to explore Lithuania in autumn, you will get to witness for yourself how crazy Lithuanians are about mushrooms and mushroom hunting. From over 400 mushroom species growing in Lithuania, only 100 are edible. Lithuanians do not need encyclopaedias to recognise the good, edible ones. You can try this “national sport” yourself. Mushroom and berry picking is completely free of charge in Lithuania and requires no permission. If you need a little help separating edible mushrooms from the poisonous ones, homestead **Dzūkijos uoga** invites you to take a mushroom picking tour. The ones you have picked will bubble over the fire and turn into the most fragrant mushroom soup.

## INFO

**DZŪKIJOS UOGA**  
Viršurodukis 9, Druskininkai  
+3706996356  
www.kaimoturizmosodyba.eu/en  
**MUSHROOM PICKING TOUR**  
**LANGUAGES:** LT, EN, RU  
**TIME:** August-October  
**COST:** 2-5 people – 130 Eur,  
more people - 150-200 Eur  
**GROUP:** max 10-15 people

**FOOD EVENTS.** Varėna, the so called mushroom capital of Lithuania, is famous for the traditional **Mushroom Festival** (*Grybų šventė*) in September. The mushroom picking championship is organised there. Forest goods can be bought in the fair and there is always live music in the air. In the beginning of spring, the city of Valkininkai (Varėna Dist.) celebrates the appearance of the first mushrooms with **Gyromitra Festival** (*Bobausių šventė*). July is the season of blueberries, and it is marked by locals in Lekėčiai (Šakiai Dist.) with **Blueberry Festival** (*Mėlynių šventė*). Check the exact times of the events on the websites of the following tourism information centres:

#### VARĖNA TOURISM INFORMATION CENTRE

[www.gamtosritmu.lt/en](http://www.gamtosritmu.lt/en)

#### ŠAKIAI TOURISM INFORMATION CENTRE

[www.sakiaitic.lt/en](http://www.sakiaitic.lt/en)

**RESTAURANTS.** Forest is not only mushrooms and berries, and in restaurant Labanoras you can try sap, taken from birch trees every spring or forest herb tea. Forests kept people strong by providing game meat. Taste game meat tartare or roe deer tenderloin with rowan berry sauce in **Medžiotojų Užėiga**. Game meat makes a frequent appearance on the menus of other restaurants as well. Enjoy unique eco-ethno-acoustic events in the middle of the forest organised by the **Food in the Wood** family restaurant. It is located in Neris regional park, in the middle of the forest near Dūkštos walking trail and several hill forts. Only half an hour drive from the capital Vilnius. The live music is calm enough not to interrupt the life of wild forest animals. In the legendary forest of Anykščiai exists a magical place of modern culinary wonders – restaurant **Miške**. Every plate in the restaurant has something from the forest whether it is pine oil or fir mayo. The restaurant is a part of SPA Vilnius Anykščiai complex – a place where luxury and nature complement each other. If you dream of waking up with the morning sounds

of the woods, stay there for the night. By the way, Lithuania has 5 national and 30 regional parks with 200 hiking roads and 30 observation towers. The most spectacular and innovative one – **Tree Top Walking Path** – is located in Anykščiai. The first walking path in the Baltics meandering through the treetops at a height of 20 meters.

#### INFO

##### MEDŽIOTOJŲ UŽEIGA

Rotušės Sq. 10, Kaunas  
+37068754032 +37037320956  
[www.medziotojai.lt/en](http://www.medziotojai.lt/en)

**MENU:** LT, EN, RU

**TIME:** all year round

##### FOOD IN THE WOOD

Bradeliškės 3, Dūkštos, Vilnius Dist.  
+37067178762

[www.facebook.com/foodinthewood](http://www.facebook.com/foodinthewood)

**MENU:** LT, EN

**TIME:** all year round

Must be booked in advance.

##### MIŠKE

Vilniaus St. 80, Anykščiai  
+37038150100

[www.spavilnius.lt/en/anyksčiai](http://www.spavilnius.lt/en/anyksčiai)

**MENU:** LT, EN, RU

**TIME:** all year round



**TASTE MUSEUMS.** At the **Tree Hollow Beekeeping Museum**, you will learn how honey used to be taken from the hollows of the trees while climbing. The exposition at the **Ancient Beekeeping Museum** tells the history of honey and offers to taste several kinds of it. The museum also holds a traditional festivity to celebrate the end of honey season (*Medkopio pabaigos šventė*) in the middle of August. While in beekeeping workshop of **Kupa apiary**, listen to the old bee legends, taste different kinds of honey, and try out other bee products – pollen, real honeycomb or Lithuanian traditional dessert mentioned above – fresh cucumber with honey. Visit the natural SPA in **Medaus Klėtelė apiary** – a little apitherapy house is situated there, where one can enjoy the buzzing of bees that is said to have healing powers.



Medaus klėtelė apiary

#### INFO

##### TREE HOLLOW BEEKEEPING MUSEUM

(*Drevinės bitininkystės muziejus*)

Musteika, Varėna Dist.

+37031044466 +37062415543

[www.facebook.com/ancient.beekeeping](http://www.facebook.com/ancient.beekeeping)

**LANGUAGES:** LT, RU, EN

**TIME:** all year round

##### ANCIENT BEEKEEPING MUSEUM

(*Senovinės bitininkystės muziejus*)

Stripeikiai, Ignalina Dist.

+37068612105

[www.biciumuziejus.lt](http://www.biciumuziejus.lt)

**LANGUAGES:** LT, EN, RU, DE

**TIME:** May-October, closed on

Mondays and Tuesdays

##### MEDAUS KLĖTELĖ APIARY

Barstyčių St. 1, Mačiūkiai, Plungė Dist.

+37061269114 +37068621542

[www.facebook.com/medauskletele](http://www.facebook.com/medauskletele)

##### APITHERAPY HOUSE

**LANGUAGES:** LT, EN, RU

**TIME:** August-October

**COST:** free of charge

**GROUP:** best for 2, max 10

##### BEEKEEPING WORKSHOP

**LANGUAGES:** LT, EN, RU

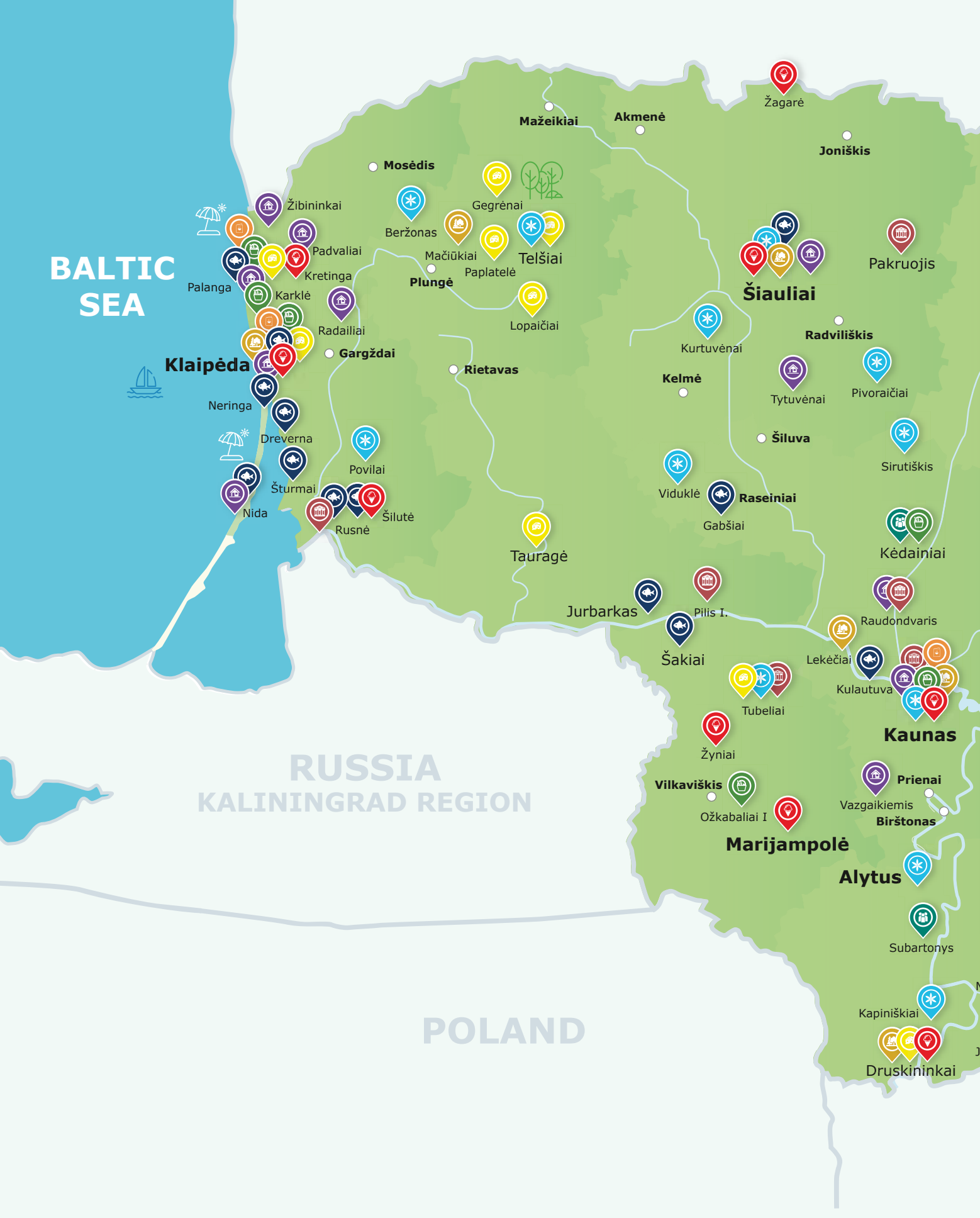
**COST:** 5 Eur/person, children –

free of charge. Minimal fee – 30 Eur.

**GROUP:** max 50 people



**MARKET.** If mushrooms are in season, they can easily be found in any market of any city or village. In Dzūkija – the region full of forest goods – fresh mushrooms and berries can be bought beside the road, straight from the baskets of mushroom pickers.



BALTIC  
SEA

**Klaipėda**

**Šiauliai**

RUSSIA  
KALININGRAD REGION

**Marijampolė**

POLAND

Mosėdis

Mažeikiai

Akmenė

Žagarė

Joniškis

Žibininkai

Beržonas

Gegrėnai

Telšiai

Palanga

Padvaliai

Plungė

Mačiūkiai

Paplatėlė

Lopaičiai

Kretinga

Karklė

Radailiai

Gargždai

Rietavas

Kelmė

**Šiauliai**

Radviliškis

Neringa

Dreverna

Povilai

Šturmai

Nida

Rusnė

Šilutė

Tauragė

Viduklė

**Raseiniai**

Gabšiai

Pivoraičiai

Sirutiškis

Kėdainiai

Jurbarkas

Pilis I.

