



HELLO,

YOU HUNGRY? INTERESTED IN WHAT TO TRY OUT IN KAUNAS? A LIST OF ALMOST 100 WORTHY SPOTS IS IN YOUR HANDS THIS VERY MOMENT, ALL CONVENIENTLY SPREAD OUT ON THE CITY MAP.

THIS KAUNAS GASTRO GUIDE IS BY FAR NOT A RATING CHART, IT'S RATHER A SUGGESTION BOX FOR AN INDEPENDENT TRIP AROUND THE CITY. THE NUMBER OF AUTHORS ALMOST MATCHES THE ONE OF SPOTS INCLUDED HERE, SO THIS PUBLICATION SHOULD BE AS OBJECTIVE AS POSSIBLE. AND IT WOULD BE MUCH LONGER IF PAPER WASN'T A VALUABLE RESOURCE. MAYBE SOMEDAY.

WHERE TO START?

We've split the guide into categories that make it easier to get to know the city:

CLASSIC – spots valued by more than one generation. From cheap to expensive, from globally classical to Lithuanian or just extremely Kaunastic.

VEGETARIAN AND VEGAN – if you just don't want any meat today, this is perfect for you too.

SPECIAL OCCASION – a raise. Promotion. Engagement. Birthday. You name it, you deserve it.

EVERYDAY – no tablecloths. That doesn't mean booking a table is bad idea, especially on weekends.

WORLD – wow, that's a complex bunch as it should include pizzas, falafels, sushi and so forth... Most of these spots also fit into the **CLASSIC** category, some into the **SPECIAL OCCASION** one, others are **EVERYDAY** places.

COFFEE AND CO. – such coffee joints have the majority, so this list is not a finite one. Not all of these are suitable for working, but this time we're more about the coffee.

BARS – some don't serve food, many open in the evening. If you're looking for the opposite, look at **EVERYDAY**.

STREET FOOD – vans and trucks have enough space in Kaunas. This list includes the top of the pops.

BEVERAGES – a quite chic list of beverage manufacturers in Kaunas wouldn't be the same without the Stumbras museum.

CULINARY WORKSHOPS – more of these! Let's hope this trend won't stop as every freshly-baked chef is a new idea for a restaurant.

