

# SPECIAL DIETS

## *Details & Specifications*



### **BLAND MEALS**

A bland diet is available for those who suffer from disorders of the stomach and /or the digestive tract. Bland meals are based on foods that are well cooked, soft and simple to digest, low in fibre and very mild spices; and they do not include alcohol and drinks with caffeine in them.

All Bland Meals are carefully seasoned with light dressing and cooked using a simple method which includes baking, grilling, steaming, boiling and poaching in order to minimize the amount of fat.

Bland menus include: starchy food (white bread, well cooked pasta and steamed rice, mashed potato, sweet potato and corn flour puree) boiled, grilled and steamed vegetables, lean meat cuts, white fish, poached egg, low fat dairy products and fresh fruits.

It does NOT contain fried, high fat and very spicy preparations, wholegrain and unrefined breads, high fibre vegetables and beans known for being difficult to digest.

### **DIABETIC / LOW SUGAR MEAL**

A low sugar diet is available for guests who suffer from diabetes or metabolic disorder, who need to keep blood sugar level in check. In order to manage blood sugar level this diet is based on healthy menus which are portion controlled and balanced in nutrients.

Low sugar menus includes preparations low in sugars and simple carbohydrates such as: foods high in fibre, wholegrain, no starchy vegetables, beans, lean proteins, low fat dairy products, fresh fruit and nuts. Low sugar desserts are available and sweetened using natural sugar alternatives or sugar substitutes.

It does NOT contain any kind of refined sugar and high sugar preparations.

### **KOSHER MEALS\***

Kosher Meals are prepared and serviced with Jewish dietary guidelines containing one or more of the following ingredients: Kosher certified fresh or frozen food items including dairy products and wine, and kosher animal protein (duck, chicken, turkey, tuna, salmon, herring, beef, lamb and veal). It does NOT contain: pork, seafood, and shellfish such as shrimps, crabs, mussels, and lobsters. It MAY include non-kosher fruits, vegetables and cereals and non-kosher dairy products. Its preparation and cooking style may vary.

Menus offered on board are not 100% kosher. The food items are not prepared in an exclusive environment or using distinct utensils.

Alternatively, pre-arranging frozen dinner main courses (TV dinner style meals wrapped and sealed in foil) can be requested more than 120 days prior to sailing. These meals

\* Onboard Silversea Expeditions upon availability only, please consult our Special Services Department for further information.

are heated onboard in non-kosher ovens.

### **LOW CALORIE MEALS**

Low calorie diet is available for guests on a weight loss diet and for those who simply want to limit their daily calorie intake. In order to control daily calorie intake this diet is based on healthy menus which are portion controlled and includes a wide variety of smart food choices and low calorie preparations carefully balanced in their fats, proteins and carbohydrates content.

Low calorie menus include: foods high in fibre, wholegrain, beans, lean proteins, low fat dairy products, fresh vegetables and fruit. All the preparations are carefully seasoned with light dressing and cooked using simple methods such as baking, grilling, steaming, boiling and poaching in order to minimize the amount of fat and limiting calories.

It does NOT contain any kind of high calorie preparations such as fried, deep fried or braised meals, heavy sauces or dressing and high calorie desserts.

### **LOW FAT MEALS**

A Low fat menu is available for guests on a weight loss diet and for those who need to control their daily fat and cholesterol intake. In order to limit fats this diet is based on healthy menus which are portion controlled and include low fat ingredients and low cholesterol meals carefully balanced in their nutrient content.

Low fat menus include: foods high in fibre, wholegrain, beans, lean proteins, low fat dairy products, fresh vegetables and fruit. All the preparations are carefully seasoned with light dressing and cooked using simple methods such as baking, grilling, steaming, boiling and poaching in order to minimize the amount of fat and limit calories.

It does NOT contain processed baked products; heavy cream and cheese, egg yolks, fried foods, fatty meats and seafood known to have high cholesterol content (i.e. shrimp, prawns, lobster, beef, pork and poultry skin of all types).

### **LOW SODIUM MEALS**

Low sodium diet is available for those who suffer from high blood pressure or need to control their daily sodium intake. In order to limit sodium this diet is based on fresh or frozen ingredients and food naturally low in sodium such as fresh vegetables, beans, any fresh or frozen beef, lamb, pork, poultry and fish, low sodium dairy products and fruit.

All the preparations are carefully prepared and seasoned using low sodium dressing, cooked using simple methods and flavoured using spices, fresh herbs and salt alternatives (i.e. gomasio).

