

Is it easy to find plant-based meals where you live?
Yes, it's relatively easy to find plant-based meals as they are more readily available compared to meat-based meals.

Are any restaurants vegetarian or vegan?

While there aren't specifically vegetarian or vegan restaurants in Gonbad-e Kavus, most restaurants offer vegetarian food options.

Which eateries offer some vegan menu options?

Most eateries in Gonbad-e Kavus offer vegetarian food options, making it possible to find vegan menu options as well.

Does your local grocer offer vegan options in the prepared meals section?

Unfortunately, the local grocers in Gonbad-e Kavus do not currently offer a wide variety of vegan options in the prepared meals section.

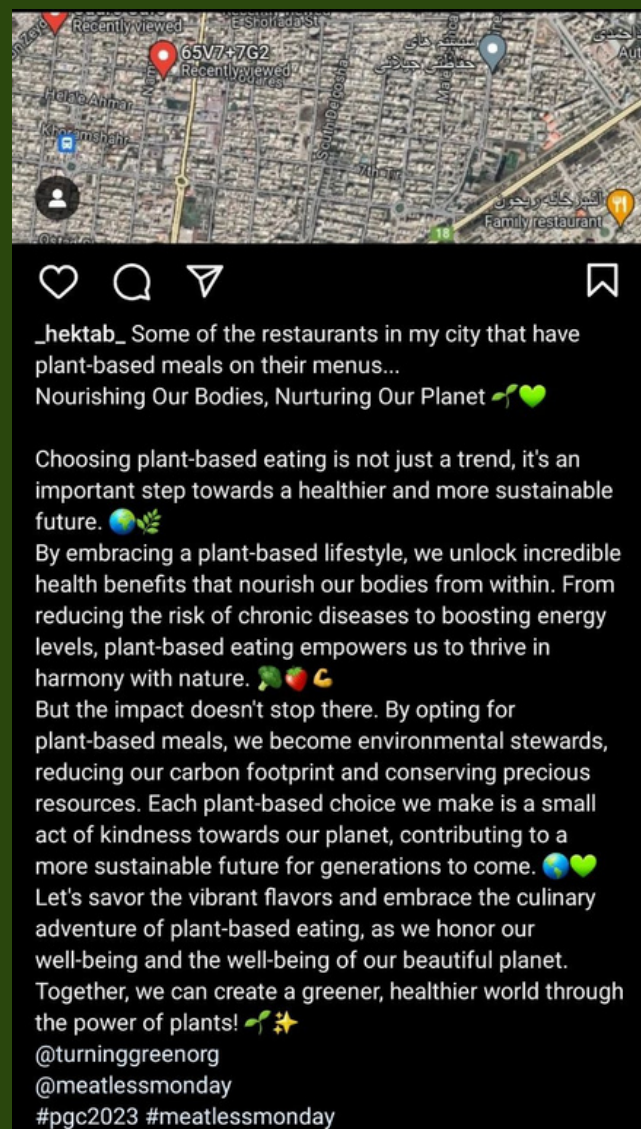
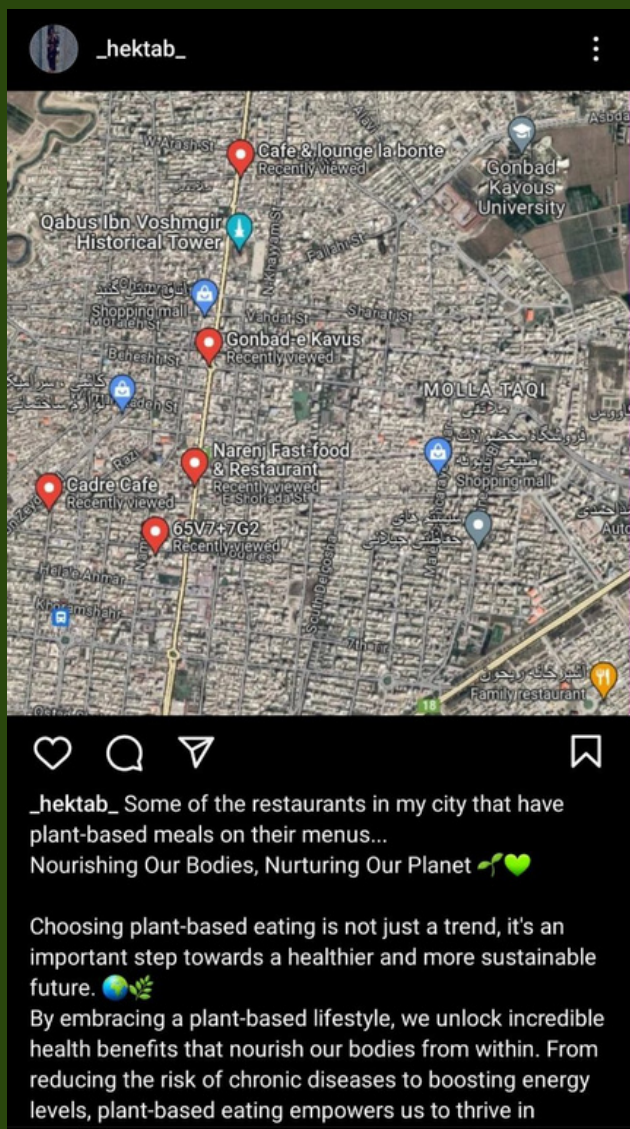
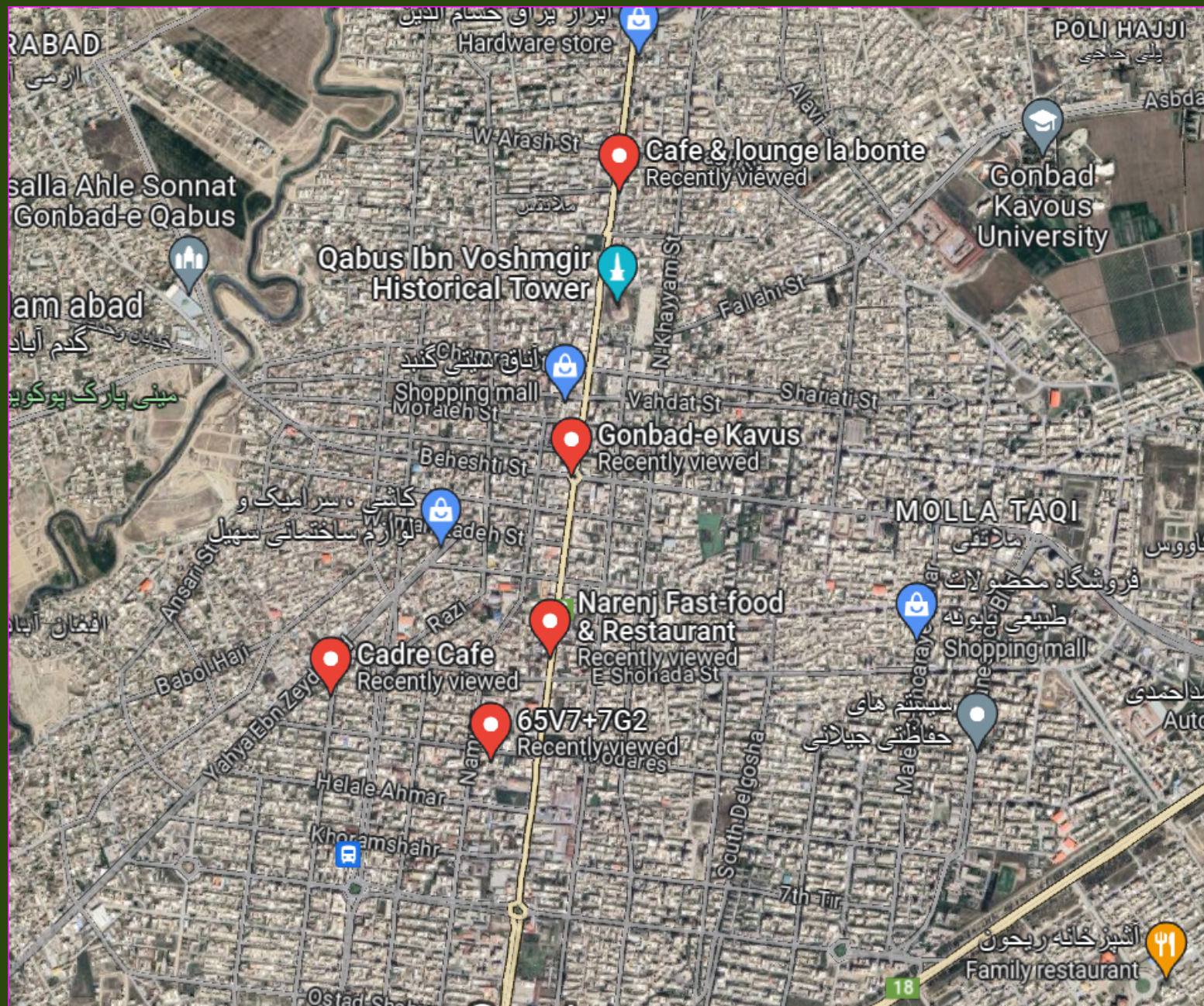
Is there a regular farmers market or food market with vegan vendors?

