

Exploring the world of vegan flavours at Ottawa Veg Fest

Many people fear that vegan life – and indeed vegan food in general – is monotonous and unsatisfying. It's no wonder; many mainstream restaurants offer only a boring salad option, maybe with a baked potato or some bread. Who wants to live like that?

In reality, vegan food can be incredibly creative, flavourful, and reflect virtually any style of cuisine. If you opt to eat at chain restaurants, you're going to be stuck with salad. But Ottawa Veg Fest offers the opportunity to try a range of plant-based foods, all in one place.

International Foods

Very often international cuisines are a plant-food lover's best friend. From Indian to African to Japanese, international foods open up new ways to eat your veggies. Visitors to Veg Fest will be able to sample and purchase food from Asian Stars, Baccanalle, and All About the Soup – which has a huge range of international flavours covered with its soups.

Comfort Foods

Sometimes it's all about the presentation, but other times you just want filling and hearty options that remind you of the warming dishes of your childhood. Panago Pizza will be there serving vegan pizza, and The Table Vegetarian is renowned for its delicious and hearty whole foods comfort dishes.

Raw Foods

Just in time for summer, Veg Fest will be a great place to learn about the lighter fare that our bodies often want during the warmer months. You don't want to miss SimplyRaw Express, returning as a sponsor, as well as new Ottawa vegan restaurant Rawlicious.

Baked Goods

Who doesn't want to sink their teeth into a succulent cupcake, or enjoy the guilty pleasure of a cookie? You can find those at Veg Fest too! Both Strawberry Blonde and Sweet Cheeks bakeries offer entirely vegan and gluten free treat menus, and will be at Veg Fest with an array of their offerings.

Gourmet Foods

If you want the taste of dairy cheese but without any of the bad stuff, Nona Vegan Foods Limited and Fauxmagerie Zengarry are must-hit booths. Nona makes amazing cheesy sauces from cashews, and Zengarry is the country's largest producer of fine cashew cheeses in nine different flavours! If it's ice cream you're craving, Oat and Mill

will be there serving up and selling their oat-based ice cream, made right here in the Ottawa area. Last year they were one of the most popular attractions! And finally, Snell House Foods will have a great array of sauces and dressings – vegan and locally made!

These are just some of the amazing foods that will be on offer at Ottawa Veg Fest 2016. For a full list of Veg Fest exhibitors, visit www.vegfest.ca

Ottawa Veg Fest - June 4-5, 10 am – 4 pm
The RA Centre
2451 Riverside Drive, Ottawa
www.vegfest.ca