Šakiai

Raudondvaris

Lekėčiai

Kulautuva

**Kaunas**

Žyniai

Vilkaviškis

Ožkabalai I

Prienai

Vazgaikemis

Birštonas

**Marijampolė**

**Alytus**

Subartonys

Kapiniškiai

Druskininkai















LATVIA



BELARUS

*Tasty routes of Lithuania*

-  Authenticity in every bite
-  Manor cuisine
-  Meeting point
-  The wonders of the modern kitchen
-  Flavours of the forest
-  From the garden straight to the plate
-  From rivers, lakes, and the Baltic sea
-  Say cheese
-  The family table
-  Sweet stories

# From the garden straight to the plate

**TASTE POINTS:** Pink cold soup-  
Herbal tea traditions-Acorn coffee-  
Seasonal restaurants-Cucumber  
celebration-Farmers' markets

This route will satisfy those who look for relaxation in nature, are interested in seasonality, ecology, local farmsteads, and healthy, natural and well-balanced food. The best season for this route is summer.

Lithuania has long lasting traditions of agriculture. It is one of the oldest businesses which is constantly challenged by the seasonal weather. The soil in winter is too cold for growing fresh produce, so locals had to become masters of fermentation. Nevertheless, other three seasons – spring, summer, and autumn – bring tons of fresh local produce. The importance of local seasonal food is increasing, and more and more restaurants are including it into their menu. These actions even served the Manifesto of New Baltic cuisine and are defining a new gastronomic identity for Lithuania.



Vegan Bistro *RoseHip*



Arbatos Magija



Restaurant *BasiBasi*,  
Šaltibarščiai with hemp  
seeds and roasted potatoes

**NATIONAL MENU.** The all-time favourite Lithuanian dish – the pink cold beetroot soup (*šaltibarščiai*) – is perfect for summer. A little sweet, a little sour, a little salty – call it Lithuanian umami flavour. Main ingredients are totally natural despite the bright pink colour – fresh cucumber, spring onion, dill, beet root and kefir. Carlo Petrini, the founder of Slow Food Movement, once called it the most aesthetic cold soup in the world. Try it in restaurant **Pasagėlė**, which is located not far away from Anykščiai. The restaurant only works with fresh Lithuanian produce, most of it comes straight from their garden. Besides *šaltibarščiai*, there you can try a variety of national dishes, such as herring with hot potatoes, country style herring, beans with cracklings, pork roast, boiled pigs' ear with peas and horseradish, dumplings with sour cream, and the like. The list is endless! The must try beverages in Pasagėlė are homemade caraway kvass, herbal tea, acorn coffee or natural apple juice. *Šaltibarščiai* is a typical summer soup, and many other food places have it as well. The best ones are at **Senoji trobelė** or **Špunka**, and the vegan version is served at **RoseHip**. White version of *šaltibarščiai* can be tasted at **BasiBasi** restaurant built on a bridge across Šventoji river in Anykščiai.

## INFO

### PASAGĖLĖ

Klerkamiesčio St. 7,  
Niūronys, Panevėžio Dist.  
+37068213405

[www.laimospasagele.lt](http://www.laimospasagele.lt)

**MENU:** LT, EN

**TIME:** all year round

### SENOJI TROBELĖ

Naugarduko St. 36, Vilnius  
+37060999002

[www.senojistrobele.lt/en/](http://www.senojistrobele.lt/en/)

**MENU:** LT, EN, RU

**TIME:** all year round

### ŠPUNKA

Savičiaus St. 9, Vilnius

Also in Kaunas,

Klaipėda and Panevėžys

+37061626637

[www.spunka.lt](http://www.spunka.lt)

**MENU:** LT, EN

**TIME:** all year round

### ROSEHIP

B. Radvilaitės St. 7, Vilnius

+37069488163

[www.facebook.com/RoseHipBistro](http://www.facebook.com/RoseHipBistro)

**MENU:** LT, EN

**TIME:** all year round

### BASIBASI

Paupio St. 1, Anykščiai

+37067861013

[www.facebook.com/BasiBasiRestaurant](http://www.facebook.com/BasiBasiRestaurant)

**MENU:** LT, EN

**TIME:** all year round



## EXPERIENCES.

Come to Lithuania in summer! All the fields are full of blooming treasures. Medical herbs were used in Lithuanian folk medicine, and the knowledge was passed through generations. Now, many homesteads are offering tours to get acquainted with herbs. Take one in **Full House community** – an open-air herb garden with guides to walk and talk you through. Taste herbal tea and pine, rose or dandelion syrup in **Karkelbeck No. 409** camping, located 5 minutes by walk from Baltic sea. It is situated on *The Dutchman's Cap* – the highest point of Lithuanian seaside with an astonishing view. The walk in the Seaside Regional Park can counterpoint all the delicious food eaten. The 12 kilometre health trail system consists of three trails: red – Karklė, yellow – Dutch Cap, and blue – Kalotė, and begins at the Visitors Centre of the Seaside Regional Park. Follow the info boards to see how walking distance resembles lost calories, which will tell you whether you can have another burger or ice cream. Learn how to make acorn coffee at the Branch of National Museum of Lithuania – **Birthplace of Jonas Basanavičius** – a proponent of the Lithuanian National Revival which eventually brought us independence. Nearby, an oak forest flourishes, reminiscent of Lithuanian history as oaks were planted as a reaction to major historical events. Visit **Arbatos Magija** in Anykščiai – a heaven of Lithuanian heritage herbs. Dive into the field to harvest them yourself while on the Tea Road tour! Lay down on the fresh grass in **Šironija** – a hemp farm inviting everyone to become a farmer. Follow Lithuanian countryside tourism association **Atostogos kaime** webpage to find out more about the unique farms and homesteads as they organise Open days events every year.

## INFO

### FULL HOUSE COMMUNITY

(*Pilnų namų bendruomenė*)  
Nemuno St. 1A, Panara, Varėna Dist.  
+37069873004 +37069887006  
www.pnb.lt

### HERB GARDEN TOUR

LANGUAGES: LT, EN, RU



Herbs field

**TIME:** all year round, except winter  
**COST:** 3 Eur/ person, min 50 Eur

### KARKELBECK NO. 409 CAMPING

Placio St. 10, Karklė, Klaipėda Dist.  
+37068660398 www.karkelbeck.lt  
**HERBAL TEA AND SYRUP TASTING**  
**LANGUAGES:** LT, EN, RU, SE  
**TIME:** all year round  
**COST:** 10 Eur/person  
**GROUP:** min 4 people

### BIRTHPLACE OF JONAS BASANAVIČIUS

(*Jono Basanavičiaus gimtinė*)  
Gimtinės St. 17, Ožkabaliai I,  
Vilkaviškis Dist. +37034269365  
www.muziejai.lt/Muziejus.en.asp?Db\_  
kodas=3117&menu=0  
**ACORN COFFEE MAKING**  
**LANGUAGES:** LT, EN, RU  
**TIME:** all year round  
**COST:** 4 Eur/person  
**GROUP:** 5-25 people



### ARBATOS MAGIJA

A. Baranausko Sq. 16, Anykščiai  
+37065978361 www.ramunovaistazoles.lt  
**TEA ROAD TOUR**  
**LANGUAGES:** LT, RU, EN  
**COST:** 10 Eur/person, minimum 100 Eur.

### ŠIRONIJA

Papiškės, Molėtai Dist.  
+370 64593311  
www.sironija.lt/en/  
**BECOME A FARMER, VISIT A HEMP FARM**  
**LANGUAGES:** LT, EN  
**TIME:** May-September  
**COST:** 10-15 Eur/person,  
free entrance if buying their produce

### ATOSTOGOS KAIME

www.countryside.lt/en/



## FOOD EVENTS.

Let us celebrate the Harvest Festival **Obuolinės**: an apple celebration in Anykščiai where every restaurant tries to have an apple dish, whether it is apple cheese, apple juice, apple tea or apple pie. One of the oldest culinary events – **Cucumber Festival** (*Agurkų šventė*) – takes place in Kėdainiai, which is considered to be the capital of cucumbers. **Cabbage Soup Fair** (*Kopūstinės kermošius*) is a traditional celebration before Assumption Day in Trakai, which invites you to have a big bowl of cabbage soup. Also, we love herbs to such an extent that we hold an annual **Herb Collection Championship** (*Vaistazolių rinkimo čempionatas*) in Švenčionys. Not to mention, almost every celebration has a fair! Check the exact times of the events on the websites of the following tourism information centres.

**ANYKŠČIAI TOURISM AND BUSINESS INFORMATION CENTRE**  
www.infoanyksčiai.lt/en/

**KĖDAINIAI TOURISM AND BUSINESS INFORMATION CENTRE**  
www.kedainiutvic.lt/en/

**TRAKAI TOURISM INFORMATION CENTRE**  
www.trakai-visit.lt/en/

**ŠVENČIONYS BUSINESS AND TOURISM INFORMATION CENTRE**  
www.infosvencionys.lt/vaistazoliu-rinkimo-cempionatas

**RESTAURANTS. Vilkinė gastro fields** offers a *zero mile* culinary experience – from the garden straight to the plate. Everything comes from a greenhouse, a forest nearby, or farmsteads in close proximity. Try Lithuanian trout tartare with hemp sauce and lightly pickled beetroot, seasonal fish, vegetable soup and salad from the garden, ravioli stuffed with buckwheat and local herbs or even a homemade beer brownie. It is a perfect getaway and also the best Sunday brunch outside the city! Don't forget to try some special drinks which are hard-to-find elsewhere in the world, such as the healing amber tea in **Anikės café**, or a cup of acorn or dandelion coffee with a dessert in **Kmyninė**.