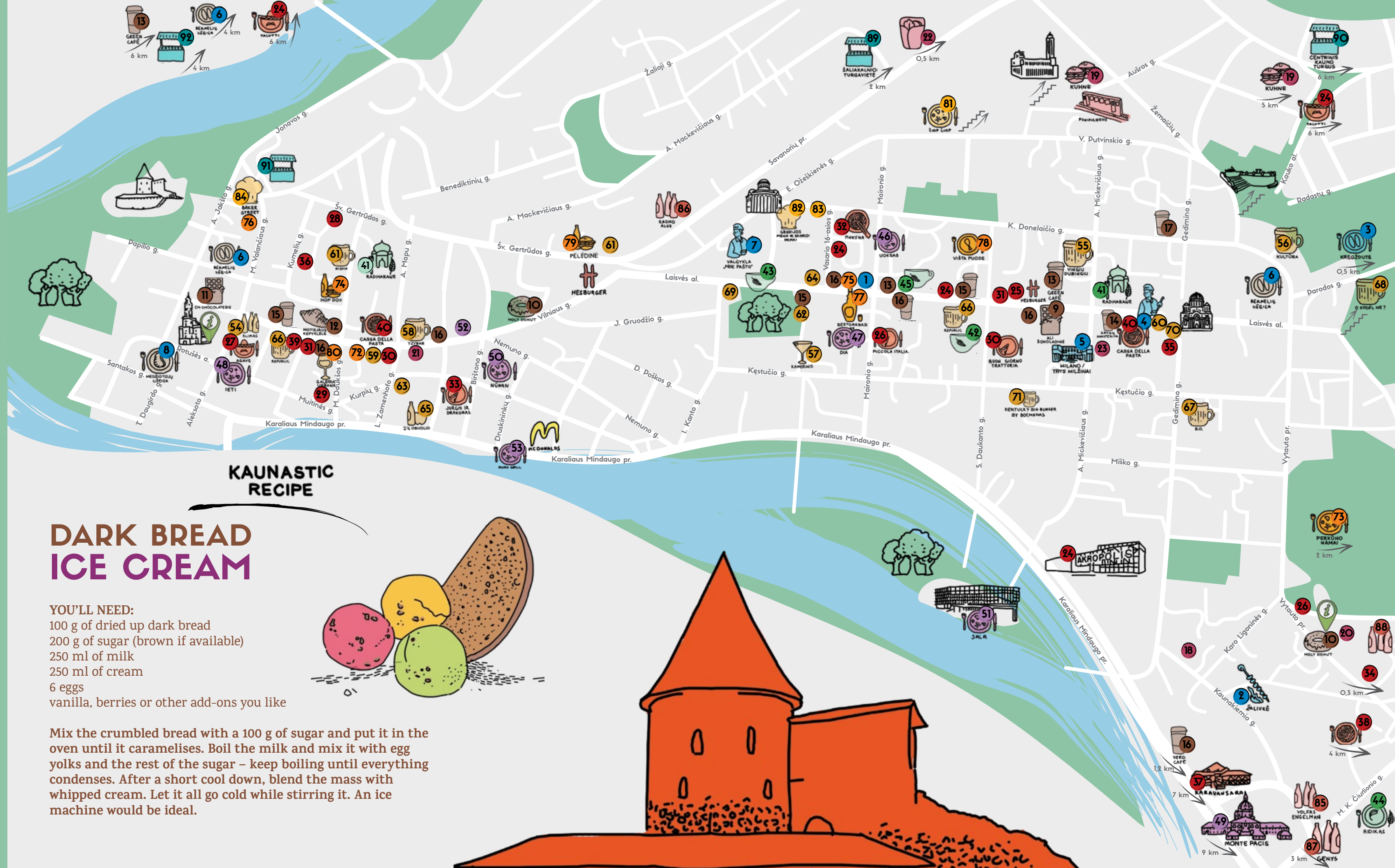
MARKETS – after the cooking classes, you need to buy your products somewhere, right?

TOURISM INFORMATION



"KAUNAS IN"

Rotušės a. 15, Kaunas
+370 616 50991 | info@kaunasin.lt | visit.kaunas.lt
#kaunastic #visitkaunas #kaunas2022



KAUNASTIC RECIPE

DARK BREAD ICE CREAM

YOU'LL NEED:

- 100 g of dried up dark bread
- 200 g of sugar (brown if available)
- 250 ml of milk
- 250 ml of cream
- 6 eggs
- vanilla, berries or other add-ons you like

Mix the crumbled bread with a 100 g of sugar and put it in the oven until it caramelises. Boil the milk and mix it with egg yolks and the rest of the sugar – keep boiling until everything condenses. After a short cool down, blend the mass with whipped cream. Let it all go cold while stirring it. An ice machine would be ideal.



WHAT ELSE?

We're sure there are people coming to Kaunas just to eat out. However, we also invite you to get to know the Interwar architecture, visit a few museums and galleries, stroll through the one of longest pedestrian streets in Europe or look for memorable works of street art. Go to Kačerginė or Kulautuva if you have the time. For starters. When you're back, we'll have a more detailed plan ready, maybe even a new edition of the gastro guide.

PUBLISHED: 2020

CLASSIC

- 1

SPURGINĖ
Laisvės al. 84

Spurginė is not about to change any recipes or prices soon, and that's why it's the first listing on the register of Kaunas' classical places. For nearly four decades it has been and still is the sweetest spot on Laisvės Avenue, taking a holiday only in July.
- 2

ŽALIUKĖ
Kaunakiemio g. 30

@zaliuke

Opened in 1966, it's one of two oldest restaurants in Kaunas at the moment, and it's a legendary shashlik place. They say people used to dance here.
- 3

KREGŽDUTĖ
Sporto g. 1

kavinekregzdute.lt
@kavineKregzdute

A few generations of Kaunasians have this spot next to the Sports Hall (on the way to the zoo) stored among precious childhood memories. Today the place is not at all the same yet is great for resting nearby Ažuolynas.
- 4

