

Welcome to the Municipality of Milna, where every plate tells a story. Here, you're not just eating fish, meat or stew – you're tasting tradition, memories, the scent of the sea and local customs.

**Every day, from 12 PM to 6 PM, our restaurants will offer traditional dishes at promotional prices, prepared with fresh, local ingredients.** Each restaurant joins the tour with its own story on a plate – whether it's the aroma of fresh "gregada", slow-cooked "pašticada", summer-scented "šalša", or a dish from the hearth that asks you to take a detour. Tasting portions allow you to explore several tours, discover authentic flavours and collect memories. **You can collect stamps at each restaurant – and those who complete all five tours can win a gourmet prize.** Because Milna and its coves are remembered – also by taste.

# Gastro tour Milna

*Taste the place. Feel the story. Explore the tours.*



SREDNJA  
DALMACIJA



## Tastes of Milna's Sea

*When the sea speaks through your bite*

From shellfish to gregada, this tour smells of morning catch and fishermen's tales. The food is simple – yet full of the sea. Just the way it should be.

## From Hearth to Plate

*Flavours of fire, smoke and wine*

Slow-cooked meats, the smell of smoke before you even reach the table. The hearth, the bell, the scent of traditional baking. This tour invites you to sit, share plates and stories.

## Milna's Midday Meal

*Food that warms the soul*

In Dalmatia, lunch – or “marenda” – is sacred. A warm break in the day, usually something simple, served with a spoon – and made with love.

## Milna on a plate

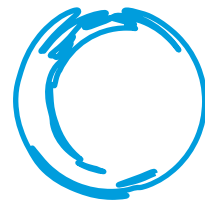
*The full Dalmatian experience – on a plate*

Can't decide between meat or fish? This tour offers both – a fusion of land and sea, elegance and rustic charm.

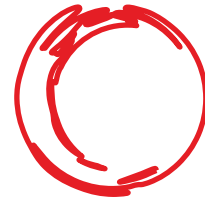
## The Road to Pleasure

*Worth every kilometre*

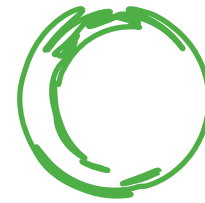
For those seeking tranquillity, views and authenticity. Hidden restaurants – under pines, among vineyards, or in a cove reachable only by boat.



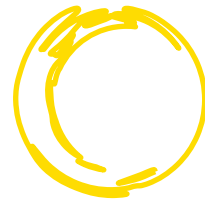
**1 Restaurant ILYRIAN**  
+38598559871



**3 Zalogajnica DIŠPET**  
+385953661909



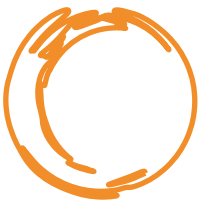
**5 Konoba i pizzeria SLIKA**  
+385996590725



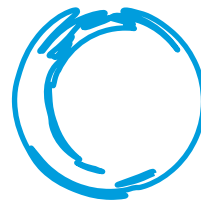
**7 Konoba GAJETA**  
+3859953777315



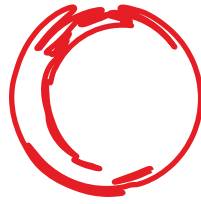
**9 Restaurant PALMA**  
+385919590847



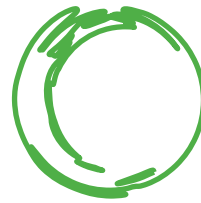
**11 Konoba VALA**  
+385911788112



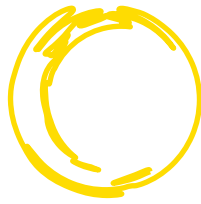
**2 Restaurant BAGO**  
+385915753865



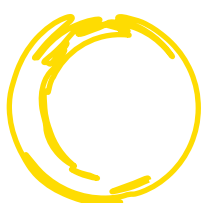
**4 Konoba KANTUN**  
+385917811014



**6 Cocktail, wine & Food bar FJAKA**  
+385992133624



**8 Food bar PANTERA**  
+385958438679



**10 Restaurant NAVIGARE**  
+385953199527



**12 Konoba NONO DESLAV**  
+385977434251

## FISH TOUR

### Gregada

**Gregada** is one of the oldest and most iconic seafood dishes in Dalmatia. A stew of fish, potatoes, onion, and olive oil, cooked over high heat with minimal seasoning. Its roots go back to ancient Greece – the name comes from “Grego”, the local word for Greeks. Once made with leftover fish on boats, today it is crafted with the finest catch.

#### Also on the menu:

Marinated sardines and anchovies, octopus, cuttlefish with peas, mussels in buzara, squid risotto, grilled fish

## MEAT TOUR

### Zalogajnica Dišpet Pašticada

A Dalmatian classic – slow-cooked beef in a rich sauce of wine, root vegetables and spices. Similar to goulash or ragout, **pašticada** is full of depth and heritage, brought centuries ago by the Venetians and now a symbol of Dalmatian cuisine.

### Konoba Kantun, Peka

More than a recipe – a ritual. Peka is an ancient cooking method, passed down without writing – only by scent and memory. Whether lamb, veal or octopus – **peka** tells a story of family and fire. **NOTE:** The preparation of Peka needs to be arranged several hours to one day in advance.

#### Also on the menu:

Dalmatian platter with prosciutto and cheese, beef soup, lamb with peas, veal risotto, lamb skewers.

## LAUNCH TOUR (MARENDA)

### Šalša (Tomato sauce)

The smell of summer in Dalmatia is the smell of šalša – a rich tomato sauce made slowly with garlic and olive oil. Every home has its own version. More than a dish – it's a memory of holidays and shady courtyards.

#### Also on the menu:

Octopus salad, cold tuna with capers, bean stew, pasta and beans, tripe, broad beans with bacon, brudet, stuffed peppers, cuttlefish risotto.

## 'ALL ON THE TABLE' TOUR

### Buzara

A simple, seafaring dish – shellfish or scampi stewed with garlic, wine, parsley and olive oil. Born on fishing boats, **buzara** is still a beloved staple – especially in Milna's white scampi or shellfish version.

#### Also on the menu:

Dalmatian platter, grilled tuna, beef soup, grilled fish with chard, pašticada, lamb, shrimp risotto, cuttlefish black risotto.

## SECLUDED TOUR

### Konoba nono Deslav Lamb under the bell

Brač **lamb** is famous – the sheep graze on sage, rosemary and lavender, giving the meat a subtle, herbaceous aroma. Cooked slowly under an iron dome with hot coals, the meat becomes melt-in-your-mouth tender, infused with smoky flavour. **NOTE:** The preparation of Peka needs to be arranged several hours to one day in advance.

### Konoba Vala Pašticada

Carefully marinated and stuffed beef, slow-cooked for hours. Each version is unique, often with additions like dry plums, prošek or pancetta. A dish of tradition, patience and celebration.

#### Also on the menu:

Black risotto, lamb with vegetables, homemade bread, local wine, cheese, prosciutto, traditional Dalmatian desserts.

*Try the tour –  
win a memory!*

Collect stamps at the restaurants.

Every tour – a new story, a new portion, a new memory.

Explore all 5 Gastro Tours of Milna and its surrounding villages – maybe you'll be the one to win our gourmet prize.

Take the taste of your holiday home.