

FURISTO
Истинска храна. За Всяко дете.

**GOOD TASTE IS
DEVELOPED WITH
REAL FOOD**



We are «Furisto»

Hello, we are Margarita and Martin.

We believe that quality food for our children should not only be nutritious and healthy, but also delicious and presented in a modern, creative way.

We believe that quality children's food shouldn't be a privilege for the few, but a natural and essential step in the development of every child.



Furisto School Menu



Starter



Main Dish



Dessert

Leader in Sofia for delivering quality food
for kindergartens and schools.



In our dishes

Our mmm... Delicious Soups

- We do NOT fry the vegetables; we steam them under a lid.
 - We do not add flour or starch to thicken our soups.
 - We add extra virgin olive oil at the end of the cooking process.
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Finger-Licking Good Main Dishes

- Our meat is slow-cooked. We season only with fresh herbs and spices, which we blend with olive oil.
- We import our main organic ingredients for the dishes ourselves, including rice, lentils, and olive oil.
- We use a special variety of tomatoes that are low in acidity, so we don't add any sugar during cooking.
- Our dairy products are organic and come from "Green Farm."



Our Magical Desserts

We pay special attention to desserts because we believe they should be not only delicious but also healthy for children.

- **We do not use sugar**; instead, we use sweeteners like maple syrup, date, agave or coconut syrup.
- We offer a variety of savory and sweet pastries, or puddings.
- We roll out our puff pastry ourselves on a laminator, **using only real butter**.
- We use high-quality Bulgarian flours and eggs from free-range hens.
- We work with the organic products from "Green Farm."
- Our menu includes gluten-free or dairy-free options, made with organic drinks and gluten-free oats.



High-tech kitchen and a close-knit team of professionals.



Our menu is created under the guidance of a **chef with over 9 years of experience** in children's nutrition and a **certified nutritionist from Stanford**.



Our kitchen is equipped with the latest **high-tech steam convection ovens**, which ensure precise preparation of healthy and delicious food for children, **preserving the maximum nutritional value of the ingredients**.



A special team of **pastry chefs** takes care of the desserts—they are prepared in a separate pastry workshop, **equipped with entirely modern, high-tech equipment**, including a rotary oven for perfect baking and a laminator for precise dough rolling.



Our Mission

To teach children good eating habits for a lifetime by focusing all our care and attention on the crucial developmental school years.

To treat children as adults who deserve not only healthy food but also fine taste and pleasure in their meals.



With a focus on nature



Our production utilizes renewable **energy from our own solar panels** and natural gas.



We recycle cardboard, glass, and plastic packaging.



We shop from local producers, which not only **supports the local economy** but also shortens the supply chain, **reducing our carbon footprint** and impact on the environment.



FURISTO

Истинска храна. За всяко дете.

Let's transform the food culture in Bulgaria,
bite by bite!



  [furisto.kichen](https://www.furisto.com)
www.furisto.com