## INFO

**VILKINĖ GASTRO FIELDS**

Vilkinės St. 3, Vilnius Dist.  
+37065508503 [www.vilkine.com](http://www.vilkine.com)

**MENU:** LT

**TIME:** May-November

**ANIKĖS CAFÉ**

Teatro St. 7, Klaipėda  
+37068111873  
[www.facebook.com/anikeskavine](http://www.facebook.com/anikeskavine)

**MENU:** LT, EN

**TIME:** all year round

**KMYNINĖ**

Vilnius +37069996587 +37067979110  
[www.facebook.com/kmynine](http://www.facebook.com/kmynine)

**MENU:** LT

**TIME:** all year round



Vilkinė gastro fields

**MARKETS AND SHOPS.** If you stumble upon the **Vikis** shop, you are in the right place if you are looking for something natural, local, and straight from the Lithuanian farms. **Farmers' Market** in Kaunas falls under the same description as Vikis, uniting eco brands from all over Lithuania. The necessity to preserve food for winter taught Lithuanians to ferment vegetables, and products, such as fermented cabbage, cucumbers or beetroots can be found in **Hales Market** or **Kalvariju Market**. Gurkė shop has a wonderful cucumber jam and chocolate glazed cucumbers, while **7 Ievos namai** presents a wide range of natural herbal teas, spices, jams, spreads, and can be found in various cities. After completing the mentioned tours, never hesitate to ask if the place has a shop. You might get some precious produce straight from the hands of the makers.

## INFO

**VIKIS**

Vilnius, Kaunas,  
Klaipėda, Panevėžys, Palanga  
+37060528818

[www.facebook.com/krautuvelvikis](http://www.facebook.com/krautuvelvikis)

**TIME:** all year round

**FARMERS' MARKET**

(*Ūkininkų turgelis*)

Jonavos St. 1, Kaunas

+37061123070

**TIME:** Saturdays from 8AM to 4PM

**HALES MARKET** (*Halės turgavietė*)

Pylimo St. 58, Vilnius  
+37052625536  
[www.halesturgaviete.lt/en/](http://www.halesturgaviete.lt/en/)

**TIME:** all year round from 7AM to 6PM,  
Sundays 7AM to 3PM, closed on Mondays

**KALVARIJU MARKET** (*Kalvarijų turgus*)

Kalvarijų St. 61, Vilnius

+37069635718

[www.kalvariju-turgus.lt](http://www.kalvariju-turgus.lt)

**TIME:** all year round from 8AM to 4PM,  
closed on Mondays

**GURKĖ**

Dvaro St. 2, Kėdainiai

+37060131077

[www.gurke.lt](http://www.gurke.lt)

**LANGUAGE:** LT, EN, DE

**TIME:** all year round

**7 IEVOS NAMAI**

Vilnius and Klaipėda

+37065577353

[www.7ievosnamai.lt/en/](http://www.7ievosnamai.lt/en/)

**TIME:** all year round



**AFTER COMPLETING THE MENTIONED TOURS, NEVER HESITATE TO ASK IF THE PLACE HAS A SHOP. YOU MIGHT GET SOME PRECIOUS PRODUCE STRAIGHT FROM THE HANDS OF THE MAKERS.**



Become a farmer

**BEST SUNDAY  
BRUNCH OUTSIDE  
THE CITY!**

*Šaltibarščiai*



# From rivers, lakes and the Baltic sea



**TASTE POINTS:** Traditional fish soup-Smoked fish-Fish Road-Lithuanian Venice-Fish soup cooking championship

**This route will satisfy those who love fish or fishing, connect best with the water element, enjoy boat trips, and the scent of the sea.**

Lithuania has almost 6000 lakes. Most of them are in Molėtai, Dubingiai and Zarasai districts. Along with 90 km of Baltic seacoast and around 30 000 rivers of which the largest – Nemunas – meanders 359 kilometres through Lithuania. Coasts of Neringa in Curonian Spit – the breath-taking peninsula with sand dunes, protected by UNESCO – are lined with numerous wooden fisherman houses. Some abandoned, some turned into restaurants, some restored to remind people of the history of fishing culture. Fishing methods changed during the years, but in many restaurants, fresh, local fish is greatly appreciated; and in some places, people are still cherishing old traditions by bringing back ancient recipes.

7  
ROUTE

**NATIONAL MENU.** Every Lithuanian fisherman has to know how to prepare a mouth-watering traditional fish soup. All the attention has to go to the fish stock, most definitely prepared from freshly caught local fish. To accentuate the taste of the fish, only few ingredients, such as potatoes, onion, and some spices, are added. It is a must to boil it over an open fire! At the end of the cooking process, a burning willow stick is taken from the fire and dipped in the middle of the bubbling soup with a generous splash of homemade vodka. Traditionally, the soup is eaten on its own, without any sour cream. In Žemaitija region, it has to be served with potatoes, sometimes with the addition of some sweet flag. The **traditional** making of **fish soup** dates back hundreds of years to the Upper Aukštaitija region; and now, every summer weekend, the soup is cooked in Ginučiai village (Ignalina Dist.). Other fish dishes are also prominent in Lithuanian cuisine, and which kind of fish is used depends on the region. Smelt and vendace are the precious fishes of Molėtai lakes,

and **Vilkasalė** has it on the menu amongst other lake fish dishes. Restaurant **Labanoras** has its own special – crispy smelt with cucumbers and dill sauce. **Dreverna** is a restaurant with a beautiful view overlooking a yacht harbour and the Dead dunes. This restaurant serves fresh fish dishes, such as fried smelt, lagoon fish soup or traditional herring with potatoes and onions. Herring became a part of traditional Lithuanian cuisine in the 16<sup>th</sup> century, and was eaten salted, fried, with raisins, butter, potatoes and bread, in a soup or porridge. From the 20<sup>th</sup> century, dressed herring (*silkė pataluose*) gained its glory. It is a pickled herring in a fur coat – a garnish of boiled vegetables (carrots, beets), onions and mushrooms. This dish can be found in restaurant **Žemaitis**. On the Christmas Eve, mostly fish (especially herring) dishes are eaten, and Lithuanians have more than 100 recipes for this occasion.

## INFO



### TRADITIONAL FISH

soup *Srovena* shop  
Malūno St. 37, Ginučiai,  
Ignalina Dist. +37068739339  
[www.gaideliusodyba.lt/en/](http://www.gaideliusodyba.lt/en/)  
**TIME:** summer Saturdays  
and Sundays, soup is ready at 11AM

### VILKASALĖ

Labanoro St. 7, Mindūnai,  
Molėtai Dist.  
+37065050822  
[www.facebook.com/sodybaVilkasale](http://www.facebook.com/sodybaVilkasale)  
**MENU:** LT, EN, RU  
**TIME:** all year round

### LABANORAS

Seniūnijos St. 29,  
Labanoras, Švenčioniai Dist.  
+37065570917 +37065570918  
[www.hotellabanoras.lt](http://www.hotellabanoras.lt)  
**MENU:** LT, EN  
**TIME:** all year round

Pickled herring  
in a fur coat



Restaurant *Žemaitis*,  
dressed herring

## DREVERNA

Pamario St. 12, Dreverna,  
Klaipėda Dist. +37064833399  
www.dreverna.lt/en/restaurant

**MENU:** LT, EN, RU

**TIME:** all year round



## ŽEMAITIS

Draugystės Ave. 25, Šiauliai  
+37061520310

www.restoranaszemaitis.lt

**MENU:** LT, EN, RU

**TIME:** all year round



**EXPERIENCES.** All-inclusive experience starts in Dreverna (Klaipėda Dist.) at John Gižas ethnographic farmstead. The tour **Fish Road** sails through the water paths of Lithuania Minor – Curonian Lagoon, Nemunas Delta, Minija River, and King Wilhelm Canal. Throughout the journey, the guests are gifted with a chance to visit historical places, such as Mingė – the so called Lithuanian Venice – and are treated with traditional chicory or barley coffee (*kafija*), Lithuanian cheesecake (*gliumzinis*), gooseberry, black currant or raspberry wines, smoked fish, and last but not least – traditional Lithuanian fish soup. Learn how to cook and salt vimba at **Jurodis** homestead, smoke your own fish in **Ingos rūkyklėlė**, or take a long exciting **fishing trip** in the Baltic sea or in almost any lake or river.

## INFO

### FISH ROAD (ŽUVIES KELIAS)

Žvejų St. 13  
Dreverna, Klaipėda Dist.  
+37064823198  
www.klaipedosrajonas.lt/en/editable-separated/id-124

**LANGUAGES:** LT, EN, RU

**TIME:** May-September

**COST:** from 23 Eur/person

**GROUP:** 10-30 people

### JURODIS

Kaunas St. 103, Naujasodžiai,  
Kaunas Dist. +37065091000  
www.gasthaus.lt

### VIMBA COOKING and SALTING WORKSHOPS

**LANGUAGES:** LT, EN, RU, DE

**TIME:** cooking – all year round, salting – from April till May and from August till November

**COST:** 7-10 Eur/person

**GROUP:** min 10 people



Has its own  
Special crispy smelt

Restaurant *Labanoras*,  
crispy smelt with cucumbers and dill sauce

### INGOS RŪKYKLĖLĖ

Skalviai St. 6A-4  
Rusnė, Klaipėda Dist.  
+37065500705  
www.facebook.com/ingoszuvis

### SMOKED FISH SHOP

**TIME:** all year round

### FISH SMOKING WORKSHOP

**LANGUAGES:** LT, EN

**TIME:** May-September

**COST:** for a group of max 10 people –  
50 Eur, 5 Eur/person

### LITHUANIAN FISHING TOURS

Akacijų Ave. 7A, Kulautuva,  
Kaunas Dist.  
+37067622766  
www.lithuanianfishing.com

### FISHING TOURS

**LANGUAGES:** LT, EN, RU, DE

**TIME:** summer and autumn

**COST:** for a group of

max 10 people –

50 Eur, 5 Eur/person

**GROUP:** usually 2-8 people



Dreverna harbour

7  
ROUTE

**FOOD EVENTS.** Once the smelt fishing season starts in mid-winter, the fish celebrations take over Lithuania. **Palanga smelt** (*Palangos stinta*), **Spintapūkis** in Neringa, and **Trauk stintelė** in Palūšė (Ignalina Dist.) all take place in February. By the way, smelt is said to have a smell of cucumber, but as locals say: “the cucumber has the smell of smelt”. In April, vimba fish starts to travel from the sea to the rivers, and during that month, Nida has a traditional vimba catching and cooking celebration **Žiobrinės**. Vimba is traditionally cooked over an open fire on a stick. Vimba travels a long distance through the rivers, and other cities welcome the fish as well. This tradition is also kept in Jurbarkas and Šakiai – the cities celebrate **Žiobrinės** in May. In Šilutė (Klaipėda Dist.), everyone comes to compete for the best fish soup maker title. **Fish soup making championship** (*Žuvienės virimo čempionatas*) takes place in September, and it is a great opportunity to witness the cooking process from the beginning to an end, as well as to have a bowl of soup for free. To learn more about the mentioned fish celebrations, visit these websites of tourist information centres:

**KLAIPĖDA DISTRICT TOURISM INFORMATION CENTRE**

[www.klaipedosrajonas.lt/en/](http://www.klaipedosrajonas.lt/en/)

**NIDA CULTURE AND TOURISM INFORMATION CENTRE AGILA**

[www.visitneringa.com/en/](http://www.visitneringa.com/en/)

**MOLĖTAI TOURISM AND BUSINESS INFORMATION CENTRE**

[www.infomoletai.lt/en/](http://www.infomoletai.lt/en/)

**JURBARKAS TOURISM AND BUSINESS INFORMATION CENTRE**

[www.jurbarkas.info/en/](http://www.jurbarkas.info/en/)

**ŠAKIAI TOURISM INFORMATION CENTRE**

[www.sakiaitic.lt/en/](http://www.sakiaitic.lt/en/)

**RESTAURANTS.** **Šturmu švyturys** – the best fish restaurant in Lithuania, located in the harbour of Ventės ragas – a

headland on Nemunas delta with an ornithological station (built in 1929) and an old lighthouse (built in 1863) – one of the seven still remaining in Lithuania. The menu is always a surprise – dishes depend on what was caught on that day by the local fishermen. The seasonal wild fish is laid on ice, and guests can pick which they prefer to be cooked over the fireplace for their dinner. At the restaurant **Žuvinė**, a selection of seasonal local products with an addition of sea food caught in the ocean awaits, bringing up the importance of enjoyment. At **Žvejų namai** and **Karpynė**, the fish is caught fresh from the ponds nearby and prepared by restaurant chefs.

