



VEGAN

*Certified*

WORLD VEGAN ORGANISATION



VEGAN

*Friendly*

WORLD VEGAN ORGANISATION

WORLD VEGAN ORGANISATION



**VEGAN**  
**SISTER CITIES**

[www.worldveganorganisation.org](http://www.worldveganorganisation.org)



# મીઠાન થાલી VEGAN Food Plate



# भीगनले के खान्छन्, के खाँदैनन्?

## What do VEGANS eat or not?

### खान्छन् (Eat)

#### फलफूल तरकारी (Fruits & vegetables)



#### वनस्पतिजन्य दूध (Plant-based milk)



#### अन्न गेडागुडी (Grains & Legumes)



#### डाइ फुड्स र बीज (Nuts & Seeds)



#### जडीबुटी मसला (Herbs & Spices)



#### भेगान विकल्पहरू (Vegan alternatives)



### खाँदैनन् (Do not eat)

#### मासु (Meat)



#### दूधजन्य पदार्थ (Dairy products)



#### माछा (Fish/Seafood)



#### अण्डा (Egg)



#### मह (Honey)



#### पशुजन्य सामग्रीहरू (Animal based ingredients)





# VEGAN Kitchen Rules



1

Keep kitchen clean and tidy.



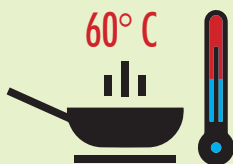
2

Use safe drinking water for food preparation.



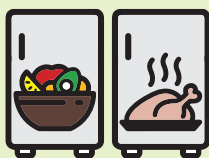
3

Cooked food should be cooked thoroughly above 60° C.



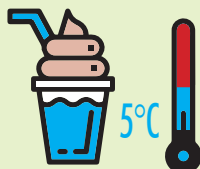
4

Store veg & non veg food, raw & cooked food in separate containers.



5

Store cold food below 5°C and frozen products at -18°C or below.



6

Use separate chopping boards, knives, etc. for vegan food.



7

Wear clean clothes or uniform while preparing food.



Wash hands before & after handling food and after using toilets, coughing, sneezing, etc.

8



Use water proof bandage to cover cuts or burn wounds.

9



Do not be in the kitchen or handle food when unwell.

10



Use clean and separate kitchen towel to clean surfaces where vegan food is prepared.

11



Keep covered dustbins for food waste.

12



Use separate, clean & fresh oil to be used only for cooking vegan food.

13



Use separate cooking pots and utensils for vegan food.

14

If any concern, please call: .....





# भीगन मेनुको नमुना (Sample VEGAN Menu)

VEGETARIAN DIET WHICH EXCLUDES MEAT, EGGS, DAIRY PRODUCTS, HONEY AND ALL OTHER ANIMAL DERIVED INGREDIENTS.



## BREAKFAST

Pancake with syrup & fruits .....	250
Burrito with salad .....	300
Tofu omelette .....	250

## SALAD

Sweet and sour salad .....	300
<i>beetroot, apple, sweet and sour</i>	
Jazz salad .....	300
<i>bell pepper, cucumber, carrot, onion, broccoli, pomegranate, sesame seed</i>	

## APPETIZER

Steam momo .....	150
Chowmein .....	200
Thukpa .....	200

## SPECIAL

Falafel .....	300
<i>deep fried chickpea, onion, garlic, coriander served with chappati and homemade peanut sauce</i>	

## MAIN COURSE

Vegan Nepai Thali .....	200
Biryani .....	350

## SOUP

Noodles soup .....	250
Mushroom soup .....	200
<i>a creamed wild mushroom soup served with our freshly baked bread</i>	

## HOT DRINKS (ESPRESSO)

Istretto .....	80
Espresso .....	95
Doppio .....	140

## COLD DRINKS/SHAKES

Banana shake .....	200
Mint lemon .....	180
Soya lassi .....	280

## GLUTEN-FREE

Spinach pesto ragi crepe .....	400
<i>stuffed with spinach, grated tofu, pesto and soya sauce sweet chilly on top with or peanut butter</i>	
Warm noodles salad .....	300
<i>fried vegetables, glass noodles, soya sauce topped with sweet chilli sauce and peanuts</i>	

## SMOOTHIE BOWLS

Pineapple colada .....	380
<i>pineapple, banana, ginger, turmeric in coconut milk served with muesli, fruits and nuts</i>	
Green goddess .....	500
<i>avocado, banana, apple, papaya, spinach, coconut milk</i>	

## DESSERT

Hello 2 the vegan queen .....	300
<i>grandes cookies with slice of banana vegan ice-cream, chocolate sauce and nuts</i>	
Coconut & soya sweet protein ball .....	120
<i>vegan twist on Indian classic taste, made of soya and blend of coconut, corn and chickpea flour, deep in sweet syrup</i>	
LH fruit salad .....	250
<i>mixed fruit salad top with vegan ice-cream chocolate sauce and nuts</i>	





# VEGAN CERTIFICATE

.....  
.....  
.....

