

## On Foot Holidays' route in Italy's Ligurian Hills

### Sample dishes for those with special dietary requirements



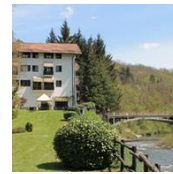
**Villa Arabella**



**Locanda del Molino**



**Capanne di Cosola**



**Hotel due Ponti**



**Albergo Caprile**



**Cenobio dei Dogi**

#### Dinner:

##### Vegan

##### Starter

Chick pea gnocchi with aubergines

Lasagne (vegan pasta) with courgettes and leeks

Pasta with green veg (made with oil, not butter)

Pasta rigatoni pomodoro

Polenta with vegetable ragu

Minestrone and pasta soup with basil oil

##### Main

Burger made of seitan, legumes and vegetables  
Vegetable sides

Chick pea patties

Rustic aubergines stuffed with spinach and mixed veg

Caponata, grilled vegetables  
Baked beans

Aubergine patties and Panned

Grilled tofu flavoured with turmeric on chick pea cream finished with reduced balsamic vinegar

##### Dessert

Cheesecake made from tofu with raspberries

Chocolate mousse made with avocado

Almond and strawberry pie (vegan pastry)

Baked pears

Coffee mousse (vegan)

Homemade lemon sherbet with fruit

##### Vegetarian

##### Starter

Baked crepes with ricotta, spinach and grated parmesan

Ricotta and spinach ravioli

Potato tortellini with Montebore cheese

Polenta with porcini

Trenette with pesto served with green beans and potatoes

Homemade pansotti pasta filled with green vegetables and ricotta cheese, served with walnut sauce

##### Main

Rainbow bell pepper tatin  
Vegetable sides

Aubergine parmigiana

Four cheese pie  
Vegetable sides

Pumpkin and vegetable loaf  
Salad

Fried focaccia with cheese  
Vegetable sides

Bufala mozzarella cheese with tomatoes, seasoned with Cyprus Black Salt

##### Dessert

Summer tiramisu with strawberries

Panna cotta with almond milk

Chocolate mousse

Panna cotta with berry coulis

Fruit pie

Millefeuille layered with Chantilly cream and fresh strawberries

#### Packed Lunch: **Villa Arabella**

##### Vegan

Broad bean burger with salads

#### **Locanda del Molino**

Panino - grilled vegetables and vegan cheese

#### **Capanne di Cosola**

Panino - lentils, carrot, tomato

#### **Hotel due Ponti**

Tofu burger with bell pepper

##### Vegetarian

Panino - egg frittata with cheese

Panino - grilled vegetables and cheese

Panino - cheese and tomato

Panino - three cheeses, aubergines

#### More information:

##### Gluten free

All the properties on the route have gluten free bread, biscuits, croissants, crackers, flour, breadcrumbs and cereals.

##### Lactose free

All the properties on the route have lactose free milk, cream, yogurt and cheese.

##### Vegan

All properties have vegan wine, soya, rice or almond based milk, soya butter, margarine, soya yogurt and soya cream.