



**Free iPhone App**  
V Cards: Vegan Abroad



# V-Cards

**Updated April 2024**

Ensuring cruelty-free meals while educating foreign eateries & stores about vegan options!

[www.maxlearning.net/HEALth/V-Cards.pdf](http://www.maxlearning.net/HEALth/V-Cards.pdf)

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## To Use V-Cards

Please patronize 100% vegan restaurants—they need our support! But if none are available, most non-vegan eateries and grocery stores are eager for your business. Prepare V-Cards as detailed at the top of the desired language page, then hand one to your waiter or store staff.

Afrikaans~ .....	2	Finnish~ .....	29	Kurdish (Kurmanji) .....	56	Serbian .....	84
Albanian .....	3	French~ .....	30	Kyrgyz.....	57	Sesotho.....	85
Amharic .....	4	Frisian.....	31	Lao~ .....	58	Shona .....	86
Arabic~ .....	5	Galacian .....	32	Latin.....	59	Sindhi.....	87
Armenian.....	6	Georgian.....	33	Latvian~.....	60	Sinhala~ .....	88
Azerbaijani .....	7	German~ .....	34	Lithuanian~.....	61	Slovak~.....	89
Basque~ .....	8	Greek~ .....	35	Luxembourgish~.....	62	Slovenian~ .....	90
Belarusian .....	9	Gujarati~ .....	36	Macedonian .....	63	Somali.....	91
Bengali (Bangla).....	10	Haitian Creole.....	37	Malagasy .....	64	Spanish~ .....	92
Bosnian .....	11	Hausa .....	38	Malay~.....	65	Sundanese.....	93
Bulgarian~.....	12	Hawaiian.....	39	Malayalam .....	66	Swahili~ .....	94
Burmese* .....	13	Hebrew~.....	40	Maltese .....	67	Swedish~ .....	95
Cambodian* .....	14	Hindi~.....	41	Maori~ .....	68	Tajik .....	96
Catalan.....	15	Hmong.....	42	Marathi.....	69	Tamil .....	97
Cebuano .....	16	Hungarian~ .....	43	Mongolian*.....	70	Telugu.....	98
Chichewa .....	17	Icelandic~.....	44	Myanmar (Burmese) .....	71	Thai~ .....	99
Chinese (Simplified)~ .....	18	Igbo .....	45	Nepali .....	72	Turkish~ .....	100
Chinese (Traditional)~ .....	19	Indonesian~ .....	46	Norwegian~ .....	73	Ukrainian.....	101
Corsican .....	20	Irish .....	47	Pashto .....	74	Urdu .....	102
Croatian~ .....	21	Italian~ .....	48	Persian .....	75	Uzbek .....	103
Czech~ .....	22	Japanese~ .....	49	Polish~ .....	76	Vietnamese~.....	104
Danish~ .....	23	Javanese.....	50	Portuguese~.....	77	Welsh.....	105
Dutch~ .....	24	Kannada .....	51	Punjabi.....	78	Xhosa.....	106
English .....	25	Kazakh .....	52	Romanian~ .....	79	Yiddish .....	107
Esperanto.....	26	Khmer.....	53	Russian~ .....	80	Yoruba .....	108
Estonian .....	27	Kinyarwanda~ .....	54	Samoan .....	82	Zulu.....	109
Filipino~ .....	28	Korean~ .....	55	Scots Gaelic .....	83		

### Translation Sources

Initially: <http://translate.google.com>

~ Modified by native speaker/s

\* 100% native speaker translation

Please email translation corrections to

[mike.weinberg1952@gmail.com](mailto:mike.weinberg1952@gmail.com)

Website: [www.maxlearning.net](http://www.maxlearning.net)

V-Card: Fold the English side under but leave attached in case of faulty translation

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>أنا نباتي الأغذية النباتية فقط من فضلك! لا لحم لا الثدييات والطيور والأسماك والماكولات البحرية ، والحشرات ، ومصلصة، مرق... لا بيضة لا البيض ، للزلال، صفار البيض... لا الألبان لا الحليب والجبن واللبن ، مصل اللبن ، الكازين واللاكتوز... لا منتجات حيوانية لا العسل ، والجيلاتين ، وشحم الخنزير وزيت والدم والعظام والدهون... [Arabic]</p>
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# Afrikaans~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EK IS VEGAN

Slegs plant-gebaseerde voedsel asseblief!

### GEEN VLEIS

Geen soogdier, voël, vis, seekos, insekte, sous, sop...

### GEEN EIER

Geen eierwit, albumien, dooier...

### GEEN SUIWELPRODUKTE

Geen melk, kaas, jogurt, wei, kaseïen, laktose...

### GEEN DIER

Geen heuning, gelatien, varkvet, olie, bloed, been, vet...

[Afrikaans]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

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### GEEN DIER

Geen heuning, gelatien, varkvet, olie, bloed, been, vet...

[Afrikaans]

# Albanian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## UNË JAM VEGAN

Ushqimeve bimore vetëm ju lutem!

### ASNJË MISH

Nuk ka gjitar, zog, peshk, ushqim deti,  
insekteve salcë, lëng mishi...

### NUK KA VEZË

Nuk ka të bardhë, albuminë, e verdhë veze...

### NUK QUMËSHTIT

Nuk ka qumësht, djathë, kos, hurrë, kazeinë, lactose...

### KA PRODUKTE SHTAZORE

Nuk ka mjaltë, xhelatinë, sallo naftës, gjaku, kockave, yndyrë...

[Albanian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## UNË JAM VEGAN

Ushqimeve bimore vetëm ju lutem!

### ASNJË MISH

Nuk ka gjitar, zog, peshk, ushqim deti,  
insekteve salcë, lëng mishi...

### NUK KA VEZË

Nuk ka të bardhë, albuminë, e verdhë veze...

### NUK QUMËSHTIT

Nuk ka qumësht, djathë, kos, hurrë, kazeinë, lactose...

### KA PRODUKTE SHTAZORE

Nuk ka mjaltë, xhelatinë, sallo naftës, gjaku, kockave, yndyrë...

[Albanian]

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Ushqimeve bimore vetëm ju lutem!

### ASNJË MISH

Nuk ka gjitar, zog, peshk, ushqim deti,  
insekteve salcë, lëng mishi...

### NUK KA VEZË

Nuk ka të bardhë, albuminë, e verdhë veze...

### NUK QUMËSHTIT

Nuk ka qumësht, djathë, kos, hurrë, kazeinë, lactose...

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## UNË JAM VEGAN

Ushqimeve bimore vetëm ju lutem!

### ASNJË MISH

Nuk ka gjitar, zog, peshk, ushqim deti,  
insekteve salcë, lëng mishi...

### NUK KA VEZË

Nuk ka të bardhë, albuminë, e verdhë veze...

### NUK QUMËSHTIT

Nuk ka qumësht, djathë, kos, hurrë, kazeinë, lactose...

### KA PRODUKTE SHTAZORE

Nuk ka mjaltë, xhelatinë, sallo naftës, gjaku, kockave, yndyrë...

[Albanian]

# Amharic

<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>እኔ ቪጋን ነኝ</b>                  አትክልት ምግቦች ብቻ ነው ማስደሰት!  <b>ምንም ስጋ</b>                  ምንም አጥቢ እንስሳ, ወፍ, ዓሣ, የባሕር ምግቦች, ነፍሳት, ስልስ, ሾርባ ...  <b>ምንም እንቁላል</b>                  ምንም አስኳል, አልቡሚን, ነጮች ...  <b>ምንም የወተት</b>                  ምንም ወተት, ክሬም, አይብ, እርጎ, whey, casein, ላክቶስ ...  <b>ምንም የእንስሳት ምርቶች</b>                  ምንም ማር, gelatin, ስብ, ዘይት, ደም, የአጥንት, ስብ ...                  [Amharic]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>እኔ ቪጋን ነኝ</b>                  አትክልት ምግቦች ብቻ ነው ማስደሰት!  <b>ምንም ስጋ</b>                  ምንም አጥቢ እንስሳ, ወፍ, ዓሣ, የባሕር ምግቦች, ነፍሳት, ስልስ, ሾርባ ...  <b>ምንም እንቁላል</b>                  ምንም አስኳል, አልቡሚን, ነጮች ...  <b>ምንም የወተት</b>                  ምንም ወተት, ክሬም, አይብ, እርጎ, whey, casein, ላክቶስ ...  <b>ምንም የእንስሳት ምርቶች</b>                  ምንም ማር, gelatin, ስብ, ዘይት, ደም, የአጥንት, ስብ ...                  [Amharic]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>እኔ ቪጋን ነኝ</b>                  አትክልት ምግቦች ብቻ ነው ማስደሰት!  <b>ምንም ስጋ</b>                  ምንም አጥቢ እንስሳ, ወፍ, ዓሣ, የባሕር ምግቦች, ነፍሳት, ስልስ, ሾርባ ...  <b>ምንም እንቁላል</b>                  ምንም አስኳል, አልቡሚን, ነጮች ...  <b>ምንም የወተት</b>                  ምንም ወተት, ክሬም, አይብ, እርጎ, whey, casein, ላክቶስ ...  <b>ምንም የእንስሳት ምርቶች</b>                  ምንም ማር, gelatin, ስብ, ዘይት, ደም, የአጥንት, ስብ ...                  [Amharic]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>እኔ ቪጋን ነኝ</b>                  አትክልት ምግቦች ብቻ ነው ማስደሰት!  <b>ምንም ስጋ</b>                  ምንም አጥቢ እንስሳ, ወፍ, ዓሣ, የባሕር ምግቦች, ነፍሳት, ስልስ, ሾርባ ...  <b>ምንም እንቁላል</b>                  ምንም አስኳል, አልቡሚን, ነጮች ...  <b>ምንም የወተት</b>                  ምንም ወተት, ክሬም, አይብ, እርጎ, whey, casein, ላክቶስ ...  <b>ምንም የእንስሳት ምርቶች</b>                  ምንም ማር, gelatin, ስብ, ዘይት, ደም, የአጥንት, ስብ ...                  [Amharic]</p>

# Arabic~

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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>أنا نباتي الأغذية النباتية فقط من فضلك! لا لحم لا الثدييات والطيور والأسماك والمأكولات البحرية ، والحشرات ، وصلصة، مرق... لا بيضة لا البيض ، الزلال، صفار البيض... لا الألبان لا الحليب والجبن واللبن ، مصل اللبن ، الكازين واللاكتوز... لا منتجات حيوانية لا العسل ، والجيلاتين ، وشحم الخنزير وزيت الدم والعظام والدهون... [Arabic]</p>

# Armenian

<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ԵՄ VEGAN</b>                  բուսական սնունդ, միայն խնդրում եմ.  <b>ոչ միս</b>                  ոչ կաթնասուն կենդանի, թռչուն, ձուկ, ծովամթերք, միջատների, սոուս, արգանակ ...  <b>ոչ ձու</b>                  ոչ սպիտակ գույնի շորեր, սպիտակուց, ձվի դեղնուց ...  <b>ոչ կաթնամթերքի</b>                  ոչ կաթ, պանիր, մածուն, շիճուկ, կազեին, կաթնաշաքար ...  <b>ոչ Անասնաբուծական արտադրանքներ</b>                  ոչ մեղր, դրնդոդ, համեմեղ, ձեթ, արյան, ոսկորների, ճարպ ...                  [Armenian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ԵՄ VEGAN</b>                  բուսական սնունդ, միայն խնդրում եմ.  <b>ոչ միս</b>                  ոչ կաթնասուն կենդանի, թռչուն, ձուկ, ծովամթերք, միջատների, սոուս, արգանակ ...  <b>ոչ ձու</b>                  ոչ սպիտակ գույնի շորեր, սպիտակուց, ձվի դեղնուց ...  <b>ոչ կաթնամթերքի</b>                  ոչ կաթ, պանիր, մածուն, շիճուկ, կազեին, կաթնաշաքար ...  <b>ոչ Անասնաբուծական արտադրանքներ</b>                  ոչ մեղր, դրնդոդ, համեմեղ, ձեթ, արյան, ոսկորների, ճարպ ...                  [Armenian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ԵՄ VEGAN</b>                  բուսական սնունդ, միայն խնդրում եմ.  <b>ոչ միս</b>                  ոչ կաթնասուն կենդանի, թռչուն, ձուկ, ծովամթերք, միջատների, սոուս, արգանակ ...  <b>ոչ ձու</b>                  ոչ սպիտակ գույնի շորեր, սպիտակուց, ձվի դեղնուց ...  <b>ոչ կաթնամթերքի</b>                  ոչ կաթ, պանիր, մածուն, շիճուկ, կազեին, կաթնաշաքար ...  <b>ոչ Անասնաբուծական արտադրանքներ</b>                  ոչ մեղր, դրնդոդ, համեմեղ, ձեթ, արյան, ոսկորների, ճարպ ...                  [Armenian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ԵՄ VEGAN</b>                  բուսական սնունդ, միայն խնդրում եմ.  <b>ոչ միս</b>                  ոչ կաթնասուն կենդանի, թռչուն, ձուկ, ծովամթերք, միջատների, սոուս, արգանակ ...  <b>ոչ ձու</b>                  ոչ սպիտակ գույնի շորեր, սպիտակուց, ձվի դեղնուց ...  <b>ոչ կաթնամթերքի</b>                  ոչ կաթ, պանիր, մածուն, շիճուկ, կազեին, կաթնաշաքար ...  <b>ոչ Անասնաբուծական արտադրանքներ</b>                  ոչ մեղր, դրնդոդ, համեմեղ, ձեթ, արյան, ոսկորների, ճարպ ...                  [Armenian]</p>



# Azerbaijani

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Mən VEGAN AM

Bitkisel yalnız edin!

### HEÇ BİR ƏT

Heç bir məməli, quş, balıq, dəniz, böcek, sous, bulyon ...

### HEÇ BİR YUMURTA

Heç bir whites, zülal, yumurta sarısı ...

### HEÇ BİR SÜD

Süd, pendir, yoqurt, zərdab, kazein, laktoza ...

### HEÇ BİR HEYVAN MƏHSULLARININ

Bal Xeyr, jelatin, piy, yağ, qan, sümük, piy ...

[Azerbaijani]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Mən VEGAN AM

Bitkisel yalnız edin!

### HEÇ BİR ƏT

Heç bir məməli, quş, balıq, dəniz, böcek, sous, bulyon ...

### HEÇ BİR YUMURTA

Heç bir whites, zülal, yumurta sarısı ...

### HEÇ BİR SÜD

Süd, pendir, yoqurt, zərdab, kazein, laktoza ...

### HEÇ BİR HEYVAN MƏHSULLARININ

Bal Xeyr, jelatin, piy, yağ, qan, sümük, piy ...

[Azerbaijani]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Mən VEGAN AM

Bitkisel yalnız edin!

### HEÇ BİR ƏT

Heç bir məməli, quş, balıq, dəniz, böcek, sous, bulyon ...

### HEÇ BİR YUMURTA

Heç bir whites, zülal, yumurta sarısı ...

### HEÇ BİR SÜD

Süd, pendir, yoqurt, zərdab, kazein, laktoza ...

### HEÇ BİR HEYVAN MƏHSULLARININ

Bal Xeyr, jelatin, piy, yağ, qan, sümük, piy ...

[Azerbaijani]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Mən VEGAN AM

Bitkisel yalnız edin!

### HEÇ BİR ƏT

Heç bir məməli, quş, balıq, dəniz, böcek, sous, bulyon ...

### HEÇ BİR YUMURTA

Heç bir whites, zülal, yumurta sarısı ...

### HEÇ BİR SÜD

Süd, pendir, yoqurt, zərdab, kazein, laktoza ...

### HEÇ BİR HEYVAN MƏHSULLARININ

Bal Xeyr, jelatin, piy, yağ, qan, sümük, piy ...

[Azerbaijani]

# Basque~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## BEGANOA NAIZ

Mezedez, landareak jaten ditut bakarrik!

### HARAGIRIK EZ

Ugastuna, hegazti, arrain, itsaskin intsektu edo saldarik ez...

### ARRAUNTZARIK EZ

Ez zuririk, goringoa, albumena...

### ESNERIK EZ

Edo gaztarik, jogurta, kaseina, laktosa...

### EDOZEIN ANIMALEKO PRODUKTUA

Eztia, gelatina, oiloa, odola, hezurra edo koipearik ez...

[Basque]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## BEGANOA NAIZ

Mezedez, landareak jaten ditut bakarrik!

### HARAGIRIK EZ

Ugastuna, hegazti, arrain, itsaskin intsektu edo saldarik ez...

### ARRAUNTZARIK EZ

Ez zuririk, goringoa, albumena...

### ESNERIK EZ

Edo gaztarik, jogurta, kaseina, laktosa...

### EDOZEIN ANIMALEKO PRODUKTUA

Eztia, gelatina, oiloa, odola, hezurra edo koipearik ez...

[Basque]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## BEGANOA NAIZ

Mezedez, landareak jaten ditut bakarrik!

### HARAGIRIK EZ

Ugastuna, hegazti, arrain, itsaskin intsektu edo saldarik ez...

### ARRAUNTZARIK EZ

Ez zuririk, goringoa, albumena...

### ESNERIK EZ

Edo gaztarik, jogurta, kaseina, laktosa...

### EDOZEIN ANIMALEKO PRODUKTUA

Eztia, gelatina, oiloa, odola, hezurra edo koipearik ez...

[Basque]

## I AM VEGAN

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No mammal, bird, fish, seafood, insect, sauce, broth...

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No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## BEGANOA NAIZ

Mezedez, landareak jaten ditut bakarrik!

### HARAGIRIK EZ

Ugastuna, hegazti, arrain, itsaskin intsektu edo saldarik ez...

### ARRAUNTZARIK EZ

Ez zuririk, goringoa, albumena...

### ESNERIK EZ

Edo gaztarik, jogurta, kaseina, laktosa...

### EDOZEIN ANIMALEKO PRODUKTUA

Eztia, gelatina, oiloa, odola, hezurra edo koipearik ez...

[Basque]



# Belarusian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Я СТРОГІ ВЕГЕТАРЫЯНЕЦ

Расліннай ежы толькі, калі ласка!

### НЯМА МЯСА

Няма млекакормячых, птушак, рыба, морапрадукты, насякомых, соус, булён ...

### НЯ ЯЙКА

Ня вавёркі, бялок, жаўток ...

### НЯМА МАЛОЧНЫХ

Не малако, сыр, ёгурт, сыроватка, казеін, лактоза ...

### НЯМА ПРАДУКТАЎ ЖЫВЁЛЬНАГА ПАХОДЖАННЯ

Не мёд, жэлацін, сала, масла, кроў, косці, тлушч ...

[Belarusian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Я СТРОГІ ВЕГЕТАРЫЯНЕЦ

Расліннай ежы толькі, калі ласка!

### НЯМА МЯСА

Няма млекакормячых, птушак, рыба, морапрадукты, насякомых, соус, булён ...

### НЯ ЯЙКА

Ня вавёркі, бялок, жаўток ...

### НЯМА МАЛОЧНЫХ

Не малако, сыр, ёгурт, сыроватка, казеін, лактоза ...

### НЯМА ПРАДУКТАЎ ЖЫВЁЛЬНАГА ПАХОДЖАННЯ

Не мёд, жэлацін, сала, масла, кроў, косці, тлушч ...

[Belarusian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Я СТРОГІ ВЕГЕТАРЫЯНЕЦ

Расліннай ежы толькі, калі ласка!

### НЯМА МЯСА

Няма млекакормячых, птушак, рыба, морапрадукты, насякомых, соус, булён ...

### НЯ ЯЙКА

Ня вавёркі, бялок, жаўток ...

### НЯМА МАЛОЧНЫХ

Не малако, сыр, ёгурт, сыроватка, казеін, лактоза ...

### НЯМА ПРАДУКТАЎ ЖЫВЁЛЬНАГА ПАХОДЖАННЯ

Не мёд, жэлацін, сала, масла, кроў, косці, тлушч ...

[Belarusian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Я СТРОГІ ВЕГЕТАРЫЯНЕЦ

Расліннай ежы толькі, калі ласка!

### НЯМА МЯСА

Няма млекакормячых, птушак, рыба, морапрадукты, насякомых, соус, булён ...

### НЯ ЯЙКА

Ня вавёркі, бялок, жаўток ...

### НЯМА МАЛОЧНЫХ

Не малако, сыр, ёгурт, сыроватка, казеін, лактоза ...

### НЯМА ПРАДУКТАЎ ЖЫВЁЛЬНАГА ПАХОДЖАННЯ

Не мёд, жэлацін, сала, масла, кроў, косці, тлушч ...

[Belarusian]

# Bengali (Bangla)

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>আমি ভেজান am</b> উদ্ভিদ খাদ্য শুধুমাত্র দয়া! <b>কোন মাংস</b> কোন স্তন্যপায়ী, পাখি, মাছ, সী-ফুড, পোকা, সস, জুস ... <b>কোন ডিম</b> কোন কুসুম, শস্য, সাদা ... <b>কোন দুগ্ধ</b> কোন দুধ, ক্রিম, পনির, দই, ছানার জল, ল্যাকটোজ, ... <b>কোন প্রানীজ</b> কোন মধু, জিলেটিন, চর্বি, তেল, রক্ত, হাড়, চর্বি ... [Bengali]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>আমি ভেজান am</b> উদ্ভিদ খাদ্য শুধুমাত্র দয়া! <b>কোন মাংস</b> কোন স্তন্যপায়ী, পাখি, মাছ, সী-ফুড, পোকা, সস, জুস ... <b>কোন ডিম</b> কোন কুসুম, শস্য, সাদা ... <b>কোন দুগ্ধ</b> কোন দুধ, ক্রিম, পনির, দই, ছানার জল, ল্যাকটোজ, ... <b>কোন প্রানীজ</b> কোন মধু, জিলেটিন, চর্বি, তেল, রক্ত, হাড়, চর্বি ... [Bengali]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>আমি ভেজান am</b> উদ্ভিদ খাদ্য শুধুমাত্র দয়া! <b>কোন মাংস</b> কোন স্তন্যপায়ী, পাখি, মাছ, সী-ফুড, পোকা, সস, জুস ... <b>কোন ডিম</b> কোন কুসুম, শস্য, সাদা ... <b>কোন দুগ্ধ</b> কোন দুধ, ক্রিম, পনির, দই, ছানার জল, ল্যাকটোজ, ... <b>কোন প্রানীজ</b> কোন মধু, জিলেটিন, চর্বি, তেল, রক্ত, হাড়, চর্বি ... [Bengali]</p>
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# Bosnian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JA SAM VEGAN

Biljnih namirnica jedino molim!

### NEMA MESA

Ne sisara, ptica, riba, morski plodovi, insekata, sos, bujon ...

### NO JAJE

Nema bijelaca, bjelance, žumance ...

### NEMA MLIJEČNIH

Ne mlijeko, sir, jogurt, surutka, kazein, laktoza ...

### NEMA ŽIVOTINJSKIH PROIZVODA

Nema meda, želatin, mast, ulje, krv, kosti, masti ...

[Bosnian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Biljnih namirnica jedino molim!

### NEMA MESA

Ne sisara, ptica, riba, morski plodovi, insekata, sos, bujon ...

### NO JAJE

Nema bijelaca, bjelance, žumance ...

### NEMA MLIJEČNIH

Ne mlijeko, sir, jogurt, surutka, kazein, laktoza ...

### NEMA ŽIVOTINJSKIH PROIZVODA

Nema meda, želatin, mast, ulje, krv, kosti, masti ...

[Bosnian]

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### NO DAIRY

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Bosnian]

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[English]

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Nema bijelaca, bjelance, žumance ...

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Ne mlijeko, sir, jogurt, surutka, kazein, laktoza ...

### NEMA ŽIVOTINJSKIH PROIZVODA

Nema meda, želatin, mast, ulje, krv, kosti, masti ...

[Bosnian]

# Bulgarian~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## АЗ СЪМ ВЕГАН

Само растителна храна, моля!

### БЕЗ МЕСО

от бозайници, птици, риба, морски дарове  
насекоми, както и в сосове и бульони

### БЕЗ ЯЙЦА

без белтъци и желтъци

### БЕЗ МЛЕЧНИ ПРОДУКТИ

без мляко, кисело мляко, сирене, кашкавал,  
извара, казеин, лактоза

### БЕЗ ЖИВОТИНСКИ СЪСТАВКИ

мед, желатин, масло, свинска мас, мазнини, кости, кръв

[Bulgarian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## АЗ СЪМ ВЕГАН

Само растителна храна, моля!

