

VEGAN TOURS INTERNATIONAL · FREE TRAVELER'S GUIDE

The Accidentally Vegan *Passport*

144 local dishes across 23 countries: what's vegan by default, what to ask about, and what to skip.
Compiled by our guides on the road.



Eat well
the moment
you land
PASSPORT NO. 01

vegantoursinternational.com

How to *use* this guide

Every country page lists the dishes our guides eat and avoid, plus one sentence you can show or say. Dishes are marked three ways:

Made from plants in the traditional recipe. Still worth a quick check.

NATURALLY VEGAN

Often vegan, but depends on the cook: butter, egg, broth, fish sauce or lard may sneak in.

ASK FIRST

Contains meat, fish, egg or dairy in the standard recipe, even when it looks plant-based.

USUALLY NOT VEGAN

GOOD TO KNOW

Recipes vary by region and restaurant, and packaged products change. When in doubt, ask, and always read labels. This guide is not medical or allergy advice.

Where we're *going*

EUROPE

 Portugal
 Greece

 Italy
 Georgia

 Austria &
Germany

 Poland

AFRICA

 Egypt

 Ethiopia

 Rwanda

 Tanzania

ASIA

 Uzbekistan
 China

 Nepal & Bhutan
 Taiwan

 Thailand
 South Korea

 Vietnam

THE AMERICAS

 USA

 Colombia

 Ecuador

 Peru

Portugal



Lisbon · Porto



Pão alentejano & broa

NATURALLY VEGAN

Rustic breads are usually flour, water, salt, yeast.

Azeitonas & tremçoos

NATURALLY VEGAN

Olives and salted lupini beans, the classic bar snack.

Castanhas assadas

NATURALLY VEGAN

Roasted chestnuts.

Arroz de tomate

ASK FIRST

Tomato rice: sometimes cooked with lard or chicken stock.

Caldo verde

ASK FIRST

Potato and kale soup. Often topped with chouriço; ask for it plain.

Salada de feijão-frade

ASK FIRST

Black-eyed pea salad: sometimes with egg or cod.

Pastel de nata, bacalhau, feijoadá

USUALLY NOT VEGAN

Custard tart, salt cod, bean-and-pork stew.

SAY IT

Sou vegano/vegana. Sem carne, peixe, ovos, leite ou queijo.

Italy



Rome · Tuscany · Sicily



Pizza marinara

NATURALLY VEGAN

Tomato, garlic, oregano. No cheese.

Pasta al pomodoro

ASK FIRST

Dried pasta is vegan. Fresh egg pasta isn't, so ask.

Focaccia & panelle

NATURALLY VEGAN

Olive-oil flatbread and Sicilian chickpea fritters.

Farinata / cecina

NATURALLY VEGAN

Chickpea flour flatbread from Liguria and Tuscany.

Ribollita & caponata

NATURALLY VEGAN

Tuscan bread soup and Sicilian aubergine stew. Ask about Parmesan rind.

Grissini

ASK FIRST

Breadsticks are often made with lard (strutto). Check the label or ask.

Sorbetto

NATURALLY VEGAN

Fruit sorbet is dairy-free. Gelato isn't.

Risotto, carbonara, tiramisù

USUALLY NOT VEGAN

Butter, cheese, egg and cream.

SAY IT

Sono vegano/vegana. Niente carne, pesce, uova, latte, formaggio o burro.

Austria & Germany

Vienna · Salzburg · Innsbruck · Munich · Berlin



Manner wafers (Austria)

NATURALLY VEGAN

Austria's iconic hazelnut wafers are widely listed as vegan. Check the label by variant.

Maroni & gebrannte Mandeln

NATURALLY VEGAN

Roasted chestnuts and candied almonds from Christmas market stands.

Glühwein

ASK FIRST

Plant-based, but the wine itself often isn't vegan (fining agents like egg white or gelatin). Ask for vegan wine.

Brezn, Semmel & Roggenbrot

NATURALLY VEGAN

Usually flour, water, yeast and salt. Skip butter-sliced pretzels.

Erdäpfelsalat / Kartoffelsalat

ASK FIRST

Sometimes made with bacon, beef broth or mayonnaise.

Kartoffelpuffer

ASK FIRST

Potato pancakes: sometimes egg in the batter.

Rotkohl & Sauerkraut

ASK FIRST

Often cooked with lard or goose fat.

Knödel, Kaiserschmarrn, Strudel, Käsespätzle

USUALLY NOT VEGAN

Egg, milk, butter or cheese. Vegan Currywurst is common in Berlin.