The above-named company has successfully and officially completed all the requirements of the vegan friendly certification process and hereby agrees to follow and maintain the standards and guidelines established and set by the World Vegan Organisation.

.....  
**Suresh P Sharma**  
Chairperson  
World Vegan Organisation, Nepal

.....  
Date





# VEGAN *Friendly* CERTIFICATE

.....  
.....  
.....

The above-named company has successfully and officially completed all the requirements of the vegan friendly certification process and hereby agrees to follow and maintain the standards and guidelines established and set by the World Vegan Organisation.

.....  
**Suresh P Sharma**  
Chairperson  
World Vegan Organisation, Nepal

.....  
Date





# Vegan Sister City Membership Process



1. Application letter to World Vegan Organisation.
2. WVO Introduction class about veganism and Vegan Sister City Program.
3. Create separate vegan menu.
4. Food tasting and testing for items to be used on the vegan menu.
5. Fill up form for registration.
6. Sign the commitment letter and attached schedules.
7. Print out the vegan menu and make sure that all the things are according to safe vegan rule codes and standards.
8. Take photos of vegan dishes to be used for promoting vegan menu.
9. WVO will assist to list in happycow.net, other veg/vegan websites and social sites.
10. Issuing the certificate and stickers and then fix the place to put it.





# WVO Vegan Sister City Commitment Letter



Organisation/Company's name: .....

Address: .....

Contact Number: .....

Email: .....

Website: .....

Sister city regd. no.: .....

Authorised Person/Woner's Name: .....

Personal Mobile No.: ..... E-mail: .....

Type of Company: ☐ Vegan  
☐ Vegetarian (Vegan friendly)  
☐ Eggatarian (Vegan friendly)  
☐ Non-veg (Vegan friendly)

I/We am/are agree to uphold, adhere and follow the rules, regulations, standards and guidelines as set out by the World Vegan Organisation and as detailed and described in Schedule A, Schedule B and Schedule C attached to this WVO Vegan Sister City Commitment Letter.

.....  
Authorised Representative  
Name: .....  
Company Name: .....  
Designation: .....  
Stamp:.....  
Date: .....

.....  
Authorised Representative  
World Vegan Organisation  
Stamp:.....  
Date: .....

# भीगनले के खाब्छन्, के खाँदैन्? What do VEGANS eat or not?

## खाब्छन् (Eat)

### फलफूल तरकारी (Fruits & vegetables)



### वनस्पतिजन्य दुध (Plant-based milk)



### अन्न गेडागुडी (Grains & Legumes)



### डाइ फुड्स र बीज (Nuts & Seeds)



### जडीबुटी मसला (Herbs & Spices)



### भेगान विकल्पहरू (Vegan alternatives)



## खाँदैन् (Do not eat)

### मासु (Meat)



### दुधजन्य पदार्थ (Dairy products)



### माछा (Fish/Seafood)



### अण्डा (Egg)



### मह (Honey)



### पशुजन्य सामग्रीहरू (Animal based ingredients)



Authorised Representative

Name: .....

Company Name: .....

Designation: .....

Stamp: .....

Date: .....

Authorised Representative

World Vegan Organisation

Stamp: .....

Date: .....



Schedule 'B'

# VEGAN Kitchen Rules



1

Keep kitchen clean and tidy.



Wash hands before & after handling food and after using toilets, coughing, sneezing, etc.

8

2

Use safe drinking water for food preparation.

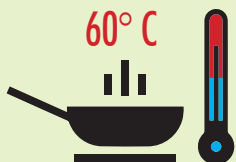


Use water proof bandage to cover cuts or burn wounds.

9

3

Cooked food should be cooked thoroughly above 60° C.

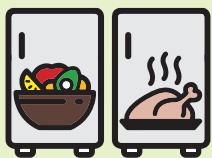


Do not be in the kitchen or handle food when unwell.

10

4

Store veg & non veg food, raw & cooked food in separate containers.

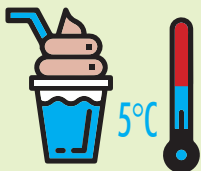


Use clean and separate kitchen towel to clean surfaces where vegan food is prepared.

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5

Store cold food below 5°C and frozen products at -18°C or below.



Keep covered dustbins for food waste.

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Use separate chopping boards, knives, etc. for vegan food.



Use separate, clean & fresh oil to be used only for cooking vegan food.

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Wear clean clothes or uniform while preparing food.



Use separate cooking pots and utensils for vegan food.

14

Authorised Representative  
Name: .....  
Company Name: .....  
Designation: .....  
Stamp: .....  
Date: .....

Authorised Representative  
World Vegan Organisation  
Stamp: .....  
Date: .....



## Schedule 'C'

# भीगन मेनुको नमुना (Sample VEGAN Menu)

VEGETARIAN DIET WHICH EXCLUDES MEAT, EGGS, DAIRY PRODUCTS, HONEY AND ALL OTHER ANIMAL DERIVED INGREDIENTS.