### БЕЗ МЕСО

от бозайници, птици, риба, морски дарове  
насекоми, както и в сосове и бульони

### БЕЗ ЯЙЦА

без белтъци и желтъци

### БЕЗ МЛЕЧНИ ПРОДУКТИ

без мляко, кисело мляко, сирене, кашкавал,  
извара, казеин, лактоза

### БЕЗ ЖИВОТИНСКИ СЪСТАВКИ

мед, желатин, масло, свинска мас, мазнини, кости, кръв

[Bulgarian]

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### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Само растителна храна, моля!

### БЕЗ МЕСО

от бозайници, птици, риба, морски дарове  
насекоми, както и в сосове и бульони

### БЕЗ ЯЙЦА

без белтъци и желтъци

### БЕЗ МЛЕЧНИ ПРОДУКТИ

без мляко, кисело мляко, сирене, кашкавал,  
извара, казеин, лактоза

### БЕЗ ЖИВОТИНСКИ СЪСТАВКИ

мед, желатин, масло, свинска мас, мазнини, кости, кръв

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[English]

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Само растителна храна, моля!

### БЕЗ МЕСО

от бозайници, птици, риба, морски дарове  
насекоми, както и в сосове и бульони

### БЕЗ ЯЙЦА

без белтъци и желтъци

### БЕЗ МЛЕЧНИ ПРОДУКТИ

без мляко, кисело мляко, сирене, кашкавал,  
извара, казеин, лактоза

### БЕЗ ЖИВОТИНСКИ СЪСТАВКИ

мед, желатин, масло, свинска мас, мазнини, кости, кръв

[Bulgarian]

# Burmese\*

This is a native speaker's handwritten version. See "Myanmar" for the Google Translate version.

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

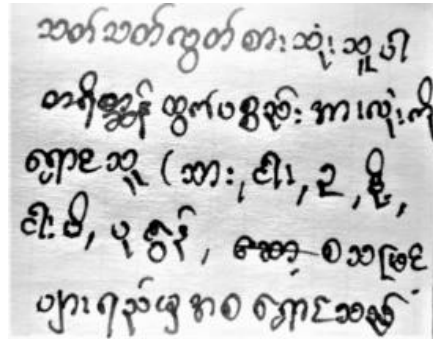
### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]



[Burmese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

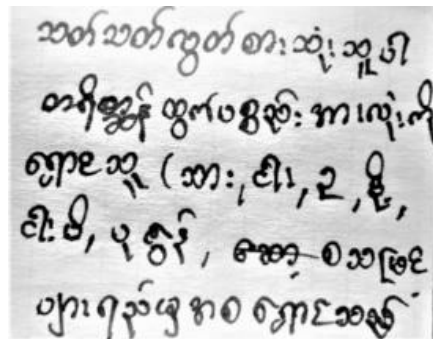
### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]



[Burmese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

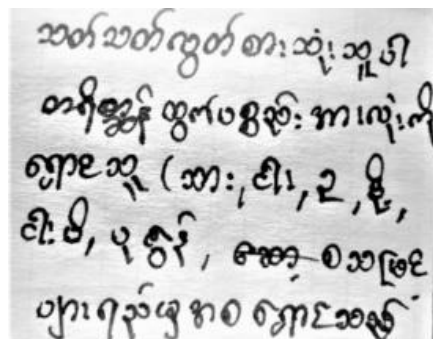
### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]



[Burmese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

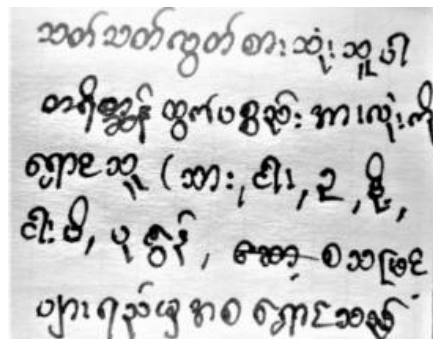
### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

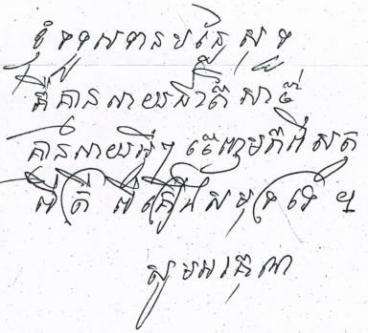
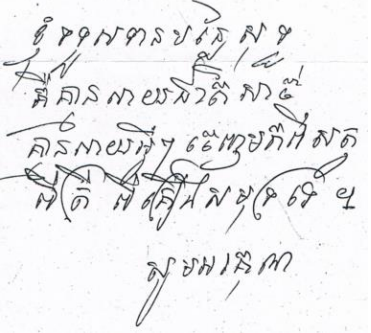
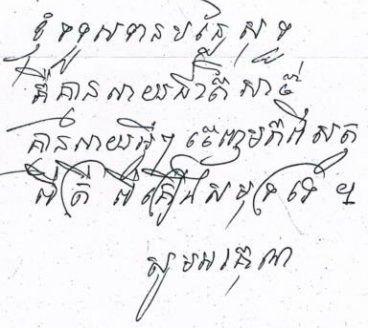
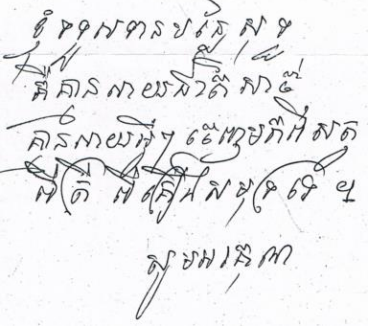


[Burmese]



# Cambodian\*

This is a native speaker's handwritten version. See "Khmer" for the Google Translate version.

<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	 <p>[Cambodian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	 <p>[Cambodian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	 <p>[Cambodian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	 <p>[Cambodian]</p>



# Catalan

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JO SÓC VEGÀ

Aliments d'origen vegetal només si us plau!

### SENSE CARN

No mamífers, aus, peixos, mariscs, insectes, salsa, brou ...

### SENSE OU

No blancs, albúmina, rovell d'ou ...

### NO LACTIS

No hi ha llet, formatge, iogurt, sèrum de llet, caseïna, lactosa ...

### SENSE PRODUCTES D'ORIGEN ANIMAL

No la mel, gelatina, mantega, oli, sang, os, greix ...

[Catalan]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Catalan]

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Plant foods only please!

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Catalan]

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JO SÓC VEGÀ

Aliments d'origen vegetal només si us plau!

### SENSE CARN

No mamífers, aus, peixos, mariscs, insectes, salsa, brou ...

### SENSE OU

No blancs, albúmina, rovell d'ou ...

### NO LACTIS

No hi ha llet, formatge, iogurt, sèrum de llet, caseïna, lactosa ...

### SENSE PRODUCTES D'ORIGEN ANIMAL

No la mel, gelatina, mantega, oli, sang, os, greix ...

[Catalan]

# Cebuano

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AKO MAO VEGAN

Tanom nga pagkaon lamang please!

### WALAY BISAN UNSA NGA KALAN-ON

Walay mga mammal, langgam, isda,

seafood, insekto, salsahan, sabaw ...

### WALAY BISAN UNSA NGA ITLOG

Walay mga puti, albumen, yolk ...

### WALAY BISAN UNSA NGA DAIRY

Nga walay gatas, keso, yogurt, whey, casein, lactose ...

### NGA WALAY MGA MANANAP NGA MGA PRODUKTO

Walay bisan unsa nga dugos, gelatin,

lard, sa lana, sa dugo, bukog, tambok ...

[Cebuano]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AKO MAO VEGAN

Tanom nga pagkaon lamang please!

### WALAY BISAN UNSA NGA KALAN-ON

Walay mga mammal, langgam, isda,

seafood, insekto, salsahan, sabaw ...

### WALAY BISAN UNSA NGA ITLOG

Walay mga puti, albumen, yolk ...

### WALAY BISAN UNSA NGA DAIRY

Nga walay gatas, keso, yogurt, whey, casein, lactose ...

### NGA WALAY MGA MANANAP NGA MGA PRODUKTO

Walay bisan unsa nga dugos, gelatin,

lard, sa lana, sa dugo, bukog, tambok ...

[Cebuano]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AKO MAO VEGAN

Tanom nga pagkaon lamang please!

### WALAY BISAN UNSA NGA KALAN-ON

Walay mga mammal, langgam, isda,

seafood, insekto, salsahan, sabaw ...

### WALAY BISAN UNSA NGA ITLOG

Walay mga puti, albumen, yolk ...

### WALAY BISAN UNSA NGA DAIRY

Nga walay gatas, keso, yogurt, whey, casein, lactose ...

### NGA WALAY MGA MANANAP NGA MGA PRODUKTO

Walay bisan unsa nga dugos, gelatin,

lard, sa lana, sa dugo, bukog, tambok ...

[Cebuano]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AKO MAO VEGAN

Tanom nga pagkaon lamang please!

### WALAY BISAN UNSA NGA KALAN-ON

Walay mga mammal, langgam, isda,

seafood, insekto, salsahan, sabaw ...

### WALAY BISAN UNSA NGA ITLOG

Walay mga puti, albumen, yolk ...

### WALAY BISAN UNSA NGA DAIRY

Nga walay gatas, keso, yogurt, whey, casein, lactose ...

### NGA WALAY MGA MANANAP NGA MGA PRODUKTO

Walay bisan unsa nga dugos, gelatin,

lard, sa lana, sa dugo, bukog, tambok ...

[Cebuano]

# Chichewa

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Ine Ndine Wosadyeratu Zanyama Zilizonse

Chomera zakudya musangalatse!

### PALIBE NYAMA

Palibe nyama, mbalame, nsomba, nsomba, tizilombo, msuzi, msuzi ...

### PALIBE DZIRA

Palibe yolk, albumen, azungu ...

### PALIBE MKAKA

Palibe mkaka, tchizi, yogurt, whey, casein, lactose ...

### PALIBE ZIWETO

Palibe uchi, gelatin, anyama, mafuta, magazi, fupa, mafuta ...

[Chichewa]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Ine Ndine Wosadyeratu Zanyama Zilizonse

Chomera zakudya musangalatse!

### PALIBE NYAMA

Palibe nyama, mbalame, nsomba, nsomba, tizilombo, msuzi, msuzi ...

### PALIBE DZIRA

Palibe yolk, albumen, azungu ...

### PALIBE MKAKA

Palibe mkaka, tchizi, yogurt, whey, casein, lactose ...

### PALIBE ZIWETO

Palibe uchi, gelatin, anyama, mafuta, magazi, fupa, mafuta ...

[Chichewa]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Ine Ndine Wosadyeratu Zanyama Zilizonse

Chomera zakudya musangalatse!

### PALIBE NYAMA

Palibe nyama, mbalame, nsomba, nsomba, tizilombo, msuzi, msuzi ...

### PALIBE DZIRA

Palibe yolk, albumen, azungu ...

### PALIBE MKAKA

Palibe mkaka, tchizi, yogurt, whey, casein, lactose ...

### PALIBE ZIWETO

Palibe uchi, gelatin, anyama, mafuta, magazi, fupa, mafuta ...

[Chichewa]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Ine Ndine Wosadyeratu Zanyama Zilizonse

Chomera zakudya musangalatse!

### PALIBE NYAMA

Palibe nyama, mbalame, nsomba, nsomba, tizilombo, msuzi, msuzi ...

### PALIBE DZIRA

Palibe yolk, albumen, azungu ...

### PALIBE MKAKA

Palibe mkaka, tchizi, yogurt, whey, casein, lactose ...

### PALIBE ZIWETO

Palibe uchi, gelatin, anyama, mafuta, magazi, fupa, mafuta ...

[Chichewa]

# Chinese (Simplified)~

## Mainland China Singapore

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>我是严格素食主义者：</b> 我只吃植物性食物！ <b>非肉类：</b> 不吃哺乳动物类，鸟类，鱼类，海鲜，昆虫，肉酱汁，肉汤... <b>非蛋类：</b> 不吃蛋清，蛋白，蛋黄... <b>非奶类：</b> 不吃牛奶，奶酪，酸奶，乳清，酪蛋白，乳糖... <b>非任何其他别的动物产品：</b> 不吃蜂蜜，骨胶果冻，猪油，其他别的动物油，血，骨，脂肪... [Chinese - Simplified]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>我是严格素食主义者：</b> 我只吃植物性食物！ <b>非肉类：</b> 不吃哺乳动物类，鸟类，鱼类，海鲜，昆虫，肉酱汁，肉汤... <b>非蛋类：</b> 不吃蛋清，蛋白，蛋黄... <b>非奶类：</b> 不吃牛奶，奶酪，酸奶，乳清，酪蛋白，乳糖... <b>非任何其他别的动物产品：</b> 不吃蜂蜜，骨胶果冻，猪油，其他别的动物油，血，骨，脂肪... [Chinese - Simplified]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>我是严格素食主义者：</b> 我只吃植物性食物！ <b>非肉类：</b> 不吃哺乳动物类，鸟类，鱼类，海鲜，昆虫，肉酱汁，肉汤... <b>非蛋类：</b> 不吃蛋清，蛋白，蛋黄... <b>非奶类：</b> 不吃牛奶，奶酪，酸奶，乳清，酪蛋白，乳糖... <b>非任何其他别的动物产品：</b> 不吃蜂蜜，骨胶果冻，猪油，其他别的动物油，血，骨，脂肪... [Chinese - Simplified]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>我是严格素食主义者：</b> 我只吃植物性食物！ <b>非肉类：</b> 不吃哺乳动物类，鸟类，鱼类，海鲜，昆虫，肉酱汁，肉汤... <b>非蛋类：</b> 不吃蛋清，蛋白，蛋黄... <b>非奶类：</b> 不吃牛奶，奶酪，酸奶，乳清，酪蛋白，乳糖... <b>非任何其他别的动物产品：</b> 不吃蜂蜜，骨胶果冻，猪油，其他别的动物油，血，骨，脂肪... [Chinese - Simplified]</p>

# Chinese (Traditional)~

## Taiwan Hong Kong

### I AM VEGAN

Plant foods only please!

#### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

#### NO EGG

No whites, albumen, yolk...

#### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

#### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

### 我是嚴格素食主義者：

我只吃植物性食物！

#### 非肉類：

不吃哺乳動物類，鳥類，魚類，海鮮，昆蟲，肉醬汁，肉湯...

#### 非蛋類：

不吃蛋清，蛋白，蛋黃...

#### 非奶類：

不吃牛奶，奶酪，酸奶，乳清，酪蛋白，乳糖...

#### 非任何其他別的動物產品：

不吃蜂蜜，骨膠果凍，豬油，其他別的動物油，血，骨，脂肪...

[Chinese - Traditional]

### I AM VEGAN

Plant foods only please!

#### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

#### NO EGG

No whites, albumen, yolk...

#### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

#### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

### 我是嚴格素食主義者：

我只吃植物性食物！

#### 非肉類：

不吃哺乳動物類，鳥類，魚類，海鮮，昆蟲，肉醬汁，肉湯...

#### 非蛋類：

不吃蛋清，蛋白，蛋黃...

#### 非奶類：

不吃牛奶，奶酪，酸奶，乳清，酪蛋白，乳糖...

#### 非任何其他別的動物產品：

不吃蜂蜜，骨膠果凍，豬油，其他別的動物油，血，骨，脂肪...

[Chinese - Traditional]

### I AM VEGAN

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#### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

#### NO EGG

No whites, albumen, yolk...

#### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

#### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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不吃哺乳動物類，鳥類，魚類，海鮮，昆蟲，肉醬汁，肉湯...

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[Chinese - Traditional]

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No mammal, bird, fish, seafood, insect, sauce, broth...

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No whites, albumen, yolk...

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No milk, cheese, yogurt, whey, casein, lactose...

#### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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我只吃植物性食物！

#### 非肉類：

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不吃蛋清，蛋白，蛋黃...

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#### 非任何其他別的動物產品：

不吃蜂蜜，骨膠果凍，豬油，其他別的動物油，血，骨，脂肪...

[Chinese - Traditional]

# Corsican

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SÒ VEGÉTALIEN

Viscotta, pianta fariti solu!

### SENZA CARNE

Senza mammal, acellu, pisci, courgettes, insecte, salsa, pollu ...

### SENZA OVU

Micca invece, albumen, i bianchi ...

### SENZA CASGILI

Jiritu di latti, crema, furmagliu, yogourt, puricciu, pràstica, intolleranti ...

### MICCA I PRUDUTTI ANIMALE

Senza mele, gelatine, fumé, oliu, u sangue, di elle, grassu ...

[Corsican]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SÒ VEGÉTALIEN

Viscotta, pianta fariti solu!

### SENZA CARNE

Senza mammal, acellu, pisci, courgettes, insecte, salsa, pollu ...

### SENZA OVU

Micca invece, albumen, i bianchi ...

### SENZA CASGILI

Jiritu di latti, crema, furmagliu, yogourt, puricciu, pràstica, intolleranti ...

### MICCA I PRUDUTTI ANIMALE

Senza mele, gelatine, fumé, oliu, u sangue, di elle, grassu ...

[Corsican]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SÒ VEGÉTALIEN

Viscotta, pianta fariti solu!

### SENZA CARNE

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Micca invece, albumen, i bianchi ...

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Jiritu di latti, crema, furmagliu, yogourt, puricciu, pràstica, intolleranti ...

### MICCA I PRUDUTTI ANIMALE

Senza mele, gelatine, fumé, oliu, u sangue, di elle, grassu ...

[Corsican]

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### NO EGG

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### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SÒ VEGÉTALIEN

Viscotta, pianta fariti solu!

### SENZA CARNE

Senza mammal, acellu, pisci, courgettes, insecte, salsa, pollu ...

### SENZA OVU

Micca invece, albumen, i bianchi ...

### SENZA CASGILI

Jiritu di latti, crema, furmagliu, yogourt, puricciu, pràstica, intolleranti ...

### MICCA I PRUDUTTI ANIMALE

Senza mele, gelatine, fumé, oliu, u sangue, di elle, grassu ...

[Corsican]



# Croatian~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JA SAM VEGAN / VEGANKA

Molim samo biljnu hranu!

### BEZ MESA

Ne jedem sisavce, perad, ribu, plodove mora, insekte, umake, juhe i temeljce u kojima se kuhalo meso...

### BEZ JAJA

Ne jedem bjelanjak ni žumanjak...

### BEZ MLIJEČNIH PROIZVODA

Ne jedem mlijeko, sir, jogurt, sirutku, kazein, laktozu...

### BEZ ŽIVOTINJSKIH PROIZVODA

Ne jedem med, želatinu, životinjsku mast, krv, kosti...

[Croatian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JA SAM VEGAN / VEGANKA

Molim samo biljnu hranu!

### BEZ MESA

Ne jedem sisavce, perad, ribu, plodove mora, insekte, umake, juhe i temeljce u kojima se kuhalo meso...

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Ne jedem bjelanjak ni žumanjak...

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Ne jedem mlijeko, sir, jogurt, sirutku, kazein, laktozu...

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Ne jedem med, želatinu, životinjsku mast, krv, kosti...

[Croatian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Ne jedem sisavce, perad, ribu, plodove mora, insekte, umake, juhe i temeljce u kojima se kuhalo meso...

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[Croatian]

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No mammal, bird, fish, seafood, insect, sauce, broth...

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No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Ne jedem sisavce, perad, ribu, plodove mora, insekte, umake, juhe i temeljce u kojima se kuhalo meso...

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### BEZ ŽIVOTINJSKIH PROIZVODA

Ne jedem med, želatinu, životinjsku mast, krv, kosti...

[Croatian]

# Czech~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose, butter...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JSEM VEGAN

Pouze rostlinné potraviny, prosím!

### ŽÁDNÉ MASO

Žádné savce, ptáky, ryby, mořské plody, hmyz, omáčky, vývar ...

### ŽÁDNÉ VEJCE

Ne bílek, žloutek ...

### BEZ MLÉKA A MLÉČNÝCH VÝROBKŮ

Žádné mléko, sýry, jogurt, syrovátku, kasein, laktózu, máslo ...

### ŽÁDNÉ ŽIVOČIŠNÉ PRODUKTY

Žádný med, želatinu, sádlo, olej, krev, kosti, tuk ...

[Czech]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose, butter...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JSEM VEGAN

Pouze rostlinné potraviny, prosím!

### ŽÁDNÉ MASO

Žádné savce, ptáky, ryby, mořské plody, hmyz, omáčky, vývar ...

### ŽÁDNÉ VEJCE

Ne bílek, žloutek ...

### BEZ MLÉKA A MLÉČNÝCH VÝROBKŮ

Žádné mléko, sýry, jogurt, syrovátku, kasein, laktózu, máslo ...

### ŽÁDNÉ ŽIVOČIŠNÉ PRODUKTY

Žádný med, želatinu, sádlo, olej, krev, kosti, tuk ...

[Czech]

## I AM VEGAN

Plant foods only please!

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose, butter...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JSEM VEGAN

Pouze rostlinné potraviny, prosím!

### ŽÁDNÉ MASO

Žádné savce, ptáky, ryby, mořské plody, hmyz, omáčky, vývar ...

### ŽÁDNÉ VEJCE

Ne bílek, žloutek ...

### BEZ MLÉKA A MLÉČNÝCH VÝROBKŮ

Žádné mléko, sýry, jogurt, syrovátku, kasein, laktózu, máslo ...

### ŽÁDNÉ ŽIVOČIŠNÉ PRODUKTY

Žádný med, želatinu, sádlo, olej, krev, kosti, tuk ...

[Czech]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose, butter...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JSEM VEGAN

Pouze rostlinné potraviny, prosím!

### ŽÁDNÉ MASO

Žádné savce, ptáky, ryby, mořské plody, hmyz, omáčky, vývar ...

### ŽÁDNÉ VEJCE

Ne bílek, žloutek ...

### BEZ MLÉKA A MLÉČNÝCH VÝROBKŮ

Žádné mléko, sýry, jogurt, syrovátku, kasein, laktózu, máslo ...

### ŽÁDNÉ ŽIVOČIŠNÉ PRODUKTY

Žádný med, želatinu, sádlo, olej, krev, kosti, tuk ...

[Czech]

# Danish~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JEG ER VEGANER

Kun planteføde tak!

### INTET KØD

Ingen pattedyr, fugle, fisk, skaldyr, insekter, kødsauce, kød-/fiske-/fjerkræsbouillon...

### INGEN ÆG

Ingen æggehvide, æggehvidestof, blomme ...

### INGEN MEJERIPRODUKTER

Ingen mælk, ost, yoghurt, valle, kasein, lactose, smør...

### INGEN DYREPRODUKTER

Ingen honning, gelatine, svinefedt, fiskeolie, blod, knogler, fedt ...

[Danish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Kun planteføde tak!

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[Danish]

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[English]

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[Danish]

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### NO DAIRY

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Kun planteføde tak!

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Ingen pattedyr, fugle, fisk, skaldyr, insekter, kødsauce, kød-/fiske-/fjerkræsbouillon...

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Ingen æggehvide, æggehvidestof, blomme ...

### INGEN MEJERIPRODUKTER

Ingen mælk, ost, yoghurt, valle, kasein, lactose, smør...

### INGEN DYREPRODUKTER

Ingen honning, gelatine, svinefedt, fiskeolie, blod, knogler, fedt ...

[Danish]

# Dutch~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IK BEN VEGANIST

Alleen plantaardige voedsel, alstublieft!

### GEEN VLEES

Geen zoogdier, vogel, vis, zeevruchten, insect, saus, bouillon

### GEEN EIERNEN

Geen eiwitten, eierdooier...

### GEEN ZUIVEL

Geen melk, room, kaas, yoghurt, wei, caseïne, lactose ...

### GEEN DIERLIJKE PRODUCTEN

Geen honing, gelatine, reuzel, olie, bloed, bot, vet ...

[Dutch]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Alleen plantaardige voedsel, alstublieft!

### GEEN VLEES

Geen zoogdier, vogel, vis, zeevruchten, insect, saus, bouillon

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### GEEN DIERLIJKE PRODUCTEN

Geen honing, gelatine, reuzel, olie, bloed, bot, vet ...

[Dutch]

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Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Dutch]

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### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Geen melk, room, kaas, yoghurt, wei, caseïne, lactose ...

### GEEN DIERLIJKE PRODUCTEN

Geen honing, gelatine, reuzel, olie, bloed, bot, vet ...

[Dutch]

# English

Print this page. Cut out folded cards.

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Plant foods only please!

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No mammal, bird, fish, seafood, insect, sauce, broth...

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No yolk, albumen, whites...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Plant foods only please!

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

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### NO DAIRY

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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No mammal, bird, fish, seafood, insect, sauce, broth...