Yes, in Gonbad-e Kavus, we have a farmer's market called Jome Bazar where you can find a variety of fresh produce and vegan products from different vendors.

Iranian cuisine is known for its rice and meat dishes, which can make it challenging for vegetarian and vegan travelers. However, there are numerous vegetarian and vegan options available in Iran due to the increasing number of vegetarians, especially among the younger generation. Some delicious vegetarian foods to try in Iran include:

1. **Kashk o Bademjan:** A side dish made with barbecued eggplant puree, onion, garlic, walnut, and Kashk (a sour milk byproduct). Topped with fried onion and mint oil.
2. **Mirza Ghasemi:** A dish made with eggplant, garlic, peeled tomato, and eggs. It is traditionally barbecued over charcoal for a smoky aroma.
3. **Ash Reshteh:** A thick soup made with lentils, beans, fresh vegetables, and noodles. Topped with Kashk, fried onion, and garlic.
4. **Adasi:** A simple lentil soup with fried onion, salt, and pepper. Often served as a warm breakfast or popular among mountain climbers.
5. **Kuku Sabzi:** An Iranian vegetable frittata made with chopped dill, parsley, chives, and eggs. Sometimes walnuts and barberries are added for extra flavor.
6. **Dolmeh Barge mo:** Stuffed grapevine leaves (or other vegetables) filled with a mixture of rice, beans, herbs, and barberry. Cooked for a few hours for a flavorful dish.
7. **Daal Adas:** A spicy dish from Bushehr, made with red lentils, onion, garlic, tomato paste, spices, and potato pieces. Served with rice and bread.

These vegetarian options showcase the diversity and flavors of Iranian cuisine, making it possible for vegetarian and vegan travelers to enjoy delicious meals during their visit.



<https://www.instagram.com/p/CyeEaugRahs/?igshid=MzRlODBiNWFlZA==>

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