VALGYKLA
Laisvės al. 23

This canteen/cafe/ateria is included in the cult publication "Valgyklų gidas" ["Cafeteria guide"] and it's loved by Lithuania's most famous food critic! Subtle vintage interior and the menu just don't change.
- 5

MILANO/ TRYS MILŽINAI
Mickevičiaus g. 19

@milano.picerija

If not for the Lithuanian version of Italian pizza, come to check out the spaces of the Officers' Club – one of the most impressive modernist architecture buildings Kaunas has to offer. Also, Milano works until it gets very late.
-
- # WORLD
- 6

BERNELIŲ UŽEIGA
M. Valančiaus g. 9/ K. Donelaičio g. 11/ Baltų pr. 81

berneliuuzeiga.eu

Authentic buckwheat pancakes, Smetona's kitchen secrets or boletus soups are obviously more interesting than plain big ol' dumplings and potato pancakes, but you can find it all here. However, the branded dark bread ice cream of 'Bernelių Užeiga' is the ultimate masterpiece, enjoyed best with their homemade drinks.

7

CAFETERIA PRIE PAŠTO
Laisvės al. 102A

This secret place is perfect for those who aren't big on spending a lot – get here through the yard of L. Sapiegos street and you'll be surprised how diverse the menu is. Try it before noon as the place might run out of the hottest dishes later.

8

MEDŽIOTOJŲ UŽEIGA
Rotušės a. 10

medziotojuzeiga.lt
@medziotojuzeiga

A famous poet Adomas Mickėvičius used to visit this house during the 19th century not for the roe steaks but to see his lovely lady. The oldest and truest game restaurant is open here since 1965 and is perfect for sincere family occasions or even for fans of cigars.

9

PICCOLA ITALIA
TRATTORIA & PIZZERIA
Maironio g. 22

piccolaitalia.lt

Pizzas play the main role, however don't miss the orchestra of fresh seafood too. We'd say this feels like home yet very few homes would have such an assortment of ingredients!

10

BUON GIORNO
TRATTORIA
S. Daukanto g. 14

buongiorno.lt

Those obsessed with Italian culture find it easy to exist at Buon giorno. Taverna is best for slow weekends and Trattoria suits surprise evenings.

11

TALUTTI
TEX MEX
Laisvės al. 74

talutti.lt

It's still so unusual that so many busy residents of other cities come here for lunch. Turn the pages of the menu at any of the four places and be astonished by the surprising mix of geographical and stylish elements that seem to always work. Grab fajitas, Chimichangas and burritos on Laisvės Avenue, while you can challenge a "Gigaburger" to a duel on Vasario 16-osios street.

12

BAKES'N'SHAKES
Dramonės pr. 16A
Vasario 16-osios g. 2
Islandijos pl. 32 (MEGA)
Karaliaus Mindaugo pr. 49 (Akropolis)

bakeshakes.lt

Think sushi is a commodity? It means you haven't yet experienced the art of food created by "Sushi Masters". The place is valued and cherished by Lithuania's top influencers and basketballs stars; Japanese food experts, too.

13

MESJE SKONIS
Muitinės g. 11-3

@mesjeskonis.lt

Calling all pinkaholics! Get your smartphones ready – your tummies, too, because this place is not merely instagrammable, but in fact serves fantastic crepes and galettes, just like in France, but in Kaunas.

14

KUSKUS
Laisvės al. 50

@kuskus.lt

Grilled, roasted and fried right here in the restaurant, the array of Caucasian dishes, smells and tastes invites you to a culinary trip to the East.

15

PIZZERIA
TRATTORIA & PIZZERIA
Maironio g. 22

piccolaitalia.lt

Pizzas play the main role, however don't miss the orchestra of fresh seafood too. We'd say this feels like home yet very few homes would have such an assortment of ingredients!

COFFEE AND CO.

