

# Lithuanian Cuisine Tour

The five ethnographic regions of Lithuania are each proud of their respective dishes: the *aukštaičiai* with their pancakes, curd products and pastries, the *dzūkai* with their dishes made from mushrooms, buckwheat and potatoes, the *suvalkiečiai* with their skilandis (a type of sausage), vėdarai (kishka) and sweet soups, the *žemaičiai* with their kastinys (a type of thick cream), European crayfish and porridge, and the seaside dwellers with their fish.

## Restaurants:



### Forto dvaras

Pilies g. 16,  
Tel. +370 656 13688  
[www.fortodvaras.lt](http://www.fortodvaras.lt)

Restaurant of Lithuanian cuisine with Culinary Heritage Label. All dishes are prepared in the kitchen of the restaurant, menu is changed seasonally and production of Lithuanian farmers is used.



### Senoji trobelė

Naugarduko g. 36,  
Tel. +370 609 99002

Small and cozy restaurant of Lithuanian cuisine, where you can try potato-meat dumplings, vegetarian dumplings with spinach, potato pancakes and meat or fish dishes made by the old traditions.



### Holy Miko's

Šv. Mykolo g. 4,  
Tel. +370 688 22210  
[www.holymikos.lt](http://www.holymikos.lt)

Restaurant invites you to discover a special taste of Lithuanian dishes and enjoy exceptional wines. The restaurant's menu is called Lithuanian Cuisine Differently



### Gabi

Šv. Mykolo g. 6,  
Tel. +370 615 30095

The restaurant situated in old craftsmen family house greets the guests with its original old-time interior. The restaurant offers traditional Lithuanian dishes and invites you to enjoy a cozy courtyard in summer.



### Šnekutis

Šv. Stepono g. 8; Polocko g. 7A; Šv. Mikalojaus g. 15  
Tel.: +370 626 16566, +370 650 47054  
[www.snekucio-alaus-pasaulis.lt](http://www.snekucio-alaus-pasaulis.lt)

Beer bars offer a traditional Lithuanian beer on-site or take-away, as well as nutritious snacks and Lithuanian dishes.



### Leičiai

Stiklių g. 4  
Tel. +370 5 260 9087

Restaurant – beerhouse serves traditional Lithuanian dishes and several types of Lithuanian draught beer from Northern breweries.



### Bernelių užėiga

A. Vienuolio g. 1/Gedimino pr. 19  
Tel.: +370 663 60232, +370 5 210 0599  
[www.berneliuuzeiga.lt](http://www.berneliuuzeiga.lt)

The restaurant offers to try dishes of the national heritage that are made by hand from local produce and according to the recipes and techniques that have been preserved for more than 100 years.



### Marceliukės klėtis

Tuskulėnų g. 35  
Tel. +370 5 272 5087  
[www.marceliukeskletis.lt](http://www.marceliukeskletis.lt)

The restaurant offers to try originally named Lithuanian dishes. Lithuanian parties with musicians and tasting sessions are organized there and can be pre-booked. The restaurant is full of ancient household items and tools.



### Lokys

Stiklių g. 8/10  
Tel. +370 5 262 9046  
[www.lokys.lt](http://www.lokys.lt)

One of the oldest restaurants in Vilnius. Lokys specialises in traditional Baltic cuisine. Succulent wild boar, delicious beaver stew, venison served with wild mushrooms – these are just a few examples of what's served at this restaurant.

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## Lithuanian Products' Shops:



### LTaste

Odminių g. 3  
Tel. +370 698 26865, +370 656 67517  
www.ltaste.lt

Shop-cafe of products made by Lithuanian producers, where you can buy or try locally produced food. Pre-ordered tasting sessions are available.



### Senamiesčio krautuvė

Literatų g. 5  
Tel. +370 5 231 2836, +370 613 55860

The cozy little shop where you can buy Lithuanian farmers' produce, dairy, meat, sweets, fruits and vegetables.



### Tymo turgus

Aukštaičių/Maironio g

Tymas Market located in Užupis every Thursday delights its customers by organic and National Heritage products, farmers' goodies.



### Džiugas House

Aušros Vartų g. 3, tel. +370 5 261 3403  
Gedimino pr. 3A, tel. +370 5 231 4006  
Konstitucijos pr. 16, tel. +370 5 272 7725  
www.dziugashouse.lt

Lithuanian cheese Džiugas matured from 12 to 48 months is loved not only in Lithuania. In the Cheese House you will find the widest range of Džiugas products and gourmet products, coffee and sweets to go with it.



### Valentinos saldumynai (Rūta)

Klaipėdos g. 1/16, tel. +370 5 231 4256  
A. Jakšto g. 5/1, tel. +370 5 212 2068  
www.saldumynai.lt

Shops presenting produce of the best producers in Lithuania (Rūta, Alkava) offer a wide selection of goods: weighed chocolates and dragee, candy baskets, biscuits, cakes and other delicacies.

## Worth to know:

Currently the European Commission has recognized six products produced in Lithuania as traditional and exclusive that can be specifically labeled:

- Daujėnai homemade bread,
- Samogitian dug,
- Stakliškės mead,
- Lithuanian cottage cheese,
- Honey of Seinai-Lazdijai region
- Lithuanian skilandis.

These products are distinguished by specific characteristics and quality and produced by authentic recipes.

## Recommendations:

### • Taste the Lithuanian dishes:

- Kastinys su karštomis bulvėmis – a type of thick cream served with hot potatoes
- Šaltibarščiai – cold beetroot soup
- Grybienė duonos kubilėlyje – a mushroom-bread vat
- Cepelinai / didžkukuliai (zeppelin) – a type of dumpling made from fresh grated potatoes
- Kugelis – a type of baked potato pudding
- Gira (kvass) – a beverage made from bread
- Spanguolių kisielius – cranberry jelly drink

- Visit "Forto Dvaras" – the restaurant with the Culinary Heritage Sign and taste the dishes from the season menu.
- Buy the Lithuanian products as a souvenirs: šakotis, cheese, black bread, honey, chocolate.



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Information prepared by the Vilnius Tourist Information Centre in May 2014.  
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www.vilnius-tourism.lt | www.vilnius-events.lt