**I N F O**

**ŠTURMU ŠVYTURYS**

Švyturio St. 7, Šturmai, Šilutė Dist. +37065090139

[www.sturmusvyturys.lt](http://www.sturmusvyturys.lt)

**MENU:** LT, EN

**TIME:** 15th of May – 15th of July only weekends, closed from the 15th of October to the 15th of May

**ŽUVINĖ**

J. Basanavičiaus St. 37A, Palanga +37065659647 [www.zuvine.lt](http://www.zuvine.lt)

**MENU:** LT, EN, RU

**TIME:** all year round

**ŽVEJŲ NAMAI**

Vilūniškiai, Elektrėnai Dist. +37052826008

[www.zvejunami.lt/en/](http://www.zvejunami.lt/en/)

**MENU:** LT, EN, RU

**TIME:** all year round

**KARPYNĖ**

Karpynės St. 2, Gabšiai, Raseiniai Dist. +37065077437 [www.karpyne.lt/en/](http://www.karpyne.lt/en/)

**MENU:** LT, EN, RU

**TIME:** all year round



**MUSEUMS.** At **John Gižas ethnographic farmstead** – the home

of legendary ship builder Jonas Gižas – stories about the traditional ship building, the craft of fishermen and the history of fishing in general are told. **Nida Fisherman's Ethnographic Homestead** is an authentic household which offers a chance to see how a fisherman's life

looked in the 1920s. **The Fishing Museum** in Mindūnai (Molėtai Dist.) exhibits canoe-type boats, which dates back to the 15<sup>th</sup> century, and more than 800 pieces of old fishing equipment.

**I N F O**

**JOHN GIŽAS ETHNOGRAPHIC FARMSTEAD**

(*Jono Gižo etnografinė sodyba*)

Žvejų St. 13 Dreverna, Klaipėda Dist.

+37069695861

[www.facebook.com/JGizoEtnografineSodyba](http://www.facebook.com/JGizoEtnografineSodyba)

**LANGUAGES:** LT, EN

**COST:** 1-2 Eur/person

**TIME:** summer season – from Tuesday to Saturday, winter season – from Tuesday to Sunday



**NIDA FISHERMAN'S ETHNOGRAPHIC HOMESTEAD**

(*Nidos žvejo etnografinė sodyba*)

Naglių St. 4, Nida, Neringa Dist.

+37046952260

[www.neringosmuziejai.lt/en/nida-fishermans-ethnographic-homestead](http://www.neringosmuziejai.lt/en/nida-fishermans-ethnographic-homestead)

**LANGUAGES:** LT, EN, RU

**TIME:** all year round

**GROUP:** min 8 people

**THE FISHING MUSEUM**

(*Ežerų žvejybos muziejus*)

Muziejaus St. 7, Mindūnai, Molėtai Dist.

+37069833018 +37069833046

[www.moletumuziejus.lt](http://www.moletumuziejus.lt)

**LANGUAGES:** LT, EN, RU

**TIME:** all year round, closed on Mondays

**COST:** entrance ticket 4 Eur/person, guide – up to 20 people - 15 Eur, more people – 25 Eur

**SMOKED FISH PAVILIONS**

Danės St. 1, Klaipėda +37060078083

**TIME:** all year round



**MARKET.** Fish smoking is a cultural heritage and a trademark of the villages in the Curonian Spit. Smoked fish is sold almost everywhere on the coastal area, but if you were to ask the locals, the best ones are sold on Rusnė Island, in Skalviai Street, where all the smokehouses are situated. In Klaipėda, take a walk along the Danės quay to the Old Ferry port and taste some flavourful fish at the **smoked fish pavilions** yourself. A bream is always the first choice for a delicious, salty, and smoky meal while admiring the views of the Baltic sea.





Restaurant *Karpynė*,  
salmon tartare with leek ash



Smoked  
fish

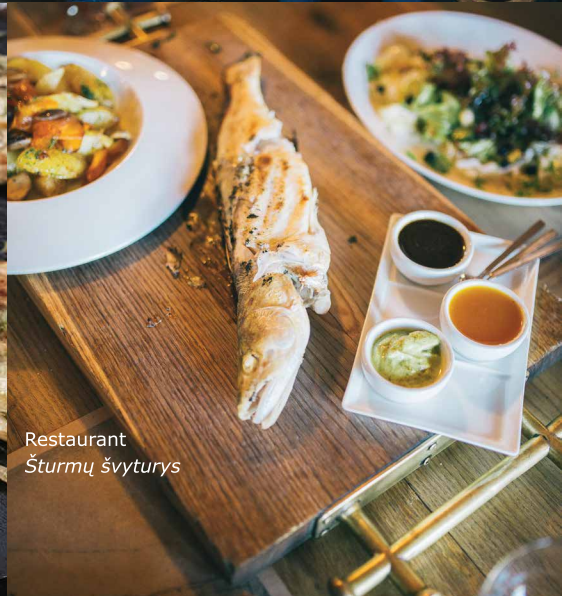
# DINNER



Restaurant  
*Šturmu švyturys*



People are still cherishing old traditions  
by bringing back ancient recipes.



Restaurant  
*Šturmu švyturys*

# Say cheese

**TASTE POINTS:** White curd cheese-Lithuanian milk farmers-Milk champagne-Cheese celebration-Ice cream with cheese-Cheese museum

**The route is balanced for cheese lovers who prefer fresh produce from the farmers or find it hard to live without any kind of cheese, butter, or milk.**

*Milk can have many shapes and forms – from warm and fresh which is straight from the cow, to smooth and soft butter, kefir, buttermilk, sour cream, curd – you name it. The most traditional Lithuanian curd cheese was made out of cow's milk solely by hand. The making of curd cheese in Lithuania was first documented in the Middle ages. It was not eaten as often as it is now. It was either considered an after-lunch dessert and served with honey, or given to guests as they came by for special occasions. Now you can find it in almost any store and on everyone's table.*

**NATIONAL MENU.** Lithuanian curd cheese is a major part of our culinary and national heritage, and it has been granted the Protected Geographical Indication (PGI) status by the EU. It is recognised by its snow white appearance and triangular shape, often spiced with caraway seeds. It is best to try natural cheese from the farmers who do all the work themselves – feed and milk the cows and press the cheese. Such Lithuanian cheesemakers gather under the same roof in **Cheesemakers' home** in Dargužiai (Varėna Dist.). It is also a shop and a cosy restaurant which will always welcome you with a platter of traditional and fermented cheese from the local farmers. Get to know traditional dairy products by making them at **Ukmergė Regional museum**. At the Milk Road workshop, you will be introduced to the path that milk takes from the cow to cheese and butter. Visitors will have an opportunity to make cheese themselves, using ancient tools while listening to the history of

cheesemaking. Afterwards, a tasting of Lithuanian homemade bread with traditional cheese and butter awaits.

## INFO

### CHEESEMAKERS' HOME

(*Sūrininkų namai Dargužiuose*)

Merkio St. 53, Dargužiai, Varėnos Dist.

+37065529171

[www.surininkunamai.lt](http://www.surininkunamai.lt)

**MENU:** LT

**TIME:** all year round

**COST:** depends on a tasting

### UKMERGĖ REGIONAL MUSEUM

(*Ukmergės kraštotyros muziejus*)

A. Smetonos St. 20,

Užulėnis, Ukmergė Dist.

+37067027306

[www.ukmergesmuziejus.lt](http://www.ukmergesmuziejus.lt)

### MILK ROAD AND CHEESE TASTING

**LANGUAGES:** LT, EN

**TIME:** all year round

**COST:** 12 Eur/person

**EXPERIENCES.** To learn the path that milk takes from the meadow to the table, check the educational program of **Sūrūs vėjai**. See the cows grazing in the fields, try fresh milk, make cheese and butter with your own hands, and taste 15 kinds of cheese made right there in the farm! The variety of traditional curd cheeses can be tasted on **Saulius Petrutis farmstead**. All flavours of Džiugas, the modern day hero of fermented cheeses, can be enjoyed at **Džiugas House** in Vilnius, Telšiai and Klaipėda. Homestead Saulės slėnis is offering a cheesy SPA experience – sauna with dairy ice cubes in summer or milk soaked blanket in winter. **Milk Road** route was created for those who want to learn more about Lithuanian dairy and cheese making culture. Their website contains all the homesteads, farmsteads, dairy farms which offer tours and share knowledge about the cheese making culture in Lithuania.

8  
ROUTE

Heaven for gourmet food lovers



Goats graze in fields full of wild herbs and flowers which are a part of a taste of the flavourful cheese.

