

SAMPLE OF
VEGAN / VEGETARIAN
WEEKLY MENU BRUNCH & DINNER



REGIONAL &
FRESH

Here is an **example of a weekly plan** with vegan and vegetarian dishes based on regional, seasonal and local products.

VEGAN[🌿]

DAY 1: ARRIVAL DAY

BRUNCH:

- Dalmatian vegetable stew with regional chard, carrots and potatoes
- Fresh homemade bread made from rye flour
- Spreads: Ajvar (paprika paste), hummus with olive oil from the region
- Fresh salad with rocket, tomatoes, cucumber and toppings (nuts, seeds, berries etc.) & lentil salad
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc.
& vegan chocolate mousse or similar

DINNER:

- Stuffed peppers with quinoa, vegetables and fresh herbs
- Spelt or barley tabouleh with parsley and lemon-olive oil dressing
- Salad of giant white beans, carrots, parsley and spring onions
- Oven-baked courgette crisps
- **Dessert:** plum compote with slivered almonds

DAY 2:

BRUNCH:

- Shakshuka (tofu instead of egg)
- Oven-fresh Flatbread
- Hummus, tabouleh
- Falafel balls with avocado cream
- Small selection of pickled vegetables (peppers, cucumber)
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates, etc.
& vegan chocolate mousse or similar

DINNER:

- Dalmatian risotto with mushrooms and sun-dried tomatoes
- Roasted carrots and parsnips with maple syrup
- Mixed leaf salad with pumpkin seeds and vinegar-oil dressing
- Beetroot salad
- **Dessert:** vegan apple pie, date-chocolate bites



DAY 3:**BRUNCH:**

- Creamy polenta with sautéed mushroom ragout
- Falafel balls with avocado cream
- Fresh coleslaw with apple pieces
- Cornbread bread chips with herbs
- Local olive platter
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc.
& vegan chocolate mousse or similar

DINNER:

- Dalmatian bean stew (grah) with potatoes
- Grilled vegetables (peppers, eggplant, zucchini) with herb dip and fried tofu
- Fresh leaf salad with chickpeas
- **Dessert:** figs with walnuts and agave syrup

DAY 4:**BRUNCH:**

- Chickpea omelette with herbs, avocado, tomato, onions
- Grilled peppers with garlic oil
- Fresh spelt baguette
- Ajvar (pepper paste) and black olive tapenade
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc.
& vegan chocolate mousse or similar

DINNER:

- Gnocchi with pumpkin sauce
- Grilled broccoli with almond flakes
- Mixed salad with pomegranate seeds
- **Dessert:** Peach crumble with oat flakes



DAY 5:**BRUNCH:**

- Mediterranean stew with chickpeas, carrots and regional herbs (vegan)
- Fresh buckwheat bread with pumpkin seed spread
- Fresh vegetable sticks with homemade dip
- Seasonal fruit: e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc. & vegan chocolate mousse or similar

DINNER:

- Wok noodle pan with vegetables and fried tofu
- Gyoza pockets filled with vegetables
- Glass noodle salad with mango, herbs and peanuts
- Asian cucumber salad
- **Dessert:** Almond tart

DAY 6:**BRUNCH:**

- Rye bread toast with avocado, roasted pine nuts and lemon
- Dalmatian minestrone (light vegetable soup)
- Grilled corn on the cob with herb oil
- Seasonal fruit: e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc. & vegan chocolate mousse or similar

DINNER:

- Stuffed eggplant with lentils and tomato sauce
- Roasted cauliflower with parsley-lemon sauce and vegetable meatballs
- Leaf salad with rocket, walnuts and pomegranate
- **Dessert:** Local chestnut cream

DAY 7: DEPARTURE DAY**BRUNCH:**

- Tomato cream soup with gremolata
- Fresh homemade bread made from spelt flour
- Guacamole, spreads, hummus
- Tomatoes, cucumbers, herbs
- Buckwheat pancakes with homemade jam
- Fresh fruit salad with honey or agave syrup and a nut mix from the region

This plan is flexible and can be adapted depending on the season.
Various spreads and vegetable soups can easily be added.



