

SEA SHEPHERD FOOD REQUEST LIST – NOVEMBER 2008

Please ensure all food is vegan.

Contact one of the cooks, Laura, Zin or Nicola, to check if unsure: 0423 488 315

VEGETABLES	FRESH HERBS
Asparagus	Basil
Beans	Calendula - flowers
Beetroot	Chives
Bok Choy	Coriander
Broccoli	Garlic
Brussel sprouts	Ginger
Cabbage	Italian parsley & leafy parsley
Capsicum	Lemongrass
Carrots	Mint
Cauliflower	Oregano
Celery	NUTS, SEEDS & FRUITS
Corn	Brazil, Cashews, Macadamias, Pecan,
Cucumber	Pine nuts, Pistachio, Walnuts
Eggplant	Flax, pumpkin, poppy, sunflower, sesame
Leafy Greens - other	Apple, apricot, banana, figs, mango, prune
Leek	SOY and MEAT/DAIRY SUBSTITUTES
Lettuce - all sorts	Tofu - firm and silken
Mushrooms	Tempeh
Onion	Fake bacon & other vegan meat substitutes
Potatoes	TVP mince
Pumpkin	Soy milk, almond milk
Silver beet	Cheezly (vegan cheese), soy cream cheese,
Snow peas	tofutti cream cheese & soy sour cream
Spinach	BAKING & OTHER FOOD STORES
Spring onion	Arrowroot
Sprouts	Baked beans & spaghetti
Squash	Baking powder
Sweet potato	Borg's puff pastry
Tomatoes	Cereal-rice bubbles, cornflakes, coco pops,
Turnips	Vita brits, Nutri grain, Weet bix
FRUIT	Coconut milk/cream
Apples	Filo pastry & spring roll wraps
Apricots	Flours - Plain, whole meal, maize, rye, besan
Avocados	Gluten flour, potato starch
Bananas	Indo mie- mi goring 2 minute noodles
Cherries	Noodles – Udon or soba
Figs	Nuttelex or other vegan butter
Grapes	Oil – olive, vegetable, sunflower, coconut, corn
Lemons	Olives
Limes	Sauces - Hot chilli, Tabasco, sweet chilli,
Mandarins	sweet soy, curry paste, wasabi, plum, tomato,
Mango	Brown, BBQ, American mustard
Nectarines	Spices-Onion & Garlic powder, pepper, cloves
Oranges	cayenne pepper, galangal, liquid smoke
Paw paw	Soup stock – Vegetable and “not chicken” by
Peaches	(vegeta or massel)
Pears	Spreads – Peanut butter, jam, Vegemite
Pineapple	Sugar – Raw, white, brown (cooking), icing
Plums	Tinned chickpeas
Rock melon	Vanilla essence & other essences
Strawberries	Vegan Chocolate
Watermelon	Yeast- Nutritional/Savory/Dry