

SAMPLE VEGAN MENU

Deli Shop



PERFECT CREAMY LATTES

Made with unsweetened barista-blend soya, almond, coconut, or oat milk

PASTRIES

Vegan croissants, blueberry-filled croissants, or pain au chocolat

BREAKFAST BOWLS

Porridge prepared with non-dairy milk and topped with chopped bananas, blueberries, nuts and agave nectar

Chia pots - chia seeds mixed with non-dairy milk and fresh fruit (mango, strawberry)

TOASTED BAGEL

topped with dairy-free cream cheese, cucumber, and chives

SANDWICHES OR WRAPS

Cannellini: blended cannellini beans, olive oil, lemon juice, garlic, fresh parsley, and lettuce

Chickpea of the sea salad (tuna salad alternative): chickpeas, vegan mayonnaise, red onion, tomato, and cucumber

Deli: vegan ham or other deli slices, dairy-free cheese, lettuce, and tomato

“Egg” mayo: crumbled tofu, vegan mayonnaise, mustard, turmeric, lettuce, and tomato

Jackfruit: marinated jackfruit, vegan coleslaw, tomato, and lettuce

Mediterranean: roasted aubergine, roasted butternut squash, and sliced tomato

Sausage: sliced vegan sausages, caramelised onions, lettuce, and tomato



BUDDHA BOWL

Brown rice base, tofu, rainbow salad, broccoli, edamame beans, coriander, and satay sauce

NOODLE POT

Rice noodles, sliced cucumber, carrot, spring onion, soy sauce, and a lime and chilli dressing

CAKES

Selection of vegan cakes, cupcakes, brownies and cookies, served with non-dairy ice-cream or cream

Top tip: Make existing vegetable-filled sandwiches vegan by switching from butter to non-dairy margarine and using egg-free mayonnaise



For more ideas, see PETA's
“Guide to Introducing Vegan Options”
on the TUCO or PETA websites