It does NOT contain salty cheese, salty nuts and snacks, sauces and dressing, garlic salt or celery salt, soy sauce, canned pickles, smoked, cured, salted or canned meat,

fish or poultry including bacon, cold cuts, ham, sausage, sardines, caviar and anchovies. It does NOT contain high sodium food additives include salt, brine, or other items that say sodium, such as monosodium glutamate (MSG).

### **MUSLIM MEALS / HALAL\***

Muslim and Halal meals contain one or more of these ingredients: lamb, chicken, fish, eggs, vegetables, fruit and dairy products.

It does NOT contain pork or pork by-products (ham or bacon), venison, alcohol, or non-Halal prepared meats. The preparation and cooking style may vary.

### **NON-LACTOSE MEALS**

A lactose free diet is available for those who are intolerant to lactose because of the lack of lactase enzyme. This diet is based on healthy menus which are naturally lactose free and include a wide variety of vegetables, grains, lean meat and fish, egg, plant based proteins and dairy alternatives such as tofu, soy milk, soy butter and vegetable drinks.

Lactose free meals exclude all dairy products and preparations made with milk and products thereof such as cream and sauces, yoghurt, cheese, ice cream, sherbet, pudding, baked products or dessert made with milk.

### **VEGAN MEALS**

A vegan menu is available for those who totally exclude any type of animal products from their diet including eggs, dairy products and honey.

This diet is based on healthy menus prepared in a Western style which include a wide variety of vegetables and fruit, nuts, grains, plant based proteins and dairy alternatives such as tofu, soy milk, soy butter, vegetable drinks, seitan, and plant based recipes carefully balance in nutrients.

It does NOT contain any type of meat, fish, or animal products or by-products such as eggs, dairy products and honey.

### **VEGAN RAW MEALS**

Vegan raw meals are available and consist exclusively of raw vegetable preparations. This diet is based on fresh vegetables and fruit smoothies, fresh salads, and vegan recipes prepared using exclusively raw vegetables, fresh fruit, seeds and nuts.

All the meals are prepared in a Western style and carefully dressed with fresh ingredients such as extra virgin olive oil, lemon juice, fresh herbs and unprocessed sauces.

It does NOT contain any type of cooked vegetables such as steamed, boiled, or sautéed vegetables, caffeinated beverages, highly processed foods, and any type of meat, fish or animal products or by-products such as eggs, dairy products and honey.

## **VEGETARIAN LACTO-OVO MEALS**

A vegetarian lacto-ovo diet is based on healthy menus which are balanced in macronutrients, vitamins and minerals and includes a wide variety of vegetables preparation that may also contain eggs and dairy products.

A wide selection of vegetarian lacto-ovo options is always available on the buffet and on the menus prepared in a Western style. The meals include grains, wholegrain, beans, dairy products, egg, fresh vegetables, pulses, fruits and nuts.

It does NOT contain any type of fish, seafood or meat, and any preparations made with these.

## **VEGETARIAN JAIN MEALS / SATVIK\***

This meal is for members of the Jain community who are pure vegetarians. Meals are cooked in an Indian style and are usually spicy. It contains one or more of these ingredients: fresh fruits, steamed vegetables that grow above the ground and a selection of Indian condiments.

It does NOT contain any type of animal products and by-products, any root vegetables such as onions, mushrooms, ginger, garlic, potatoes, carrots, beets and radishes.

# **ALLERGEN FREE**

## **CELERY FREE MEALS**

Meals are prepared exclusively to those who are allergic to celery, celeriac and products thereof.

It does NOT contain celery stalk, celery leaves, celery seeds, celery root (celeriac) and celery salt.

Meals planned may also exclude preparation made with vegetables stocks, salad, some meat products, soups, curries, salad dressing and sauces unless specifically prepared without celery.

In order to prepare tailored meals always inform and make sure chef and restaurant staff know about your food allergies.

## **CRUSTACEANS/MOLLUSC FREE MEALS**

Meals are prepared exclusively to those who are allergic to Mollusc "shellfish" or/and Crustaceans and products thereof.

Crustaceans/Mollusc Free Meals do NOT contain any type of food preparation made with Molluscs, "shellfish" (i.e. abalone, clams, mussels, oysters, scallops, octopus, land snails, whelks, squid "calamari") or Crustaceans (i.e. crab, crawfish, lobster, langoustine, prawns, shrimp) and products thereof.

Meals planned may exclude salad dressing, fish paste and sauces unless specifically prepared without crustaceans or mollusc items.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food

allergies

## **EGG FREE MEALS**

Egg free meals are prepared exclusively to those who are allergic to egg (chicken, duck, goose, quail) and products thereof.