SAY IT

Ich esse vegan: kein Fleisch, keinen Fisch, keine Eier, keine Milch, keinen Käse.

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A Very Vegan Christmas: Austria & Germany Dec 12 – 19, 2026

vegantoursinternational.com/holiday-market-in-austria-and-germany

Poland

Kraków · Warsaw



Barszcz czerwony

NATURALLY VEGAN

Clear beet soup. Meat-free at Christmas; otherwise ask about the broth.

Pierogi z kapustą i grzybami

ASK FIRST

Cabbage and mushroom dumplings. Ask about egg in the dough and butter.

Kapusta kiszona

NATURALLY VEGAN

Fermented cabbage: cabbage and salt.

Chleb żytni

NATURALLY VEGAN

Rye sourdough bread.

Kasza gryczana

NATURALLY VEGAN

Buckwheat groats. Skip the pork cracklings on top.

Placki ziemniaczane

ASK FIRST

Potato pancakes: ask about egg.

Mizeria, pierogi ruskie, pączki

USUALLY NOT VEGAN

Cucumber in sour cream, cheese dumplings, egg-and-milk doughnuts.

SAY IT

Jestem weganinem/weganką. Nie jem mięsa, ryb, jajek ani nabiału.



Greece

Athens · Crete · Islands



Fasolada

NATURALLY VEGAN

White bean soup, the national dish.

Gigantes plaki

NATURALLY VEGAN

Giant beans baked in tomato sauce.

Horta vrasta

NATURALLY VEGAN

Boiled wild greens with olive oil and lemon.

Fava

NATURALLY VEGAN

Santorini yellow split-pea purée.

Briam

NATURALLY VEGAN

Roasted summer vegetables.

Yalantzi dolmades

ASK FIRST

Rice-stuffed vine leaves. The 'yalantzi' version is meatless; others have mince.

Spanakopita, horiatiki, loukoumades

USUALLY NOT VEGAN

Feta pie, feta salad (ask without), honey doughnuts.

SAY IT

Είμαι vegan. Χωρίς κρέας, ψάρι, αυγά, γάλα, τυρί.

Eimai vegan. Khorees kreas, psari, avga, gala, tyri.



Georgia

Tbilisi · Kakheti



Pkhali

NATURALLY VEGAN

Spinach, beet or cabbage with walnut paste. Georgia's best vegan starter.

Lobio & mchadi

NATURALLY VEGAN

Kidney beans stewed with herbs, served with cornmeal bread.

Badrijani nigvzit

ASK FIRST

Aubergine rolls with walnut paste. Ask about mayonnaise.

Ajapsandali

NATURALLY VEGAN

Aubergine, pepper and tomato stew.

Churchkhela

NATURALLY VEGAN

Walnuts dipped in thickened grape must.

Lobiani

USUALLY NOT VEGAN

Bean-filled bread or pie. Often made with butter, egg or lard in the dough, though some bakeries make a vegan one.

Khachapuri, khinkali, satsivi

USUALLY NOT VEGAN

Cheese bread, meat dumplings, walnut sauce on poultry.

SAY IT

მე ვეგანი ვარ — Me vegani var.



Egypt

Cairo · Luxor · Aswan



Koshari

NATURALLY VEGAN

Egypt's national dish: rice, lentils, pasta, chickpeas, tomato sauce and fried onions.

Ta'ameya & ful medames

NATURALLY VEGAN

Fava bean falafel and slow-cooked fava beans. Ask for ful without egg or butter.

Coptic fasting food (siyami)

NATURALLY VEGAN

During Lent and on Wednesdays and Fridays, Coptic Christians eat fully vegan meals, so many restaurants serve them.

Aish baladi & dukkah

NATURALLY VEGAN

Whole-wheat flatbread and nut-and-spice dip.

Baba ghanoush & mutabbal

ASK FIRST

Roasted aubergine dips: some add yogurt.

Molokhia

ASK FIRST

Jute-leaf soup, traditionally cooked in chicken or rabbit stock.

Mahshi

ASK FIRST

Stuffed vegetables and vine leaves: rice versions are vegan, others have mince.

Fatta, fiteer, basbousa, om ali

USUALLY NOT VEGAN

Meat broth and ghee, buttery pastry, and milk-based desserts.

SAY IT

أنا نباتي. من غير لحمة ولا سمك ولا بيض ولا لبن ولا سمنة.

Ana nabati. Min gheir lahma wala samak wala beid wala laban wala samna.

