



Costa Cruises Presents the New Vegetarian and Vegan Menus That Put Taste and Italy's Finest on Centre Stage

October 2, 2015

Genoa, October 2, 2015 - Costa Cruises presents the **new vegan and vegetarian menus**, available for all guests cruising on board the Italian company's ships.

No matter whether they are chosen as a real lifestyle, to try new tastes or just to feel lighter, vegetarian and vegan diets are becoming more and more popular. That's why Costa's Corporate Chefs have created menus specifically for those who prefer a diet based mainly on foods derived from plants, and that for Vegans also excludes dairy products and eggs.

Taking full advantage of their experience and creativity Costa Chefs have developed new combinations and innovative techniques that put taste in the spotlight: in fact, thanks to the use of ingredients from Vegan and vegetarian cuisine, our culinary experts have created dishes that are a real delicacy for the palate.

But, above all, in line with the Italian company's "Italy's finest" onboard proposals, Costa Cruises has sought to give an Italian touch to these menus, starting with the vegetarian dishes.

*"In the Mediterranean diet **vegetables are of fundamental importance**", points out Antonio Brizzi, Costa Corporate Travelling Chef, "and there are numerous vegetarian dishes in Italian cuisine that have always been part of our culinary tradition. The new regional menus just recently introduced on board Costa ships include many dishes that fully satisfy certain needs of many of our guests. For example, in the Venetian cuisine, there is a soup called "risi e bisi" (rice and peas), as well as Treviso radicchio strudel with Monte Veronese DOP cheese. The Ligurian regional menu offers a delicious dish, trenette with pesto, while moving South, and specifically in Puglia, there is dish consisting of celeriac and caciocavallo cheese."*

By skilfully blending natural ingredients with a passion for cooking, Costa's Corporate Chefs have created complete menus that **from breakfast to dinner and from appetizers to dessert** satisfy the needs of our vegetarian and vegan guests, delighting their palates and accompanying them around the world with gastronomic delicacies rich in flavour and genuine goodness.

By communicating preferences to the call center or through their travel agents, our Vegan guests can experience a real onboard sensorial itinerary thanks to the numerous flavours and combinations proposed by Costa Cruises. The wide array of dishes also includes a reinterpretation of the traditional **arancino, stuffed with rice and vegetables** and served with stewed lentils, a tasty and original **hamburger made with kidney beans** and served with a garden rocket and apricot salad, **cauliflower and fig tempura**, flavoured with raspberry sauce or **sweet potato and red onion soup**. Our vegetarian guests can always savour special and original combinations, such as **Porcini mushroom and Savoy cabbage soup** laced with fig vinegar, an appetizer consisting of **cold zucchini stuffed** with goat cheese and toasted almonds, or **country-style spaghetti** with stewed chick peas and vegetables.

So, a real voyage of taste and flavour that takes into account the needs of all our guests, to offer only the best of real Italian hospitality.