9

ALI CHOCOLATERIE
Laisvės al. 41

@alisokoladine

The tasty, sweet desserts – showcased like jewels in a bright white space – make you forget all New Year's resolutions. Time is obsolete here.

10

HOLY DONUT
Vytauto pr. 24 (Kaunas bus station)
Vilniaus g. 37

@holydonutkaunas

Donuts are really treated in a holy fashion here. They can be vegan. Or they can be bagels. Ron Swanson would love those guys as they serve generous breakfast all day long.

11

CH CHOCOLATERIE
Rotušės a. 26

@chocolaterieCH

The old sinful chocolaterie was on Vilnius street, but this one doesn't imitate previous traditions, it rather creates new ones in a bold yet sweet way.

12

MOTIEJAUS KEPYKLĖLĖ
Vilniaus g. 7

Breakfast can be going through the pages of your diary whilst enjoying an omelette; lunch can require a resting spot if your feet are tired from walking all over Kaunas. In any case, Motiejus will provide ciabattas, croissants, various bread and other baked goods at any time of the day.

13

GREEN CAFÉ
Laisvės al. 46/ Laisvės al. 80/
Islandijos pl. 32

@greencafe.europe

If you'd visit Green Café every day, trying all possible variations of their coffee would take... a year. 35 types of coffee with ten ways to prepare it – count it yourself! If we add combinations with milk and desserts, you'll be stuck here until 2022.

14

KNYGŲ MINISTERIJA
Laisvės al. 29

@knyguministerija

A ministry of books is something every city and country deserves. This offers fantastic vintage interior, great book selection, fresh coffee and veg-an cakes. Say no more!

15

CAFFEINE ROASTERS
Laisvės al. 72/ Laisvės al. 89/
Vilniaus g. 3

coffee-inn.lt
@caffeineroasters

Dale Cooper needed a single "cup of joe" 20 years back. Urban cowboys now require a cheesecake and a power outlet too, and Caffeine Roasters are dedicated in providing it all for more than a decade.

16

VERO CAFE
Laisvės al. 45/ Laisvės al. 75/
Laisvės al. 86/ Vilniaus g. 16/
Vilniaus g. 23/ A. Juozapavičiaus g. 90

Be ready to answer which coffee beans you prefer, and then enjoy your coffee in a ceramic cup, not a paper one. Orangutans are treated with respect here. There are 13 Vero Cafés in Kaunas, with the Maironio street one being the most spacious – there used to be a car salon during the Inter-war years, and today the space can host plenty of dancers.

17

CAIF CAFÉ
K. Donelaičio g. 22

@caifcafe

One of the most charming intersections in central Kaunas is that of Gedimino and K. Donelaičio streets. We recommend starting your busy day in the city with a nice cup of joe, watching cars and people rushing through the enormous glass windows of Caif Café. The historical building was designed by Arnas Funkas, one of the most prominent architects of interwar Kaunas – his portrait and architectural drawings of the house have been used to decorate the interior. Smart!

VEGETARIAN AND VEGAN

41

RADHARANĖ
Laisvės al. 40/ M. Daukšos g. 28

radharane.lt

If you're wondering whether you should order the Bengali stew, Katta Pakora or any other Ayurvedic dish, just try the Radharanė set. We can't guarantee you'll have space left for the most innocent deserts in town.

42

PUPA RAW
S. Daukanto g. 17

@puparawraw

It's a calm oasis of juice on the way to the Nemunas island, a wonderful resting stop for rushing admirers of green cocktails. You can also order a special juice programme for every day of the week.

43

TEAROOM OF VILTIES PHARMACY
Laisvės al. 100

@viltiesvaistinesarbatine

This vegetarian spot celebrates its 20th year in 2017! Some recipes here look like they're taken straight from ancient notebooks, and it would be a sin not to praise the authentic interior of the pharmacy.

44

RIDIKAS
M. K. Čiurlionio g. 16B

@ridikasvegan

An entirely vegan bistro on the platform of the railway station is an attraction not just for the travellers. The falafel wrap is a hands-down delicacy, especially whilst sitting on furniture made from recycled materials and having some time before your train.

