## **Meals onboard**

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The meals are savoury but varied, nourishing and tasty.

There are three warm meals every day. You may decide between two dishes for lunch time, one of which will be vegetarian. There will be fresh fruit and vegetable as long as stock lasts. Bread and cakes are freshly baked on a regular basis and there will be pastries for coffee break in the afternoon.

We can only offer a very restricted vegan diet on board. Additionally to the meals mentioned above, we offer e.g. vegan spreads, cheese, agave syrup, nuts, soy milk, tofu etc. Vegans are requested to arrange their own meals from the provided food. We cannot provide a separately cooked vegan lunch menu.

Other diets or methods of preparation cannot be supported. Storage and cold-room capacities as well as the number of kitchen staff only allow the preparation of the above mentioned meals.

If your diet cannot be ensured by a choice from the food and meals offered you probably have to be excluded from the expedition. Please inform AWI ship coordination in due time.

For legal reasons it is not allowed to use the galley privately for preparation of meals. Food products you bring onboard yourself have to be stored in your own cabin because storage capacities on the ship are fully exhausted.

## Example dish Green Cabbage (Photo: Pixabay)



Mess room (Photo:M.Hirsekorn)

