

KASTO

LUNCH and BREAKFAST

buen apetito





CREATE YOUR BALANCED PLATE BREAKFAST or LUNCH

At Kasto, we're all about celebrating the deliciousness and healthiness of Mediterranean plant-based cuisine! We've crafted a new healthy menu that allows you to create your own plate from five different categories, making it super easy to enjoy a nutritious and flavorful meal.

Inspired by the simple and effective guidelines recommended by major health bodies worldwide, we've designed our menu with balance in mind. Picture your plate divided into 3 parts: half filled with veggies and fruits, a quarter with grains (or starches), and another quarter with healthy proteins. This balanced approach ensures you get a wide range of nutrients while keeping things simple and easy to follow.

BURSTING WITH VITAMINS, MINERALS, AND FIBER, THESE ARE THE FOUNDATION OF YOUR HEALTHY PLATE. CHOOSE FROM OUR SELECTION OF LOCALLY SOURCED FRUITS AND VEGETABLES, PACKED WITH GOODNESS TO NOURISH YOUR BODY AND DELIGHT YOUR TASTE BUDS.



FUEL YOUR BODY WITH WHOLESOME ENERGY FROM OUR SELECTION OF GRAINS AND STARCHES. YOU'LL BE GIVING YOUR BODY THE SUSTAINED POWER IT NEEDS.

+ NUTRIENT BOOSTERS

FOR EXTRA FIBER / PROTEINS / VITAMINS & MINERALS / OMEGA 3 / PROBIOTICS

++ FLAVOUR ENHANCERS

FOR THAT AUTHENTIC ITALIAN FLAVOUR

WE BELIEVE THAT PROTEIN CAN BE BOTH DELICIOUS AND CRUELTY-FREE. EXPLORE OUR RANGE OF PLANT-BASED PROTEINS, SUCH AS TEMPEH, TOFU, LEGUMES, AND SEITAN, WHICH PROVIDE THE ESSENTIAL BUILDING BLOCKS YOUR BODY NEEDS.

Our goal is to show you that a v*gan diet can be both healthy and incredibly delicious.

BUON APPETITO!

KASTO

CREATE YOUR PLATE

3 pcs 70k | 5 pcs 100k | add 1 pcs 25k

VEGGIES *and* FRUIT

- SEASONAL FRUITS
- MIXED ROASTED SEASONAL VEGGIES
- SAUTED BROCCOLI ALL'ARANCIA
- GREEN BEANS ALLA GENOVESE
- WILTED GARLIC SPINACH OR FRIARIELLI
- SAUTED MUSHROOMS
- FRESH CHERRY TOMATOS AND BASIL
- AVOCADO (SLICED OR SMASHED)
- FRESH MIXED LEAFY GREENS

PROTEINS

- SEITAN SCALOPPINE AL LIMONE
- CHICKPEA OMELETTE
- SCRAMBLED TOFU
- FAGIOLI ALL'UCCELLETTO (TOMATO BEANS)
- APPLE LENTILS RISOTTO
- TEMPEH ALLE ERBE AROMATICHE

GRAINS *and* STARCHES

- OVERNIGHT OATS
- MASHED POTATO
- COUS COUS ALLE ERBE
- POLENTA CAKES
- MUSHROOM FLAVOURED BLACK RICE
- BUCKWHEAT BREAD
- WHITE BREAD

NUTRIENT BOOSTERS

- CHIA PUDDING
- COCONUT YOGURT
- GRANOLA
- PEANUT BUTTER
- PROTEIN POWDER
- WALNUTS | ALMONDS | CASHEWS

FLAVOUR ENHANCERS

- BERRIES COMPOTE
- OLIVES | SUNDRIED TOMATOES
- CARAMELISED ONIONS
- PESTO SAUCE
- VEGAN PARMESAN
- FETA | CREAM CHEESE | BLUE CHEESE
- TRUFFLE OIL

KASTO

RECOMMENDED COMBINATIONS

Sweet breakfast Revolution



YOGURT
OVERNIGHT OATS
PEANUT BUTTER
CHIA PUDDING
GRANOLA

Truffle Scramble



BUCKWHEAT BREAD
SCRAMBLE TOFU
SAUTÉED MUSHROOMS
TRUFFLE OIL
FRESH CHERRY TOMATOS AND BASIL



KASTO

RECOMMENDED COMBINATIONS

omelette Primavera



OMELETTE
CREAM CHEESE
MIXED ROASTED VEGGIES
ROCKET

Rustic Comfort Trio



FAGIOLI ALL'UCCELLETTO (TOMATO BEANS)
WILTED FRIARIELLI
POLENTA CAKES



KASTO

RECOMMENDED COMBINATIONS

Scaloppine con Contorno



SEITAN SCALOPPINE AL LIMONE
MASHED POTATO
GREEN BEANS ALLA GENOVESE

Cous cous feast



COUS COUS ALLE ERBE
ROASTED VEGGIES
TEMPE ALLE ERBE AROMATICHE
FETA CHEESE



grazie

