

GO VEGAN

MENU

SIMPLE VEGAN MENU
FOR BEGINNERS



Friends
of the
environment



Dedicated
to animal
protection



Supporting
healthy
choices



BREAKFASTS

CEREAL & MILK (GF OPTION)

GRAB WHEATBIX, CORNFLAKES,
RICE BUBBLES OR MUESLI.

ADD FRUIT OR SUGAR.

TRY VITASOY SOYMILKY OR EXPERIMENT
WITH OAT, RICE & ALMOND MILK.

CORN FRITTERS

MIX 1 TIN OF WHOLE KERNEL CORN
(INCLUDING LIQUID) WITH 1 CUP OF FLOUR.
FRY FRITTERS IN OIL & SPRINKLE WITH
SALT. SERVE WITH SWEET CHILLI SAUCE
OR RELISH. ADD A SIDE OF SALAD.

TOAST & SPREAD (GF OPTION)

MOST BREAD IS VEGAN,
JUST CHECK THE LABELS.

TRY MOLENBURG OR SIMPLE WHITE BREAD.
FOR SPREAD USE OLIVANI OR PAMS TABLE
SPREAD. ENJOY MARMITE, VEGEMITE,
PEANUT BUTTER, JAM, AVOCADO OR
TOMATO ATOP. MARMITE IS GREAT FOR B12.

SMOOTHIES (GF)

BLEND FRESH FRUIT OF YOUR CHOICE,
WITH FROZEN BANANAS (OR BANANAS AND
ICE). ADD IN WATER OR SOY MILK.

CHEAP OATY PORRIDGE

BOIL OATS, ADD A BANANA, SULTANAS,
WALNUTS, MIXED NUTS & SEEDS, A DASH
OF CARDAMON, A BIT OF CINNAMON &
A PINCH OF SALT. SERVE WARM, DRIZZLED
WITH LUSCIOUS SOYMILKY & MAPLE SYRUP
OR BROWN SUGAR.

< EATING OUT >

HASH BROWNS, BAKED BEANS,
AVOCADO & BAGELS, TOAST & JAM, FRESH
FRUIT, COFFEE, TEA, HOT CHOCOLATE
MADE WITH SOY

IT'S ALL ABOUT THE FLIP. IF YOU'RE UNSURE,
FLIP THE PACK & CHECK THE INGREDIENTS.

LUNCHES

SAUSAGES IN BREAD

FRY SAUSAGES, SERVE WITH MUSTARD
& TOMATO SAUCE – ONIONS OPTIONAL.
TRY FRY'S HOT DOGS OR SAUSAGES,
OR BEAN SUPREME'S ROSEMARY, SAGE
& PARSLEY.

WRAPS

PUT HUMMUS, LETTUCE, AVOCADO,
CUCUMBER AND TOMATO INTO A WRAP,
THROW IN A FEW CHICKPEAS, DRIZZLE OIL
& BALSAMIC VINEGAR & FINISH WITH SALT
& PEPPER.

HOT CHIPS

HOT CHIPS COOKED IN VEGETABLE OIL CAN
BE FOUND ALL OVER, OR WHIP UP YOUR
OWN BY SLICING SPUDS & FRYING THEM IN
HOT OIL ON THE STOVE. ENJOY A CLASSIC
CHIP BUTTY WITH MARGARINE & SAUCE.

BAKED BEANS ON TOAST

HEAT BAKED BEANS, EAT THEM ON TOAST.

SALAD

GET CREATIVE WITH LETTUCES,
VEGETABLES, FRUIT, NUTS, OIL &
BALSAMIC DRESSING.

IF A RESTAURANT DOESN'T HAVE SUITABLE
OPTION, ASK THEM TO INCLUDE SOMETHING.



DINNERS

FALAFEL ON RICE (GF)

YOU CAN BUY FALAFEL OR MAKE THEM.
BLEND DRAINED CHICKPEAS, GARLIC,
ONION, CORIANDER, CUMIN, AND SALT. ADD
A LITTLE FLOUR. ROLL INTO BALLS, FRY.
SERVE WITH RICE, HUMMUS & SALAD.