**PLEASANT SURPRISE –  
LOCAL CURD CHEESE**



## INFO

### SŪRŪS VĖJAI

8 km from Druskininkai  
+370 607 69633  
[www.surusvejai.lt/en/product/cheese-making-tasting](http://www.surusvejai.lt/en/product/cheese-making-tasting)

### CHEESE MAKING AND TASTING

**LANGUAGES:** LT, EN, RU

**TIME:** all year round

**COST:** 18 Eur/person

**GROUP:** from 10 people

### SAULIUS PETRUTIS FARMSTEAD

(*Sauliaus Petručio pieno ūkis*)

Mokyklos St. 15, Gegrėnai, Plungė Dist.  
+37060794123

[www.pienokelias.lt/profiliai/plunge/produktai/sauliaus-petrucio-pieno-ukis](http://www.pienokelias.lt/profiliai/plunge/produktai/sauliaus-petrucio-pieno-ukis)

### TRADITIONAL CHEESE TASTING

**LANGUAGES:** LT, EN, RU

**TIME:** all year round

**COST:** 5 Eur/person

**GROUP:** 5-15 people

### DŽIUGAS HOUSE

(*Džiugo namai*)

Vilnius, Telšiai, Klaipėda  
+37080010002 [www.dziugashouse.lt/en](http://www.dziugashouse.lt/en)

**LANGUAGES:** LT, EN

**TIME:** all year round

### DŽIUGAS CHEESE TASTING (*few different kinds*)

**LANGUAGES:** LT, EN

**TIME:** all year round

**COST:** depends on the tasting  
(check website)

**GROUP:** from 1 to 10 or more

### SAULĖS SLĖNIS

Bičių takas 3, Paplatelė, Plungė Dist.  
+37068601934

[www.saulesslenis.lt/en/](http://www.saulesslenis.lt/en/)

**MILK SAUNA LANGUAGES:** LT, EN, RU

**TIME:** all year round

**COST:** 10 and less people – 180 Eur

### MILK ROAD

(*Pieno kelias*)

All around Lithuania  
+37044868202 [www.pienokelias.lt](http://www.pienokelias.lt)  
Depends on a farmstead, homestead, etc.



**FOOD EVENTS.** Happening in the middle of August, the **Cheese festival** (*Sūrių festivalis*) in Druskininkai is a major attraction point for cheesemakers and cheese lovers from all over Lithuania and the surrounding countries. Everyone gathers there to present their produce and taste all the cheesy dishes made by professional chefs. Cheese making



Family restaurant *Pasaulio Pakrašty*

workshops take place there, and the award of the cheese of the year is granted. There is no other place like this to express one's love for cheese. For more information, check out the website of Druskininkai tourism information centre:

### DRUSKININKAI TOURISM AND BUSINESS INFORMATION CENTRE

[www.druskininkai.lt/en/](http://www.druskininkai.lt/en/)



**RESTAURANTS.** On a lively Gediminas Avenue in Vilnius, **Say Cheese bistro** opens its door to invite people for a rich tasting experience. Not only platters of local cheese are on the table, but many other dishes, including the famous pink cold soup *šaltibarščiai* with a rather uncommon addition – goat cheese. Restaurant **Kuchmistrai** in Šakiai has another pleasant surprise – local curd cheese baked with smoked butter, which is served with quince – orange and saffron sauce. A family restaurant **Pasaulio Pakrašty**, established on an eco-dairy farm, will be a perfect place to relax in nature, walk around the farm and have a great seasonal meal at a home of locals. For a taste of traditional Lithuanian cheesecake, you might need to take more than one route. Fish Road (*Žuvies kelias*) starting in Dreverna (Klaipėda Dist.), where cheesecake is included in the menu. The curd glazed with chocolate became a popular sweet snack called *sūrelis*. A big variety can be found in **Vilkyškių pieninė**; and for entirely authentic Vilkyškių pieninė experience, try their concept store in

Tauragė. Usually, *sūrelis* can be found in most Lithuanian grocery shops and supermarkets. However, the milk champagne (*pieno šampanas*) is a rare find, so grab it if you stumble upon it. Our tastiest breakfast comfort food – *varškėčiai* (pancakes with curd) – can be found in restaurant **Vandenis**.

## INFO

### SAY CHEESE BISTRO

Gedimino Ave. 3A, Vilnius.  
+37066996336 [www.say-cheese.lt](http://www.say-cheese.lt)

**MENU:** LT, EN

**TIME:** all year round

### KUCHMISTRAI

Beržų St. 3, Tubeliai, Šakiai Dist.  
+37061468883 [www.kuchmistrai.lt](http://www.kuchmistrai.lt)

**MENU:** LT, EN

**TIME:** all year round

### PASULIO PAKRAŠTY

Žarėnų St. 1, Lopaičiai, Telšiai Dist.  
+37068672527  
[www.facebook.com/namu.restoranai.pasaulio.pakrasty](http://www.facebook.com/namu.restoranai.pasaulio.pakrasty)

**MENU:** always changing

**TIME:** all year round,  
must be booked in advance

### VILKYŠKIŲ PIENINĖ CONCEPT STORE

Dariaus ir Gireno St. 26, Tauragė  
+37065518831  
[www.vilvi.eu](http://www.vilvi.eu)

**MENU:** LT

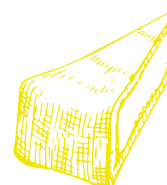
**TIME:** all year round

### VANDENIS

Birutės Sq. 47, Palanga  
+37060553530  
[www.vandenis.lt](http://www.vandenis.lt)

**MENU:** LT

**TIME:** all year round





**MUSEUMS.** As folk tales tell, the legendary cheese Džiugas was named after a brave knight who established the city of Telšiai. In Telšiai the **Džiugas museum** was founded, so it can tell the story of this word-renowned cheese. You can taste the most delicious cheese desserts, such as cheesecake or ice cream with Džiugas, at a little museum, café or other Džiugas shops in Vilnius. Ever heard of that story in which Lithuanian curd cheese saved Klaipėda from the attack of Swedes in the 13<sup>th</sup> century? As the legend tells, the King of Sweden sieged the castle of Klaipėda. Lithuanian soldiers were bravely defending the castle until nothing, but Lithuanian white curd cheese was left for them to eat. There was no other way but to figure out a plan of how to trick the enemy into thinking that they still have plenty of food. If you want to learn the legendary trick and other interesting facts about dairy and cheese production and consumption in this region, visit **The History Museum of Lithuania Minor.**

#### INFO

##### DŽIUGAS MUSEUM

*(Džiugas namai-muziejus)*

Respublikos St. 49 – 7, Telšiai

+37044453748

<http://www.dziugashouse.lt/en/telsiai-2/>

**MENU:** LT, EN

**TIME:** all year round

**COST:** free of charge for café customers

##### THE HISTORY MUSEUM OF LITHUANIA MINOR

*(Mažosios Lietuvos istorijos muziejus)*

Didžioji Vandens St. 2, Klaipėda

+37046410527

<https://www.mlimuziejus.lt/en/>

**LANGUAGES:** LT, RU, EN, DE

**COST:** 1,45 Eur/person

**TIME:** all year round Guided tours are possible, check the website

## Fascinating product stories



Dairy farms offer tours and share knowledge about the cheese making culture in Lithuania.



**MARKETS AND SHOPS.** Market is a good place if you want to explore the wide variety of homemade Lithuanian cheese. Check **Tymo Market** – a beautiful farmers' market near Užupis – an independent artist district in Vilnius. A tasting bar **Roots** is situated in Hales Market, and it offers the crème de la crème selection of local foods, including traditional Lithuanian cheese, and their fascinating product stories. To get a broader perspective on Lithuanian cheese culture, **FellZcity** organises a private local cheese and wine tasting tour around Hales market. You can definitely find some curd at **Pieno namai** – a real heaven for gourmet food lovers. Actually, almost every small or big grocery shop offers a wide variety of milk products as they are that popular amongst the locals.

#### INFO

##### TYMO MARKET (*Tymo turgelis*)

Crossing of Aukštaičių St.

and Maironio St., Užupis, Vilnius

+37062312493

<http://www.tymoturgelis.lt/>

**TIME:** Thursdays from 10 AM to 3PM

##### ROOTS (*Hales Market*)

Pylimo St. 58, Vilnius

+37067173744

[www.facebook.com/ROOTSVILNIUS](http://www.facebook.com/ROOTSVILNIUS)

**TIME:** all year round

##### FEELZCITY TOUR (*Hales Market*)

Pylimo St. 58, Vilnius

+37061827926

[www.feelzcity.com/st\\_tour/hales-farmers-market-local-tastes-2](http://www.feelzcity.com/st_tour/hales-farmers-market-local-tastes-2)

**LOCAL CHEESE AND WINE TASTING TOUR LANGUAGES:** LT, RU, EN

**COST:** min 32 Eur/ person

**GROUP:** min 4 people

**TIME:** all year round

##### PIENO NAMAI (*Benediktas Market*)

Ukmergės St. 259A, Vilnius

+37062460572

[www.benediktoturgus.lt/en/](http://www.benediktoturgus.lt/en/)

**MENU:** LT, stories in EN

**TIME:** all year round



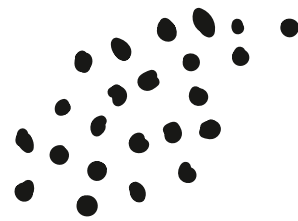
# EXPLORE

## THE WIDE VARIETY OF HOME-MADE LITHUANIAN CHEESE

8

ROUTE

# The family table



**TASTE POINTS:** Pilgrim kvass-Bird Village-Oldest chocolate fabric-Sea Festival-Corn Village & Maze-Horse Museum

This route is meant for families travelling with children and those looking for compelling family-friendly places in Lithuania to explore, experience Lithuanian tastes and entertain beloved ones at the same time. Places mentioned in this route invite children to be their main guests: child-friendly workshops, playgrounds and educational activities are offered.



Experience Lithuanian tastes and entertain beloved ones at the same time.

9  
ROUTE

**NATIONAL MENU.** **Bajorų kiemas** represents Lithuanian culinary heritage and has an outstanding variety of national Lithuanian dishes – pink cold beetroot soup, *cepelinai* (potato dumplings), herring with hot potatoes, mushroom soup in a bread bowl, *kugelis* (potato pudding), *švilpikai* (baked ground potatoes), buckwheat pancakes, *vėdarai* (potato sausage) and much more. The playground for children – Piratai – is only few steps away. At the same building, you will find **CurioCity** – an educational centre for children. At the 1500 m<sup>2</sup> playground, children can become astronauts, drive cars, measure the loudness of their voice, record a song and do many other exciting experiments.

