

ONE BITE

VEGAN MAGAZINE

**Vegan
Tapas!**

!No como carne!
*Your handy Spanish
passport for eating vegan*

Vegan in Barca

*Meet the Founder of Barcelona's only
vegan tapas restaurant*

**HISTORY
OF SPAIN'S
CRUELEST
SPORT**

*Bullfighting is
alive and well in
Spain*

Tickle that Sweet Tooth

Amazing vegan churros recipe

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Your Vegan Spanish Passport

By: Ellen Forster



Whether you're heading to Spain on an indulgent city break or just fancy topping up your lingo, we've got you covered. Take a look at these key Spanish phrases to help you make sure you never get any nasty surprises when ordering food in Spain!

I am vegan

Yo soy vegano/a

(Add 'o' for male and 'a' for female)

I don't eat animal products

No como los productos de origen animales

I don't eat meat, eggs or dairy

No como carne, huevos o productos de lácteos.

I don't eat cheese

No como queso

I don't eat honey

No como miel

Can you make it without eggs / cheese / milk?

¿Puede hacerlo sin huevos / queso / leche?

Do you have soy milk?

¿Tiene leche de soja?

Is it made from real leather / wool?

¿Es hecho de cuero real / lana?

Are the products tested on animals?

¿Son los productos probados en animales?

There you have it - your vegan Spanish passport! What are your key phrases for traveling as a vegan?

Let us know on social media.