Meals planned may exclude mayonnaise, pasta, baked goods (pastries, cakes, cookies), desserts (meringue, marzipan, nougat, marshmallows, ice cream), salad dressing, sauces, quiche and food brushed or glazed with egg unless specifically prepared with egg free items. Its preparation and cooking style may vary.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies.

## **FISH FREE MEALS**

Meals are prepared exclusively to those who are allergic to fish (i.e. bass, catfish, cod, flounder, halibut, salmon, swordfish, trout, tuna) and products thereof.

Meals planned may exclude salad dressing and sauces unless specifically prepared without fish items. Its preparation and cooking style may vary.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies.

## **GLUTEN-FREE MEALS**

Meals are prepared exclusively to those who are allergic, intolerant or with a systemic disorder (celiac disease) triggered by gluten and products thereof. Gluten is a protein found in all form of wheat, barley, oat, rye, products made with flour containing gluten (i.e. baked product, dessert, pasta) and wheat additives.

Gluten free menus are prepared and tailored using certified gluten free items or ingredients which naturally do not contain gluten (i.e. rice, millet, amaranth, corn, quinoa, buckwheat, wheat free flour) however plated in a non-gluten free environment. Its preparation and cooking style may vary.

It does NOT contain all form of wheat (i.e. bulgur, couscous, spelt, kamut, and wheat bran) and product thereof such as bread, breadcrumbs, pasta, cakes, pastry, and sauces, fried and pan-fried food dusted with wheat flour, barley, oat and rye.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies or gluten sensitivity.

## **LUPIN FREE MEALS**

Meals are prepared exclusively to those who are allergic to lupin and product thereof.

Meals planned may exclude bread, baked goods, pasta and pastries unless specifically prepared with lupin free flour.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies.

### **MILK FREE MEALS**

Meals are prepared exclusively to those who are allergic to milk and products thereof (including lactose).

Milk free meals exclude all dairy products and preparation made with milk and products thereof such as butter, cream and sauces, yoghurt, cheese, ice cream, sherbet, pudding, baked products or dessert made with milk.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies.

### **MUSTARD FREE MEALS**

Meals are prepared exclusively to those who are allergic to mustard seeds and product thereof.

It does NOT contain liquid mustard, mustard powder and mustard seeds.

Meals planned may exclude breads, curries, marinates, meat products, salad dressing, sauces and soups.

In order to prepare tailored meals always inform and make sure chef and restaurant staff know about your food allergies

### **PEANUT-FREE MEALS**

Meals are prepared exclusively to those who are allergic to peanuts and products thereof. Peanut are often used as an ingredients in biscuits, curries and natural flavouring, sauces as well as in vegetable oil, peanut oil and peanut flour.

Peanut free meals may exclude baked goods, mixed nuts, chocolate, desserts (merengue, marzipan, nougat, marshmallows, ice cream), ethnic and exotic food and sauces unless specifically prepared with peanut free items.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies.

### **SOY FREE MEALS**

Meals are prepared exclusively to those who are allergic to soybeans and product thereof.

It does NOT contain bean curd, edamame beans, soy sauces, soy milk, tofu, miso paste, soy oil and all the preparations where soya is used as staple ingredient such as Oriental cuisine.

Meals planned may also exclude canned items, vegetables

oils, cereals, baked goods, desserts, chocolate and vegetarian products unless specifically prepared with soy free items.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies

### **SESAME FREE MEALS**

Meals are prepared exclusively to those who are allergic to sesame seeds and product thereof such as sesame oil, hummus and tahini.

Meals planned may exclude breads, baked goods, salad dressing, sauces and curries.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies

### **SULPHITES FREE MEALS**

Meals are prepared exclusively to those who are allergic to sulphur dioxide (better known as sulphites) and product thereof.

It does NOT contain dried fruit (i.e. dried raisins, dried apricot, dried apple, dried figs, dried prunes) and alcoholic drinks such as wine and beer. Meals planned may exclude meat products, alcoholic and soft drinks, smoked, cured, salted or canned preparations.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies.

### **TREE NUTS FREE MEALS**

Meals are prepared exclusively to those who are allergic to nuts which grow on trees such as walnuts, almonds, hazelnuts, cashew nuts, pistachio nuts, pine nuts, macadamia nuts, brazil nuts and products thereof.

Meals planned may exclude cereals (i.e. muesli), baked goods (i.e. pastries, cakes, cookies), desserts, ice creams, chocolate, sauces and curries unless specifically prepared with nut free items.

In order to prepare tailored meals always inform and make sure the chef and restaurant staff know about your food allergies.