

pressed

- 1. Daily Roots 1
Wednesday, Thursday (8)



néktər JUICE BAR.

- 1. The Buzz (4)
- 2. Green Smoothie (if you can bottle them they can travel. Otherwise this will not work due to packaging. (3)



Arbol Restaurant

Fresh Start

1. Can they make the summer rolls with tofu a seasonal vegetables? Exclude seafood.
2. Can Green papaya salad be made without prawns?

Main Course

- Vegan Green curry (preferable)
- Stir-fried Broccoli and Tofu



Alebríje Restaurant (like this one)

1. Papaya Bowl
2. Acai Bowl – replace Greek yoghurt with vegan yoghurt
3. Matcha-Avocado – replace Greek yoghurt with vegan yoghurt



Sea Grill

1. Grilled artichokes
2. Avocado Salad
3. Can do sides ie Mexican rice, beans, salad



Ceviche Sushi

Ceviches-Vegan

Avoid:

- alcohol
- seafood
- dairy
- gluten
- poultry
- red meat
- pork etc.