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[English]

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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No mammal, bird, fish, seafood, insect, sauce, broth...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Plant foods only please!

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

# Esperanto

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MI ESTAS VEGANA

Planto nutraĵojn nur bonvolu!

### NENIU KARNO

Neniu mamulo, birdo, fiŝo, mariskoj, insekto, saŭco, buljono ...

### NENIU OVO

Neniu blankuloj, albumino, yema ...

### NENIU LAKTO

Neniu lakto, fromaĝo, jogurto, serumo, kazeino, laktozo ...

### NENIU BESTO PRODUKTOJ

Neniu mielo, gelateno, lardo, oleo, sango, ostoj, graso ...

[Esperanto]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Planto nutraĵojn nur bonvolu!

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Neniu mamulo, birdo, fiŝo, mariskoj, insekto, saŭco, buljono ...

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Neniu blankuloj, albumino, yema ...

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Neniu lakto, fromaĝo, jogurto, serumo, kazeino, laktozo ...

### NENIU BESTO PRODUKTOJ

Neniu mielo, gelateno, lardo, oleo, sango, ostoj, graso ...

[Esperanto]

## I AM VEGAN

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Neniu mielo, gelateno, lardo, oleo, sango, ostoj, graso ...

[Esperanto]

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[English]

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Neniu mielo, gelateno, lardo, oleo, sango, ostoj, graso ...

[Esperanto]



# Estonian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MA OLEN VEGAN

Taimetoiduküllane ainult palun!

### ILMA LIHATA

Ei imetaja, lind, kala, mereande, putukate, kaste, puljong ...

### ÜHTEGI MUNA

Ei ole valged, albumiin, munakollane ...

### EI MEIEREI

Ei piim, juust, jogurt, vadak, kaseiin, laktoos ...

### EI OLE LOOMSETE SAADUSTE

Ei ole mesi, želatiin, sulatatud searasva õli, veri, luud, rasva ...

[Estonian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

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### NO ANIMAL PRODUCTS

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[English]

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[Estonian]

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[English]

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[Estonian]

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[English]

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[Estonian]

# Filipino~

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Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## VEGAN AKO

Pagkaing halaman lamang mangyaring!

### WALANG KARNE

Walang hayop, ibon, isda, seafood, insekto, sarsa, sabaw ...

### WALANG ITLOG

Walang mga puti, puti ng itlog, yok ...

### WALANG GATAS

Walang gatas, keso, yogurt, patis ng gatas, kasein, lactose ...

### WALANG HAYOP MGA PRODUKTO

Walang honey, gelatin, mantika, langis, dugo, buto, taba ...

[Filipino]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Filipino]

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No milk, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Filipino]

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No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Walang hayop, ibon, isda, seafood, insekto, sarsa, sabaw ...

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[Filipino]

# Finnish~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## OLEN VEGAANI

Vain kasvisruokaa, kiitos!

### EI LIHAA

Ei nisäkästä, lintua, kalaa, äyriäisiä, hyönteisiä, kastiketta, lientä...

### EI MUNAA

Ei valkuaista, keltuaista...

### EI MAITOTUOTTEITA

Ei maitoa, juustoa, jogurttia, heraa, kaseiinia, laktoosia...

### EI ELÄINTUOTTEITA

Ei hunajaa, liivatetta, ihraa, öljyä, verta, luuta, rasvaa...

[Finnish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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### EI LIHAA

Ei nisäkästä, lintua, kalaa, äyriäisiä, hyönteisiä, kastiketta, lientä...

### EI MUNAA

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[Finnish]

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### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Ei nisäkästä, lintua, kalaa, äyriäisiä, hyönteisiä, kastiketta, lientä...

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Ei valkuaista, keltuaista...

### EI MAITOTUOTTEITA

Ei maitoa, juustoa, jogurttia, heraa, kaseiinia, laktoosia...

### EI ELÄINTUOTTEITA

Ei hunajaa, liivatetta, ihraa, öljyä, verta, luuta, rasvaa...

[Finnish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## OLEN VEGAANI

Vain kasvisruokaa, kiitos!

### EI LIHAA

Ei nisäkästä, lintua, kalaa, äyriäisiä, hyönteisiä, kastiketta, lientä...

### EI MUNAA

Ei valkuaista, keltuaista...

### EI MAITOTUOTTEITA

Ei maitoa, juustoa, jogurttia, heraa, kaseiinia, laktoosia...

### EI ELÄINTUOTTEITA

Ei hunajaa, liivatetta, ihraa, öljyä, verta, luuta, rasvaa...

[Finnish]

# French~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JE SUIS VÉGÉTALIEN

Aliments d'origine végétale uniquement, s'il vous plaît!

### PAS DE VIANDE

Pas de mammifères, de volailles, de poissons, de crustacés, d'insectes, ou de sauce/bouillon à base de ces produits...

### PAS D'ŒUF

Pas de blanc d'œuf, d'albumine, de jaune d'œuf...

### PAS DE PRODUITS LAITIERS

Pas de lait, de fromage, de yaourt, de petit-lait, de caséine, de lactose...

### PAS DE PRODUITS D'ORIGINE ANIMALE

Pas de miel, de gélatine, de saindoux, de graisse, de sang, d'os...

[French]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JE SUIS VÉGÉTALIEN

Aliments d'origine végétale uniquement, s'il vous plaît!

### PAS DE VIANDE

Pas de mammifères, de volailles, de poissons, de crustacés, d'insectes, ou de sauce/bouillon à base de ces produits...

### PAS D'ŒUF

Pas de blanc d'œuf, d'albumine, de jaune d'œuf...

### PAS DE PRODUITS LAITIERS

Pas de lait, de fromage, de yaourt, de petit-lait, de caséine, de lactose...

### PAS DE PRODUITS D'ORIGINE ANIMALE

Pas de miel, de gélatine, de saindoux, de graisse, de sang, d'os...

[French]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JE SUIS VÉGÉTALIEN

Aliments d'origine végétale uniquement, s'il vous plaît!

### PAS DE VIANDE

Pas de mammifères, de volailles, de poissons, de crustacés, d'insectes, ou de sauce/bouillon à base de ces produits...

### PAS D'ŒUF

Pas de blanc d'œuf, d'albumine, de jaune d'œuf...

### PAS DE PRODUITS LAITIERS

Pas de lait, de fromage, de yaourt, de petit-lait, de caséine, de lactose...

### PAS DE PRODUITS D'ORIGINE ANIMALE

Pas de miel, de gélatine, de saindoux, de graisse, de sang, d'os...

[French]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JE SUIS VÉGÉTALIEN

Aliments d'origine végétale uniquement, s'il vous plaît!

### PAS DE VIANDE

Pas de mammifères, de volailles, de poissons, de crustacés, d'insectes, ou de sauce/bouillon à base de ces produits...

### PAS D'ŒUF

Pas de blanc d'œuf, d'albumine, de jaune d'œuf...

### PAS DE PRODUITS LAITIERS

Pas de lait, de fromage, de yaourt, de petit-lait, de caséine, de lactose...

### PAS DE PRODUITS D'ORIGINE ANIMALE

Pas de miel, de gélatine, de saindoux, de graisse, de sang, d'os...

[French]

# Frisian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IK BIN VEGAN

Plant foods allinnich haegje!

### GJIN FLEIS

Gjin sûchdier, fûgel, fisk, seafood, insect, saus, bouillon ...

### GJIN AAI

Gjin djerre, albumen, blanken ...

### GJIN DAIRY

Gjin molke, cream, tsiis, yoghurt, wei, casein, lactose ...

### GJIN DIER PRODUKTEN

Gjin huning, gelatine, lard, oalje, bloed, bonken, fat ...

[Frisian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IK BIN VEGAN

Plant foods allinnich haegje!

### GJIN FLEIS

Gjin sûchdier, fûgel, fisk, seafood, insect, saus, bouillon ...

### GJIN AAI

Gjin djerre, albumen, blanken ...

### GJIN DAIRY

Gjin molke, cream, tsiis, yoghurt, wei, casein, lactose ...

### GJIN DIER PRODUKTEN

Gjin huning, gelatine, lard, oalje, bloed, bonken, fat ...

[Frisian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IK BIN VEGAN

Plant foods allinnich haegje!

### GJIN FLEIS

Gjin sûchdier, fûgel, fisk, seafood, insect, saus, bouillon ...

### GJIN AAI

Gjin djerre, albumen, blanken ...

### GJIN DAIRY

Gjin molke, cream, tsiis, yoghurt, wei, casein, lactose ...

### GJIN DIER PRODUKTEN

Gjin huning, gelatine, lard, oalje, bloed, bonken, fat ...

[Frisian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IK BIN VEGAN

Plant foods allinnich haegje!

### GJIN FLEIS

Gjin sûchdier, fûgel, fisk, seafood, insect, saus, bouillon ...

### GJIN AAI

Gjin djerre, albumen, blanken ...

### GJIN DAIRY

Gjin molke, cream, tsiis, yoghurt, wei, casein, lactose ...

### GJIN DIER PRODUKTEN

Gjin huning, gelatine, lard, oalje, bloed, bonken, fat ...

[Frisian]

# Galacian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EU SON VEGAN

Alimentos de orixe vexetal só por favor!

### SEN CARNE

Non mamíferos, aves, peixes, mariscos, insectos, salsa de caldo de carne ...

### NINGÚN OVO

Non brancos, albúmen, xema ...

### NINGUNHA LEITE

Sen leite, queixo, iogur, soro de leite, a caseína, lactosa ...

### SEN PRODUTOS ANIMAIS

Ningún mel, gelatina, baña, aceite, sangue, ósos, graxa ...

[Galacian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EU SON VEGAN

Alimentos de orixe vexetal só por favor!

### SEN CARNE

Non mamíferos, aves, peixes, mariscos, insectos, salsa de caldo de carne ...

### NINGÚN OVO

Non brancos, albúmen, xema ...

### NINGUNHA LEITE

Sen leite, queixo, iogur, soro de leite, a caseína, lactosa ...

### SEN PRODUTOS ANIMAIS

Ningún mel, gelatina, baña, aceite, sangue, ósos, graxa ...

[Galacian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EU SON VEGAN

Alimentos de orixe vexetal só por favor!

### SEN CARNE

Non mamíferos, aves, peixes, mariscos, insectos, salsa de caldo de carne ...

### NINGÚN OVO

Non brancos, albúmen, xema ...

### NINGUNHA LEITE

Sen leite, queixo, iogur, soro de leite, a caseína, lactosa ...

### SEN PRODUTOS ANIMAIS

Ningún mel, gelatina, baña, aceite, sangue, ósos, graxa ...

[Galacian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EU SON VEGAN

Alimentos de orixe vexetal só por favor!

### SEN CARNE

Non mamíferos, aves, peixes, mariscos, insectos, salsa de caldo de carne ...

### NINGÚN OVO

Non brancos, albúmen, xema ...

### NINGUNHA LEITE

Sen leite, queixo, iogur, soro de leite, a caseína, lactosa ...

### SEN PRODUTOS ANIMAIS

Ningún mel, gelatina, baña, aceite, sangue, ósos, graxa ...

[Galacian]



# Georgian

<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>მე VEGAN</b>                  მცენარეული საკვები მხოლოდ გთხოვთ!  <b>არ ხორცი</b>                  არ mammal, ფრინველი, თევზი, ზღვის პროდუქტები, მწერების, სოუსი, ბულიონი ...  <b>არ კვერცხი</b>                  არ თეთრკანიანი, albumen, yolk ...  <b>არ რძის</b>                  არ რძე, ყველი, იოგურტი, ჭიქურა, casein, ლაქტოზის ...  <b>არ მეცხოველეობის პროდუქციის</b>                  არ თაფლი, ჟელატინი, lard, ზეთი, სისხლის, ძვლის, ცხიმის ... [Georgian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>მე VEGAN</b>                  მცენარეული საკვები მხოლოდ გთხოვთ!  <b>არ ხორცი</b>                  არ mammal, ფრინველი, თევზი, ზღვის პროდუქტები, მწერების, სოუსი, ბულიონი ...  <b>არ კვერცხი</b>                  არ თეთრკანიანი, albumen, yolk ...  <b>არ რძის</b>                  არ რძე, ყველი, იოგურტი, ჭიქურა, casein, ლაქტოზის ...  <b>არ მეცხოველეობის პროდუქციის</b>                  არ თაფლი, ჟელატინი, lard, ზეთი, სისხლის, ძვლის, ცხიმის ... [Georgian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>მე VEGAN</b>                  მცენარეული საკვები მხოლოდ გთხოვთ!  <b>არ ხორცი</b>                  არ mammal, ფრინველი, თევზი, ზღვის პროდუქტები, მწერების, სოუსი, ბულიონი ...  <b>არ კვერცხი</b>                  არ თეთრკანიანი, albumen, yolk ...  <b>არ რძის</b>                  არ რძე, ყველი, იოგურტი, ჭიქურა, casein, ლაქტოზის ...  <b>არ მეცხოველეობის პროდუქციის</b>                  არ თაფლი, ჟელატინი, lard, ზეთი, სისხლის, ძვლის, ცხიმის ... [Georgian]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No whites, albumen, yolk...  <b>NO DAIRY</b>                  No milk, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>მე VEGAN</b>                  მცენარეული საკვები მხოლოდ გთხოვთ!  <b>არ ხორცი</b>                  არ mammal, ფრინველი, თევზი, ზღვის პროდუქტები, მწერების, სოუსი, ბულიონი ...  <b>არ კვერცხი</b>                  არ თეთრკანიანი, albumen, yolk ...  <b>არ რძის</b>                  არ რძე, ყველი, იოგურტი, ჭიქურა, casein, ლაქტოზის ...  <b>არ მეცხოველეობის პროდუქციის</b>                  არ თაფლი, ჟელატინი, lard, ზეთი, სისხლის, ძვლის, ცხიმის ... [Georgian]</p>

# German~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## ICH BIN VEGANER / IN

Bitte nur pflanzliches Essen!

### KEIN FLEISCH

Kein(e) Säugetiere, Geflügel, Fisch, Meeresfrüchte, Insekten, Fleisch/Fischsoße, Fleisch/Hühnerbrühe...

### KEINE EIER

Kein Eiweiß, Eiklar, Eigelb...

### KEINE MILCHPRODUKTE

Kein(e) Milch, Sahne, Käse, Joghurt, Molke, Kasein, Laktose...

### KEINE TIERISCHEN PRODUKTE

Kein(e) Honig, Gelatine, Schmalz, Öl, Blut, Knochen, Fett...

[German]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## ICH BIN VEGANER / IN

Bitte nur pflanzliches Essen!

### KEIN FLEISCH

Kein(e) Säugetiere, Geflügel, Fisch, Meeresfrüchte, Insekten, Fleisch/Fischsoße, Fleisch/Hühnerbrühe...

### KEINE EIER

Kein Eiweiß, Eiklar, Eigelb...

### KEINE MILCHPRODUKTE

Kein(e) Milch, Sahne, Käse, Joghurt, Molke, Kasein, Laktose...

### KEINE TIERISCHEN PRODUKTE

Kein(e) Honig, Gelatine, Schmalz, Öl, Blut, Knochen, Fett...

[German]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## ICH BIN VEGANER / IN

Bitte nur pflanzliches Essen!

### KEIN FLEISCH

Kein(e) Säugetiere, Geflügel, Fisch, Meeresfrüchte, Insekten, Fleisch/Fischsoße, Fleisch/Hühnerbrühe...

### KEINE EIER

Kein Eiweiß, Eiklar, Eigelb...

### KEINE MILCHPRODUKTE

Kein(e) Milch, Sahne, Käse, Joghurt, Molke, Kasein, Laktose...

### KEINE TIERISCHEN PRODUKTE

Kein(e) Honig, Gelatine, Schmalz, Öl, Blut, Knochen, Fett...

[German]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## ICH BIN VEGANER / IN

Bitte nur pflanzliches Essen!

### KEIN FLEISCH

Kein(e) Säugetiere, Geflügel, Fisch, Meeresfrüchte, Insekten, Fleisch/Fischsoße, Fleisch/Hühnerbrühe...

### KEINE EIER

Kein Eiweiß, Eiklar, Eigelb...

### KEINE MILCHPRODUKTE

Kein(e) Milch, Sahne, Käse, Joghurt, Molke, Kasein, Laktose...

### KEINE TIERISCHEN PRODUKTE

Kein(e) Honig, Gelatine, Schmalz, Öl, Blut, Knochen, Fett...

[German]

# Greek~

## I AM VEGAN

Plant foods only please!

**NO MEAT**

No mammal, bird, fish, seafood, insect, sauce, broth...

**NO EGG**

No whites, albumen, yolk...

**NO DAIRY**

No milk, cheese, yogurt, whey, casein, lactose...

**NO ANIMAL PRODUCTS**

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EΙΜΑΙ VEGAN

Φυτικές τροφές μόνο παρακαλώ!

**ΟΧΙ ΚΡΕΑΣ**

Όχι θηλαστικά, πουλιά, ψάρια, θαλασσινά,  
έντομα, σάλτσα με κρέας, ζωμό από κρέας

**ΟΧΙ ΑΥΓΑ**

Όχι κρόκο ή ασπράδι αυγού

**ΟΧΙ ΓΑΛΑΚΤΟΚΟΜΙΚΑ**

Όχι γάλα, τυρί, γιαούρτι, βούτυρο, ορό γάλακτος, καζεΐνη, λακτόζη

**ΟΧΙ ΖΩΙΚΑ ΠΡΟΪΟΝΤΑ**

Όχι μέλι, ζελατίνη, λαρδί, αίμα, οστά, ζωικό λίπος

[Greek]

## I AM VEGAN

Plant foods only please!

**NO MEAT**

No mammal, bird, fish, seafood, insect, sauce, broth...

**NO EGG**

No whites, albumen, yolk...

**NO DAIRY**

No milk, cheese, yogurt, whey, casein, lactose...

**NO ANIMAL PRODUCTS**

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EΙΜΑΙ VEGAN

Φυτικές τροφές μόνο παρακαλώ!

**ΟΧΙ ΚΡΕΑΣ**

Όχι θηλαστικά, πουλιά, ψάρια, θαλασσινά,  
έντομα, σάλτσα με κρέας, ζωμό από κρέας

**ΟΧΙ ΑΥΓΑ**

Όχι κρόκο ή ασπράδι αυγού

**ΟΧΙ ΓΑΛΑΚΤΟΚΟΜΙΚΑ**

Όχι γάλα, τυρί, γιαούρτι, βούτυρο, ορό γάλακτος, καζεΐνη, λακτόζη

**ΟΧΙ ΖΩΙΚΑ ΠΡΟΪΟΝΤΑ**

Όχι μέλι, ζελατίνη, λαρδί, αίμα, οστά, ζωικό λίπος

[Greek]

## I AM VEGAN

Plant foods only please!

**NO MEAT**

No mammal, bird, fish, seafood, insect, sauce, broth...

**NO EGG**

No whites, albumen, yolk...

**NO DAIRY**

No milk, cheese, yogurt, whey, casein, lactose...

**NO ANIMAL PRODUCTS**

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EΙΜΑΙ VEGAN

Φυτικές τροφές μόνο παρακαλώ!

**ΟΧΙ ΚΡΕΑΣ**

Όχι θηλαστικά, πουλιά, ψάρια, θαλασσινά,  
έντομα, σάλτσα με κρέας, ζωμό από κρέας

**ΟΧΙ ΑΥΓΑ**

Όχι κρόκο ή ασπράδι αυγού

**ΟΧΙ ΓΑΛΑΚΤΟΚΟΜΙΚΑ**

Όχι γάλα, τυρί, γιαούρτι, βούτυρο, ορό γάλακτος, καζεΐνη, λακτόζη

**ΟΧΙ ΖΩΙΚΑ ΠΡΟΪΟΝΤΑ**

Όχι μέλι, ζελατίνη, λαρδί, αίμα, οστά, ζωικό λίπος

[Greek]

## I AM VEGAN

Plant foods only please!

**NO MEAT**

No mammal, bird, fish, seafood, insect, sauce, broth...

**NO EGG**

No whites, albumen, yolk...

**NO DAIRY**

No milk, cheese, yogurt, whey, casein, lactose...

**NO ANIMAL PRODUCTS**

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EΙΜΑΙ VEGAN

Φυτικές τροφές μόνο παρακαλώ!

**ΟΧΙ ΚΡΕΑΣ**

Όχι θηλαστικά, πουλιά, ψάρια, θαλασσινά,  
έντομα, σάλτσα με κρέας, ζωμό από κρέας

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Όχι μέλι, ζελατίνη, λαρδί, αίμα, οστά, ζωικό λίπος

[Greek]

# Gujarati~

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>હું શુદ્ધ શાકાહારી છું</b> શાકભાજી ખોરાક માત્ર કૃપા કરીને! કોઈ માંસ નહીં કોઈ સસ્તન, પક્ષી, માછલી, સીફૂડ, જંતુ, ચટણી, સૂપ નહીં કોઈ ઇંડા નહીં કોઈ જરદી, એલર્જીન, ગોરા નહીં કોઈ ડેરી નહીં કોઈ દૂધ, કીમ, ચીઝ, દહીં, છાશ, કેસીન, લેક્ટોઝ નહીં કોઈ પશુ ઉત્પાદનો નહીં કોઈ મધ, જિવેટીન, ચરબીયુક્ત, પ્રાણી અથવા માછલીનું તેલ, રક્ત, અસ્થિ, ચરબી નહીં [Gujarati]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>હું શુદ્ધ શાકાહારી છું</b> શાકભાજી ખોરાક માત્ર કૃપા કરીને! કોઈ માંસ નહીં કોઈ સસ્તન, પક્ષી, માછલી, સીફૂડ, જંતુ, ચટણી, સૂપ નહીં કોઈ ઇંડા નહીં કોઈ જરદી, એલર્જીન, ગોરા નહીં કોઈ ડેરી નહીં કોઈ દૂધ, કીમ, ચીઝ, દહીં, છાશ, કેસીન, લેક્ટોઝ નહીં કોઈ પશુ ઉત્પાદનો નહીં કોઈ મધ, જિવેટીન, ચરબીયુક્ત, પ્રાણી અથવા માછલીનું તેલ, રક્ત, અસ્થિ, ચરબી નહીં [Gujarati]</p>
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# Haitian Creole

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SE MWEN MENM VEGAN

Manje plant sèlman tanpri!

### PA GEN OKENN VYANN

Pa gen okenn mamifè, zwazo, pwason, bèt lanmè,  
ensèk, sòs, bouyon...

### PA GEN OKENN ZE

Pa gen okenn blan, albumine, jònze ...

### PA GEN OKENN LETYE

Pa gen okenn lèt, fwomaj, yogout, laktoserom, kazein, laktoz ...

### PA GEN OKENN PWODWI BÈT

Pa gen okenn siwo myèl, jelatin, lwil là kochon,

san, nan zo, grès ...

[Haitian Creole]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Haitian Creole]

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No milk, cheese, yogurt, whey, casein, lactose...

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[English]

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[Haitian Creole]

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[English]

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san, nan zo, grès ...

[Haitian Creole]

# Hausa

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## NI MARAS CIN NAMA

Shuka abinci kawai faranta!

### BABU WANI NAMA

Ba dabba bace, tsuntsu, kifi, cin abincin teku, kwari, sauce, broth

### BA KWAI

Babu wani fata, albumen, gwaiduwa ...

### BA KIWO

Ba madara, cuku, yogurt, whey, casein, lactose ...

### BABU DABBA DA KAYAYYAKIN

Ba zuma, gelatin, man alade, man, da jini, kashi, mai ...

[Hausa]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Shuka abinci kawai faranta!

### BABU WANI NAMA

Ba dabba bace, tsuntsu, kifi, cin abincin teku, kwari, sauce, broth

### BA KWAI

Babu wani fata, albumen, gwaiduwa ...

### BA KIWO

Ba madara, cuku, yogurt, whey, casein, lactose ...

### BABU DABBA DA KAYAYYAKIN

Ba zuma, gelatin, man alade, man, da jini, kashi, mai ...

[Hausa]

## I AM VEGAN

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### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Hausa]

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No milk, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Shuka abinci kawai faranta!

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Babu wani fata, albumen, gwaiduwa ...

### BA KIWO

Ba madara, cuku, yogurt, whey, casein, lactose ...

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Ba zuma, gelatin, man alade, man, da jini, kashi, mai ...

[Hausa]



# Hawaiian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## OWAU NO VEGAN

Kanu'ai wale hooluolu i ke!

### OLE AI

Aole ieaieieoa, manu, ka i'a, Mea'Ai O Ke Kai, insect, sauce, kai

### AOLE HUA

Aole yolk, albumen, 'oia'i'o ma loko ...

