



# PLANTPURE COMMUNITIES

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## INFO SHEET: DINING AT INTERNATIONAL AND AMERICAN CUISINE RESTAURANTS

Dining Out

Guidance on the WFPB options that are commonly offered as part of a variety of cuisines.

### American

Consider making a meal by ordering from the side dishes on the menu – veg soups, steamed or roasted veggies, baked potato, rice, corn, black beans, etc. Check to make sure these items are not prepared with dairy or eggs, and request that minimal oil is used. Balsamic vinegar can be used in place of oily dressings, and ketchup and mustard are typically offered (check to see if they have low sodium versions).

### Chinese

Tofu is usually an ingredient you can add to any dish - just ask for the animal-based meat to be replaced with it or extra veggies. You can request that they steam the vegetables instead of frying them. If you order Vegetable Stir-Fry, ask for it to be prepared without oil. Get brown or white rice instead of fried rice. If you do get fried rice, ask for it without eggs. Appetizers include spring rolls, vegetable steamed dumplings, and sesame noodles. Sauces and dressing options include sweet chili sauce, soy sauce, and miso.

### Ethiopian

Most offer vegetarian injera platters; you can usually choose which veg entree choices to be included on the injera platter. These dishes may be prepared with lots of added oil so make sure to call in advance to find out if it's possible to eat oil-free.

### Indian

Usually have a vegetarian section of the menu. Ask which dishes can be prepared without dairy or butter, and also avoid ghee (a clarified butter made using cow's milk). Usually these include Chana Masala and Aloo Gobi. Get brown or white rice instead of fried rice. Also look for Dosas. See if any of the breads can be served without adding butter, ghee, or oil to them. Naan is often prepared using butter; Paratha is a good alternative - a type of whole wheat unleavened flatbread. A good percentage of the sauces and chutneys are normally vegan, but be sure to check with your waiter first.

### Italian

Whole grain pasta with marinara (or white pasta if not available). If they make their pasta in house, find out if it's made using eggs. Marinara-based vegetable pizza and bruschetta are both delicious options - request that no cheese, butter, parmesan, or oil is added. Balsamic vinegar can be used as a dressing for salads, and marinara is a great dipping sauce for bread.



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## Japanese

Look for a few vegetarian sushi rolls options, such as cucumber roll, ACC roll (avocado, cucumber, and carrot), or sweet potato roll. Other dishes include Japanese pickles (tsukemono), miso soup, edamame, or vegetarian stir fry with rice. Sauces and dressing options include soy sauce and miso.

## Mediterranean

Veg kabobs, rice, lentils/beans, hummus (you can ask for cucumbers, carrots and other veggies to dip in hummus in place of bread). Request that they refrain from adding olive oil to the hummus before serving. Balsamic vinegar, lemon juice, and tahini are typically on hand and can be used in place of oily dressings.

## Mexican

Veg and bean tacos and fajitas, taco salad, rice, and ask for corn tortillas instead of fried chips to eat with the salsa they put on the table. Check to make sure that lard isn't added to the refried beans. Try jalapeno and hot chilli sauces, guacamole (check to ensure it is not made with sour cream), lemon and lime juice, pico de gallo, and salsa for dressings and dips.

## Thai

Look for fresh summer or spring rolls, request curries or stir-fry dishes with tofu or veg options. Ask to make sure the dishes aren't made or served with fish sauce. Dressing options include miso or soy sauce. A combination of lime, pepper and soy sauce can be substituted for fish sauce.



*We welcome you to send suggestions and ideas to [info@plantpurecommunities.org](mailto:info@plantpurecommunities.org). This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated December 2017.*