45

ŽALIA PUPA
Laisvės al. 78

@zaliapupa

A smiling staff greets all that would like to have falafels, Pakoras or other healthy but very warm dishes for lunch.

STREET FOOD

18

HOG MOD
Kaunakiemio g. 40

@HogMod

Their road to the hearts of Kaunasians started in a food truck; it's now time to relax, sit back and enjoy yourself in a pub created by the same loving hands. Hotdogs have remained the same or even better – there's a choice for everyone, especially for those who like it hot.

19

KUHNE
Žemaičių g. 29 / Kovo 11-osios g. 20

@kuhne.lt

Do you know the sound of pork hitting the plate? We don't, because here people just eat it before the pork ever hits the plate. This is a hut full of fighters against hunger, which is great to visit via the historic funicular.

20

AWOKADO NOODLE BAR
Vytauto pr. 24

@awokadokaunas

A healthy, fast and stylish spot in the Kaunas Bus Station is a safe haven for all tom yum lovers. The wok is never resting, too!

21

MANGI HOT DOGS
Vilniaus g. 36

@mangihotdogs

In the old days, people believed hotdogs belonged at gas stations. That was before Mangi. A tiny spot in the hip axis of the Old Town not only serves hotdogs with Angus beef sausages and a variety of toppings to choose from. There's also a barman you can trust.

SPECIAL OCCASION

46

UOKSAS
Maironio g. 28

uoksas.eu
@uoksas

With a tremendous focus on how modern Lithuanian (think Nordic) food is served, this family restaurant is the creative kitchen of Artūras Nai- denko. It's especially liked by Scandinavians and other foreigners, so kindly book your table in advance.

47

DIA
Maironio g. 9

restoranasia.lt
@restaurantdia

The staff starts each day by baking fresh bread, while regular customers are always eager to know what's on the menu today. Rich in Italian, French, Thai, Indian and other dishes, this restaurant possesses a tasteful blend of everything from food to the interior.

48

IETI
Rotušės a. 6

ieti.lt
@ietirestaurant

Bigfoot doesn't exist yet a modern European cuisine surely does, and we simply can't get enough of its contemporary interpretations at Ieti. Simplicity gives birth to miracles. Chef of the restaurant, Inga Turminienė is also the ambassador for Kaunas 2023 project.

49

MONTE PACIS
T. Masiulio g. 31

montepacis.lt
@montepacis.lt

Apparently, the best deal would be visiting Pažaislis monastery for dinner and then staying for the night (or the weekend) at the Monte Pacis hospitality complex. Spiced with insights and creative secrets of monks, the dishes are often made from products grown right here and the beverage list deserves applause.

50

NÜMAN
Nemuno g. 43

@numantherestaurant

Everything one can fit into the word 'experience' also fits in this tiny yet lucid space. It's in the tastes, the aromas, the emotions... One thing is for sure – you won't leave this restaurant still hungry. Fresh fish swims into Nemuno street at least once a week, and Wednesday nights are reserved for roasts.

51

SALA
Karaliaus Mindaugo pr. 50

salarestoranasi.lt
@restoranassala

Žalgirio Arena, the biggest one in the Baltics, hosts a gastronomic nook worth your stroll around the Nemunas Island. Believe us when we say that it's best to think on what running waters mean to your life while tasting nature's goods and observing the river. Seasons are always trendy here.

52

ARRIVÉE
Vilniaus g. 29

@restaurantarrivee

One might want to scream "thank God it arrived" whilst sitting down in the picturesque terrace surrounded by historical buildings. The restaurant, in fact, focuses on local ingredients – of course, the staff has been inspired by numerous gastronomic trips all around the world.

53

MOMO GRILL
Karaliaus Mindaugo pr. 18A

@steakhouse.kaunas

The legend of Momo Grill was born in Klaipėda, and we're thrilled the seaside steak masterminds decided to open a second spot in our city. Located in a former spirits factory, the place does serve the best steaks and is also known for fantastic brunch menu.