Ethiopia

Addis Ababa · Lalibela



Yetsom beyaynetu

NATURALLY VEGAN

Fasting platter: orthodox fasting days (Wed, Fri, Lent) make everything vegan.

Shiro wat

NATURALLY VEGAN

Chickpea stew. Non-fasting versions use niter kibbeh butter.

Misir wat

NATURALLY VEGAN

Spicy red lentil stew.

Gomen & atkilt

NATURALLY VEGAN

Collards and cabbage-carrot-potato.

Injera

NATURALLY VEGAN

Sourdough teff flatbread.

Kitfo, tibs, doro wat

USUALLY NOT VEGAN

Beef, meat, chicken stew.

Tej

USUALLY NOT VEGAN

Honey wine, so not vegan.

SAY IT

Yetsom megeb, bebakwo. (Fasting food, please.)



Rwanda

Kigali · Volcanoes NP



Isombe

ASK FIRST

Cassava leaves with aubergine and spinach. Sometimes cooked with dried fish.

Ibishyimbo

NATURALLY VEGAN

Stewed beans, the staple.

Ubugari

NATURALLY VEGAN

Cassava or maize porridge, like ugali.

Ibihaza

NATURALLY VEGAN

Pumpkin stew.

Igitoki & mizuzu

NATURALLY VEGAN

Plantains, boiled or fried.

Brochettes & sambaza

USUALLY NOT VEGAN

Meat skewers and tiny fried fish.

SAY IT

Ntabwo ndya inyama, amafi, amagi cyangwa amata.

Tanzania



Arusha · Serengeti · Zanzibar



Ugali

NATURALLY VEGAN

Maize porridge, the staple, eaten with greens, beans or stews.

Mchicha

NATURALLY VEGAN

Spinach in coconut or peanut sauce.

Maharage ya nazi

NATURALLY VEGAN

Beans in coconut milk.

Wali wa nazi

NATURALLY VEGAN

Coconut rice.

Kachumbari

NATURALLY VEGAN

Fresh tomato-onion salad.

Chapati & mandazi

ASK FIRST

Often made with milk or egg.

Mishkaki, mtori, urojo

USUALLY NOT VEGAN

Meat skewers, banana-and-meat soup, egg-and-meat Zanzibar mix.

SAY IT

Sili nyama, samaki, mayai wala maziwa.

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Kilimanjaro: 8-Day Lemosho Climb Feb 5 – 13, 2027

vegantoursny.softripng.com/itineraries/21542

The Great Migration: Vegan Safari Feb 13 – 20, 2027

vegantoursinternational.com/tanzania-safari-2027



Uzbekistan

Samarkand · Bukhara



Non (tandoor bread)

NATURALLY VEGAN

Round bread: flour, water, salt. Check for butter or egg wash.

Achichuk

NATURALLY VEGAN

Tomato-onion-chili salad.

Sumalak

NATURALLY VEGAN

Spring wheat-sprout pudding for Navruz.

Dried fruit, nuts & halva

NATURALLY VEGAN

The bazaar is full of them. Check halva for butter.

Kok somsa

ASK FIRST

Herb-filled pastry. Often fat in the dough.

Plov, lagman, samsa, shurpa

USUALLY NOT VEGAN

Lamb pilaf, meat noodles, meat pastry, meat soup.

SAY IT

Men go'sht, tuxum, sut va yog' yemayman.

ASIA

Nepal & Bhutan

Kathmandu · Paro



Dal bhat

NATURALLY VEGAN

Lentils, rice, vegetables and pickle. Ask without ghee.

Aloo tama

NATURALLY VEGAN

Potato and bamboo-shoot curry.

Gundruk

NATURALLY VEGAN

Fermented leafy greens.

Vegetable momo

ASK FIRST

Ask about butter, cheese or meat filling.

Nakey (Bhutan)

NATURALLY VEGAN

Fiddlehead fern salad.

Red rice (Bhutan)

NATURALLY VEGAN

Nutty red rice, a daily staple.

Ema datshi, kewa datshi, butter tea

USUALLY NOT VEGAN

Bhutan's national chili-cheese dishes and yak-butter tea.

SAY IT

Ma masu, anda, dudh, dahi, ghiu khaadina.

Nepal. In Bhutan: 'no datshi (cheese)'.

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Best of the Himalayas: Nepal & Bhutan April 2028 (dates TBC)

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Thailand



Bangkok · Chiang Mai · Phuket



Jay food ๖

NATURALLY VEGAN

Look for yellow flags with red ๖: fully vegan food, widely available, especially during October's Vegetarian Festival.