### AOLE DAIRY

Aole waiu, holika, me ka waiū, yogurt, whey, casein, lactose ...

### AOHE HOLOHOLONA HUAHANA

Aole meli, gelatin, lard, ka'aila, ke koko, ka iwi, momona ...

[Hawaiian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

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[English]

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[Hawaiian]

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[Hawaiian]

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[Hawaiian]

# Hebrew~

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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>אני טבעוני/ת</b> מזונות מהצומח בלבד בבקשה <b>לא מוצרי בשר</b> כולל יונקים, עופות, דגים, פירות ים, חרקים, רוטב, מרק <b>לא מוצרי ביצים</b> כולל חלבון, חלמון <b>לא מוצרי חלב</b> כולל חלב, גבינה, יוגורט, מי גבינה, קזאין, לקטוז <b>לא מוצרים מן החי</b> כולל דבש, ג'לטין, שומן, שמן, דם, עצמות [Hebrew]</p>
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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>אני טבעוני/ת</b> מזונות מהצומח בלבד בבקשה <b>לא מוצרי בשר</b> כולל יונקים, עופות, דגים, פירות ים, חרקים, רוטב, מרק <b>לא מוצרי ביצים</b> כולל חלבון, חלמון <b>לא מוצרי חלב</b> כולל חלב, גבינה, יוגורט, מי גבינה, קזאין, לקטוז <b>לא מוצרים מן החי</b> כולל דבש, ג'לטין, שומן, שמן, דם, עצמות [Hebrew]</p>

# Hindi

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, ghee, butter, buttermilk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>मैं विगन (शुद्ध शाकाहारी) हूँ कृपया केवल पौधों का भोजन दें! <b>कोई मांस नहीं</b> कोई जानवर, पक्षी, मछली, समुद्री भोजन, कीट, साँस, शोरबा नहीं <b>कोई अंडा नहीं</b> कोई अंडे का भाग (जर्दी, सफेद) नहीं <b>कोई दूध नहीं</b> कोई दूध, मलाई, धी, मक्खन, छाछ, पनीर, दही, मट्ठा, कैसिइन, लैक्टोज नहीं <b>कोई पशु उत्पाद नहीं</b> कोई शहद, जिलेटिन, चरबी, पशु या मछली का तेल, रक्त, हड्डी, वसा नहीं [Hindi]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, ghee, butter, buttermilk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>मैं विगन (शुद्ध शाकाहारी) हूँ कृपया केवल पौधों का भोजन दें! <b>कोई मांस नहीं</b> कोई जानवर, पक्षी, मछली, समुद्री भोजन, कीट, साँस, शोरबा नहीं <b>कोई अंडा नहीं</b> कोई अंडे का भाग (जर्दी, सफेद) नहीं <b>कोई दूध नहीं</b> कोई दूध, मलाई, धी, मक्खन, छाछ, पनीर, दही, मट्ठा, कैसिइन, लैक्टोज नहीं <b>कोई पशु उत्पाद नहीं</b> कोई शहद, जिलेटिन, चरबी, पशु या मछली का तेल, रक्त, हड्डी, वसा नहीं [Hindi]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, ghee, butter, buttermilk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>मैं विगन (शुद्ध शाकाहारी) हूँ कृपया केवल पौधों का भोजन दें! <b>कोई मांस नहीं</b> कोई जानवर, पक्षी, मछली, समुद्री भोजन, कीट, साँस, शोरबा नहीं <b>कोई अंडा नहीं</b> कोई अंडे का भाग (जर्दी, सफेद) नहीं <b>कोई दूध नहीं</b> कोई दूध, मलाई, धी, मक्खन, छाछ, पनीर, दही, मट्ठा, कैसिइन, लैक्टोज नहीं <b>कोई पशु उत्पाद नहीं</b> कोई शहद, जिलेटिन, चरबी, पशु या मछली का तेल, रक्त, हड्डी, वसा नहीं [Hindi]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, ghee, butter, buttermilk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>मैं विगन (शुद्ध शाकाहारी) हूँ कृपया केवल पौधों का भोजन दें! <b>कोई मांस नहीं</b> कोई जानवर, पक्षी, मछली, समुद्री भोजन, कीट, साँस, शोरबा नहीं <b>कोई अंडा नहीं</b> कोई अंडे का भाग (जर्दी, सफेद) नहीं <b>कोई दूध नहीं</b> कोई दूध, मलाई, धी, मक्खन, छाछ, पनीर, दही, मट्ठा, कैसिइन, लैक्टोज नहीं <b>कोई पशु उत्पाद नहीं</b> कोई शहद, जिलेटिन, चरबी, पशु या मछली का तेल, रक्त, हड्डी, वसा नहीं [Hindi]</p>

# Hmong

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## KUV YOG NEEG TSIS NOJ NQAIJ

Nroj cov khoom noj uas tsuas thov!

### TSIS MUAJ NQAIJ

Tsis muaj mammal, noog, ntses, nqaij hav dej, kab, sauce, broth ...

### TSIS MUAJ QE

Tsis dawb, albumen, yolk ...

### TSIS MUAJ CHAW YUJ NYUJ

Tsis muaj mis nyuj, cheese, yogurt, whey, casein, lactose ...

### TSIS MUAJ TSIAJ COV KHOOM

Tsis muaj zib mu, gelatin, lard, roj, ntshav, cov pob txha, muaj roj ...

[Hmong]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Hmong]

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[English]

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[Hmong]

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[English]

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[Hmong]

# Hungarian~

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## VEGÁN VAGYOK

Csak növényi eredetű ételt kérek

### HÚST NEM

Se emlőst, se madarat, halat, tenger gyümölcseit, vagy bogarat

szószban és mártásban sem

### TOJÁST SEM

Se fehérje, se sárgája

### TEJTERMÉKET SEM

Se tejet, se sajtót, joghurtot, tejsavót, kazeint vagy laktózt

### SEMMI ÁLLATI EREDETŰ TERMÉKET

Se méz, zselatin, zsír, olaj, vér, csont vagy zsír

[Hungarian]

## I AM VEGAN

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### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Se emlőst, se madarat, halat, tenger gyümölcseit, vagy bogarat

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Csak növényi eredetű ételt kérek

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[Hungarian]

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[English]

## VEGÁN VAGYOK

Csak növényi eredetű ételt kérek

### HÚST NEM

Se emlőst, se madarat, halat, tenger gyümölcseit, vagy bogarat

szószban és mártásban sem

### TOJÁST SEM

Se fehérje, se sárgája

### TEJTERMÉKET SEM

Se tejet, se sajtót, joghurtot, tejsavót, kazeint vagy laktózt

### SEMMI ÁLLATI EREDETŰ TERMÉKET

Se méz, zselatin, zsír, olaj, vér, csont vagy zsír

[Hungarian]

# Icelandic~

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Plant foods only please!

### NO MEAT

No meat, poultry, fish, shellfish, insect, sauce, broth...

### NO EGG

No whites or yolk...

### NO DAIRY

No milk, cheese, yogurt, rennet, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, meat/fish oil, blood, bone, fat...

[English]

## Ég er vegan

Einungis grænmetisfæði, takk!

### Ekkert kjöt

Ekkert rautt kjöt, fuglakjöt, fisk, skelfisk, skordýr, kjötsoð né kjötkraft...

### Engin egg

Hvorki eggjahvítur né eggjarauður...

### ENGAR MJÓLKURVÖRUR

Enga mjólk, ost, jógúrt, ostahleypi, mysu, mysuduft né laktósa...

### Engar dýraafurðir

Ekkert hunang, gelatín, kjöt/fiskioliú, blóð, bein né dýrafitu...

[Icelandic]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No meat, poultry, fish, shellfish, insect, sauce, broth...

### NO EGG

No whites or yolk...

### NO DAIRY

No milk, cheese, yogurt, rennet, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, meat/fish oil, blood, bone, fat...

[English]

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[Icelandic]

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### NO EGG

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No milk, cheese, yogurt, rennet, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, meat/fish oil, blood, bone, fat...

[English]

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Ekkert rautt kjöt, fuglakjöt, fisk, skelfisk, skordýr, kjötsoð né kjötkraft...

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Enga mjólk, ost, jógúrt, ostahleypi, mysu, mysuduft né laktósa...

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Ekkert hunang, gelatín, kjöt/fiskioliú, blóð, bein né dýrafitu...

[Icelandic]

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Plant foods only please!

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### NO EGG

No whites or yolk...

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No milk, cheese, yogurt, rennet, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, meat/fish oil, blood, bone, fat...

[English]

## Ég er vegan

Einungis grænmetisfæði, takk!

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Ekkert rautt kjöt, fuglakjöt, fisk, skelfisk, skordýr, kjötsoð né kjötkraft...

### Engin egg

Hvorki eggjahvítur né eggjarauður...

### ENGAR MJÓLKURVÖRUR

Enga mjólk, ost, jógúrt, ostahleypi, mysu, mysuduft né laktósa...

### Engar dýraafurðir

Ekkert hunang, gelatín, kjöt/fiskioliú, blóð, bein né dýrafitu...

[Icelandic]



# Igbo

## I AM VEGAN

Plant foods only please!

**NO MEAT**

No mammal, bird, fish, seafood, insect, sauce, broth...

**NO EGG**

No whites, albumen, yolk...

**NO DAIRY**

No milk, cheese, yogurt, whey, casein, lactose...

**NO ANIMAL PRODUCTS**

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## M VEGAN

Osisi iri ihe oriri na-atọ!

**ENWEGHI ANỤ**

Mba anu na-anu ara, nnunu, iyak, nri osimiri, ahụhụ, ihendori, ofe ...

**Ọ DỊGHỊ AKWA**

Ọ dighị ọcha, albumen, nkochi ime akwa ...

**Ọ DỊGHỊ DAYARI**

Mba mmiri ara ehi, cheese, bred, whey, casein, lactose ...

**Ọ DỊGHỊ ANỤMANỤ NA NGWAAHỊA**

Ọ dighị mmanụ ańụ, gelatin, mmanu abuba,

mmanụ, ọbara, eke ọkpọ, abụba ...

[Igbo]

## I AM VEGAN

Plant foods only please!

**NO MEAT**

No mammal, bird, fish, seafood, insect, sauce, broth...

**NO EGG**

No whites, albumen, yolk...

**NO DAIRY**

No milk, cheese, yogurt, whey, casein, lactose...

**NO ANIMAL PRODUCTS**

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## M VEGAN

Osisi iri ihe oriri na-atọ!

**ENWEGHI ANỤ**

Mba anu na-anu ara, nnunu, iyak, nri osimiri, ahụhụ, ihendori, ofe ...

**Ọ DỊGHỊ AKWA**

Ọ dighị ọcha, albumen, nkochi ime akwa ...

**Ọ DỊGHỊ DAYARI**

Mba mmiri ara ehi, cheese, bred, whey, casein, lactose ...

**Ọ DỊGHỊ ANỤMANỤ NA NGWAAHỊA**

Ọ dighị mmanụ ańụ, gelatin, mmanu abuba,

mmanụ, ọbara, eke ọkpọ, abụba ...

[Igbo]

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Plant foods only please!

**NO MEAT**

No mammal, bird, fish, seafood, insect, sauce, broth...

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No whites, albumen, yolk...

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No milk, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Osisi iri ihe oriri na-atọ!

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Mba anu na-anu ara, nnunu, iyak, nri osimiri, ahụhụ, ihendori, ofe ...

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Ọ dighị ọcha, albumen, nkochi ime akwa ...

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Mba mmiri ara ehi, cheese, bred, whey, casein, lactose ...

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Ọ dighị mmanụ ańụ, gelatin, mmanu abuba,

mmanụ, ọbara, eke ọkpọ, abụba ...

[Igbo]

## I AM VEGAN

Plant foods only please!

**NO MEAT**

No mammal, bird, fish, seafood, insect, sauce, broth...

**NO EGG**

No whites, albumen, yolk...

**NO DAIRY**

No milk, cheese, yogurt, whey, casein, lactose...

**NO ANIMAL PRODUCTS**

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## M VEGAN

Osisi iri ihe oriri na-atọ!

**ENWEGHI ANỤ**

Mba anu na-anu ara, nnunu, iyak, nri osimiri, ahụhụ, ihendori, ofe ...

**Ọ DỊGHỊ AKWA**

Ọ dighị ọcha, albumen, nkochi ime akwa ...

**Ọ DỊGHỊ DAYARI**

Mba mmiri ara ehi, cheese, bred, whey, casein, lactose ...

**Ọ DỊGHỊ ANỤMANỤ NA NGWAAHỊA**

Ọ dighị mmanụ ańụ, gelatin, mmanu abuba,

mmanụ, ọbara, eke ọkpọ, abụba ...

[Igbo]

# Indonesian~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No shrimp paste, honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SAYA VEGAN

Tolong sediakan hanya makanan nabati!

### TANPA DAGING

Tanpa hewan mamalia, unggas, ikan, makanan laut, serangga, sosis, kaldu...

### TANPA TELUR

Tanpa putih telur, kuning telur...

### TANPA SUSU

Tanpa susu hewan, keju, yoghurt, whey, kasein, laktosa...

### TANPA PRODUK HEWANI

Tanpa petis udang/terasi, madu, gelatin, lemak hewan, minyak ikan, darah, tulang... [Indonesian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No shrimp paste, honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SAYA VEGAN

Tolong sediakan hanya makanan nabati!

### TANPA DAGING

Tanpa hewan mamalia, unggas, ikan, makanan laut, serangga, sosis, kaldu...

### TANPA TELUR

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Tanpa susu hewan, keju, yoghurt, whey, kasein, laktosa...

### TANPA PRODUK HEWANI

Tanpa petis udang/terasi, madu, gelatin, lemak hewan, minyak ikan, darah, tulang... [Indonesian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No shrimp paste, honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SAYA VEGAN

Tolong sediakan hanya makanan nabati!

### TANPA DAGING

Tanpa hewan mamalia, unggas, ikan, makanan laut, serangga, sosis, kaldu...

### TANPA TELUR

Tanpa putih telur, kuning telur...

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## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No shrimp paste, honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SAYA VEGAN

Tolong sediakan hanya makanan nabati!

### TANPA DAGING

Tanpa hewan mamalia, unggas, ikan, makanan laut, serangga, sosis, kaldu...

### TANPA TELUR

Tanpa putih telur, kuning telur...

### TANPA SUSU

Tanpa susu hewan, keju, yoghurt, whey, kasein, laktosa...

### TANPA PRODUK HEWANI

Tanpa petis udang/terasi, madu, gelatin, lemak hewan, minyak ikan, darah, tulang... [Indonesian]

# Irish

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## TÁ MÉ VEGAN

Bianna gléasra ach amháin le do thoil!

### AON FHEOIL

Aon mamach, éan, iasc, bia mara, feithidí, anlann, brat ...

### AON UBH

Aon whites, albumen, buíocán ...

### AON DÉIRÍOCHTA

Aon bainne, cáis, iógart, meadhg, cáiséin, luchtós ...

### THÁIRGÍ AINMHITHE NACH

Aon mil, geilitín, blonag, ola, fuil, cnámh, saill ...

[Irish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## TÁ MÉ VEGAN

Bianna gléasra ach amháin le do thoil!

### AON FHEOIL

Aon mamach, éan, iasc, bia mara, feithidí, anlann, brat ...

### AON UBH

Aon whites, albumen, buíocán ...

### AON DÉIRÍOCHTA

Aon bainne, cáis, iógart, meadhg, cáiséin, luchtós ...

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Aon mil, geilitín, blonag, ola, fuil, cnámh, saill ...

[Irish]

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### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## TÁ MÉ VEGAN

Bianna gléasra ach amháin le do thoil!

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Aon mamach, éan, iasc, bia mara, feithidí, anlann, brat ...

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Aon whites, albumen, buíocán ...

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Aon mil, geilitín, blonag, ola, fuil, cnámh, saill ...

[Irish]

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No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## TÁ MÉ VEGAN

Bianna gléasra ach amháin le do thoil!

### AON FHEOIL

Aon mamach, éan, iasc, bia mara, feithidí, anlann, brat ...

### AON UBH

Aon whites, albumen, buíocán ...

### AON DÉIRÍOCHTA

Aon bainne, cáis, iógart, meadhg, cáiséin, luchtós ...

### THÁIRGÍ AINMHITHE NACH

Aon mil, geilitín, blonag, ola, fuil, cnámh, saill ...

[Irish]

# Italian~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IO SONO VEGANO / A

Solo alimenti vegetali per favore!

### NIENTE CARNE

Niente mammiferi, uccelli, pesci, crostacei, insetti,

sughi di carne, brodi di carne...

### NIENTE UOVA

Niente albume, tuorlo...

### NIENTE LATTICINI

Niente latte, formaggio, yogurt, siero di latte, caseina, lattosio...

### NIENTE PRODOTTI ANIMALI

Niente miele, gelatina, strutto, olio animale,

sangue, ossa, grasso...

[Italian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IO SONO VEGANO / A

Solo alimenti vegetali per favore!

### NIENTE CARNE

Niente mammiferi, uccelli, pesci, crostacei, insetti,

sughi di carne, brodi di carne...

### NIENTE UOVA

Niente albume, tuorlo...

### NIENTE LATTICINI

Niente latte, formaggio, yogurt, siero di latte, caseina, lattosio...

### NIENTE PRODOTTI ANIMALI

Niente miele, gelatina, strutto, olio animale,

sangue, ossa, grasso...

[Italian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IO SONO VEGANO / A

Solo alimenti vegetali per favore!

### NIENTE CARNE

Niente mammiferi, uccelli, pesci, crostacei, insetti,

sughi di carne, brodi di carne...

### NIENTE UOVA

Niente albume, tuorlo...

### NIENTE LATTICINI

Niente latte, formaggio, yogurt, siero di latte, caseina, lattosio...

### NIENTE PRODOTTI ANIMALI

Niente miele, gelatina, strutto, olio animale,

sangue, ossa, grasso...

[Italian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IO SONO VEGANO / A

Solo alimenti vegetali per favore!

### NIENTE CARNE

Niente mammiferi, uccelli, pesci, crostacei, insetti,

sughi di carne, brodi di carne...

### NIENTE UOVA

Niente albume, tuorlo...

### NIENTE LATTICINI

Niente latte, formaggio, yogurt, siero di latte, caseina, lattosio...

### NIENTE PRODOTTI ANIMALI

Niente miele, gelatina, strutto, olio animale,

sangue, ossa, grasso...

[Italian]

# Japanese~

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>私は完全菜食主義です。</b> 植物性食品での提供をお願いします。 <b>肉類を食べません。</b> 例えば、哺乳類、鳥類、魚類、昆虫類、また、これらを使用したソース、ブイヨン。 <b>卵を食べません。</b> 卵白、卵黄。 <b>乳製品を食べません。</b> 牛乳、チーズ、ヨーグルト、乳清、カゼイン(チーズの主原料、たんぱく質の一種)、乳糖。 <b>動物性製品を食べません。</b> ハチミツ、ゼラチン、ラード(豚油)、油(牛脂、牡蠣油)、血液、骨、脂肪。 [Japanese]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>私は完全菜食主義です。</b> 植物性食品での提供をお願いします。 <b>肉類を食べません。</b> 例えば、哺乳類、鳥類、魚類、昆虫類、また、これらを使用したソース、ブイヨン。 <b>卵を食べません。</b> 卵白、卵黄。 <b>乳製品を食べません。</b> 牛乳、チーズ、ヨーグルト、乳清、カゼイン(チーズの主原料、たんぱく質の一種)、乳糖。 <b>動物性製品を食べません。</b> ハチミツ、ゼラチン、ラード(豚油)、油(牛脂、牡蠣油)、血液、骨、脂肪。 [Japanese]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>私は完全菜食主義です。</b> 植物性食品での提供をお願いします。 <b>肉類を食べません。</b> 例えば、哺乳類、鳥類、魚類、昆虫類、また、これらを使用したソース、ブイヨン。 <b>卵を食べません。</b> 卵白、卵黄。 <b>乳製品を食べません。</b> 牛乳、チーズ、ヨーグルト、乳清、カゼイン(チーズの主原料、たんぱく質の一種)、乳糖。 <b>動物性製品を食べません。</b> ハチミツ、ゼラチン、ラード(豚油)、油(牛脂、牡蠣油)、血液、骨、脂肪。 [Japanese]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>私は完全菜食主義です。</b> 植物性食品での提供をお願いします。 <b>肉類を食べません。</b> 例えば、哺乳類、鳥類、魚類、昆虫類、また、これらを使用したソース、ブイヨン。 <b>卵を食べません。</b> 卵白、卵黄。 <b>乳製品を食べません。</b> 牛乳、チーズ、ヨーグルト、乳清、カゼイン(チーズの主原料、たんぱく質の一種)、乳糖。 <b>動物性製品を食べません。</b> ハチミツ、ゼラチン、ラード(豚油)、油(牛脂、牡蠣油)、血液、骨、脂肪。 [Japanese]</p>

# Javanese

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AKU VEGAN

Tetanduran panganan mung please!

### ORA MEAT

Ora mammal, manuk, iwak, panganan laut, serangga, sauce, duduh kaldu ...

### ORA ENDHOG

Ora tiyang kuilt pethak, albumen, yolk ...

### ORA BIASA

Ora susu, keju, yogurt, whey, casein, lactose ...

### ORA PRODUK KEWAN

Ora madu, gelatin, lard, lenga, getih, balung, lemak ...

[Javanese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AKU VEGAN

Tetanduran panganan mung please!

### ORA MEAT

Ora mammal, manuk, iwak, panganan laut, serangga, sauce, duduh kaldu ...

### ORA ENDHOG

Ora tiyang kuilt pethak, albumen, yolk ...

### ORA BIASA

Ora susu, keju, yogurt, whey, casein, lactose ...

### ORA PRODUK KEWAN

Ora madu, gelatin, lard, lenga, getih, balung, lemak ...

[Javanese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AKU VEGAN

Tetanduran panganan mung please!

### ORA MEAT

Ora mammal, manuk, iwak, panganan laut, serangga, sauce, duduh kaldu ...

### ORA ENDHOG

Ora tiyang kuilt pethak, albumen, yolk ...

### ORA BIASA

Ora susu, keju, yogurt, whey, casein, lactose ...

### ORA PRODUK KEWAN

Ora madu, gelatin, lard, lenga, getih, balung, lemak ...

[Javanese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AKU VEGAN

Tetanduran panganan mung please!

### ORA MEAT

Ora mammal, manuk, iwak, panganan laut, serangga, sauce, duduh kaldu ...

### ORA ENDHOG

Ora tiyang kuilt pethak, albumen, yolk ...

### ORA BIASA

Ora susu, keju, yogurt, whey, casein, lactose ...

### ORA PRODUK KEWAN

Ora madu, gelatin, lard, lenga, getih, balung, lemak ...