EVERYDAY

72

LITHUANIAN PUB ENTRY
Vilniaus g. 26

@lithuanianpub

The Old Town pub made a smart choice to focus on interwar traditions. You'll love the modernist touch in the interior and the relaxed atmosphere which dates back to the colourful 1930s in Kaunas.

73

PERKŪNO NAMAI
Perkūno al. 61

perkuno-namai.lt

Before exploring the wooden architecture heritage of Žalialaknis, make a stop at the terrace of Perkūno Namai for some well-deserved breakfast. Not many people know about this bonus, so hush... Dinner is worth coming back for as well.

74

HOP DOC
M. Daukšos g. 23

@hopdocpub

Oysters. Eggs Benedict. Hangover burgers. Tuna burgers. Deep-fried pickles. Your every other secret wish coming true before you even think about it.

75

HOLAS
Laisvės al. 84B

@hollasbar

Brought to you by the masterminds behind Kultūra and Kamerinis bars, this cosy hall is excellent for chilling, eating and talking. The bar is surrounded by Happsace coworking space, so it's a spot to fish for business ideas, too.

76

SENIS IR JŪRA
Pilies g. 1

@juraissenis

The long-awaited seafood restaurant has borrowed its name from the iconic novel by Ernest Hemingway. As the 'real' sea is a 2-hour drive away, we hope the small family place is fully booked all the time.

35

NUOGAS
Laisvės al. 21

@nuogas.bruiusy

Located in a 19th-century building that was once a grand hotel, the flashy bar offers quality drinks and, what's maybe even more important, an exotic Asian fusion menu. The laksa, donburis and spring rolls fit surprisingly well with the sleek interior.

36

INDI
Kumelių g. 7

restoranai-indi.lt
@indirestoranas

India does leave its mark on people. Sometimes, the mark is so strong they start cooking Indian food back home. This is what happened with the guys that opened "Indi". They've fused things up a bit, so you can also get an Indian burger down here.

37

KARAVANSARAI
Vilkų g. 20

karavansarai.lt
@KaravansaraiKaunas

There's a legend that the first pilaf recipe was given to the owner of the restaurant by Middle East salesmen visiting the car market. Maybe. Fact is that catfish here are worth the walk from Vičiūnai to the centre of Kaunas.

38

THAI HOUSE
R. Kalantos g. 3

@ThaiHouse.lt

A kaunastic boy fell in love with a Thai girl, and the rest is... We're so glad it's not history yet, as an authentic Thai food place is what Kaunas was lacking for ages. Guess it's the time to rename Petrašiūnai district to Thainatown!

62

GODO
Laisvės al. 89-ID

@bar.godo

Samuel Beckett wrote "Waiting for Godot" more than 60 years ago, and it was worth the wait. The culture bar is intelligently located at the crossroad between the three major theatres in Kaunas, but it's also frequented by electronic music DJs, painters, poets and the likes. Try the cocktails with local ingredients bearing Lithuanian names.

63

FOLKAS
L. Zamenhofs g. 12 / Kurpių g. 12

@barasfolkas

While some cultural institutions still struggle attracting younger crowds, others make smart moves and establish summer bars in their premises. The Kaunas City Museum Folk Music Branch hit the jackpot! Surrounded by gothic buildings, their cosy courtyard is always full of those interested in contemporary takes on traditional Baltic recipes; the visitors of Folkas also gladly visit the museum's recently updated exhibition located next door.

64

ROCKNROLLA BAR&KITCHEN
Vasario 16-osios g. 1

@rocknrollakaunas

The bar on the corner of Laisvės alėja becomes the most instagram-friendly at dawn. Especially in the summertime, when the mood is enhanced by down-tempo music rhythms selected by a skilled DJ. Of course, the rock'n'roll attitude does vanish in winter, it's just that it hides inside then.

65

21½ OBUOLIO
Palangos g. 9

@2supuseobuolio

An apple-themed house has apple-themed rules. There are over 30 apple beverages, not just summer ones or those for people who dislike other kinds of drinks. The food obeys the rules too.

39

REŽISIERIUS
Vilniaus g. 10

rezisierius.lt
@rezisierius

Lights, camera, action! You can stop looking for a cinematographic place that's breaking the mould with their Asian dinners in a lazy yet courageous manner.