Mango sticky rice

NATURALLY VEGAN

Sticky rice, coconut milk, sugar and mango.

Fresh fruit & young coconut

NATURALLY VEGAN

Street carts are everywhere. Skip the dip with salt and condensed milk.

Som tam

ASK FIRST

Papaya salad: ask without fish sauce and dried shrimp.

Pad thai & pad see ew

ASK FIRST

Usually made with egg, fish sauce and oyster sauce. Ask for 'jay' versions.

Tom yum, tom kha & curries

ASK FIRST

Curry pastes almost always contain shrimp paste, and broths may use fish or chicken.

Roti & Thai iced tea

USUALLY NOT VEGAN

Roti has egg and condensed milk. Thai tea is made with condensed milk.

SAY IT

ฉันกินเจ ไม่ใส่น้ำปลา ไม่ใส่ไข่ ไม่ใส่หมู

Chan gin jay. Mai sai nam pla, mai sai kai, mai sai nom.

ASIA

Vietnam



Hanoi · Hoi An · Saigon



Phở chay

NATURALLY VEGAN

Vegan noodle soup at Buddhist 'chay' restaurants.

Gỏi cuốn chay

NATURALLY VEGAN

Fresh rice-paper rolls with tofu and herbs.

Đậu hũ chiên sả

NATURALLY VEGAN

Lemongrass tofu.

Chè

ASK FIRST

Sweet soups: coconut and mung bean are vegan. Skip condensed milk.

Rau muống xào tỏi

ASK FIRST

Morning glory in garlic. Ask without fish sauce.

Nước mắm, bánh mì pate

USUALLY NOT VEGAN

Fish sauce is in almost everything. Say 'không nước mắm'.

SAY IT

Tôi ăn chay. Không thịt, cá, trứng, sữa, nước mắm.

China



Beijing · Xi'an · Shanghai · Yunnan



Di san xian 地三鲜

NATURALLY VEGAN

'Three earthly treasures': potato, aubergine, pepper in garlic sauce.

Liangpi 凉皮

NATURALLY VEGAN

Xi'an cold wheat noodles in sesame-chili sauce.

Mantou 馒头

NATURALLY VEGAN

Plain steamed buns.

Temple food 素斋

NATURALLY VEGAN

Buddhist temples serve fully vegan banquets.

Mapo tofu & dry-fried green beans

ASK FIRST

Usually made with minced pork. Ask for 素 (sù) versions.

Yunnan wild mushrooms

ASK FIRST

Often cooked in chicken broth.

Tomato-egg, jiaozi, rubing

USUALLY NOT VEGAN

Egg, pork dumplings, Yunnan goat-milk cheese.

SAY IT

我吃纯素,不吃肉、海鲜、蛋、奶。

Wǒ chī chún sù, bù chī ròu, hǎixiān, dàn, nǎi.

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Intro to China: Beijing, Xi'an & Shanghai June 5 – 12, 2027

vegantoursinternational.com/china

Flavors of Yunnan June 13 – 21, 2027

vegantoursinternational.com/china

Taiwan



Taipei · Tainan



Cōng yóu bǐng

Flaky scallion pancake. Ask without egg.

NATURALLY VEGAN

Dòuhuā

Soft tofu pudding with ginger syrup or peanuts.

NATURALLY VEGAN

Ài yù jelly

Lemony fig-seed jelly.

NATURALLY VEGAN

Kǎo dìguā

Roasted sweet potato from street vendors.

NATURALLY VEGAN

Sùshí buffets 素食

Look for the 素 sign: Buddhist vegetarian buffets, mostly vegan.

NATURALLY VEGAN

Bubble tea

Tapioca pearls are vegan. Ask for soy or oat, not milk.

ASK FIRST

Lǚ ròu fàn, dàn bǐng, pineapple cake

Braised pork rice, egg crepe, butter pastry.

USUALLY NOT VEGAN

SAY IT

我吃素。不吃肉、蛋、奶。 Wǒ chī sù. Bù chī ròu, dàn, nǎi.

South Korea



Seoul · Jeju



Temple food 사찰음식

NATURALLY VEGAN

Fully vegan Buddhist cuisine, no garlic or onion.

Namul 나물

NATURALLY VEGAN

Seasoned vegetable side dishes.

Dotorimuk 도토리묵

NATURALLY VEGAN

Acorn jelly.