### BREAKFAST

Burrito with salad ..... 300  
Tofu omelette ..... 250

### SALAD

Sweet and sour salad ..... 300  
*beetroot, apple, sweet and sour*  
Jazz salad ..... 300  
*bell pepper, cucumber, carrot, onion, broccoli, pomegranate, sesame seed*

### APPETIZER

Steam momo ..... 150  
Chowmein ..... 200  
Thukpa ..... 200

### SPECIAL

Falafel ..... 300  
*deep fried chickpea, onion, garlic, coriander served with chappati and homemade peanut sauce*

### MAIN COURSE

Vegan Nepai Thali ..... 200  
Biryani ..... 350

### SOUP

Noodles soup ..... 250

### HOT DRINKS (ESPRESSO)

Espresso ..... 95

### COLD DRINKS/SHAKES

Banana shake ..... 200  
Mint lemon ..... 180  
Soya lassi ..... 280

### GLUTEN-FREE

Spinach pesto ragi crepe ..... 400  
*stuffed with spinach, grated tofu, pesto and soya sauce sweet chilly on top with or peanut butter*  
Warm noodles salad ..... 300  
*fried vegetables, glass noodles, soya sauce topped with sweet chilli sauce and peanuts*

### DESSERT

Hello 2 the vegan queen ..... 300  
*grand cookies with slice of banana vegan ice-creame, chocolate sauce and nuts*  
Coconut & soya sweet protein ball ..... 120  
*vegan twist on Indian classic taste, made of soya and blend of coconut, corn and chickpea flour, deep in sweet syrup*

I agree that my restaurant/cafe/hotel will create a separate vegan menu or separate vegan menu page clearly identifying the vegan menu or vegan menu page as vegan. In addition, I also agree to define what vegan is using the following terminology: VEGETARIAN DIET WHICH EXCLUDES MEAT, EGGS, DAIRY PRODUCTS, HONEY AND ALL OTHER ANIMAL DERIVED INGREDIENTS. The below Vegan Menu format is just meant for sample purposes only and individual menu items and categories can be adjusted to your individual restaurant/cafe/hotel needs as long as all dishes mentioned on the vegan menu or vegan menu page are 100% vegan as per the standards and guidelines set by the World Vegan Organisation and detailed in Schedule 'A' and Schedule 'B' of the WVO Vegan Sister City Commitment Letter.

.....  
Authorised Representative

Name: .....

Company's name:

.....

Designation: .....

Stamp: .....

Date: .....

.....  
Authorised Representative

World Vegan Organisation

Stamp: .....

Date: .....

# भीगन किचनका नियमहरू

- |   |  |    |   |
|---|--|----|---|
| 1 | किचन सफा हुनुपर्छ।<br>  | 8  | खाना छुनु अघि र पछि वा ट्वाइलेट गएपछि, खोकेपछि वा हाछिउँ गरे पछि राम्रोसंग हात धुनुपर्छ।<br> |
| 2 | खाना बनाउन सुरक्षित पिउने पानीको प्रयोग गर्नुपर्छ।<br>                                  | 9  | काटेको पोलेको वा कुनै पनि घाउमा पानी नछिर्ने पट्टी लगाउनुपर्छ।<br>                          |
| 3 | पकाएर खाने खाना ६०° सेन्टिग्रेड भन्दा माथिको तापक्रममा राम्रोसंग पकाउनुपर्छ।<br>       | 10 | बिरामी भएको बेला किचनमा जानु हुँदैन साथै खाना छुनु वा चलाउनु हुँदैन।<br>                   |
| 4 | भीगन खाना र ननभेज खाना, काँचो खाना र पकाएको खाना छुट्टाछुट्टै ठाउँमा राख्नुपर्छ।<br>  | 11 | भीगन खाना बनाउने ठाउँमा सफा गर्न छुट्टै सफा रुमाल वा टालोको प्रयोग गर्नुपर्छ।<br>          |
| 5 | चीसो खानेकुरालाई -५° र अति चीसो खानेकुरालाई -१८° भन्दा तलको तापक्रममा राख्नुपर्छ।<br> | 12 | फोहर फाल्नका लागि बिको भएको भाँडो प्रयोग गर्नुपर्छ।<br>                                    |
| 6 | भीगन खानेकुरा बनाउनका लागि छुट्टै चपिड बोर्ड, चक्कु आदि प्रयोग गर्नुपर्छ।<br>         | 13 | भीगन खाना पकाउनका लागि मात्र प्रयोग भएको सफा र ताजा तेलको प्रयोग गर्नुपर्छ।<br>            |
| 7 | खाना पकाउँदा सफा लुगा लगाउनुपर्छ।<br>   | 14 | भीगन खाना पकाउन छुट्टै भाँडाकुँडा तथा डाडुपन्यूहरूको प्रयोग गर्नुपर्छ।<br>                 |

कुनै कुरा सोध्नुपरेमा सम्पर्क गर्नुहोस् +977 9841359833



KATHMANDU, NEPAL - UDAIPUR, INDIA