## INFO

### BAJORŲ KIEMAS

MEGA, Islandijos Hwy. 32, Kaunas  
+37061688677  
<http://www.bajorukiemas.lt/>

**MENU:** LT, EN, RU

**TIME:** all year round

### CURIOCITY

MEGA, Islandijos Hwy. 32, Kaunas  
+37068833202 <http://www.curioicity.lt/>  
**TIME:** all year round

**EXPERIENCES.** Let us start at the cellars of **Tytuvenai Pilgrim Center** where you will be able to taste 5 kinds of *gira* (kvass) – a traditional fermented beverage, usually made using rye bread with the addition of fruits, berries or spices. An encounter with charming birds is waiting at **Bird Village**. Amongst other species, you will meet ostriches, the largest birds in the world, and taste omelette made from their eggs. One egg equals to 35 chicken eggs and weighs around 2 kilograms. That is one big omelette! **Corn Village & Maze** invites you to walk through a maze, inspired by different Lithuanian monuments, such as **Gediminas Castle**, and taste corn, baked over a fire. Turn your world upside down at **Radailių Manor** – a dinosaur themed park with a house built upside down. Take a tour at hydroponic garden of **Urban Laboratory**, and have a brunch at their environmentally friendly café. **Cat Café** invites children from 6 years old to eat surrounded by purring, loving and peacefully sleeping creatures. A coffee and dessert time turns into the most unforgettable experience at **Gėlių gatvės keramika**. Paint on handmade ceramic cups, plates and

take your design home. **Rūta** chocolate factory and museum organises chocolate candy making workshops. Some experienced chocolate masters work there as Rūta is the oldest candy manufacturer in Lithuania. **HBH Palanga** complex finds room for many Lithuanian restaurants, ancient car exhibition, sculpture park, playgrounds, and it even has a swamp path. Similar complex is located close to Vilnius as well. **HBH Vilnius** has a restaurant and children's playground at the side of a lake. **Mama Grill** makes delicious Lithuanian dishes with a spice of imagination. SPA, water pleasures and water adventures for all the family members are found at the biggest aquapark in Lithuania – **Druskininkai Aquapark**. Homestead **Vienkiemis** attracts visitors with the tastes of traditional Samogitian dishes and wooden playgrounds for children, including monkey bridge and a Dwarf Village. **Harmony Park** lets visitors relax in nature and beautiful villas whilst everything else is taken care of for them. The complex has a modern restaurant with its own farm, water amusement zone for children and a hippodrome. What else can you wish for?

## INFO

### TYTUVENAI PILGRIM CENTER

*(Tytuvėnų piligrimų centras)*

Maironio St. 2A, Tytuvėnai, Kelmė Dist.  
+37067244199 +37067558506  
[www.infotytuvenai.lt/index.php/lt/apie-centra/edukacines-programos](http://www.infotytuvenai.lt/index.php/lt/apie-centra/edukacines-programos)

### PILGRIM'S KVASS

**LANGUAGES:** LT, RU, DE

**TIME:** all year round

**COST:** 2 Eur/person

**GROUP:** min 12 people

### BIRD VILLAGE

*(Paukščių kaimas)*

Cijonai, Ignalina Dist.

+37067072989

[www.pauksciukaimas.lt](http://www.pauksciukaimas.lt)

**LANGUAGES:** LT, RU, EN

**TIME:** all year round

**COST:** 2 Eur/person, 1 Eur/child

OMELET is cooked on the warm season

### CORN VILLAGE & MAZE

*(Kukurūzų kaimas)*

Galvės St., Vilnius

+37067540968

[www.kukuruzulabirintas.lt](http://www.kukuruzulabirintas.lt)

**LANGUAGES:** LT, EN, RU

**TIME:** July-November

### RADAILIU MANOR

*(Radailių Dvaras)*

Pušyno St. 9, Radailiai,  
Klaipėda Dist.

+37065255666

[www.radailiudvaras.lt](http://www.radailiudvaras.lt)

**LANGUAGES:** LT, EN, RU

**TIME:** all year round

### URBAN LABORATORY

*(Miesto laboratorija)*

Antakalnio St. 17, Vilnius

+37069871009

[www.miestolaboratorija.lt](http://www.miestolaboratorija.lt)

### HYDROPONIC GARDEN

**LANGUAGES:** LT, EN, RU

**TIME:** all year round

### CAFÉ LANGUAGES: LT

**TIME:** all year round on Saturdays  
and Sundays

### CAT CAFÉ (Kačių kavinė)

Gedimino Ave. 5, Vilnius

+37067134343

[www.kaciukavine.lt](http://www.kaciukavine.lt)

**MENU:** LT, EN, RU

**TIME:** all year round

### GĖLIŲ GATVĖS KERAMIKA

Gėlių St. 4-2, Vilnius

+37060506244

[www.ggk.lt](http://www.ggk.lt)

### PAINTING ON CERAMICS

**LANGUAGES:** LT, EN

**TIME:** all year round

**COST:** 3,6 Eur/person + the cost of  
ceramics (9-20 Eur)

### RŪTA

Tilžės St. 133, Šiauliai

+37041523212 +37061041050

[www.sokoladomuziejus.lt](http://www.sokoladomuziejus.lt)

### CHOCOLATE WORKSHOP

**LANGUAGES:** LT, EN, RU

**TIME:** all year round

**COST:** from 10 Eur/person

**REGISTRATION:** phone, email

### HBH PALANGA

Liepų St. 23, Žibininkai, Kretinga Dist.

+37065537777

[www.hbh.lt](http://www.hbh.lt)

**MENU:** LT, EN, RU, LV

**TIME:** all year round

### HBH VILNIUS

Žirgų St. 2, Raudondvaris, Vilnius Dist.

+37065707007

[www.hbhvilnius.lt](http://www.hbhvilnius.lt)

**MENU:** LT, EN, RU

**TIME:** all year round

### MAMA GRILL

Žirgų St. 2A, Raudondvaris,  
Vilnius Dist.

+37067326549

[www.mamagrill.lt](http://www.mamagrill.lt)

**MENU:** LT, EN, RU

**TIME:** all year round

### DRUSKININKAI AQUAPARK

*(Druskininkų vandens parkas)*

Vilniaus Ave. 13-1, Druskininkai

+37031352338

[www.akvapark.lt](http://www.akvapark.lt)

**TIME:** all year round

### VIENKIEMIS

Kaštonų St. 1, Padvariai, Klaipėda Dist.

+37044578425

[www.vienkiemis.lt](http://www.vienkiemis.lt)

**MENU:** LT, EN, RU

**TIME:** all year round

### HARMONY PARK

Vazgaikėmis, Prienai Dist.

+37065098012 [www.harmoniypark.lt](http://www.harmoniypark.lt)

**MENU:** LT, EN, RU

**TIME:** all year round



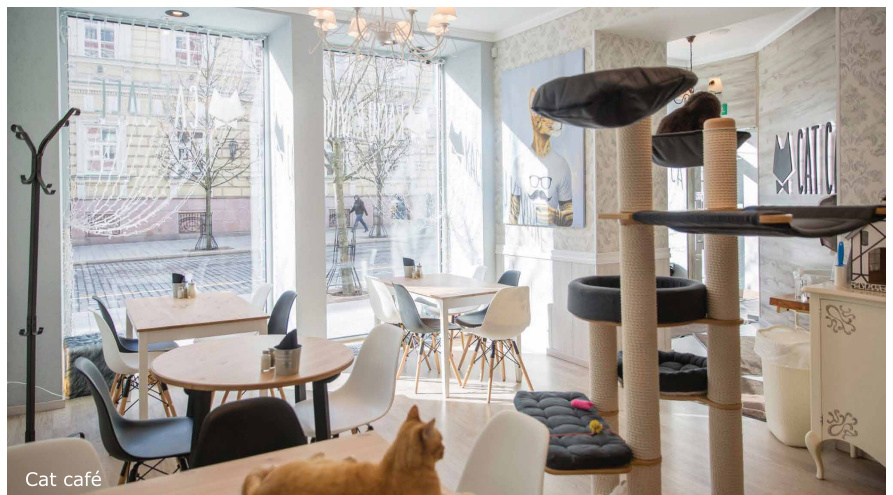
### FOOD EVENTS. Jūros šventė

is the most popular event and the second largest fair in Lithuania, with food aisles and picnic areas. Sea-themed performances, concerts, parades, and exhibitions – it is like the second Christmas for Klaipėda city. And before the real Christmas, little **Christmas markets** appear at the old town square in Vilnius and Kaunas. Market towns with small houses under Christmas trees, selling pancakes, waffles, cakes, lollipops, and all sorts of beverages. Savoury snacks and handmade souvenirs are included! Visit the following websites for more information about tourism in Klaipėda, Vilnius and Kaunas:

**KLAIPĖDA TOURISM  
INFORMATION CENTRE**  
[www.klaipedatravel.lt/en/](http://www.klaipedatravel.lt/en/)

**GO VILNIUS**  
[www.govilnius.lt](http://www.govilnius.lt)

**KAUNAS IN**  
[www.visit.kaunas.lt/en/](http://www.visit.kaunas.lt/en/)



Cat café

A photograph of two young girls walking through a corn maze. The girl in the foreground is seen from behind, wearing a light blue long-sleeved shirt and a straw hat with a pink ribbon. Her long blonde hair is visible. The girl in the background is wearing a pink and white striped shirt and a light-colored hat. The maze is filled with tall green corn stalks, and the path leads towards a bright, open area in the distance.

**WALK THROUGH A MAZE,  
INSPIRED BY DIFFERENT  
LITHUANIAN MONUMENTS**





**RESTAURANTS.** Restaurant **Jurgis ir drakonas** presents a special pizza called *We are born Lithuanian (Lietuviais esame mes gimę)* with ingredients commonly used in Lithuanian cuisine – sour cream, smoked curd cheese, bacon and dill! Also, there is Lithuanian gooseberry and raspberry wine for older members of the family. There is a heaven of vegan pizzas baked in a wood fired clay pizza oven at restaurant **Casa La Familia**. Add to that the delicious handmade ice cream and *tinginys* – a Lithuanian chocolate dessert and a separate dining room with a playground for children, lined with a soft rug. Take your shoes off, sit back, relax and enjoy. **Veranda** is a cosy outside dining place with a garden and a mini children's park. Perfect for discovering Lithuanian historic dishes, such as crayfish tale soup, during warm summer days. **Zuikio namas** – a cosy, little and colourful healthy food restaurant, only 300 metres from the sea-coast in Nida – a resort town located in the Curonian spit. If the sweet tooth mode kicks in, head for **Pinavija** bakery, **Gusto blyninė** (a pancake restaurant) or to Basanavičius Street in Palanga. The street leads straight to the beach, and by the sides of the street you can find various restaurants, food and game booths. The street comes alive in summer: lined with waffle, sugar canes and ice cream selling stations or shops like **Yogugu** where you can try out the trendy bubble waffles with ice cream. For enthralling flavours of *Nerijaus ledai*, visit **Pupelė** restaurant. It might be the first time you try ice cream with basil, seaweed, lavender or black pepper. Also, there you can find vegan options as well!

