



The Art of Mindful Midday Dining

Nagomi Lunch is a thoughtfully curated six-dish Nikkei dining experience inspired by the world's renowned **Blue Zones**—regions celebrated for their **thriving communities of centenarians** and their **balanced, mindful approach to nourishment and living**.

Drawing from longevity hotspots such as Okinawa in Japan, Sardinia, and the Peruvian coastline, the menu reflects Kayto's Nikkei identity, seamlessly blending **Japanese precision with Peruvian vibrancy**.

Crafted around Blue Zone dietary principles, the Nagomi Lunch spotlights **nutrient-dense vegetables, whole grains, legumes, and sustainably sourced seafood**, while avoiding processed sugars and unhealthy fats.

Crafted by **Chef Cláudio Cardoso**, this menu is inspired by his global culinary journey spanning over twenty-five years. Each dish reflects his fearless approach **to flavour and technique**, driven by **storytelling, sustainability, and meaningful cuisine**.

The experience unfolds through a carefully choreographed progression of flavours and textures, designed to **nourish the body, restore balance, and elevate the midday dining ritual**.



NAGOMI LUNCH

Monday to Friday, 12:30 to 15:30 | AED 150 per person

Smoked Yuka

[VG, GF, SE, LS, LF]

Active carbon, roasted sweet potato, quinoa,
tofu emulsion, sesame powder
Cleansing | Plant-powered | Restorative

Umami Dashi

[VG, GF, SE, LS]

Charcoal eggplant broth, white miso, aji limo, kale, yuzu, olive oil
Purifying | Antioxidant-rich | Replenishing

Potato Ceviche

[VG, S, N, LS]

Avocado, rocoto, macadamia, maze morado, lime, lemon, mandarin
Vibrant | Grounding | Invigorating

Butternut squash Chirashi

[VG, S]

Pearl barley, fresh seaweed, amaranth, nori, yuzu ponzu
Satiating | Anti-inflammatory | Wholesome

Roasted Local Pumpkin

[VG, D, N, LS]

Crispy chili garlic, macadamia, spinach
Rooted | Immune-supportive | Local

Physalis Hakigori

[VG, D]

Soy ice cream
Harmonizing | Glow-enhancing | Balancing

[GF] Gluten Free [LF] Lactose Free [E] Contains Egg [N] Contains Nuts [SE] Contains Sesame
[SF] Contains Shellfish [F] Contains Fish [S] Contains Soy [R] Raw Food/Crude
[V] Vegetarian [VG] Vegan [LS] Locally Sourced