40

CASA DELLA PASTA
RISTORANTE PIZZERIA
Laisvės al. 27

italurestoranas.lt

Love conquers all. A local woman and an Italian man fell in love with each other and with the idea of a handmade Italian pasta and pizza place in Kaunas. Their location on Laisvės Avenue offers brilliant breakfast, while the one on Vilniaus street, called "Edizione California", invites you to feel like a movie star.

81

ČIOP ČIOP
V. Putvinskio g. 50

kaunas.ciopciop.lt

True kitchen parties happen here – after visiting one you'll be able to organise them yourself. It's not about memorising recipes: Čiop Čiop is a particular school to get to know the principles of various cuisines and culinary styles in a fun way.

82

GRUŽIJOŠ MENO IR SKONIO NAMAI
K. Donelaičio g. 91

gruzijosposaulis.lt

Try the training course on Georgian cooking or take part in the events where food is accompanied by exhibitions or presentations by Georgian artists. Tasting dinners are a big thing here, so this is a whole serious and separate subject!

83

BARBARISINĖ ANTIS
K. Donelaičio g. 91

barbarisineantis.lt

This studio offers culinary courses on various subjects to groups of no more than eight people – no conveyor belt approach! The team also welcomes those looking to make food the epicentre of their special occasion or celebration.

84

BAKER STREET
Raguvos g. 5

bakerstreet.lt

"Kibinal", cooked dough or macarons sound like rocket science, but the residents of Baker Street will show you that everything's possible. There's a wide selection of courses – will you make it to the tastiest of them?

CULINARY WORKSHOPS

70

REBELS IRISH PUB
Laisvės al. 21

@rebelskaunas

Dublin isn't London. Kaunas isn't Vilnius. We've got a lot in common! Come here for a glass or two of black nectar. Live music on weekends, spectacular pub food menu, and rugby on TV. Sláinte!

71

KENTUCKY BIG BURGER BY BOCMANAS
Kėstučio g. 41

Everyone has been to New York, right? Kentucky might still be a geographical riddle that this place might help solving. A hint – Kentucky is not all about fried chicken and bluegrass music.

BEVERAGES

85

VOLFAS ENGELMAN
Kaunakiemio g. 2

@volfosengelmanstudija

The historic company located in the station district opened its tasting studio in late 2017. Visiting it is not just the quickest way to find out what news the company has to offer, but also a chance to catch a live music gig.

86

KAUNO ALUS
Savanorių pr. 7

kaunoalus.lt

First, learn about the age-old brewing traditions and then taste the open fermentation beverages during the tour, later try the products of "Kauno alus" on your way out through the shop.

87

GENYS
A. Juozapavičiaus pr. 7H

genysbrewing.lt

Before being celebrated at every bar of major importance in Lithuania, this trendy craft drink is brewed right here in Žemėji Šančiai. Tours are given to those who book them in advance.

88

STUMBRAS MUSEUM
K. Būgos g. 7

stumbras.eu

From a collection of unusual labels to examples of the development of glass industry, from visiting an Interwar-styled director's office to taking a walk inside a real Stumbras manufactory. The only such place in Lithuania has a special tasting programme as well.

MARKETS

89

ŽALIAKALNIS MARKETPLACE
Zanavykų g. 25H

Did you know this marketplace was the best place to buy a horse some 90 years ago? Today, the space surrounding the historic building is full of vegetable stands (we recommend pickles), and inside is where the meat and dairy sellers are located. Many restaurant chefs choose this spot to shop for products.

91

FARMERS MARKET
Jonavos g. 1

seimosuokiai.lt

Vegetables, fruits, berries, meat, bread and other good things straight from the hands of farmers. Saturdays from 8 am to 4 pm, right next to the Kaunas Castle.

92

ŠILAINIAI MARKET
Žemaičių pl. 66

Before or after visiting Ukrainos Kazokai, be sure to come by this market and shop for groceries of all kinds. Friendly traders might suggest an exclusive recipe!