#### INFO

#### JURGIS IR DRAKONAS

Pilies St. 28, Vilnius  
+37067047146  
www.jurgisirdrakonas.lt  
**MENU:** LT, EN  
**TIME:** all year round

#### CASA LA FAMILIA

Rūdninkų St. 18, Vilnius  
+37067595939



www.facebook.com/CasaLaFamilia.Vilnius

**MENU:** LT, EN  
**TIME:** all year round

#### VERANDA

Kęstučio St. 39, Vilnius  
+37052730107 www.veranda.lt  
**MENU:** LT, EN  
**TIME:** all year round

#### ZUIKIO DARŽAS

Nidos-Smiltynės Ave. 7A,  
Nida, Neringa Dist.  
+37068460868  
www.facebook.com/zuikiodarzas  
**MENU:** LT, EN  
**TIME:** summer season

#### PINAVIJA

Vilniaus St. 21, Vilnius  
+37067644422 www.pinavija.lt  
**MENU:** LT  
**TIME:** all year round

#### GUSTO BLYNINĖ

Aušros vartų St. 6, Vilnius  
+37064717777 www.gusto.lt  
**MENU:** LT, EN, RU  
**TIME:** all year round

#### YOGUGU

J. Basanavičiaus St. 25, Palanga  
+37067038513  
www.facebook.com/yogugulietuva  
**MENU:** LT, EN  
**TIME:** all year round

#### PUPELĖ

Nepriklausomybės Sq. 12, Rokiškis  
+37061108602

www.facebook.com/pupelerokiskis

**MENU:** LT  
**TIME:** all year round



#### TASTE MUSEUMS.

The unique **Horse Museum** exhibits agricultural tools, ancient means of transportation, pieces of philately, warfare and wood carvings. Everyone can take a horse ride or a carriage. Not so far away from the museum, restaurant **Pasagėlė** invites you to taste the traditional fish soup, acorn coffee, apple cheese or Lithuanian herbal tea from the restaurant's garden and the forest nearby. Many Lithuanian delicacies can be bought in their shop and brought back home as a delicious souvenir. More delicious taste museums and sweet adventures for families with children can be found in the SWEET STORIES route.

#### INFO

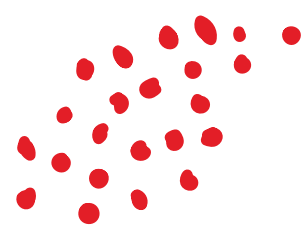
#### HORSE MUSEUM

(*Arklio muziejus*)  
Muziejaus St. 4, Niūronys, Anykščiai Dist.  
+37061269545 www.arkliomuziejus.lt  
**TIME:** all year round

#### PASAGĖLĖ

Klerkamiesčio St. Niūronys,  
Panevėžio Dist.  
+37068213405  
www.laimospasagele.lt  
**MENU:** LT, EN  
**TIME:** all year round

# Sweet stories



## TASTE POINTS: Tree Cake-Lazy Dessert-Apple Cheese-Become a candy maker-Cherry Festival-World Record Tree Cake-Oldest Sweet Factory

This route will satisfy those who have a sweet tooth, are searching for historical desserts, and wish to learn more about Lithuanian culture through sweet flavours.

One of the oldest desserts, known from the 14<sup>th</sup> century in the manor of Jogaila, the Grand Duke of Lithuania and the King of Poland, and a favourite for hundreds of years is fresh cucumber with honey. Together with waffles and gingerbread on the menu, the Grand Duke would have had a real feast. At the time, sugar was a luxury. Lithuanians started making their own sugar in the beginning of the 19<sup>th</sup> century when the farms of the manors began to cultivate sugar beets. Now, the most traditional Lithuanian desserts are *šakotis* (tree cake) and *žagarėliai* (angel wings).

**NATIONAL MENU.** Any traditional celebration cannot be imagined without the king of the table – tree cake (*šakotis*). It is a tall, horned dessert, and it is said to have been the favourite dessert of Barbara Radziwiłł – the Queen of Poland and the Grand Duchess of Lithuania. Sweet and eggy dessert with a show-worthy making process can be tasted in various places. Best enjoyed at the specialized shops of the old Lithuanian bakeries – **Sucre bakery house** in Biržai, **Dzūkija bakery shop** in Vilnius or **Jolantos šakočiai** bakery in Žyniai (Vilkaviškis Dist.). **Pamario bakery** has both *šakotis* and *tinginys* – the latter is a part of the European food tradition, possibly invented around the end of the 18<sup>th</sup> century. The name *tinginys* (meaning

the *lazy* one) was given due to its effortless preparation process. Lastly, try a chewy sweet which is considered a culinary heritage – apple cheese. The making of it requires a forbearing spirit as it takes days to cook, dry and more than a month to mature. Apple cheese and *šakotis* can be found in most shopping malls and airports. The most delicious souvenir for your loved ones is guaranteed!

### INFO

#### SUCRE BAKERY HOUSE

Vytauto St. 36, Biržai  
+37066521207  
www.sucre.lt  
**MENU:** LT, EN  
**TIME:** all year round

#### DZŪKIJA BAKERY SHOP

Sodų St. 13, Vilnius  
+37052336018  
www.dzukija.lt/en/  
**TIME:** all year round

#### JOLANTOS ŠAKOČIAI

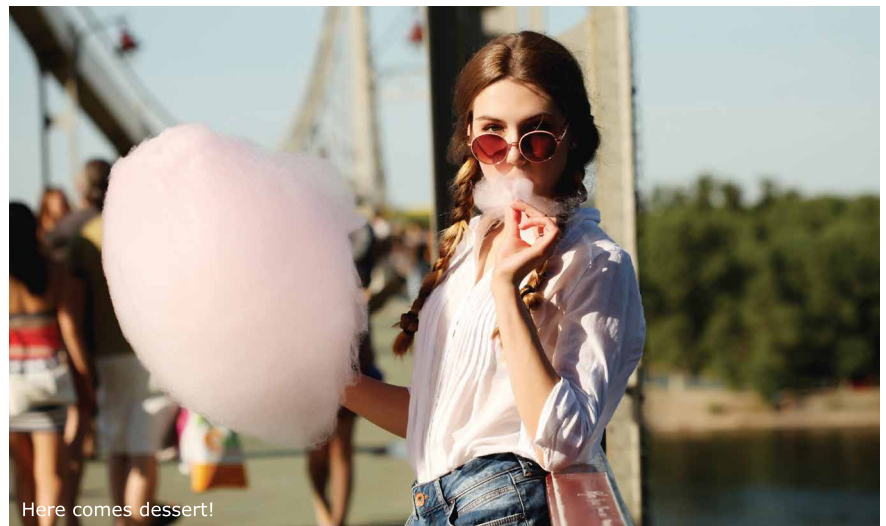
Liepų St. 15, Žyniai, Vilkaviškis Dist.  
+37065979444  
www.ekosakotis.lt  
**TIME:** all year round, shop visit has to be arranged via phone call

#### PAMARIO BAKERY

(*Pamario kepykla*)  
Tilžės St. 24, Šilutė, Klaipėda Dist.  
+37065557854  
www.pamariokepykla.lt  
**TIME:** all year round



**EXPERIENCES.** Be hypnotised by the spinning of *šakotis* over a fire at the workshop of **Romnesa** or in **Laimutė Sadauskienė bakery**. *Šakotis* of Laimutė was announced a product of the century, and there is more! She can teach you how to make sweet boletus mushrooms from scratch. **Kretinga Manor Confectionery** offers a workshop on the traditional caramel candy making techniques, together with a brief history lesson on candy making. Gingerbread making spread in Europe in the 13<sup>th</sup>-14<sup>th</sup> Century. Beautifully decorated gingerbreads are a part of many celebrations in Lithuania, including Christmas and Saint Casimir's Fair. Take a gingerbread making and decorating workshop in the **Open-Air Museum of Lithuania**. It is one of the largest ethnographic open-air museums in Europe, which introduces visitors to all five ethnographic regions of Lithuania.



Here comes dessert!

## INFO

### ROMNESA

Vienkiemiu St. 3, Jaskony, Druskininkai Dist. +37060600016  
[www.romnesa.lt/druskininkai/en/programme-tree-cake-baking/](http://www.romnesa.lt/druskininkai/en/programme-tree-cake-baking/)

### TREE CAKE BAKING

**LANGUAGES:** LT, EN, RU, PL

**TIME:** all year round

**COST:** min 125 Eur

### LAIMUTĖ SADAUSKIENĖ BAKERY

(*L. Sadauskienės II*)

Pergalės St. 2 Juodupė, Rokiškis Dist.  
+37065680373

[www.facebook.com/lsadauskiene/](http://www.facebook.com/lsadauskiene/)

### TREE CAKE MAKING WORKSHOP OR SWEET BOLETUS MUSHROOM MAKING WORKSHOP

**LANGUAGES:** LT, EN, RU

**TIME:** all year round

**COST:** min 120 Eur,

more from 20-30 people

### KRETINGA MANOR CONFECTIONERY

(*Kretingos dvaro saldaininė*)

Vilniaus St. 37, Kretinga  
+37044577612 +37064166015

[www.kretingosmuziejus.lt/in-english](http://www.kretingosmuziejus.lt/in-english)

### MAKING OF TRADITIONAL CARAMELS

**LANGUAGES:** LT, EN

**TIME:** all year round

**COST:** 44 Eur for a group of max 25 people

### OPEN-AIR MUSEUM OF LITHUANIA

(*Lietuvos liaudies buities muziejus*)

L. Lekavičiaus St. 2, Rumšiškės, Kaišiadorys Dist.

+37061424136 [www.llbm.lt/en/](http://www.llbm.lt/en/)

### NATIONAL HERITAGE: GINGERBREAD FOR SPECIAL OCCASIONS

**LANGUAGES:** LT, EN, RU

**TIME:** all year round

**COST:** 60 Eur + 6 Eur/person

 **FOOD EVENTS.** In Marijampolė, the city where the first sugar factory was established, the **Sugar Coated Festival** (*Cukrinis festivalis*) takes place with a sugary fair, sweet costumes in the parade, even a Sugar Detox. **Saint Casimir's Fair** (*Kaziuko mugė*), which dates back to the 17<sup>th</sup> century, is the largest annual fair which celebrates local arts and crafts. Traditional gingerbreads, sweet boletus mushrooms, or *tinginys* with pieces of *šakotis* can be found with an ease at the merchants tables. Sweet bread roll (*baranka*) is an old fair tradition; sellers often string them

on a thread like a necklace. Žagarė (Joniškis Dist.) was always famous for its special cherries. In mid-July, when all the cherries ripen, **Žagarė Cherry Festival** (*Žagarės vyšnių festivalis*) takes place with an unseen variety of cheery products in the fair, and the smell of boiling cherry jam. Visit the following websites for more information:

