

ENGLISH

VEGAN PASSPORT

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PLEASE READ THIS

I am a vegan / We are vegans

On principle, vegans do not eat anything of animal origin, - for the benefit of people, animals and the environment.

So we do not eat: meat (including minced meat, sausages, etc.), poultry (including chicken), fish, shellfish, or other animal products such as honey, eggs, milk, butter, cheese, or other dairy produce.

But we do eat: potatoes, rice, pasta (non-egg), beans, vegetables, tomatoes, fruits, nuts, mushrooms; breads or pastries made without animal fat; cereals and cereal products, etc.

Soups and sauces may be made with vegetable stock but not with meat or chicken extracts. Only pure vegetable oil or pure vegetable margarine may be used in cooking, not butter or any other animal fat.

Please, can you provide a meal which meets our requirements?

THANK YOU VERY MUCH