BASIC CURRY (GF)

FRY VEGETABLES (CAPSICUM, BROCCOLI,
ONION), ADD DRAINED CHICKPEAS, CURRY
PASTE TO TASTE, SALT, PEPPER & HALF OF
A TIN OF COCONUT CREAM. ADD A LITTLE
SUGAR TO SWEETEN. SERVE ON RICE.

BASIC BOLOGNAISE (GF OPTION)

FRY ONION & GARLIC, ADD A DASH OF
TOMATO PASTE & A TIN OF TOMATOES,
ADD 1 TIN OF DRAINED KIDNEY BEANS & A
FEW CHOPPED VEGETABLES (CAPSICUM,
BROCCOLI, MUSHROOMS). ADD 1 TEASPOON
OF SUGAR TO SWEETEN & SALT & PEPPER
SERVE WITH PASTA.

STIR FRY (GF OPTION)

CELERY, GARLIC, ONION, CAPSICUM,
CASHEW NUTS, PINEAPPLE, SPROUTED
MUNG-BEANS, BROCCOLI, FRIED WITH SOY
SAUCE & A LITTLE SUGAR, SALTED TO
PERFECTION & SERVED WITH
RICE OR NOODLES.

PUMPKIN SOUP (GF)

ROAST PUMPKIN, ONION AND GARLIC.
BLEND WITH SALT, COCONUT CREAM,
WATER, CUMIN & CORIANDER.
SERVE WITH FRESH BREAD.

< EATING OUT >

THAI, INDIAN, PIZZA-SANS-CHEESE,
CHINESE, TURKISH, KOREAN, ITALIAN,
JAPANESE SUSHI

NO-ONE IS PERFECT, DO THE BEST YOU CAN.
CHAT WITH OTHERS ON FACEBOOK FOR ADVICE.

SNACKS

GARLIC BREAD

SLICE RIDGES IN A BAGUETTE, SLATHER
WITH MARGARINE & GARLIC, BAKE IN FOIL.

HUMMUS & CRACKERS (GF OPTION)

CHOCOLATE (GF)

HEAPS OF DARK CHOCOLATE IS VEGAN,
FLIP THE LABEL & CHECK THE PACK

FRUIT (GF)

MIXED NUTS (GF)

CRISPS (GF)

ALL READY SALTED CRISPS ARE VEGAN,
BUT PLENTY OF S&V CHIPS, CORN CHIPS
AND CASSAVA CHIPS ARE ALSO OK.

POPCORN (GF)

POP IT, ENJOY WITH MARGARINE & SALT.

SORBET & SOY ICECREAM (GF)

BOILED CANDY & HOME BRAND JELLYBEANS (GF)

CANDY CAN BE VEGAN. FLIP THE PACK.

DRINKS

SODA, JUICE, SOY MILK, OAT MILK, HEMP
MILK, ALMOND MILK, BEER, WINE, SPIRITS,
COFFEE, TEA, SMOOTHIES & MORE.



SUBSTITUTIONS & BAKING

SWAP MEAT WITH:

FAKE MEAT

SWAP EGG WITH:

FIRM TOFU (IN SCRAMBLES)
1 TEASPOON TAPIOCA STARCH (IN BAKING)
1 BANANA (BAKING)
POWDERED EGG REPLACER (IN BAKING)

SWAP MILK WITH:

BEAN, GRAIN OR NUT MILKS
WATER (IN BAKING)

SWAP BUTTER WITH:

MARGARINE

SWAP CHEESE WITH:

CHEEZLY BRAND
CHEESY SAUCE - WHITE SAUCE MADE WITH
FLOUR, SOY MILK, MARGARINE, SALT,
NUTRITIONAL YEAST & MUSTARD

SWAP MAYO WITH:

ETA LIGHT SALAD DRESSING OR
MASTERFOODS TARTARE SAUCE.

FOR MORE RECIPES & ADVICE
VISIT TAHINISAUCE.WORDPRESS.COM

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