[Javanese]



# Kannada

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ನಾನು ಸಸ್ಯಾಹಾರಿ ನಾನು</b> ಸಸ್ಯಾಹಾರ ಮಾತ್ರ ದಯವಿಟ್ಟು! <b>ಯಾವುದೇ ಮಾಂಸ</b> ಯಾವುದೇ ಜಾತಿಯ ಸಸ್ತನಿಗಳು, ಹಕ್ಕಿ, ಮೀನು, ಸಮುದ್ರಾಹಾರ, ಕೀಟ, ಸಾಸ್, ಸಾರು ... <b>ಯಾವುದೇ ಮೊಟ್ಟೆ</b> ಹಳದಿ ಲೋಳೆಯನ್ನು, ಆಲ್ಬುಮೆನ್, ಬಿಳಿಯರು ... <b>ಡೈರಿ</b> ಹಾಲಿನ ಕೆನೆ, ಚೀಸ್, ಮೊಸರು, ಹಾಲೊಡಕು, ಕ್ಯಾಸೀಯ್ಸ್ ಎಂಬುದು, ಲ್ಯಾಕ್ಟೋಸ್ ... <b>ಯಾವುದೇ ಪ್ರಾಣಿ ಉತ್ಪನ್ನಗಳು</b> ಯಾವುದೇ ಜೀನುಹುಳದ, ಜಿಲ್ಯಾಟಿನ್, ತುಪ್ಪ, ಎಣ್ಣೆ, ರಕ್ತ, ಮೂಳೆ, ಕೊಬ್ಬು ... [Kannada]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ನಾನು ಸಸ್ಯಾಹಾರಿ ನಾನು</b> ಸಸ್ಯಾಹಾರ ಮಾತ್ರ ದಯವಿಟ್ಟು! <b>ಯಾವುದೇ ಮಾಂಸ</b> ಯಾವುದೇ ಜಾತಿಯ ಸಸ್ತನಿಗಳು, ಹಕ್ಕಿ, ಮೀನು, ಸಮುದ್ರಾಹಾರ, ಕೀಟ, ಸಾಸ್, ಸಾರು ... <b>ಯಾವುದೇ ಮೊಟ್ಟೆ</b> ಹಳದಿ ಲೋಳೆಯನ್ನು, ಆಲ್ಬುಮೆನ್, ಬಿಳಿಯರು ... <b>ಡೈರಿ</b> ಹಾಲಿನ ಕೆನೆ, ಚೀಸ್, ಮೊಸರು, ಹಾಲೊಡಕು, ಕ್ಯಾಸೀಯ್ಸ್ ಎಂಬುದು, ಲ್ಯಾಕ್ಟೋಸ್ ... <b>ಯಾವುದೇ ಪ್ರಾಣಿ ಉತ್ಪನ್ನಗಳು</b> ಯಾವುದೇ ಜೀನುಹುಳದ, ಜಿಲ್ಯಾಟಿನ್, ತುಪ್ಪ, ಎಣ್ಣೆ, ರಕ್ತ, ಮೂಳೆ, ಕೊಬ್ಬು ... [Kannada]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ನಾನು ಸಸ್ಯಾಹಾರಿ ನಾನು</b> ಸಸ್ಯಾಹಾರ ಮಾತ್ರ ದಯವಿಟ್ಟು! <b>ಯಾವುದೇ ಮಾಂಸ</b> ಯಾವುದೇ ಜಾತಿಯ ಸಸ್ತನಿಗಳು, ಹಕ್ಕಿ, ಮೀನು, ಸಮುದ್ರಾಹಾರ, ಕೀಟ, ಸಾಸ್, ಸಾರು ... <b>ಯಾವುದೇ ಮೊಟ್ಟೆ</b> ಹಳದಿ ಲೋಳೆಯನ್ನು, ಆಲ್ಬುಮೆನ್, ಬಿಳಿಯರು ... <b>ಡೈರಿ</b> ಹಾಲಿನ ಕೆನೆ, ಚೀಸ್, ಮೊಸರು, ಹಾಲೊಡಕು, ಕ್ಯಾಸೀಯ್ಸ್ ಎಂಬುದು, ಲ್ಯಾಕ್ಟೋಸ್ ... <b>ಯಾವುದೇ ಪ್ರಾಣಿ ಉತ್ಪನ್ನಗಳು</b> ಯಾವುದೇ ಜೀನುಹುಳದ, ಜಿಲ್ಯಾಟಿನ್, ತುಪ್ಪ, ಎಣ್ಣೆ, ರಕ್ತ, ಮೂಳೆ, ಕೊಬ್ಬು ... [Kannada]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ನಾನು ಸಸ್ಯಾಹಾರಿ ನಾನು</b> ಸಸ್ಯಾಹಾರ ಮಾತ್ರ ದಯವಿಟ್ಟು! <b>ಯಾವುದೇ ಮಾಂಸ</b> ಯಾವುದೇ ಜಾತಿಯ ಸಸ್ತನಿಗಳು, ಹಕ್ಕಿ, ಮೀನು, ಸಮುದ್ರಾಹಾರ, ಕೀಟ, ಸಾಸ್, ಸಾರು ... <b>ಯಾವುದೇ ಮೊಟ್ಟೆ</b> ಹಳದಿ ಲೋಳೆಯನ್ನು, ಆಲ್ಬುಮೆನ್, ಬಿಳಿಯರು ... <b>ಡೈರಿ</b> ಹಾಲಿನ ಕೆನೆ, ಚೀಸ್, ಮೊಸರು, ಹಾಲೊಡಕು, ಕ್ಯಾಸೀಯ್ಸ್ ಎಂಬುದು, ಲ್ಯಾಕ್ಟೋಸ್ ... <b>ಯಾವುದೇ ಪ್ರಾಣಿ ಉತ್ಪನ್ನಗಳು</b> ಯಾವುದೇ ಜೀನುಹುಳದ, ಜಿಲ್ಯಾಟಿನ್, ತುಪ್ಪ, ಎಣ್ಣೆ, ರಕ್ತ, ಮೂಳೆ, ಕೊಬ್ಬು ... [Kannada]</p>

# Kazakh

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Мен Вегетариандық сенімдімін

тек зауыт азық-түлік өтінеміз!

### жоқ ет

жоқ сүтқоректілер, құстар, балық, теңіз өнімдері, жәндіктер, тұздық, сорпа ...

### жоқ жұмыртқа

жоқ саруызы, Альбумин, белоктардан ...

### жоқ сүт

сүт, кілегей, ірімшік, йогурт, құрғақ сүт сарысуы, казеин, лактоза жоқ ...

жоқ жануарлардан алынатын өнімдер

бал, желатин, сало, мұнай, қан, сүйек, май жоқ ...

[Kazakh]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Мен Вегетариандық сенімдімін

тек зауыт азық-түлік өтінеміз!

### жоқ ет

жоқ сүтқоректілер, құстар, балық, теңіз өнімдері, жәндіктер, тұздық, сорпа ...

### жоқ жұмыртқа

жоқ саруызы, Альбумин, белоктардан ...

### жоқ сүт

сүт, кілегей, ірімшік, йогурт, құрғақ сүт сарысуы, казеин, лактоза жоқ ...

жоқ жануарлардан алынатын өнімдер

бал, желатин, сало, мұнай, қан, сүйек, май жоқ ...

[Kazakh]

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Мен Вегетариандық сенімдімін

тек зауыт азық-түлік өтінеміз!

### жоқ ет

жоқ сүтқоректілер, құстар, балық, теңіз өнімдері, жәндіктер, тұздық, сорпа ...

### жоқ жұмыртқа

жоқ саруызы, Альбумин, белоктардан ...

### жоқ сүт

сүт, кілегей, ірімшік, йогурт, құрғақ сүт сарысуы, казеин, лактоза жоқ ...

жоқ жануарлардан алынатын өнімдер

бал, желатин, сало, мұнай, қан, сүйек, май жоқ ...

[Kazakh]

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[English]

## Мен Вегетариандық сенімдімін

тек зауыт азық-түлік өтінеміз!

### жоқ ет

жоқ сүтқоректілер, құстар, балық, теңіз өнімдері, жәндіктер, тұздық, сорпа ...

### жоқ жұмыртқа

жоқ саруызы, Альбумин, белоктардан ...

### жоқ сүт

сүт, кілегей, ірімшік, йогурт, құрғақ сүт сарысуы, казеин, лактоза жоқ ...

жоқ жануарлардан алынатын өнімдер

бал, желатин, сало, мұнай, қан, сүйек, май жоқ ...

[Kazakh]

# Khmer

This is the Google Translate version. See "Cambodian" for a native speaker's handwritten translation.

<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ខ្ញុំជាបន្លែសុទ្ធ</b>                  អាហាររុក្ខជាតិតែមួយគត់ដែលបានគាប់ចិត្ត!  <b>គ្មានសាច់</b>                  គ្មាននីកសត្វបក្សី, ត្រី, អាហារសមុទ្រ, សត្វល្អិត, ទឹកជ្រលក់,                  ទំពាំងបាយជូរ ...  <b>ស៊ុតនោះទេ</b>                  គ្មានហ albumen ស ...  <b>ទឹកដោះគោគ្មាន</b>                  មិនមានទឹកដោះគោ, cream, ឈើសទឹកដោះគោជូរ whey,                  casein, ជាតិ lactose ...  <b>គ្មានផលិតផលសត្វ</b>                  គ្មានការទឹកឃ្នុំ, gelatin, ខាញ់ប្រេងឈាម, ឆ្អឹងជាតិខ្លាញ់ ... ,                  [Khmer]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ខ្ញុំជាបន្លែសុទ្ធ</b>                  អាហាររុក្ខជាតិតែមួយគត់ដែលបានគាប់ចិត្ត!  <b>គ្មានសាច់</b>                  គ្មាននីកសត្វបក្សី, ត្រី, អាហារសមុទ្រ, សត្វល្អិត, ទឹកជ្រលក់,                  ទំពាំងបាយជូរ ...  <b>ស៊ុតនោះទេ</b>                  គ្មានហ albumen ស ...  <b>ទឹកដោះគោគ្មាន</b>                  មិនមានទឹកដោះគោ, cream, ឈើសទឹកដោះគោជូរ whey,                  casein, ជាតិ lactose ...  <b>គ្មានផលិតផលសត្វ</b>                  គ្មានការទឹកឃ្នុំ, gelatin, ខាញ់ប្រេងឈាម, ឆ្អឹងជាតិខ្លាញ់ ... ,                  [Khmer]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ខ្ញុំជាបន្លែសុទ្ធ</b>                  អាហាររុក្ខជាតិតែមួយគត់ដែលបានគាប់ចិត្ត!  <b>គ្មានសាច់</b>                  គ្មាននីកសត្វបក្សី, ត្រី, អាហារសមុទ្រ, សត្វល្អិត, ទឹកជ្រលក់,                  ទំពាំងបាយជូរ ...  <b>ស៊ុតនោះទេ</b>                  គ្មានហ albumen ស ...  <b>ទឹកដោះគោគ្មាន</b>                  មិនមានទឹកដោះគោ, cream, ឈើសទឹកដោះគោជូរ whey,                  casein, ជាតិ lactose ...  <b>គ្មានផលិតផលសត្វ</b>                  គ្មានការទឹកឃ្នុំ, gelatin, ខាញ់ប្រេងឈាម, ឆ្អឹងជាតិខ្លាញ់ ... ,                  [Khmer]</p>
<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ខ្ញុំជាបន្លែសុទ្ធ</b>                  អាហាររុក្ខជាតិតែមួយគត់ដែលបានគាប់ចិត្ត!  <b>គ្មានសាច់</b>                  គ្មាននីកសត្វបក្សី, ត្រី, អាហារសមុទ្រ, សត្វល្អិត, ទឹកជ្រលក់,                  ទំពាំងបាយជូរ ...  <b>ស៊ុតនោះទេ</b>                  គ្មានហ albumen ស ...  <b>ទឹកដោះគោគ្មាន</b>                  មិនមានទឹកដោះគោ, cream, ឈើសទឹកដោះគោជូរ whey,                  casein, ជាតិ lactose ...  <b>គ្មានផលិតផលសត្វ</b>                  គ្មានការទឹកឃ្នុំ, gelatin, ខាញ់ប្រេងឈាម, ឆ្អឹងជាតិខ្លាញ់ ... ,                  [Khmer]</p>

# Kinyarwanda~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## NKORESHA IMBOGA GUSA

Nibikomoka kumboga gusa!

### Nta nyama ndetse nibizikomokaho

Nta nyamaswa z'inyamabere, inyoni, amafi, ibiryo byo mu nyanja, udukoko, isosi, umufa ...

### Nta magi, yaba ay'inkoko cyangwa ibindi

Nta umuhondo, albumen, abazungu ...

### Nta mata nibiyakomokaho

Nta mata, cream, foromaje, yogurt, whey, casein, lactose ...

### Nta bikomoka kumatungo, nk'inyama nibindi

Nta buki, gelatine, lard, amavuta, amaraso, amagufa, ibinure ...

[Kinyarwanda]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

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No milk, cream, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## NKORESHA IMBOGA GUSA

Nibikomoka kumboga gusa!

### Nta nyama ndetse nibizikomokaho

Nta nyamaswa z'inyamabere, inyoni, amafi, ibiryo byo mu nyanja, udukoko, isosi, umufa ...

### Nta magi, yaba ay'inkoko cyangwa ibindi

Nta umuhondo, albumen, abazungu ...

### Nta mata nibiyakomokaho

Nta mata, cream, foromaje, yogurt, whey, casein, lactose ...

### Nta bikomoka kumatungo, nk'inyama nibindi

Nta buki, gelatine, lard, amavuta, amaraso, amagufa, ibinure ...

[Kinyarwanda]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## NKORESHA IMBOGA GUSA

Nibikomoka kumboga gusa!

### Nta nyama ndetse nibizikomokaho

Nta nyamaswa z'inyamabere, inyoni, amafi, ibiryo byo mu nyanja, udukoko, isosi, umufa ...

### Nta magi, yaba ay'inkoko cyangwa ibindi

Nta umuhondo, albumen, abazungu ...

### Nta mata nibiyakomokaho

Nta mata, cream, foromaje, yogurt, whey, casein, lactose ...

### Nta bikomoka kumatungo, nk'inyama nibindi

Nta buki, gelatine, lard, amavuta, amaraso, amagufa, ibinure ...

[Kinyarwanda]

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[English]

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Nta buki, gelatine, lard, amavuta, amaraso, amagufa, ibinure ...

[Kinyarwanda]

# Korean~

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>저는 비건 이에요</b> 식물성 식품만 먹을 수 있습니다 <b>고기 못 먹습니다</b> 포유류, 조류(닭 등.), 생선, 해산물, 곤충, 벌치, 육수 등 못 먹습니다 <b>계란 못 먹습니다</b> 계란 노른자, 흰자 못 먹습니다 <b>유제품 못 먹습니다</b> 우유, 크림, 치즈, 요구르트, 유청, 카세인, 유당 못 먹습니다 <b>동물성 제품 못 먹습니다</b> 비계, 돈지방, 꿀, 젤라틴, 혈, 꿀, 꿀수 못 먹습니다 [Korean]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>저는 비건 이에요</b> 식물성 식품만 먹을 수 있습니다 <b>고기 못 먹습니다</b> 포유류, 조류(닭 등.), 생선, 해산물, 곤충, 벌치, 육수 등 못 먹습니다 <b>계란 못 먹습니다</b> 계란 노른자, 흰자 못 먹습니다 <b>유제품 못 먹습니다</b> 우유, 크림, 치즈, 요구르트, 유청, 카세인, 유당 못 먹습니다 <b>동물성 제품 못 먹습니다</b> 비계, 돈지방, 꿀, 젤라틴, 혈, 꿀, 꿀수 못 먹습니다 [Korean]</p>
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# Kurdish (Kurmanji)

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EZ VEGAN IM

Xwarinên plant tenê xweş!

### TU GOŞT

No mammal, bird, masî, behrî, kêzikan, sauce, bila şorbekî ...

### NO EGG

No yolk, albumen, spîyan ...

### TU ŞÎR

Tu şîr, cream, penêr, mast, whey, casein, bê şekira ...

### NO BERHEMÊN JI HEYWANAN

No hingiv, gelatin, dohn, rûn, xwîn, hestî, fat ...

[Kurdish (Kurmanji)]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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No hingiv, gelatin, dohn, rûn, xwîn, hestî, fat ...

[Kurdish (Kurmanji)]



# Kyrgyz

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No mammal, bird, fish, seafood, insect, sauce, broth...

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No milk, cream, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Мен жатат"

өсүмдүк азык-түлүк гана жакканды!

### жок эт

эч кандай сүт эмүүчү, канаттуу, балык, деңиз тамагы, курт-кумурска, соус, сорпосу менен ...

### жок жумуртка

жок жумуртканын сарысы, күмүш, ак ...

### эч кандай сүт

эч кандай сүт, каймак, быштак, айран, сару, казеиндин, лактоза ...

### жок жаныбарлардан алынган азыктарды

жок бал, желатин май, май, кан, сөөк, май ...

[Kyrgyz]

## I AM VEGAN

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[English]

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[Kyrgyz]

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[English]

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[English]

## Мен жатат"

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### жок эт

эч кандай сүт эмүүчү, канаттуу, балык, деңиз тамагы, курт-кумурска, соус, сорпосу менен ...

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жок бал, желатин май, май, кан, сөөк, май ...

[Kyrgyz]

# Lao~

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<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ຂ້ອຍກິນເຈ</b>                  ຂ້ອຍກິນອາຫານຈາກພືດເທົ່ານັ້ນ!  <b>ບໍ່ກິນສັດທຸກຊະນິດ</b>                  ບໍ່ກິນ ສັດປີກ ສັດປີກ ສັດນ່າ ແມງໄມ້ ນ່າ ຕົ້ມກະດູກ ນ່າ ປາ ນ່າ                  ມັນຫອຍ  <b>ບໍ່ກິນໄຂ່</b>                  ບໍ່ກິນ ໄຂ່ຂາວ ໄຂ່ແດງ  <b>ບໍ່ກິນຜະລິດຕະພັນນົມທຸກຊະນິດ</b>                  ບໍ່ກິນ ນົມ ເນືອ ເປີ ອົມ ໂຍເກີດ ເຄຊິນ ແລັກໂຕສ  <b>ບໍ່ກິນຜະລິດຕະພັນສັດທຸກຊະນິດ</b>                  ບໍ່ກິນ ນ່າ ເຜັງ ຂະນໍ ເຈລາຕິນ ເລືອດ ກະດູກ ໄຂມັນສັດ                  [Lao]</p>
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# Latin

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EGO VEGAN

Donec venenatis pretium nisi!

### CARNEM NON

Animal nulla, et volucrum, piscium seafood, insecto diam, jus ...

### NON OVUM

Nulla whites, albumen, vitellus ...

### NULLA DAIRY

Non lac, caseus, yogurt, sero, casein, lactose ...

### NULLUM ANIMAL NISI

No mel, gelatina, lardum, oleum, sanguis, rhoncus, pingues ...

[Latin]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

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[English]

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[Latin]

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[Latin]

# Latvian~

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## ES ESMU VEGĀNS

Tikai augu valsts produktus, lūdzu!

### BEZ GAĻAS

Bez zīdītājiem, putniem, zivīm, jūras velvē, kukaiņiem, mērci, buljonu

### BEZ OLĀM

Bez olas baltuma, olas dzeltenuma ...

### BEZ PIENA

Bez piena, siera, jogurta, sūkalām, kazeīna, laktozes ...

### BEZ DŽĪVNIĒKU IZCELSMES PRODUKTIEM

Bez medus, želatīna, cūku taukiem, eļļas, asins, kauliem, taukiem...

[Latvian]

## I AM VEGAN

Plant foods only please!

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[English]

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[Latvian]

# Lithuanian~

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### NO DAIRY

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## AŠ ESU VEGANAS(-Ė)

Valgau tik augalinės kilmės produktus

### NEVALGAU MĖSOS

Jokios mėsos, paukštienos, žuvies, jūros gėrybių, vabzdžių, sultinių...

### NEVALGAU KIAUŠINIŲ

Nei baltymų, nei trynių...

### NEVALGAU PIENO PRODUKTŲ

Jokio pieno, sūrio, grietinės, jogurto, kazeino, laktozės...

### NEVALGAU GYVULINĖS KILMĖS PRODUKTŲ

Jokio medaus, želatinos, kiaulės taukų, kraujo, kaulų, riebalų...

[Lithuanian]

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Plant foods only please!

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No mammal, bird, fish, seafood, insect, sauce, broth...

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[English]

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[Lithuanian]

# Luxembourgish~

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## ECH SINN VEGAN

Nëmmen planzlech Liewensmëttel w.e.g.!

### KEE FLEESCH

Keen/keng Mamendéier, Villchen, Fësch, Mieresfruucht, Insekt, Flesch/Fëschzooss, Fësch/Hingerbritt...

### KENG EEËR

Keen Eegiel, Eewäiss...

### KENG MËLLECHPRODUITEN

Keng Mëllech, Ram, Kéis, Jughurt, Molke, Kasein, Laktos...

### KENG DÉIERERPRODUITEN

Keen/keng Hunneg, Gelatine, Schmalz, Ueleg, Blut, Schanken, Fett

[Luxembourgish]

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[English]

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[English]

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Nëmmen planzlech Liewensmëttel w.e.g.!

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[Luxembourgish]



# Macedonian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JAC СУМ ВЕГАН

Растителната храна само ве молам!

### НЕ МЕСО

Не цицачи, птици, риба, морски плодови, инсекти, сос, супа

### НЕ ЈАЈЦЕ

Не белците, albumen, жолчка ...

### НЕ МЛЕЧНИ

Не млеко, сирење, јогурт, сурутка, казеин, лактоза ...

### НЕ ПРОИЗВОДИ ОД ЖИВОТИНСКО ПОТЕКЛО

Не мед, желатин, маст, масло, крв, коски, масти ...

[Macedonian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

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Не мед, желатин, маст, масло, крв, коски, масти ...

[Macedonian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JAC СУМ ВЕГАН

Растителната храна само ве молам!

### НЕ МЕСО

Не цицачи, птици, риба, морски плодови, инсекти, сос, супа

### НЕ ЈАЈЦЕ

Не белците, albumen, жолчка ...

### НЕ МЛЕЧНИ

Не млеко, сирење, јогурт, сурутка, казеин, лактоза ...

### НЕ ПРОИЗВОДИ ОД ЖИВОТИНСКО ПОТЕКЛО

Не мед, желатин, маст, масло, крв, коски, масти ...

[Macedonian]

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Не мед, желатин, маст, масло, крв, коски, масти ...

[Macedonian]

# Malagasy

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## IZAHO NO VEGAN

Zavamaniry sakafo ihany no mampifaly!

### TSY MISY HENA

Tsy misy biby mampinono, vorona, trondro, hazan-dranomasina, bibikely, saosy, ron-kena ...

### TSY MISY ATODY

Tsy yolk, albumen, fotsy hoditra ...

### TSY MISY RONONO

Tsy misy ronono, fanosotra, fromazy, yaorta, whey, casein, lactose ...

### TSY MISY BIBY VOKATRA

Tsy misy tantely, gelatin, lard, menaka, ra, taolana, matavy...

[Malagasy]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Malagasy]

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Malagasy]

# Malay~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SAYA VEGAN

Tolong beri makanan tumbuhan sahaja!

### TANPA DAGING

Tanpa mamalia, burung, ikan, makanan laut, serangga, sos, sup

### TANPA TELUR

Tanpa putih telur, albumen, kuning telur ...

### TANPA TENUSU

Tanpa susu, keju, yogurt, whey, kasein, laktosa ...

### TANPA PRODUK HAIWAN

Tanpa madu, gelatin, lemak, minyak, darah, tulang, lemak ...

[Malay]

## I AM VEGAN

Plant foods only please!

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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### TANPA DAGING

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### TANPA PRODUK HAIWAN

Tanpa madu, gelatin, lemak, minyak, darah, tulang, lemak ...

[Malay]

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[English]

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[Malay]

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[Malay]

# Malayalam

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<p><b>I AM VEGAN</b>                  Plant foods only please!  <b>NO MEAT</b>                  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>                  No yolk, albumen, whites...  <b>NO DAIRY</b>                  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>                  No honey, gelatin, lard, oil, blood, bone, fat...                  [English]</p>	<p><b>ഞാൻ പരിവമായി ആകുന്നു</b>                  മാത്രം പ്ലാന്റ് ഭക്ഷണങ്ങൾ ദയവായി!  <b>മാംസം</b>                  യാതൊരു സസ്തനി, പക്ഷി, മത്സ്യം, സീഫുഡ്,                  പ്രാണികളുടെ, സോസ്, ചാറു ...  <b>യാതൊരു മുട്ട</b>                  യാതൊരു മഞ്ഞക്കരു, ആൽബുമിൻ, വെള്ള ...  <b>യാതൊരു ക്ഷീര</b>                  പാൽ, ക്രീം, ചീസ്, തൈർ, whey, casein, ലാക്ടോസ് ഇല്ല  <b>മൃഗ ഉൽപ്പന്നങ്ങൾ</b>                  തേൻ, ജെലാറ്റിൻ, പന്നിക്കൊഴുപ്പ്, എണ്ണ, രക്തം,                  അസ്ഥി, കൊഴുപ്പ് ഇല്ല ...                  [Malayalam]</p>
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# Maltese

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JIENA VEGAN

Ikel tal-pjanti biss jekk jogħġbok!

### EBDA LAĦAM

Ebda mammiferi, għasafar, ħut, frott tal-baħar,  
insetti zalza, brodu ...

### EBDA BAJD

Ebda abjad, albumina, isfar ...

### EBDA TAL-ĦALIB

Ebda ħalib, ġobon, jogurt, xorrox, kaseina, lattosju ...

### EBDA PRODOTTI TAL-ANNIMALI

Ebda għasel, ġelatina, xaħam, żejt, demm, għadam, xaħam ...

[Maltese]

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No whites, albumen, yolk...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Maltese]

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[English]

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[Maltese]

# Maori~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG / DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## KO AHAU VEGAN

Kai whakato anake pai!

### KAHORE KAI

Kahore kararehe, manu, ika, kaimoana,  
ngārara, te ranu, hupa ...

