

What is a Vegetarian?

A vegetarian is someone who avoids animal-based foods in their diet. There are different types, such as

lacto-vegetarians who consume dairy products and ovo-vegetarians who eat eggs.

Among them, vegans follow a strict plant-based diet and do not consume meat, fish, eggs, dairy products, or honey.

They also avoid

animal-derived materials in clothing and everyday products. Being a vegetarian refers to diet, whereas being a vegan represents an entire lifestyle.





Vegetarian Gyoza



Vegetarian Meatballs



point

Enjoy different sauses at each restaurant. **For a vegan-friendly option, choose a filling without eggs!