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PROSIM, PREBERITE.



JAZ SEM VEGAN.

To pomeni, da zaradi lastnega prepričanja ne jem ničesar, kar je živalskega izvora.

Zaradi tega ne jem:

- mesa (v vseh oblikah), vključno s perutnino in ribami,
- morskih sadežev,
- mleka in mlečnih izdelkov, vključno s sirom in maslom,
- jajc,
- medu.

Vendar jem:

- krompir,
- riž,
- testenine (brez jajc),
- vse stročnice,
- vso zelenjavo,
- vse sadje,
- oreščke,
- gobe,
- kruh in pecivo, izdelano brez živalskih proizvodov,
- vse žitarice in izdelke iz žitaric ...

Juhe in omake so lahko pripravljene na zelenjavni osnovi – to pomeni brez uporabe mesnih ali piščančjih izvlečkov (kock). Za kuho se sme uporabljati le rastlinsko olje ali rastlinska margarina, torej brez uporabe masla ali drugih živalskih maščob.

Ali mi lahko pripravite obrok, ki zadovoljuje vse moje zahteve?

NAJLEPŠA HVALA!

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PLEASE READ.



I AM VEGAN.

This means that because of my own belief I don't eat anything that comes from an animal.

That's why I don't eat:

- meat (in any form) including poultry and fish,
- sea food,
- milk and dairy products, including cheese and butter,
- eggs,
- honey.

But I do eat:

- potato,
- rice,
- pasta (without eggs),
- all kinds of pulses
- all kinds of vegetables
- all kinds of fruits,
- nuts,
- mushrooms,
- bread and pastry made without animal products,
- grains and grain products ...

Soups and sauces can be prepared with vegetable stock – meaning no use of red meat or chicken extracts (meat stock cubes, etc.). Only vegetable oil or vegetable margarine can be used, so no butter or other animal fats.

Are you able to prepare me a meal that meets all my needs?

THANK YOU VERY MUCH!