### KAHORE HUA MANU / MIRAKA

Kahore waiu, kirīmi, te tīhi, miraka pē,  
waikuruwhatu, casein, reihuka ...

### KAHORE HUA KARAREHE

Kahore honi, gelatin, hinu poaka, te hinu, toto, wheua, ngako ...

[Maori]

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG / DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

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[English]

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[Maori]



# Marathi

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>मी प्राण्यापासून तयार झालेले काहीही <b>am</b> वनस्पती अन्न केवळ करा! नाही मांस नाही सस्तन प्राणी, पक्षी, मासे, सीफुड, किटक, सांस, मटनाचा रस्सा ... नाही अंडे नाही पंचा, अंड्यातील पांढरा बलक, अंड्यातील पिवळ बलक ... नाही दुग्धशाळा नाही दूध, चीज, दही, दह्यातील पाणी (विरजणातील दह्याची निवळी), दुधातील सत्वमय, दुग्धशर्करा ... नाही पशु उत्पादन मध नाही, सरस, स्वयंपाकात वापरण्याची डुकराची चरबी, तेल, रक्त, अस्थी, चरबी ... [मराठी]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>मी प्राण्यापासून तयार झालेले काहीही <b>am</b> वनस्पती अन्न केवळ करा! नाही मांस नाही सस्तन प्राणी, पक्षी, मासे, सीफुड, किटक, सांस, मटनाचा रस्सा ... नाही अंडे नाही पंचा, अंड्यातील पांढरा बलक, अंड्यातील पिवळ बलक ... नाही दुग्धशाळा नाही दूध, चीज, दही, दह्यातील पाणी (विरजणातील दह्याची निवळी), दुधातील सत्वमय, दुग्धशर्करा ... नाही पशु उत्पादन मध नाही, सरस, स्वयंपाकात वापरण्याची डुकराची चरबी, तेल, रक्त, अस्थी, चरबी ... [मराठी]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>मी प्राण्यापासून तयार झालेले काहीही <b>am</b> वनस्पती अन्न केवळ करा! नाही मांस नाही सस्तन प्राणी, पक्षी, मासे, सीफुड, किटक, सांस, मटनाचा रस्सा ... नाही अंडे नाही पंचा, अंड्यातील पांढरा बलक, अंड्यातील पिवळ बलक ... नाही दुग्धशाळा नाही दूध, चीज, दही, दह्यातील पाणी (विरजणातील दह्याची निवळी), दुधातील सत्वमय, दुग्धशर्करा ... नाही पशु उत्पादन मध नाही, सरस, स्वयंपाकात वापरण्याची डुकराची चरबी, तेल, रक्त, अस्थी, चरबी ... [मराठी]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>मी प्राण्यापासून तयार झालेले काहीही <b>am</b> वनस्पती अन्न केवळ करा! नाही मांस नाही सस्तन प्राणी, पक्षी, मासे, सीफुड, किटक, सांस, मटनाचा रस्सा ... नाही अंडे नाही पंचा, अंड्यातील पांढरा बलक, अंड्यातील पिवळ बलक ... नाही दुग्धशाळा नाही दूध, चीज, दही, दह्यातील पाणी (विरजणातील दह्याची निवळी), दुधातील सत्वमय, दुग्धशर्करा ... नाही पशु उत्पादन मध नाही, सरस, स्वयंपाकात वापरण्याची डुकराची चरबी, तेल, रक्त, अस्थी, चरबी ... [मराठी]</p>

# Mongolian\*

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## БИ ВЕГАН ХООЛТОН

Зөвхөн ургамлан хоол хүсье!

### МАХ ОРОХГҮЙ

Сүүн тэжээлт амьтад, шувуу, загас, далайн амьтад, шавьж, аливаа амьтны гаралтай соус, шөл... орохгүй

### ӨНДӨГ ОРОХГҮЙ

Өндөгний цагаан, уураг, шар... орохгүй

### ЦАГААН ИДЭЭ ОРОХГҮЙ

Сүү, тараг, шар ус, сүүний сахар, казейн... орохгүй

### АМЬТНЫ ГАРАЛТАЙ БҮТЭЭГДЭХҮҮНҮҮД ОРОХГҮЙ

Зөгийн бал, амьтны цэлцгий, тос, цус, яс, өөх тос зэрэг орохгүй

[Mongolian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## БИ ВЕГАН ХООЛТОН

Зөвхөн ургамлан хоол хүсье!

### МАХ ОРОХГҮЙ

Сүүн тэжээлт амьтад, шувуу, загас, далайн амьтад, шавьж, аливаа амьтны гаралтай соус, шөл... орохгүй

### ӨНДӨГ ОРОХГҮЙ

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### ЦАГААН ИДЭЭ ОРОХГҮЙ

Сүү, тараг, шар ус, сүүний сахар, казейн... орохгүй

### АМЬТНЫ ГАРАЛТАЙ БҮТЭЭГДЭХҮҮНҮҮД ОРОХГҮЙ

Зөгийн бал, амьтны цэлцгий, тос, цус, яс, өөх тос зэрэг орохгүй

[Mongolian]

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## БИ ВЕГАН ХООЛТОН

Зөвхөн ургамлан хоол хүсье!

### МАХ ОРОХГҮЙ

Сүүн тэжээлт амьтад, шувуу, загас, далайн амьтад, шавьж, аливаа амьтны гаралтай соус, шөл... орохгүй

### ӨНДӨГ ОРОХГҮЙ

Өндөгний цагаан, уураг, шар... орохгүй

### ЦАГААН ИДЭЭ ОРОХГҮЙ

Сүү, тараг, шар ус, сүүний сахар, казейн... орохгүй

### АМЬТНЫ ГАРАЛТАЙ БҮТЭЭГДЭХҮҮНҮҮД ОРОХГҮЙ

Зөгийн бал, амьтны цэлцгий, тос, цус, яс, өөх тос зэрэг орохгүй

[Mongolian]

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## БИ ВЕГАН ХООЛТОН

Зөвхөн ургамлан хоол хүсье!

### МАХ ОРОХГҮЙ

Сүүн тэжээлт амьтад, шувуу, загас, далайн амьтад, шавьж, аливаа амьтны гаралтай соус, шөл... орохгүй

### ӨНДӨГ ОРОХГҮЙ

Өндөгний цагаан, уураг, шар... орохгүй

### ЦАГААН ИДЭЭ ОРОХГҮЙ

Сүү, тараг, шар ус, сүүний сахар, казейн... орохгүй

### АМЬТНЫ ГАРАЛТАЙ БҮТЭЭГДЭХҮҮНҮҮД ОРОХГҮЙ

Зөгийн бал, амьтны цэлцгий, тос, цус, яс, өөх тос зэрэг орохгүй

[Mongolian]

# Myanmar (Burmese)

This is the Google Translate version. See "Burmese" for a native speaker's handwritten version.

<p><b>I AM VEGAN</b>  Plant foods only please!  <b>NO MEAT</b>  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>  No yolk, albumen, whites...  <b>NO DAIRY</b>  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>  No honey, gelatin, lard, oil, blood, bone, fat...  <b>[English]</b></p>	<p><b>ငါသက်သတ်လွတ်ဖြစ်ကြောင်းကို</b>  သာစက်ရုံအစားအစာများကိုကျေးဇူးပြုပြီး!  <b>အဘယ်သူမျှမစားသောအစာ</b>  အဘယ်သူမျှမနှိတ်ကိသတ္တဝါ၊ ငှက်၊ ငါး၊ ပင်လယ်စာ၊  အင်းဆက်ပိုးမွှား၊ ငါးပြာရည်၊ ဟင်းရည် ...  <b>အဘယ်သူမျှမကြက်ဥ</b>  အဘယ်သူမျှမနှစ်၊ albumen, လှူဖြူ ...  <b>အဘယ်သူမျှမနို့ထွက်ပစ္စည်း</b>  နို့၊ မုန့်၊ ဒိန်ခဲ၊ ဒိန်ချဉ်၊ whey, casein, Lactose ကိုအဘယ်သူမျှမ ...  <b>အဘယ်သူမျှမတိရိစ္ဆာန်ထွက်ပစ္စည်းများ</b>  ပျားရည်၊ gelatin, ဝက်ဆီ၊ ရေနံ၊ သွေး၊ အရိုး၊ အဆီမပါ ...  <b>[Myanmar-Burmese]</b></p>
<p><b>I AM VEGAN</b>  Plant foods only please!  <b>NO MEAT</b>  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>  No yolk, albumen, whites...  <b>NO DAIRY</b>  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>  No honey, gelatin, lard, oil, blood, bone, fat...  <b>[English]</b></p>	<p><b>ငါသက်သတ်လွတ်ဖြစ်ကြောင်းကို</b>  သာစက်ရုံအစားအစာများကိုကျေးဇူးပြုပြီး!  <b>အဘယ်သူမျှမစားသောအစာ</b>  အဘယ်သူမျှမနှိတ်ကိသတ္တဝါ၊ ငှက်၊ ငါး၊ ပင်လယ်စာ၊  အင်းဆက်ပိုးမွှား၊ ငါးပြာရည်၊ ဟင်းရည် ...  <b>အဘယ်သူမျှမကြက်ဥ</b>  အဘယ်သူမျှမနှစ်၊ albumen, လှူဖြူ ...  <b>အဘယ်သူမျှမနို့ထွက်ပစ္စည်း</b>  နို့၊ မုန့်၊ ဒိန်ခဲ၊ ဒိန်ချဉ်၊ whey, casein, Lactose ကိုအဘယ်သူမျှမ ...  <b>အဘယ်သူမျှမတိရိစ္ဆာန်ထွက်ပစ္စည်းများ</b>  ပျားရည်၊ gelatin, ဝက်ဆီ၊ ရေနံ၊ သွေး၊ အရိုး၊ အဆီမပါ ...  <b>[Myanmar-Burmese]</b></p>
<p><b>I AM VEGAN</b>  Plant foods only please!  <b>NO MEAT</b>  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>  No yolk, albumen, whites...  <b>NO DAIRY</b>  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>  No honey, gelatin, lard, oil, blood, bone, fat...  <b>[English]</b></p>	<p><b>ငါသက်သတ်လွတ်ဖြစ်ကြောင်းကို</b>  သာစက်ရုံအစားအစာများကိုကျေးဇူးပြုပြီး!  <b>အဘယ်သူမျှမစားသောအစာ</b>  အဘယ်သူမျှမနှိတ်ကိသတ္တဝါ၊ ငှက်၊ ငါး၊ ပင်လယ်စာ၊  အင်းဆက်ပိုးမွှား၊ ငါးပြာရည်၊ ဟင်းရည် ...  <b>အဘယ်သူမျှမကြက်ဥ</b>  အဘယ်သူမျှမနှစ်၊ albumen, လှူဖြူ ...  <b>အဘယ်သူမျှမနို့ထွက်ပစ္စည်း</b>  နို့၊ မုန့်၊ ဒိန်ခဲ၊ ဒိန်ချဉ်၊ whey, casein, Lactose ကိုအဘယ်သူမျှမ ...  <b>အဘယ်သူမျှမတိရိစ္ဆာန်ထွက်ပစ္စည်းများ</b>  ပျားရည်၊ gelatin, ဝက်ဆီ၊ ရေနံ၊ သွေး၊ အရိုး၊ အဆီမပါ ...  <b>[Myanmar-Burmese]</b></p>
<p><b>I AM VEGAN</b>  Plant foods only please!  <b>NO MEAT</b>  No mammal, bird, fish, seafood, insect, sauce, broth...  <b>NO EGG</b>  No yolk, albumen, whites...  <b>NO DAIRY</b>  No milk, cream, cheese, yogurt, whey, casein, lactose...  <b>NO ANIMAL PRODUCTS</b>  No honey, gelatin, lard, oil, blood, bone, fat...  <b>[English]</b></p>	<p><b>ငါသက်သတ်လွတ်ဖြစ်ကြောင်းကို</b>  သာစက်ရုံအစားအစာများကိုကျေးဇူးပြုပြီး!  <b>အဘယ်သူမျှမစားသောအစာ</b>  အဘယ်သူမျှမနှိတ်ကိသတ္တဝါ၊ ငှက်၊ ငါး၊ ပင်လယ်စာ၊  အင်းဆက်ပိုးမွှား၊ ငါးပြာရည်၊ ဟင်းရည် ...  <b>အဘယ်သူမျှမကြက်ဥ</b>  အဘယ်သူမျှမနှစ်၊ albumen, လှူဖြူ ...  <b>အဘယ်သူမျှမနို့ထွက်ပစ္စည်း</b>  နို့၊ မုန့်၊ ဒိန်ခဲ၊ ဒိန်ချဉ်၊ whey, casein, Lactose ကိုအဘယ်သူမျှမ ...  <b>အဘယ်သူမျှမတိရိစ္ဆာန်ထွက်ပစ္စည်းများ</b>  ပျားရည်၊ gelatin, ဝက်ဆီ၊ ရေနံ၊ သွေး၊ အရိုး၊ အဆီမပါ ...  <b>[Myanmar-Burmese]</b></p>

# Nepali

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>म शाकाहारी हुँ</b> कारखाना खाद्य पदार्थ मात्र खुसी! <b>कुनै मासु</b> कुनै स्तनपायीले, बर्ड, माछा, समुद्री भोजन, कीरा, सस, शोरबा <b>कुनै अन्डा</b> कुनै yolk, श्वेतक, सफेद ... <b>कुनै डेयरी</b> कुनै दूध, क्रीम, पनीर, दही, छाँछ, छेना, lactose ... <b>कुनै जनावर उत्पादनहरु</b> कुनै मह, gelatin, सुँगुरको बोसो, तेल, रगत, हड्डी, बोसो ... [Nepali]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>म शाकाहारी हुँ</b> कारखाना खाद्य पदार्थ मात्र खुसी! <b>कुनै मासु</b> कुनै स्तनपायीले, बर्ड, माछा, समुद्री भोजन, कीरा, सस, शोरबा <b>कुनै अन्डा</b> कुनै yolk, श्वेतक, सफेद ... <b>कुनै डेयरी</b> कुनै दूध, क्रीम, पनीर, दही, छाँछ, छेना, lactose ... <b>कुनै जनावर उत्पादनहरु</b> कुनै मह, gelatin, सुँगुरको बोसो, तेल, रगत, हड्डी, बोसो ... [Nepali]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>म शाकाहारी हुँ</b> कारखाना खाद्य पदार्थ मात्र खुसी! <b>कुनै मासु</b> कुनै स्तनपायीले, बर्ड, माछा, समुद्री भोजन, कीरा, सस, शोरबा <b>कुनै अन्डा</b> कुनै yolk, श्वेतक, सफेद ... <b>कुनै डेयरी</b> कुनै दूध, क्रीम, पनीर, दही, छाँछ, छेना, lactose ... <b>कुनै जनावर उत्पादनहरु</b> कुनै मह, gelatin, सुँगुरको बोसो, तेल, रगत, हड्डी, बोसो ... [Nepali]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>म शाकाहारी हुँ</b> कारखाना खाद्य पदार्थ मात्र खुसी! <b>कुनै मासु</b> कुनै स्तनपायीले, बर्ड, माछा, समुद्री भोजन, कीरा, सस, शोरबा <b>कुनै अन्डा</b> कुनै yolk, श्वेतक, सफेद ... <b>कुनै डेयरी</b> कुनै दूध, क्रीम, पनीर, दही, छाँछ, छेना, lactose ... <b>कुनै जनावर उत्पादनहरु</b> कुनै मह, gelatin, सुँगुरको बोसो, तेल, रगत, हड्डी, बोसो ... [Nepali]</p>

# Norwegian~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JEG ER VEGANER

Vær så snill, bare plantebasert mat.

### IKKE KJØTT

Ikke pattedyr, fugl, fisk, sjømat, insekter, saus, kjøttbuljong...

### IKKE EGG

Ikke eggehvite, albumin, eggeplomme...

### INGEN MEIERIPRODUKTER

Ikke melk, ost, yoghurt, myse, kasein, laktose, rømme, skyr, kesam, majones...

### INGEN ANIMALSKE PRODUKTER

Ikke honning, gelatin, smult, blod, bein, animalsk fett...

[Norwegian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JEG ER VEGANER

Vær så snill, bare plantebasert mat.

### IKKE KJØTT

Ikke pattedyr, fugl, fisk, sjømat, insekter, saus, kjøttbuljong...

### IKKE EGG

Ikke eggehvite, albumin, eggeplomme...

### INGEN MEIERIPRODUKTER

Ikke melk, ost, yoghurt, myse, kasein, laktose, rømme, skyr, kesam, majones...

### INGEN ANIMALSKE PRODUKTER

Ikke honning, gelatin, smult, blod, bein, animalsk fett...

[Norwegian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JEG ER VEGANER

Vær så snill, bare plantebasert mat.

### IKKE KJØTT

Ikke pattedyr, fugl, fisk, sjømat, insekter, saus, kjøttbuljong...

### IKKE EGG

Ikke eggehvite, albumin, eggeplomme...

### INGEN MEIERIPRODUKTER

Ikke melk, ost, yoghurt, myse, kasein, laktose, rømme, skyr, kesam, majones...

### INGEN ANIMALSKE PRODUKTER

Ikke honning, gelatin, smult, blod, bein, animalsk fett...

[Norwegian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JEG ER VEGANER

Vær så snill, bare plantebasert mat.

### IKKE KJØTT

Ikke pattedyr, fugl, fisk, sjømat, insekter, saus, kjøttbuljong...

### IKKE EGG

Ikke eggehvite, albumin, eggeplomme...

### INGEN MEIERIPRODUKTER

Ikke melk, ost, yoghurt, myse, kasein, laktose, rømme, skyr, kesam, majones...

### INGEN ANIMALSKE PRODUKTER

Ikke honning, gelatin, smult, blod, bein, animalsk fett...

[Norwegian]

# Pashto

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>زه خوړني يم د نبات د غذايي توکو يوازې د خوشحالولو لپاره نه غوښنه broth، نه تی، مرغی، کبان، خواره، د حشراتو، ترکیبی نه هگی نه د هگی زیر، البومین، پوتکو د لبنیاتو د نه لکتی whey، casein، نه د شیدو، آیسکریم، پنیر، مستی نه د څارویو محصولات غوري، د وینې، د هډوکو، وازگه، gelatin، lard، نه د شاتو [Pashto]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>زه خوړني يم د نبات د غذايي توکو يوازې د خوشحالولو لپاره نه غوښنه broth، نه تی، مرغی، کبان، خواره، د حشراتو، ترکیبی نه هگی نه د هگی زیر، البومین، پوتکو د لبنیاتو د نه لکتی whey، casein، نه د شیدو، آیسکریم، پنیر، مستی نه د څارویو محصولات غوري، د وینې، د هډوکو، وازگه، gelatin، lard، نه د شاتو [Pashto]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>زه خوړني يم د نبات د غذايي توکو يوازې د خوشحالولو لپاره نه غوښنه broth، نه تی، مرغی، کبان، خواره، د حشراتو، ترکیبی نه هگی نه د هگی زیر، البومین، پوتکو د لبنیاتو د نه لکتی whey، casein، نه د شیدو، آیسکریم، پنیر، مستی نه د څارویو محصولات غوري، د وینې، د هډوکو، وازگه، gelatin، lard، نه د شاتو [Pashto]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>زه خوړني يم د نبات د غذايي توکو يوازې د خوشحالولو لپاره نه غوښنه broth، نه تی، مرغی، کبان، خواره، د حشراتو، ترکیبی نه هگی نه د هگی زیر، البومین، پوتکو د لبنیاتو د نه لکتی whey، casein، نه د شیدو، آیسکریم، پنیر، مستی نه د څارویو محصولات غوري، د وینې، د هډوکو، وازگه، gelatin، lard، نه د شاتو [Pashto]</p>



# Persian

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>من وگان هستم</b> !غذاهای گیاهی تنها لطفا <b>بدون گوشت</b> ... هیچ پستاندار، پرنده، ماهی، غذاهای دریایی، حشرات، سس، سوپ <b>بدون تخم مرغ</b> ... هیچ سفید پوستان، آلبومین، زرده <b>هیچ لبنی</b> ... بدون شیر، پنیر، ماست، کشک، کازنین، لاکتوز <b>محصولات حیوانی</b> ... هیچ عسل، ژلاتین، گوشت خوک، روغن، خون، استخوان، چربی [Persian]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>من وگان هستم</b> !غذاهای گیاهی تنها لطفا <b>بدون گوشت</b> ... هیچ پستاندار، پرنده، ماهی، غذاهای دریایی، حشرات، سس، سوپ <b>بدون تخم مرغ</b> ... هیچ سفید پوستان، آلبومین، زرده <b>هیچ لبنی</b> ... بدون شیر، پنیر، ماست، کشک، کازنین، لاکتوز <b>محصولات حیوانی</b> ... هیچ عسل، ژلاتین، گوشت خوک، روغن، خون، استخوان، چربی [Persian]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>من وگان هستم</b> !غذاهای گیاهی تنها لطفا <b>بدون گوشت</b> ... هیچ پستاندار، پرنده، ماهی، غذاهای دریایی، حشرات، سس، سوپ <b>بدون تخم مرغ</b> ... هیچ سفید پوستان، آلبومین، زرده <b>هیچ لبنی</b> ... بدون شیر، پنیر، ماست، کشک، کازنین، لاکتوز <b>محصولات حیوانی</b> ... هیچ عسل، ژلاتین، گوشت خوک، روغن، خون، استخوان، چربی [Persian]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>من وگان هستم</b> !غذاهای گیاهی تنها لطفا <b>بدون گوشت</b> ... هیچ پستاندار، پرنده، ماهی، غذاهای دریایی، حشرات، سس، سوپ <b>بدون تخم مرغ</b> ... هیچ سفید پوستان، آلبومین، زرده <b>هیچ لبنی</b> ... بدون شیر، پنیر، ماست، کشک، کازنین، لاکتوز <b>محصولات حیوانی</b> ... هیچ عسل، ژلاتین، گوشت خوک، روغن، خون، استخوان، چربی [Persian]</p>

# Polish~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JESTEM WEGANINEM

Tylko produkty roślinne proszę!

### BEZ MIĘSA

Żadnych ssaków, ptaków, ryb, owoców morza, owadów,  
w sosach i bulionach ...

### BEZ JAJ

Bez białka, żółtek, albuminy ...

### BEZ NABIAŁU

Bez mleka, sera, jogurtu, kazeiny, laktozy ...

### BEZ PRODUKTÓW ZWIERZĘCYCH

Bez miodu, żelatyny, smalcu, oleju, krwi, kości, tłuszczu ...

[Polish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JESTEM WEGANINEM

Tylko produkty roślinne proszę!

### BEZ MIĘSA

Żadnych ssaków, ptaków, ryb, owoców morza, owadów,  
w sosach i bulionach ...

### BEZ JAJ

Bez białka, żółtek, albuminy ...

### BEZ NABIAŁU

Bez mleka, sera, jogurtu, kazeiny, laktozy ...

### BEZ PRODUKTÓW ZWIERZĘCYCH

Bez miodu, żelatyny, smalcu, oleju, krwi, kości, tłuszczu ...

[Polish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JESTEM WEGANINEM

Tylko produkty roślinne proszę!

### BEZ MIĘSA

Żadnych ssaków, ptaków, ryb, owoców morza, owadów,  
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### BEZ JAJ

Bez białka, żółtek, albuminy ...

### BEZ NABIAŁU

Bez mleka, sera, jogurtu, kazeiny, laktozy ...

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Bez miodu, żelatyny, smalcu, oleju, krwi, kości, tłuszczu ...

[Polish]

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### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JESTEM WEGANINEM

Tylko produkty roślinne proszę!

### BEZ MIĘSA

Żadnych ssaków, ptaków, ryb, owoców morza, owadów,  
w sosach i bulionach ...

### BEZ JAJ

Bez białka, żółtek, albuminy ...

### BEZ NABIAŁU

Bez mleka, sera, jogurtu, kazeiny, laktozy ...

### BEZ PRODUKTÓW ZWIERZĘCYCH

Bez miodu, żelatyny, smalcu, oleju, krwi, kości, tłuszczu ...

[Polish]

# Portuguese~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EU SOU VEGANO / A

Alimentos de plantas somente, por favor!

### SEM CARNE

Sem mamíferos, aves, peixes, frutos do mar, insetos, molho ou caldo deles...

### SEM OVO

Sem clara, albumina, gema...

### SEM LACTICÍNIOS

Sem leite, queijo, iogurte, soro do leite, caseína, lactose...

### SEM PRODUTOS ANIMAIS

Sem mel, gelatina, banha, óleo, sangue, osso, gordura...