Kimchi

USUALLY NOT VEGAN

Almost always made with fish sauce or shrimp paste.

Bibimbap & japchae

ASK FIRST

Ask without egg, meat and fish-based gochujang or seasoning.

Doenjang & sundubu jjigae

ASK FIRST

Usually anchovy broth.

Gimbap, tteokbokki, pajeon

ASK FIRST

Ask for no egg, ham, fish cake or seafood.

SAY IT

저는 비건이에요. 고기, 생선, 달걀, 우유, 젓갈 빼 주세요.

Jeoneun bigeonieyo. Gogi, saengseon, dalgal, uyu, jeotgal ppae juseyo.

USA



New York · Nationwide



Caesar salad

USUALLY NOT VEGAN

Classic dressing has anchovies, egg yolk and Parmesan. Worcestershire (anchovies) lurks in sauces too.

Sugar & sweets

ASK FIRST

Much US white cane sugar is filtered through bone char. Beet, organic and unrefined sugar are fine. Check baked goods and candy.

Refried beans

ASK FIRST

Often made with lard in Tex-Mex spots. Ask for vegetarian beans.

French fries

ASK FIRST

Some chains fry in beef tallow or share a fryer with meat.

Plain bagels & Oreos

NATURALLY VEGAN

Plain bagels are flour, water, yeast, salt. Oreos are famously accidentally vegan, but see the sugar note.

Guacamole & tortilla chips

NATURALLY VEGAN

Avocado, lime, salt. Check chips for cheese or lard.

Mac & cheese, clam chowder, biscuits

USUALLY NOT VEGAN

Dairy, cream and buttermilk.

SAY IT

I'm vegan: no meat, fish, eggs, dairy, honey or gelatin. Any butter or meat fryer?

Colombia



Bogotá · Medellín · Cartagena



Arepa de choclo

ASK FIRST

Corn cakes: often with butter and cheese, so ask.

Patacones & yuca frita

NATURALLY VEGAN

Fried plantain and cassava.

Arroz con coco

NATURALLY VEGAN

Coconut rice from the Caribbean coast.

Jugos naturales

ASK FIRST

Lulo, maracuyá, guanábana juice: ask 'en agua, no en leche'.

Aguapanela & tinto

NATURALLY VEGAN

Cane-sugar drink and black coffee.

Bandeja paisa, ajiaco, tamales

USUALLY NOT VEGAN

Meat platter, chicken soup, pork or chicken tamales.

SAY IT

Soy vegano/vegana. Sin carne, pescado, huevos, leche ni queso.

THE AMERICAS

Ecuador

Quito · Cotopaxi · Amazon



Patacones

NATURALLY VEGAN

Twice-fried green plantain.

Canguil & tostado

NATURALLY VEGAN

Popcorn and toasted corn, the bar snacks.

Menestra de lentejas

ASK FIRST

Lentil stew: sometimes cooked with pork.

Ceviche de palmito

NATURALLY VEGAN

Hearts-of-palm 'ceviche'. Check for shrimp stock.

Colada morada

NATURALLY VEGAN

Purple-corn fruit drink, served around Day of the Dead.

Llapingachos, humitas, fanesca

USUALLY NOT VEGAN

Cheese potato patties, cheese-and-egg corn cakes, salt-cod Lent soup.

SAY IT

Soy vegano/vegana. Sin carne, pescado, huevos, leche ni queso.

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Galápagos: Evolution in the Wild Dates TBC

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Peru

Cusco · Lima



Mazamorra morada

NATURALLY VEGAN

Purple-corn pudding.

Quinoa soup

ASK FIRST

Ask about meat stock.

Tacu tacu

ASK FIRST

Beans and rice cake. Ask about lard.

Solterito

ASK FIRST

Broad bean, corn and tomato salad. Ask without queso fresco.

Papas fritas & choclo

NATURALLY VEGAN

Fried potatoes and Andean giant corn.

Papa a la huancaína, ceviche, anticuchos

USUALLY NOT VEGAN

Cheese sauce, raw fish, beef heart.

SAY IT

Soy vegano/vegana. Sin carne, pescado, huevos, leche ni queso.

COME EAT WITH US

Taste it *for real.*

Small-group, fully plant-based journeys with local guides. Every meal is vegan, so you never have to read this guide at the table.

Upcoming: Austria & Germany Christmas Markets (Dec 2026), Kilimanjaro and Tanzania safari (Feb 2027), China and Yunnan (June 2027), Nepal & Bhutan (April 2028).



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