

SAMPLE VEGAN MENU

Fast-Food Counter

SHAKES

Fruit shake: choice of non-dairy milk (soya, almond, coconut, and oat), fresh fruit (strawberry, banana, mango, blueberry, avocado), and vegan ice-cream

Freakshake: vegan ice-cream shake topped with Oreos, dairy-free chocolate sauce, dark chocolate chips, sliced banana, and chopped hazelnuts

BURGERS

Beef-style patty served in a bun with a non-dairy cheese slice, fried onions, gherkins, and salad

Quinoa and black bean burger, served in a brioche bun with guacamole and salad

BBQ-style “pulled pork” or jackfruit, served in a bun with lettuce and tomato

TEX-MEX

Nachos: tortilla chips loaded with soya-mince chilli, guacamole, coriander, jalapeños, and grated vegan cheese

Burrito: soya-mince chilli, guacamole, coriander, jalapeños, grated vegan cheese, brown rice, and salad, wrapped in a flour tortilla

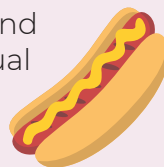


PIZZA

wheat-flour base topped with herby tomato sauce, vegan cheese, mushrooms, peppers, and sliced tomatoes

HOT DOGS

vegan hot dog served with fried onions, mustard, and ketchup or more unusual toppings



NOODLE POTS



Chicken-style pieces with noodles, green pepper, onion, and garlic in a sesame and soy sauce

Beef-style strips with noodles, spring onions, garlic, and red chilli in Szechuan sauce

Tofu with noodles, onion, green beans, and carrot in a Thai green curry sauce

SIDES

Coleslaw made with egg-free mayonnaise

Loaded fries with vegan cheese, jalapeños, fried mushrooms, spring onions, and coriander

Chicken-style nuggets with a vegan mayonnaise dip



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

