

THE VEGAN GUIDE

"Veganism is not a sacrifice. It is a joy." -Gary L. Francion

www.mygreekisland.com



See below your vegetarian and vegan guide

to eating in Greece.

GREEK DISH	VEGGIE	VEGAN	DESCRIPTION
Spanakopitta**	✓		Spinach & feta pie
Fava	✓	✓	Fava beans mashed into a dip
Tzatziki	✓		Yogurt dip with garlic
Greek Salad**	✓		Traditional salad with feta
Ntomatokeftedes**	✓		Tomato balls
Spankorizo**	✓	✓	Rice with spinach
Fakes	✓	✓	Lentils
Gigantes	✓	✓	Big white beans
Briam	✓	✓	Oven baked vegetables
Ntolmades*	✓	✓	Stuffed vine leaves with rice
Gemista*	✓	✓	Stuffed vegetables

**Double check these dishes are without meat. Some areas make these with meat.*

***Usually served with dairy, but sometimes come without, so please make sure to ask.*

If you are vegan:

- To be safe always confirm for dairy/meat.*
- The magic word is 'NISTISIMO' (fasting), so asking "is this nis-ti-si-mo?" is a good way to confirm if it is vegan.*
- Explain to the locals about what vegan is. Some have never heard of it before.*