VEGETARIAN[🌿]

DAY 1: ARRIVAL DAY

BRUNCH:

- Frittata with zucchini, peppers and feta
- Fresh homemade wholemeal bread
- Cheese platter with regional varieties, walnuts and pomegranate seeds
- Spreads: Ajvar (pepper paste) and cream cheese with herbs
- Tomato and cucumber salad with olive oil
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc. & chocolate mousse or similar

DINNER:

- Stuffed peppers with rice, vegetables and regional cheese
- Dalmatian potato and chard dish (Blitva)
- Mixed leaf salad with roasted sunflower seeds and berries
- Cucumber salad
- **Dessert:** Yoghurt mousse with honey and nuts

DAY 2:

BRUNCH:

- Mediterranean egg casserole with spinach and dried tomatoes
- Fresh butter croissants with jam and honey
- Cheese platter with regional varieties, walnuts and pomegranate seeds
- Tomatoes, cucumbers, herbs
- Selection of pickled vegetables (peppers, cucumbers)
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc. & chocolate mousse or similar

DINNER:

- Vegetable cream soup
- Dalmatian risotto with wild asparagus and parmesan
- Grilled vegetables with garlic and olive oil
- Colorful salad with rocket and lemon
- **Dessert:** Apple strudel with cinnamon

DAY 3:



BRUNCH:

- Herb omelette with regional cheese
- Oven-fresh flatbread
- Guacamole
- Yoghurt with honey and fresh berries
- Fresh vegetable salad with parsley
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc. & chocolate mousse or similar.

DINNER:

- Tomato cream soup with sour cream
- Lentil and potato casserole with cheese
- Roasted carrots with honey glaze and sesame
- Mixed salad with fresh herbs and walnuts
- **Dessert:** Local honey cake

DAY 4:**BRUNCH:**

- Shakshuka with egg and Guacamole
- Oven-fresh flatbread
- Hummus, tabouleh
- Pepper salad
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc. & chocolate mousse or similar

DINNER:

- Vegetable cream soup
- Dalmatian Peka (fire pan) with vegetables, potatoes and egg
- Grilled zucchini with fresh dill yogurt
- Fresh tomato salad with onions and olive oil
- **Dessert:** Lemon quark cream with fresh figs

DAY 5:

BRUNCH:

- Herb scrambled eggs with grilled peppers
- Fresh homemade rolls made from spelt flour
- Various types of cream cheese
- Homemade jam, honey and butter
- Fresh tomato-cucumber salad
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc. & chocolate mousse or similar

DINNER:

- Dalmatian minestrone (light vegetable soup) with baguette
- Caprese
- Penne al Arrabiata with cheese
- Mixed salad with pumpkin seeds
- **Dessert:** Yoghurt panna cotta with raspberry sauce

DAY 6:**BRUNCH:**

- Pancakes with quark and homemade jam
- Fresh nut bread with butter
- Cheese platter with regional varieties, walnuts and pomegranate seeds
- Tomatoes, cucumbers, radishes
- Yoghurt with fresh berries

DINNER:

- Gazpacho (cold vegetable soup)
- Lasagne with regional cheese and spinach filling
- Grilled vegetables with rosemary and olive oil
- Mixed salad with toppings (nuts, seeds, berries, etc.)
- **Dessert:** Chocolate brownies with vanilla ice cream

DAY 7: DEPARTURE DAY**BRUNCH:**

- Various types of bread and rolls
- Avocado cream, cream cheese with herbs
- Egg slices with herbs
- Cheese platter with regional varieties, walnuts and pomegranate seeds
- Tomatoes, cucumbers, radishes
- Homemade jam, honey and butter
- **Seasonal fruit:** e.g. figs, melon, grapes, apples, kiwi, pears, pomegranate, oranges, dates etc. & chocolate mousse or similar.

This plan is flexible and can be adapted depending on the season.