### MARIJAMPOLĖ TOURISM INFORMATION CENTRE

[www.marijampoletic.lt/en/](http://www.marijampoletic.lt/en/)

### GO VILNIUS

[www.govilnius.lt](http://www.govilnius.lt)

### JONIŠKIS TOURISM AND BUSINESS INFORMATION CENTRE

[www.visitjoniskis.lt/en/](http://www.visitjoniskis.lt/en/)

**SAINT CASIMIR'S FAIR (KAZIUKO MUGĖ) IS THE LARGEST ANNUAL FAIR WHICH CELEBRATES LOCAL ARTS AND CRAFTS**



Restaurant *Monai*



Saint Casimir's Fair, sweet bread roll (*baranka*)



Handmade desserts  
at the heart of Vilnius

Dessert boutique *Sugamour*

10  
ROUTE

**RESTAURANTS & CAFÉS.** One thing that keeps people coming back to restaurant **Monai** is their dessert menu. Elegant and renewed every month, the menu presents desserts, such as malt ice cream with chocolate mousse and toasted cannabis seeds. Beautiful dessert boutique **Sugamour** offers handmade desserts at the heart of Vilnius. Dessert shop **Vanilinis dangus** is created in a family home, and concentrates on producing the highest quality desserts. Chocolate lovers should visit **Ali šokoladinė**. Vegan dessert always raise the spirit of the visitors at **Chaika** café. In Kaunas, a place as if frozen in time remains: the menu, interior and even the staff of **Spurginė** are still the same as it was 30 years ago. It is a legend praised by the locals, and the place itself is dedicated only to doughnuts! We have also experimented with ice cream quite a lot – made it with moss, buckwheat, charcoal, meat, vodka, black garlic, nettle, and the list goes on and on. Taste nettle ice cream in **Velvetti** in Lithuanian resort Druskininkai – it is available only in springtime.

#### INFO

##### MONAI

Liepų St. 4, Klaipėda  
+37062663362 www.restoranasmonai.lt  
**MENU:** LT, EN  
**TIME:** all year round

##### SUGAMOUR

Vokiečių St. 11, Vilnius  
+3706861995 www.sugamour.lt  
**MENU:** LT, EN  
**TIME:** all year round

##### VANILINIS DANGUS

Gedimino Ave. 44, Vilnius  
+37064552450  
www.vanilinisdangus.com  
**MENU:** LT  
**TIME:** all year round

##### ALI ŠOKOLADINĖ

Vilnius and Kaunas  
+37068335877 +37067882223  
www.alisokoladine.lt  
**TIME:** all year round

##### CHAIKA

Totorių St. 7, Vilnius  
+37064874702  
www.chaika.lt/en/  
**MENU:** LT, EN  
**TIME:** all year round

##### SPURGINĖ

Laisvės Ave. 84, Kaunas  
+37037200355  
www.facebook.com/pages/  
Spurginė/193819220688890  
**MENU:** LT, EN  
**TIME:** all year round

##### VELVETTI

Vilniaus Ave. 16, Druskininkai  
+37061141330  
www.facebook.com/velvetti  
**MENU:** LT, EN  
**TIME:** all year round, except  
September-June only on weekends



**TASTE MUSEUMS.** The only **Tree Cake Museum** in the world is located in Druskininkai. The exhibition includes a World Record breaker – a giant, 4 meter Tree Cake which weights 86 kilos! **AJ Chocolate Sculptures Museum** – 4 rooms with 100 sculptures made out of 2 tons of dark, milk and white chocolate – is much recommended. The same *chocolaterie* has a restaurant with a **room made entirely out of real chocolate** in Vilnius! **Rūta** is the oldest chocolate factory with a museum to stroll through. Become a candy maker for an hour if you wish or get sugar high in the specialised Rūta candy shop and café where chocolate candy with a beer filling might be worth a try!

#### INFO

##### TREE CAKE MUSEUM

(*Šakočių muziejus*)  
Vienkiemiu St. 3, Jaskonys,  
Druskininkai Dist.  
+37060600016  
www.romnesa.lt/druskininkai/  
en/the-tree-cake-museum  
**LANGUAGES:** LT, EN, RU, PL  
**TIME:** all year round  
**COST:** 2 Eur/person

##### AJ CHOCOLATE SCULPTURES MUSEUM

(*AJ šokolado skulptūrų muziejus*)  
Vytauto St. 4, Trakai  
+37065571143  
www.ajsokoladas.lt/en  
**LANGUAGES:** LT, EN, RU  
**TIME:** all year round  
**COST:** 5 Eur/person

##### AJ CHOCOLATE RESTAURANT AND CHOCOLATE ROOM

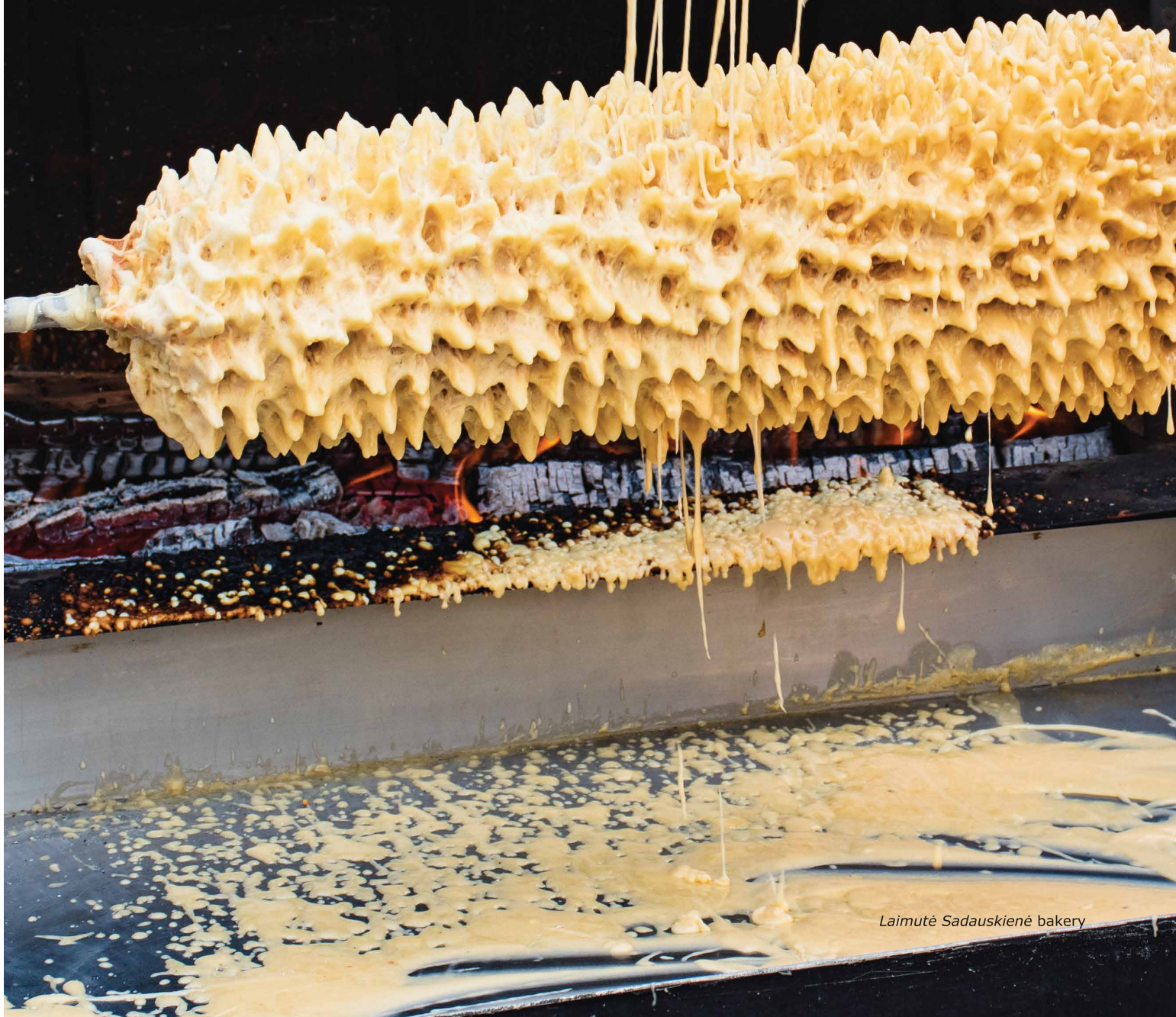
Pilies St. 8, Vilnius  
+37065595555  
www.ajsokoladas.lt/en  
**MENU:** LT, EN  
**TIME:** all year round  
**CHOCOLATE ROOM:** free of charge

##### RŪTA MUSEUM

Tilžės St. 133, Šiauliai  
+37041523212  
+37061041050  
www.sokoladomuziejus.lt/en  
**LANGUAGES:** LT, EN, RU  
**COST:** 3 Eur/person  
Also candy making workshops are  
organised, check the website

Laimutės Sadauskienės

**BE HYPNOTISED BY THE  
SPINNING OF ŠAKOTIS**



**SHARE LITHUANIAN  
FLAVOURS AND MAKE YOUR**



# instagram POP



**WE'VE ROUNDED UP THE  
VERY BEST PLACES TO FIND  
#INSTAFOOD FOR THAT  
PERFECT #YUMMY PHOTO.**



*Vilkinė gastro fields*



*Panama Food Garden*

*Restaurant Nineteen18,  
bread wrapped in  
seasonal leaves*

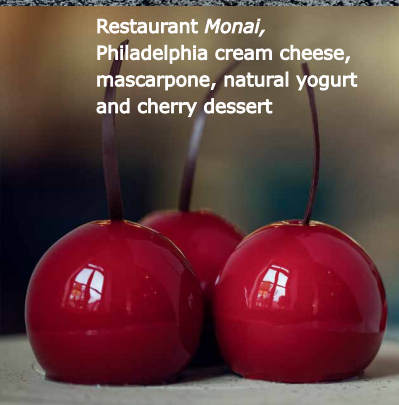




Black Lodge Cafe



Restaurant *Džiaugsmas*,  
Cod donuts



Restaurant *Monai*,  
Philadelphia cream cheese,  
mascarpone, natural yogurt  
and cherry dessert



Restaurant *BasiBasi*,  
Beef tartare with pickled mustard  
seeds and elderberry vinegar



Liu Petty,  
coffee served  
in a test tube



Restaurant *Katpėdėlė*,  
mushroom soup in  
a rye bread bowl

**Cover:** Jūratė Ivanauskaitė - Valantinė

**Lithuania was photographed for us by:**

- Robertas Daskevičius, 18, 19, 47.
- Baltas Varnas*, 28, 46.
- Joana Burn Photography, 34, 37.
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