[Portuguese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EU SOU VEGANO / A

Alimentos de plantas somente, por favor!

### SEM CARNE

Sem mamíferos, aves, peixes, frutos do mar, insetos, molho ou caldo deles...

### SEM OVO

Sem clara, albumina, gema...

### SEM LACTICÍNIOS

Sem leite, queijo, iogurte, soro do leite, caseína, lactose...

### SEM PRODUTOS ANIMAIS

Sem mel, gelatina, banha, óleo, sangue, osso, gordura...

[Portuguese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EU SOU VEGANO / A

Alimentos de plantas somente, por favor!

### SEM CARNE

Sem mamíferos, aves, peixes, frutos do mar, insetos, molho ou caldo deles...

### SEM OVO

Sem clara, albumina, gema...

### SEM LACTICÍNIOS

Sem leite, queijo, iogurte, soro do leite, caseína, lactose...

### SEM PRODUTOS ANIMAIS

Sem mel, gelatina, banha, óleo, sangue, osso, gordura...

[Portuguese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## EU SOU VEGANO / A

Alimentos de plantas somente, por favor!

### SEM CARNE

Sem mamíferos, aves, peixes, frutos do mar, insetos, molho ou caldo deles...

### SEM OVO

Sem clara, albumina, gema...

### SEM LACTICÍNIOS

Sem leite, queijo, iogurte, soro do leite, caseína, lactose...

### SEM PRODUTOS ANIMAIS

Sem mel, gelatina, banha, óleo, sangue, osso, gordura...

[Portuguese]

# Punjabi

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ਮੈਨੂੰ vegan am</b> ਪੌਦਾ ਭੋਜਨ ਸਿਰਫ ਕਰੋ ਜੀ! <b>ਕੋਈ ਵੀ ਮੀਟ</b> ਕੋਈ ਵੀ ਥਣਧਾਰੀ, ਪੰਛੀ, ਮੱਛੀ, ਸਮੁੰਦਰੀ, ਕੀੜੇ, ਸਾਸ, ਬਰੋਥ ... <b>ਕੋਈ ਵੀ ਅੰਡੇ</b> ਕੋਈ ਵੀ ਯੋਕ, albumen, ਰੋਰਿਆ ... <b>ਕੋਈ ਵੀ ਡੇਅਰੀ</b> ਕੋਈ ਵੀ ਦੁੱਧ, ਕਰੀਮ, ਪਨੀਰ, ਦਹ, ਵੇ, ਕੈਸੀਨ, ਲੈਕਟੋਜ਼ ... <b>ਕੋਈ ਵੀ ਜਾਨਵਰ ਉਤਪਾਦ</b> ਕੋਈ ਵੀ ਸ਼ਹਿਦ, ਜੈਲੇਟਿਨ, ਸੂਰ, ਤੇਲ, ਖੂਨ, ਹੱਡੀ, ਚਰਬੀ ... [Punjabi]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ਮੈਨੂੰ vegan am</b> ਪੌਦਾ ਭੋਜਨ ਸਿਰਫ ਕਰੋ ਜੀ! <b>ਕੋਈ ਵੀ ਮੀਟ</b> ਕੋਈ ਵੀ ਥਣਧਾਰੀ, ਪੰਛੀ, ਮੱਛੀ, ਸਮੁੰਦਰੀ, ਕੀੜੇ, ਸਾਸ, ਬਰੋਥ ... <b>ਕੋਈ ਵੀ ਅੰਡੇ</b> ਕੋਈ ਵੀ ਯੋਕ, albumen, ਰੋਰਿਆ ... <b>ਕੋਈ ਵੀ ਡੇਅਰੀ</b> ਕੋਈ ਵੀ ਦੁੱਧ, ਕਰੀਮ, ਪਨੀਰ, ਦਹ, ਵੇ, ਕੈਸੀਨ, ਲੈਕਟੋਜ਼ ... <b>ਕੋਈ ਵੀ ਜਾਨਵਰ ਉਤਪਾਦ</b> ਕੋਈ ਵੀ ਸ਼ਹਿਦ, ਜੈਲੇਟਿਨ, ਸੂਰ, ਤੇਲ, ਖੂਨ, ਹੱਡੀ, ਚਰਬੀ ... [Punjabi]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ਮੈਨੂੰ vegan am</b> ਪੌਦਾ ਭੋਜਨ ਸਿਰਫ ਕਰੋ ਜੀ! <b>ਕੋਈ ਵੀ ਮੀਟ</b> ਕੋਈ ਵੀ ਥਣਧਾਰੀ, ਪੰਛੀ, ਮੱਛੀ, ਸਮੁੰਦਰੀ, ਕੀੜੇ, ਸਾਸ, ਬਰੋਥ ... <b>ਕੋਈ ਵੀ ਅੰਡੇ</b> ਕੋਈ ਵੀ ਯੋਕ, albumen, ਰੋਰਿਆ ... <b>ਕੋਈ ਵੀ ਡੇਅਰੀ</b> ਕੋਈ ਵੀ ਦੁੱਧ, ਕਰੀਮ, ਪਨੀਰ, ਦਹ, ਵੇ, ਕੈਸੀਨ, ਲੈਕਟੋਜ਼ ... <b>ਕੋਈ ਵੀ ਜਾਨਵਰ ਉਤਪਾਦ</b> ਕੋਈ ਵੀ ਸ਼ਹਿਦ, ਜੈਲੇਟਿਨ, ਸੂਰ, ਤੇਲ, ਖੂਨ, ਹੱਡੀ, ਚਰਬੀ ... [Punjabi]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ਮੈਨੂੰ vegan am</b> ਪੌਦਾ ਭੋਜਨ ਸਿਰਫ ਕਰੋ ਜੀ! <b>ਕੋਈ ਵੀ ਮੀਟ</b> ਕੋਈ ਵੀ ਥਣਧਾਰੀ, ਪੰਛੀ, ਮੱਛੀ, ਸਮੁੰਦਰੀ, ਕੀੜੇ, ਸਾਸ, ਬਰੋਥ ... <b>ਕੋਈ ਵੀ ਅੰਡੇ</b> ਕੋਈ ਵੀ ਯੋਕ, albumen, ਰੋਰਿਆ ... <b>ਕੋਈ ਵੀ ਡੇਅਰੀ</b> ਕੋਈ ਵੀ ਦੁੱਧ, ਕਰੀਮ, ਪਨੀਰ, ਦਹ, ਵੇ, ਕੈਸੀਨ, ਲੈਕਟੋਜ਼ ... <b>ਕੋਈ ਵੀ ਜਾਨਵਰ ਉਤਪਾਦ</b> ਕੋਈ ਵੀ ਸ਼ਹਿਦ, ਜੈਲੇਟਿਨ, ਸੂਰ, ਤੇਲ, ਖੂਨ, ਹੱਡੀ, ਚਰਬੀ ... [Punjabi]</p>

# Romanian~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SUNT VEGAN

Doar mancare de post va rog!

### FARA CARNE

Nici un mamifer, pasare, peste, fructe de mare, insecte, sosuri, supa de carne...

### FARA OUA

Fara albus sau galbenus de ou, albumina...

### FARA LACTATE

Fara lapte, branza, cascaval, iaurt, zer, cazeina, lactoza...

### FARA PRODUSE DE ORIGINE ANIMALA

Fara miere, gelatina, untura, ulei, sange, oase, grasime...

[Romanian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Doar mancare de post va rog!

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Nici un mamifer, pasare, peste, fructe de mare, insecte, sosuri, supa de carne...

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[Romanian]

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[English]

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[Romanian]

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[English]

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[Romanian]

# Russian~

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Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Я СТРОГИЙ ВЕГЕТАРИАНЕЦ

Пожалуйста, только пищу растительного происхождения!

### БЕЗ МЯСА

млекопитающих, птиц, рыбы, морепродуктов, насекомых, соуса и бульона из них ...

### БЕЗ ЯИЦ

желтка, белка ...

### БЕЗ МОЛОЧНЫХ ПРОДУКТОВ

молока, сыра, йогурта, творога, кефира, сыворотки, казеина, лактозы...

### БЕЗ ПРОДУКТОВ ЖИВОТНОГО ПРОИСХОЖДЕНИЯ

меда, желатина, сала, масла, крови, костей, жира ...

[Russian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

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[English]

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желтка, белка ...

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[Russian]

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[English]

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Пожалуйста, только пищу растительного происхождения!

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млекопитающих, птиц, рыбы, морепродуктов, насекомых, соуса и бульона из них ...

### БЕЗ ЯИЦ

желтка, белка ...

### БЕЗ МОЛОЧНЫХ ПРОДУКТОВ

молока, сыра, йогурта, творога, кефира, сыворотки, казеина, лактозы...

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меда, желатина, сала, масла, крови, костей, жира ...

[Russian]

# Samoan

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## OU TE VEGAN

Meaai laau na faafiafia!

### LEAI SE MEA E '

Leai se mamele, manu, i'a, figota, iniseti, sosi, broth ...

### LEAI SE FUAMOA

Leai se lega, albumen, whites ...

### LEAI SE SUSU

Leai se susu, kulimi, sisi, iokutu, whey, casein, lactose ...

### LEAI SE OLOA MANU

Leai se meli, gelatin, ga'o, suauu, o le toto, o le ivi, ga'o ...

[Samoan]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Samoan]

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[English]

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[Samoan]

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[English]

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Leai se meli, gelatin, ga'o, suauu, o le toto, o le ivi, ga'o ...

[Samoan]

# Scots Gaelic

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Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## THA MI VEGAN

Lus biadh ach ann am Beurla!

### CHAN EIL FEÒIL

Chan eil mamal, eun, iasg, biadh-mara, insect, sabhs, brot ...

### CHAN EIL UGH

Chan eil yolk, albumen, daoine geala ...

### CHAN EIL BAINNE

Chan eil bainne, uachdar, càise, Yogurt, meug airson a bhìdh, casein, lactose ...

### CHAN EIL BEATHACH BATHAR

Chan eil mil, gelatin, lard, ola, fuil, cnàimh, reamhar ...

[Scots Gaelic]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## THA MI VEGAN

Lus biadh ach ann am Beurla!

### CHAN EIL FEÒIL

Chan eil mamal, eun, iasg, biadh-mara, insect, sabhs, brot ...

### CHAN EIL UGH

Chan eil yolk, albumen, daoine geala ...

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[Scots Gaelic]

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[English]

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[Scots Gaelic]

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[English]

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[Scots Gaelic]

# Serbian

## I AM VEGAN

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### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JA SAM BEGAN

Биљна храна само молим те!

### БЕЗ МЕСА

Нема сисара, птица, риба, плодови мора, инсеката, сос, супа

### БЕЗ ЈАЈА

Нема белаца, беланчевине, жуманце ...

### НЕМА МЛЕЧНИХ ПРОИЗВОДА

Без млека, сир, јогурт, сурутка, казеин, лактоза ...

### БЕЗ ПРОИЗВОДА ЖИВОТИЊСКОГ ПОРЕКЛА

Нема меда, желатин, маст, уље, крв, кости, маст ...

[Serbian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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### БЕЗ ЈАЈА

Нема белаца, беланчевине, жуманце ...

### НЕМА МЛЕЧНИХ ПРОИЗВОДА

Без млека, сир, јогурт, сурутка, казеин, лактоза ...

### БЕЗ ПРОИЗВОДА ЖИВОТИЊСКОГ ПОРЕКЛА

Нема меда, желатин, маст, уље, крв, кости, маст ...

[Serbian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JA SAM BEGAN

Биљна храна само молим те!

### БЕЗ МЕСА

Нема сисара, птица, риба, плодови мора, инсеката, сос, супа

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Нема белаца, беланчевине, жуманце ...

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[Serbian]

# Sesotho

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### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## KE 'NA VEGAN

Semela lijo tse feela khahlisa!

### HA HO NAMA

Ha ho phoofolo e anyesang, nonyana, tlhapi, lijo tse tsoang leatleng, likokoanyana, spaghetti, moro ...

### HA HO LEHE

Ha ho yolk, albumen, makhoora ...

### HA HO LEBESE

Ha ho lebese, tranelate, chisi, ka yogurt, whey, casein, lactose ...

### LIPHOFOLO TSONA LI SA DIHLAHISWA TSA

Ha ho mahe a linotši, gelatin lard, oli, mali, lesapo, mafura a ...

[Sesotho]

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[Sesotho]

# Shona

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### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## NDINI KUECHE

Chirimwa zvokudya chete kufadza!

### HAKUNA NYAMA

Kwete mhuka, shiri, hove, hove, kambuyu, mumuto, muto ...

### HAPANA ZAI

Hapana mondo, albumen, nevachena ...

### HAPANA DHERI

Hapana mukaka, ruomba, chizi, yogati, whey, casein, lactose ...

### HAPANA MHUKA ZVINOZADZIRWA

Hapana uchi, gelatin, mafuta, mafuta, ropa, mapfupa, mafuta ...

[Shona]

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Shona]

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[Shona]

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No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## NDINI KUECHE

Chirimwa zvokudya chete kufadza!

### HAKUNA NYAMA

Kwete mhuka, shiri, hove, hove, kambuyu, mumuto, muto ...

### HAPANA ZAI

Hapana mondo, albumen, nevachena ...

### HAPANA DHERI

Hapana mukaka, ruomba, chizi, yogati, whey, casein, lactose ...

### HAPANA MHUKA ZVINOZADZIRWA

Hapana uchi, gelatin, mafuta, mafuta, ropa, mapfupa, mafuta ...

[Shona]



# Sindhi

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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>مون کي ويگن آهيان.</b> صرف ٻوٽي هيون مهرباني ڪري ڪو گوشت broth، في پستانيه، پڪي، مچي، سامونڊي، مقطع، چٽي في آنا albumen، whites، في زردي ڪو کير whey، casein، lactose، ڪير ڪو، ڪريم، پنير، ٽونري ڪو به جانور مصنوعات تيل، رت، هڏن، وسا، gelatin، lard، ماکي ڪو [Sindhi]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>مون کي ويگن آهيان.</b> صرف ٻوٽي هيون مهرباني ڪري ڪو گوشت broth، في پستانيه، پڪي، مچي، سامونڊي، مقطع، چٽي في آنا albumen، whites، في زردي ڪو کير whey، casein، lactose، ڪير ڪو، ڪريم، پنير، ٽونري ڪو به جانور مصنوعات تيل، رت، هڏن، وسا، gelatin، lard، ماکي ڪو [Sindhi]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>مون کي ويگن آهيان.</b> صرف ٻوٽي هيون مهرباني ڪري ڪو گوشت broth، في پستانيه، پڪي، مچي، سامونڊي، مقطع، چٽي في آنا albumen، whites، في زردي ڪو کير whey، casein، lactose، ڪير ڪو، ڪريم، پنير، ٽونري ڪو به جانور مصنوعات تيل، رت، هڏن، وسا، gelatin، lard، ماکي ڪو [Sindhi]</p>

# Sinhala

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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>මම මස් / මළු වලින් හදපු කිසිම ද්‍රව්‍යයක් කමට ගන්නේ නහැ.</b> ශකමය දේවල් වලින් හදපු ආහාර විතරයි මත් කමට ගන්නේ. <b>කිසිම මසක් ආහාරයට ගන්නේ නහැ.</b> කිසිදු ක්ෂීරපායී, කුරුළු, මළු, මුහුදු ආහාර, කෘමි, සෙස්, හෙඳි ද්‍රව්‍යන් එපා <b>බිත්තර එපා</b> බිත්තර කහමදය, සුදු මදය කිසිම දෙයක් දමන්න එපා <b>කිරි අන්තර්ගත කිසිම ද්‍රව්‍යක් එපා</b> කිරි, ක්ෂීම්, චීස්, සයෙහිච්, සච්, casein, ලක්ෂසටෙස් අන්තර්ගත කිසිම ද්‍රව්‍යක් එපා <b>කිසිම සත්ව නිශ්පදනයක් එපා</b> මී පණ, සපලටින්, උගරු තෙල්, ලේ, ඇට මිදුලු සහ කිසිම සත්වමය මේද අන්තර්ගත ආහාරයක් එපා [Sinhala]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>මම මස් / මළු වලින් හදපු කිසිම ද්‍රව්‍යයක් කමට ගන්නේ නහැ.</b> ශකමය දේවල් වලින් හදපු ආහාර විතරයි මත් කමට ගන්නේ. <b>කිසිම මසක් ආහාරයට ගන්නේ නහැ.</b> කිසිදු ක්ෂීරපායී, කුරුළු, මළු, මුහුදු ආහාර, කෘමි, සෙස්, හෙඳි ද්‍රව්‍යන් එපා <b>බිත්තර එපා</b> බිත්තර කහමදය, සුදු මදය කිසිම දෙයක් දමන්න එපා <b>කිරි අන්තර්ගත කිසිම ද්‍රව්‍යක් එපා</b> කිරි, ක්ෂීම්, චීස්, සයෙහිච්, සච්, casein, ලක්ෂසටෙස් අන්තර්ගත කිසිම ද්‍රව්‍යක් එපා <b>කිසිම සත්ව නිශ්පදනයක් එපා</b> මී පණ, සපලටින්, උගරු තෙල්, ලේ, ඇට මිදුලු සහ කිසිම සත්වමය මේද අන්තර්ගත ආහාරයක් එපා [Sinhala]</p>

# Slovak~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## SOM VEGÁN

Iba rastlinné potraviny, prosím!

### ŽIADNE MÄSO

Žiadne cicavce, vtáky, ryby, morské plody, hmyz, omáčky, vývar

### ŽIADNE VAJCIA

Žiadny bielok ani žltok...

### ŽIADNE MLIEKO A MLIEČNE VÝROBKY

Žiadne mlieko, syr, jogurt, srvátka, kaseín, laktóza...

### ŽIADNE ŽIVOČÍŠNE PRODUKTY

Žiadny med, želatína, masť, olej, krv, kosti, tuk...

[Slovak]

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[English]

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[English]

## SOM VEGÁN

Iba rastlinné potraviny, prosím!

### ŽIADNE MÄSO

Žiadne cicavce, vtáky, ryby, morské plody, hmyz, omáčky, vývar

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[Slovak]

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[English]

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[Slovak]

# Slovenian~

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JAZ SEM VEGAN

Samo hrano rastlinskega izvora, prosim!

### BREZ MESA

Brez sesalcev, ptic, rib, morskih sadežev, žuželk, omake, juhe ...

### BREZ JAJC

Brez jajčnega beljaka, rumenjaka ...

### BREZ MLEKA IN MLEČNIH IZDELKOV

Brez mleka, sira, jogurta, sirotke, kazeina, laktoze ...

### BREZ ŽIVALSKIH PROIZVODOV

Brez medu, želatine, svinjske masti, olja, krvi, kosti, maščobe ...

[Slovenian]

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[English]

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[Slovenian]

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[English]

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[Slovenian]

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[English]

## JAZ SEM VEGAN

Samo hrano rastlinskega izvora, prosim!

### BREZ MESA

Brez sesalcev, ptic, rib, morskih sadežev, žuželk, omake, juhe ...

### BREZ JAJC

Brez jajčnega beljaka, rumenjaka ...

### BREZ MLEKA IN MLEČNIH IZDELKOV

Brez mleka, sira, jogurta, sirotke, kazeina, laktoze ...

### BREZ ŽIVALSKIH PROIZVODOV

Brez medu, želatine, svinjske masti, olja, krvi, kosti, maščobe ...

[Slovenian]

# Somali

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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ANIGU WAXAAN AHAY VEGAN</b> Cuntooyinka warshadda kaliya raalli! <b>HILIB MA</b> Ma naasleey, shimbir, kalluun, cuntada badda, cayayaanka, maraqa, maraq ... <b>UKUN LAHAYN</b> Yellow-lahayn, albumen, caddaanka ... <b>CAANAHA LAHAYN</b> Ma caanaha, labeenta, farmaajo, garoor, myse, casein, lactose <b>MA SOO SAARKA XOOLAHA</b> Ma malab, gelatin, subag, saliid, dhiig, lafaha, baruurta ... [Somali]</p>
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# Spanish~

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### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## YO SOY VEGANO / A

¡Sólo alimentos de origen vegetal por favor!

### SIN CARNE

Sin mamíferos, aves, pescados, mariscos, insectos, salsa, caldo

### SIN HUEVO

Sin clara de huevo, albúmina, yema de huevo ...

### SIN LÁCTEOS

Sin leche, queso, yogur, suero de leche, caseína, lactosa ...

### SIN PRODUCTOS DE ORIGEN ANIMAL

Sin miel, gelatina, manteca, aceite, sangre, hueso, grasa ...

[Spanish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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[Spanish]

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Sin mamíferos, aves, pescados, mariscos, insectos, salsa, caldo

### SIN HUEVO

Sin clara de huevo, albúmina, yema de huevo ...

### SIN LÁCTEOS

Sin leche, queso, yogur, suero de leche, caseína, lactosa ...

### SIN PRODUCTOS DE ORIGEN ANIMAL

Sin miel, gelatina, manteca, aceite, sangre, hueso, grasa ...

[Spanish]



# Sundanese

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>KAMI VEGAN</b> Pangan tutuwuhan ngan mangga! <b>NO DAGING</b> No mamalia, manuk, lauk, kadaharan ti laut, serangga, asin, kaldu ... <b>NO ENDOG</b> No konéng, albumen, bule ... <b>NO SUSU</b> No susu, cream, kiju, yogurt, whey, casein, laktosa ... <b>NO PRODUK SATO</b> No madu, gelatin, gajih babi, minyak, getih, tulang, lemak ... [Sundanese]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>KAMI VEGAN</b> Pangan tutuwuhan ngan mangga! <b>NO DAGING</b> No mamalia, manuk, lauk, kadaharan ti laut, serangga, asin, kaldu ... <b>NO ENDOG</b> No konéng, albumen, bule ... <b>NO SUSU</b> No susu, cream, kiju, yogurt, whey, casein, laktosa ... <b>NO PRODUK SATO</b> No madu, gelatin, gajih babi, minyak, getih, tulang, lemak ... [Sundanese]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>KAMI VEGAN</b> Pangan tutuwuhan ngan mangga! <b>NO DAGING</b> No mamalia, manuk, lauk, kadaharan ti laut, serangga, asin, kaldu ... <b>NO ENDOG</b> No konéng, albumen, bule ... <b>NO SUSU</b> No susu, cream, kiju, yogurt, whey, casein, laktosa ... <b>NO PRODUK SATO</b> No madu, gelatin, gajih babi, minyak, getih, tulang, lemak ... [Sundanese]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>KAMI VEGAN</b> Pangan tutuwuhan ngan mangga! <b>NO DAGING</b> No mamalia, manuk, lauk, kadaharan ti laut, serangga, asin, kaldu ... <b>NO ENDOG</b> No konéng, albumen, bule ... <b>NO SUSU</b> No susu, cream, kiju, yogurt, whey, casein, laktosa ... <b>NO PRODUK SATO</b> No madu, gelatin, gajih babi, minyak, getih, tulang, lemak ... [Sundanese]</p>

# Swahili~

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Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MIMI NI VEGAN

Vyakula vya Mimea tafadhali!

### HAKUNA NYAMA

Hakuna mamalia, Ndege, samaki, wadudu, vyakula vya kusindikwa, mchuzi....

### HAKUNA YAI

Hakuna ute, uwambo, kiini...

### HAKUNA MAZIWA

Hakuna maziwa, jibini, mtindi, samli...

### HAKUNA MAZAO YA WANYAMA

Hakuna asali, gelatin, mafuta ya nguruwe, damu, mifupa, mafuta...

[Kiswahili]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Hakuna maziwa, jibini, mtindi, samli...

### HAKUNA MAZAO YA WANYAMA

Hakuna asali, gelatin, mafuta ya nguruwe, damu, mifupa, mafuta...

[Kiswahili]

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[English]

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[Kiswahili]

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Hakuna maziwa, jibini, mtindi, samli...

### HAKUNA MAZAO YA WANYAMA

Hakuna asali, gelatin, mafuta ya nguruwe, damu, mifupa, mafuta...

[Kiswahili]

# Swedish~

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No mammal, bird, fish, seafood, insect, sauce, broth...

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No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## JAG ÄR VEGAN

Endast mat från växter, tack!

### INGET KÖTT

Inga däggdjur, fåglar, fisk eller annan havsmat, insekter, såser, buljong...

### INGET ÄGG

Ingen äggvita eller äggula...

### INGA MJÖLKPRODUKTER

Ingen mjölk, ost, yogurt, vassle, kasein, laktos...

### INGA PRODUKTER FRÅN DJUR

Ingen honung, gelatin, ister, olja, blod, ben, fett...

