My food needs

I am vegetarian

- No meat, chicken, fish or seafood
- No meat, chicken or fish stock, gravy or fat, including lard
- No gelatin, fish sauce and anchovies

If you are not sure, please tell me. I will happily choose something else.

Thank you for your help.

This card is for restaurants. For packaged food, PlatePal scans the barcode and checks halal, kosher, vegetarian and vegan in seconds.

Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. A screening guide, not a religious ruling: certifiers and scholars differ. Always read the label. Free to print and copy for personal and community use.

Print at 100% (actual size). Keep one in your wallet, one in your bag and one with whoever eats out with you. Fold-free, credit card size.

MY FOOD NEEDS

I am vegetarian.

Please no: Meat, chicken, fish or seafood; Meat, chicken or fish stock, gravy or fat, including lard; Gelatin, fish sauce and anchovies.

Not sure? Please tell me. Thank you.

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