[Swedish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

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[English]

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[Swedish]

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[English]

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[Swedish]

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Ingen äggvita eller äggula...

### INGA MJÖLKPRODUKTER

Ingen mjölk, ost, yogurt, vassle, kasein, laktos...

### INGA PRODUKTER FRÅN DJUR

Ingen honung, gelatin, ister, olja, blod, ben, fett...

[Swedish]

# Tajik

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MAH VEGAN ҲАСТАМ

Маҳсулоти растанӣ танҳо писанд!

### НЕСТ ГҶШТ

Нест ҳайвоноти ширхор, парранда, моҳӣ, маҳсулоти баҳрӣ, ҳашароти, чошнии, шӯрбои ...

### НЕСТ ТУХМ

Нест зардии, albumen, сафедпӯстон ...

### НЕСТ ШИРӢ

Нест шир, яхмос, панир, йогурт, зардоби, casein, лактоза ...

### НЕСТ МАҲСУЛОТИ ЧОРВО

Нест асал, желатини, чарбуи, нафт, хун, устухон, равғани ...

[Tajik]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

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No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Нест ҳайвоноти ширхор, парранда, моҳӣ, маҳсулоти баҳрӣ, ҳашароти, чошнии, шӯрбои ...

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[Tajik]

# Tamil

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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>நான் சைவ உணவு பழக்கம் இருக்கிறேன்</b> தாவர உணவுகள் மட்டுமே வேண்டாம்; <b>எந்த இறைச்சி</b> எந்த பாலூட்டி, பறவை, மீன், மீன் உணவு, பூச்சி, சாஸ், குழம்பு ... <b>எந்த முட்டை</b> எந்த மஞ்சள் கரு, ஆல்புமினில், வெள்ளையர் ... <b>எந்த பால்</b> எந்த பால், கிரீம், சீஸ், தயிர், மோர், கேசீன், லாக்டோஸ் <b>எந்த விலங்கு பொருட்கள்</b> எந்த தேன், ஜெலட்டின், பன்றி கொழுப்பு, எண்ணெய், இரத்தம், எலும்பு, கொழுப்பு ... [Tamil]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>நான் சைவ உணவு பழக்கம் இருக்கிறேன்</b> தாவர உணவுகள் மட்டுமே வேண்டாம்; <b>எந்த இறைச்சி</b> எந்த பாலூட்டி, பறவை, மீன், மீன் உணவு, பூச்சி, சாஸ், குழம்பு ... <b>எந்த முட்டை</b> எந்த மஞ்சள் கரு, ஆல்புமினில், வெள்ளையர் ... <b>எந்த பால்</b> எந்த பால், கிரீம், சீஸ், தயிர், மோர், கேசீன், லாக்டோஸ் <b>எந்த விலங்கு பொருட்கள்</b> எந்த தேன், ஜெலட்டின், பன்றி கொழுப்பு, எண்ணெய், இரத்தம், எலும்பு, கொழுப்பு ... [Tamil]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>நான் சைவ உணவு பழக்கம் இருக்கிறேன்</b> தாவர உணவுகள் மட்டுமே வேண்டாம்; <b>எந்த இறைச்சி</b> எந்த பாலூட்டி, பறவை, மீன், மீன் உணவு, பூச்சி, சாஸ், குழம்பு ... <b>எந்த முட்டை</b> எந்த மஞ்சள் கரு, ஆல்புமினில், வெள்ளையர் ... <b>எந்த பால்</b> எந்த பால், கிரீம், சீஸ், தயிர், மோர், கேசீன், லாக்டோஸ் <b>எந்த விலங்கு பொருட்கள்</b> எந்த தேன், ஜெலட்டின், பன்றி கொழுப்பு, எண்ணெய், இரத்தம், எலும்பு, கொழுப்பு ... [Tamil]</p>

# Telugu

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>నేను శాకాహారి am</b> మొక్క ఆహారాలు మాత్రమే దయచేసి! <b>ఏ మాంసం</b> ఏ క్షీరదం, పక్షి, చేప, నీపుడ్, క్రిమి, సాస్, ఉడకబెట్టిన పులుసు <b>ఏ గుడ్డు</b> ఏ పచ్చసొన, తెల్లసొన, శ్వేతజాతీయులు ... <b>ఏ పాడి</b> ఏ పాలు, క్రీమ్, జున్ను, పెరుగు, పాలవిరుగుడు, కెసిన్, లాక్టోజ్ <b>ఏ జంతు ఉత్పత్తులు</b> ఏ తేనె, జెలటిన్, పందికొవ్వు, చమురు, రక్తం, ఎముక, కొవ్వు ... [Telugu]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>నేను శాకాహారి am</b> మొక్క ఆహారాలు మాత్రమే దయచేసి! <b>ఏ మాంసం</b> ఏ క్షీరదం, పక్షి, చేప, నీపుడ్, క్రిమి, సాస్, ఉడకబెట్టిన పులుసు <b>ఏ గుడ్డు</b> ఏ పచ్చసొన, తెల్లసొన, శ్వేతజాతీయులు ... <b>ఏ పాడి</b> ఏ పాలు, క్రీమ్, జున్ను, పెరుగు, పాలవిరుగుడు, కెసిన్, లాక్టోజ్ <b>ఏ జంతు ఉత్పత్తులు</b> ఏ తేనె, జెలటిన్, పందికొవ్వు, చమురు, రక్తం, ఎముక, కొవ్వు ... [Telugu]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>నేను శాకాహారి am</b> మొక్క ఆహారాలు మాత్రమే దయచేసి! <b>ఏ మాంసం</b> ఏ క్షీరదం, పక్షి, చేప, నీపుడ్, క్రిమి, సాస్, ఉడకబెట్టిన పులుసు <b>ఏ గుడ్డు</b> ఏ పచ్చసొన, తెల్లసొన, శ్వేతజాతీయులు ... <b>ఏ పాడి</b> ఏ పాలు, క్రీమ్, జున్ను, పెరుగు, పాలవిరుగుడు, కెసిన్, లాక్టోజ్ <b>ఏ జంతు ఉత్పత్తులు</b> ఏ తేనె, జెలటిన్, పందికొవ్వు, చమురు, రక్తం, ఎముక, కొవ్వు ... [Telugu]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>నేను శాకాహారి am</b> మొక్క ఆహారాలు మాత్రమే దయచేసి! <b>ఏ మాంసం</b> ఏ క్షీరదం, పక్షి, చేప, నీపుడ్, క్రిమి, సాస్, ఉడకబెట్టిన పులుసు <b>ఏ గుడ్డు</b> ఏ పచ్చసొన, తెల్లసొన, శ్వేతజాతీయులు ... <b>ఏ పాడి</b> ఏ పాలు, క్రీమ్, జున్ను, పెరుగు, పాలవిరుగుడు, కెసిన్, లాక్టోజ్ <b>ఏ జంతు ఉత్పత్తులు</b> ఏ తేనె, జెలటిన్, పందికొవ్వు, చమురు, రక్తం, ఎముక, కొవ్వు ... [Telugu]</p>



# Thai

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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ผมกินเจครับ / ฉันกินเจค่ะ</b> ฉันกินอาหารจากพืชเท่านั้นครับ/ค่ะ <b>ไม่กินเนื้อสัตว์</b> ไม่กินสัตว์เลี้ยงลูกด้วยนม สัตว์ปีก ปลา อาหารทะเล แมลง น้ำปลา ซอสหอยนางรม น้ำต้มกระดูก <b>ไม่กินไข่</b> ไม่กินไข่ขาว ไข่แดง <b>ไม่กินผลิตภัณฑ์จากนม</b> ไม่กินนม ชีส โยเกิร์ต เวยโปรตีน เคซีน แลคโตส <b>ไม่กินผลิตภัณฑ์จากสัตว์</b> ไม่กินน้ำผึ้ง เจลาติน ไขมันหมู น้ำมันหมู เลือด กระดูก ไขมันสัตว์ [Thai]</p>
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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>ผมกินเจครับ / ฉันกินเจค่ะ</b> ฉันกินอาหารจากพืชเท่านั้นครับ/ค่ะ <b>ไม่กินเนื้อสัตว์</b> ไม่กินสัตว์เลี้ยงลูกด้วยนม สัตว์ปีก ปลา อาหารทะเล แมลง น้ำปลา ซอสหอยนางรม น้ำต้มกระดูก <b>ไม่กินไข่</b> ไม่กินไข่ขาว ไข่แดง <b>ไม่กินผลิตภัณฑ์จากนม</b> ไม่กินนม ชีส โยเกิร์ต เวยโปรตีน เคซีน แลคโตส <b>ไม่กินผลิตภัณฑ์จากสัตว์</b> ไม่กินน้ำผึ้ง เจลาติน ไขมันหมู น้ำมันหมู เลือด กระดูก ไขมันสัตว์ [Thai]</p>

# Turkish~

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## BEN VEGANIM

Lütfen sadece bitkisel besin!

### ET YOK

Memeli hayvan, kuş, balık, deniz ürünleri, böcek, et ve tavuk suyu/sosu yok...

### YUMURTA YOK

Beyazı/aki ve yumurta sarısı yok...

### SÜT YOK

Süt, peynir, yoğurt, peynir altı suyu, kazein, laktoz, süt tozu yok...

### HIÇBİR HAYVANSAL ÜRÜN YOK

Bal, jelatin, domuz yağı, tereyağı, kan, kemik yok...

[Turkish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## BEN VEGANIM

Lütfen sadece bitkisel besin!

### ET YOK

Memeli hayvan, kuş, balık, deniz ürünleri, böcek, et ve tavuk suyu/sosu yok...

### YUMURTA YOK

Beyazı/aki ve yumurta sarısı yok...

### SÜT YOK

Süt, peynir, yoğurt, peynir altı suyu, kazein, laktoz, süt tozu yok...

### HIÇBİR HAYVANSAL ÜRÜN YOK

Bal, jelatin, domuz yağı, tereyağı, kan, kemik yok...

[Turkish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## BEN VEGANIM

Lütfen sadece bitkisel besin!

### ET YOK

Memeli hayvan, kuş, balık, deniz ürünleri, böcek, et ve tavuk suyu/sosu yok...

### YUMURTA YOK

Beyazı/aki ve yumurta sarısı yok...

### SÜT YOK

Süt, peynir, yoğurt, peynir altı suyu, kazein, laktoz, süt tozu yok...

### HIÇBİR HAYVANSAL ÜRÜN YOK

Bal, jelatin, domuz yağı, tereyağı, kan, kemik yok...

[Turkish]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## BEN VEGANIM

Lütfen sadece bitkisel besin!

### ET YOK

Memeli hayvan, kuş, balık, deniz ürünleri, böcek, et ve tavuk suyu/sosu yok...

### YUMURTA YOK

Beyazı/aki ve yumurta sarısı yok...

### SÜT YOK

Süt, peynir, yoğurt, peynir altı suyu, kazein, laktoz, süt tozu yok...

### HIÇBİR HAYVANSAL ÜRÜN YOK

Bal, jelatin, domuz yağı, tereyağı, kan, kemik yok...

[Turkish]

# Ukrainian

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Я СТРОГИЙ ВЕГЕТАРИАНЕЦЬ

Рослинної їжі тільки, будь ласка!

### НЕМАЄ М'ЯСА

Немає ссавців, птахів, риба, морепродукти,  
комахи, соус, бульйон ...

### НЕ ЯЙЦЕ

Не білки, білок, жовток ...

### НЕМАЄ МОЛОЧНИХ

Не молоко, сир, йогурт, сироватка, казеїн, лактоза ...

### НЕМАЄ ПРОДУКТІВ ТВАРИННОГО ПОХОДЖЕННЯ

Не мед, желатин, сало, масло, кров, кістки, жир ...

[Ukrainian]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## Я СТРОГИЙ ВЕГЕТАРИАНЕЦЬ

Рослинної їжі тільки, будь ласка!

### НЕМАЄ М'ЯСА

Немає ссавців, птахів, риба, морепродукти,  
комахи, соус, бульйон ...

### НЕ ЯЙЦЕ

Не білки, білок, жовток ...

### НЕМАЄ МОЛОЧНИХ

Не молоко, сир, йогурт, сироватка, казеїн, лактоза ...

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[Ukrainian]

# Urdu

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>میں ویگن ہوں</b> !پودوں سے حاصل غذا صرف کریں <b>گوشت نہیں</b> کوئی سنتیابی، پرندوں، مچھلی، سمندری غذا، کیڑے، چٹتی، شوربے <b>کوئی انڈے</b> کوئی جردی، انڈے کی سفیدی، گوروں <b>کوئی دودھ</b> کوئی دودھ، کریم، پنیر، دبی، چھینے، کیسین، لیکٹوج <b>کوئی جانوروں کی مصنوعات</b> کوئی شہد، جلیٹن، سور کی چربی، تیل، خون، ہڈی، چربی [Urdu]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>میں ویگن ہوں</b> !پودوں سے حاصل غذا صرف کریں <b>گوشت نہیں</b> کوئی سنتیابی، پرندوں، مچھلی، سمندری غذا، کیڑے، چٹتی، شوربے <b>کوئی انڈے</b> کوئی جردی، انڈے کی سفیدی، گوروں <b>کوئی دودھ</b> کوئی دودھ، کریم، پنیر، دبی، چھینے، کیسین، لیکٹوج <b>کوئی جانوروں کی مصنوعات</b> کوئی شہد، جلیٹن، سور کی چربی، تیل، خون، ہڈی، چربی [Urdu]</p>
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<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No yolk, albumen, whites... <b>NO DAIRY</b> No milk, cream, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>میں ویگن ہوں</b> !پودوں سے حاصل غذا صرف کریں <b>گوشت نہیں</b> کوئی سنتیابی، پرندوں، مچھلی، سمندری غذا، کیڑے، چٹتی، شوربے <b>کوئی انڈے</b> کوئی جردی، انڈے کی سفیدی، گوروں <b>کوئی دودھ</b> کوئی دودھ، کریم، پنیر، دبی، چھینے، کیسین، لیکٹوج <b>کوئی جانوروں کی مصنوعات</b> کوئی شہد، جلیٹن، سور کی چربی، تیل، خون، ہڈی، چربی [Urdu]</p>

# Uzbek

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MEN VEGAN

O'simlik ovqatlar faqat ma'qul!

### YO'Q GO'SHT

Yo'q darrandalar, qush, baliq, dengiz mahsulotlari, hasharotlar,

SOS, bulyon ...

### YO'Q TUXUM

Yo'q sarig'i, oqsil, oq ...

### YO'Q SUT

Yo'q sut, qaymoq, pishloq, qatiq, zardob, kazein, laktoza ...

### YO'Q HAYVON MAHSULOTLARI

Yo'q asal, jelatin, cho'chqa yog'i, neft, qon, suyak, yog '...

[Uzbek]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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O'simlik ovqatlar faqat ma'qul!

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Yo'q darrandalar, qush, baliq, dengiz mahsulotlari, hasharotlar,

SOS, bulyon ...

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[Uzbek]

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No milk, cream, cheese, yogurt, whey, casein, lactose...

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[Uzbek]

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[English]

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[Uzbek]

# Vietnamese~

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Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## TÔI ĂN THUẦN CHAY

Xin vui lòng chỉ nấu món thuần chay, làm từ thực vật!

### KHÔNG CÓ THỊT

Không có thịt gia súc, gia cầm, cá, hải sản, côn trùng, nước chấm (nước mắm làm từ cá), nước dùng (nước bò hầm, thịt luộc, vvv...)

### KHÔNG CÓ TRỨNG

Không chứa lòng trắng, lòng đỏ

### KHÔNG CHỨA SẢN PHẨM BƠ SỮA

Không có bơ sữa, pho mai, sữa chua, váng sữa làm từ động vật có vú (bò, dê, vvv...)

### KHÔNG ĂN SẢN PHẨM LÀM TỪ THỊT ĐỘNG VẬT

Không có mật ong, gelatin, mỡ lợn, dầu, tiết, xương, chất béo

[Vietnamese]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

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No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Không chứa lòng trắng, lòng đỏ

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Không có bơ sữa, pho mai, sữa chua, váng sữa làm từ động vật có vú (bò, dê, vvv...)

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[English]

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### KHÔNG CÓ TRỨNG

Không chứa lòng trắng, lòng đỏ

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Không có bơ sữa, pho mai, sữa chua, váng sữa làm từ động vật có vú (bò, dê, vvv...)

### KHÔNG ĂN SẢN PHẨM LÀM TỪ THỊT ĐỘNG VẬT

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[Vietnamese]

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### KHÔNG CÓ TRỨNG

Không chứa lòng trắng, lòng đỏ

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[Vietnamese]



# Welsh

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### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## YR WYF YN FEGAN

Bwydydd planhigion yn unig os gwelwch yn dda!

### DIM CIG

Dim mamaliaid, adar, pysgod, bwyd môr, pryfed, saws, cawl ...

### DIM WY

Unrhyw gwyn, albumen, melynwy ...

### DIM LLAETH

Dim llaeth, caws, iogwrt, maidd, gasein, lactos ...

### UNRHYW GYNNYRCH ANIFEILIAID

Dim mêl, gelatin, lard, olew, gwaed, esgyrn, braster ...

[Welsh]

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No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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### DIM CIG

Dim mamaliaid, adar, pysgod, bwyd môr, pryfed, saws, cawl ...

### DIM WY

Unrhyw gwyn, albumen, melynwy ...

### DIM LLAETH

Dim llaeth, caws, iogwrt, maidd, gasein, lactos ...

### UNRHYW GYNNYRCH ANIFEILIAID

Dim mêl, gelatin, lard, olew, gwaed, esgyrn, braster ...

[Welsh]

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[English]

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Dim llaeth, caws, iogwrt, maidd, gasein, lactos ...

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Dim mêl, gelatin, lard, olew, gwaed, esgyrn, braster ...

[Welsh]

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[English]

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Bwydydd planhigion yn unig os gwelwch yn dda!

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Dim mamaliaid, adar, pysgod, bwyd môr, pryfed, saws, cawl ...

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Unrhyw gwyn, albumen, melynwy ...

### DIM LLAETH

Dim llaeth, caws, iogwrt, maidd, gasein, lactos ...

### UNRHYW GYNNYRCH ANIFEILIAID

Dim mêl, gelatin, lard, olew, gwaed, esgyrn, braster ...

[Welsh]

# Xhosa

## I AM VEGAN

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### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MNA IDEAS

Ukutya izityalo ukumkholisa kuphela!

### AKUKHO NYAMA

Akukho esanyisayo, intaka, intlanzi, zaselwandle, isinambuzane, nesosi, umhluzi ...

### AKUKHO IQANDA

Akukho isikhamiso, albumen, abamhlophe ...

### AKUKHO ZOBISI

Akukho bisi, cream, itshizi, iyogathi, Hotmail, yicasein, lactose ...

### AKUKHO NEEMVELISO ZEZILWANYANA

Akukho nobusi, newax, i-lard, i-oyile, igazi, ithambo, namanqatha

[Xhosa]

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No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MNA IDEAS

Ukutya izityalo ukumkholisa kuphela!

### AKUKHO NYAMA

Akukho esanyisayo, intaka, intlanzi, zaselwandle, isinambuzane, nesosi, umhluzi ...

### AKUKHO IQANDA

Akukho isikhamiso, albumen, abamhlophe ...

### AKUKHO ZOBISI

Akukho bisi, cream, itshizi, iyogathi, Hotmail, yicasein, lactose ...

### AKUKHO NEEMVELISO ZEZILWANYANA

Akukho nobusi, newax, i-lard, i-oyile, igazi, ithambo, namanqatha

[Xhosa]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No yolk, albumen, whites...

### NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MNA IDEAS

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[Xhosa]

# Yiddish

<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>איך בין וועגאן</b> פאבריק פודז נאָר ביטע! קין פלייש ניט מאַמאַל, פויגל, פיש, יאַמ - שפינז, ינסעקט, סאַוס, יויך ... קין יי קין ווייז, אַלבומען, יאַוק ... ניט מילכיק קין מילך, קעז, יאַגורט, וויי, קייסין, לאַקטאַוס ... ניט כינע פראָדוקטן קין האַניק, דזשעלאַטאַן, לאַרד, ייל, בלוט, ביינ, גראַב ... [Yiddish]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>איך בין וועגאן</b> פאבריק פודז נאָר ביטע! קין פלייש ניט מאַמאַל, פויגל, פיש, יאַמ - שפינז, ינסעקט, סאַוס, יויך ... קין יי קין ווייז, אַלבומען, יאַוק ... ניט מילכיק קין מילך, קעז, יאַגורט, וויי, קייסין, לאַקטאַוס ... ניט כינע פראָדוקטן קין האַניק, דזשעלאַטאַן, לאַרד, ייל, בלוט, ביינ, גראַב ... [Yiddish]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>איך בין וועגאן</b> פאבריק פודז נאָר ביטע! קין פלייש ניט מאַמאַל, פויגל, פיש, יאַמ - שפינז, ינסעקט, סאַוס, יויך ... קין יי קין ווייז, אַלבומען, יאַוק ... ניט מילכיק קין מילך, קעז, יאַגורט, וויי, קייסין, לאַקטאַוס ... ניט כינע פראָדוקטן קין האַניק, דזשעלאַטאַן, לאַרד, ייל, בלוט, ביינ, גראַב ... [Yiddish]</p>
<p><b>I AM VEGAN</b> Plant foods only please! <b>NO MEAT</b> No mammal, bird, fish, seafood, insect, sauce, broth... <b>NO EGG</b> No whites, albumen, yolk... <b>NO DAIRY</b> No milk, cheese, yogurt, whey, casein, lactose... <b>NO ANIMAL PRODUCTS</b> No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p><b>איך בין וועגאן</b> פאבריק פודז נאָר ביטע! קין פלייש ניט מאַמאַל, פויגל, פיש, יאַמ - שפינז, ינסעקט, סאַוס, יויך ... קין יי קין ווייז, אַלבומען, יאַוק ... ניט מילכיק קין מילך, קעז, יאַגורט, וויי, קייסין, לאַקטאַוס ... ניט כינע פראָדוקטן קין האַניק, דזשעלאַטאַן, לאַרד, ייל, בלוט, ביינ, גראַב ... [Yiddish]</p>

# Yoruba

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MO WA AJEWEBE

Ohun ọgbin onje nikan lorun!

### KO SI ERAN

Ko si mammal, eye, eja, onje bi eja,  
kokoro, obe, broth ...

### KO SI EYIN

Ko si eniyan alawo funfun, albumen, yolk ...

### KO SI IBI IFUNWARA

Ko si wara, warankasi, wara, whey, casein, lactose ..

### KO SI ERANKO AWỌN ỌJA

Ko si oyin, gelatin, lard, ororo, eje, egungun, sanra ...

[Yoruba]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## MO WA AJEWEBE

Ohun ọgbin onje nikan lorun!

### KO SI ERAN

Ko si mammal, eye, eja, onje bi eja,  
kokoro, obe, broth ...

### KO SI EYIN

Ko si eniyan alawo funfun, albumen, yolk ...

### KO SI IBI IFUNWARA

Ko si wara, warankasi, wara, whey, casein, lactose ..

### KO SI ERANKO AWỌN ỌJA

Ko si oyin, gelatin, lard, ororo, eje, egungun, sanra ...

[Yoruba]

## I AM VEGAN

Plant foods only please!

### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

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Ohun ọgbin onje nikan lorun!

### KO SI ERAN

Ko si mammal, eye, eja, onje bi eja,  
kokoro, obe, broth ...

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Ko si wara, warankasi, wara, whey, casein, lactose ..

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Ko si oyin, gelatin, lard, ororo, eje, egungun, sanra ...

[Yoruba]

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### KO SI ERANKO AWỌN ỌJA

Ko si oyin, gelatin, lard, ororo, eje, egungun, sanra ...

[Yoruba]

# Zulu

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### NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

### NO EGG

No whites, albumen, yolk...

### NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

### NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

## I AM VEGAN

Ukudla plant kuphela ukujabulisa!

### Akukho Nyama

Akukho esincelisayo, nyoni, inhlanzi, kwasolwandle, isinambuzane, usoso, aba ...

### Akukho Amaqanda

Akukho abamhlophe, albumen, isikhuphasha ...

### Akukho Avalele

Akukho ubisi, ushizi, yogurt, whey, casein, lactose ...

### Akukho Imikhiqizo Yezilwane

Akukho uju, gelatin, isinqumelo, amafutha, igazi, ithambo, fat ...

[Zulu]

## I AM VEGAN

Plant foods only please!

### NO MEAT

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[English]

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[Zulu]

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[Zulu]