

MEALS ON BOARD BARK EUROPA



Our experienced cook and cook's assistant will take care of all meals on board. Our voyage crew is often surprised by the variety of dishes served on board during the voyages. The cooks try as hard/much as possible to use local ingredients from the ports we visit. Each day they will prepare a **vegetarian** meal (no fish and no meat) and a **non-vegetarian** meal. At the time of booking, you will choose one of these two options for your full voyage, so we can arrange the rights stores for your sailing expedition. We only offer a vegetarian or non-vegetarian option, we cannot cater to a vegan diet.

On most voyages we don't have the opportunity to get new supplies during our adventure, all shopping has to be done before departure. Therefore the cooks need to have an overview of the number of vegetarian and non-vegetarians on board and should be fully informed of any possible food allergies.

If you are not sure of how you have registered your preference (vegetarian OR non-vegetarian) or if you wish to make a change, please contact the office **at least a week** before the start of your voyage.

FOOD ALLERGIES

Dietary requirements can be a challenge on board, due to limited storage and cooking possibilities and will need to be discussed with our cooks **before** your voyage.

GLUTEN

If you are **allergic** to gluten, it is important to know that the galley on board Europa is not gluten-free. This, unfortunately, means that if you have Coeliac disease you cannot join the sailing voyages on board Europa.

If you are **intolerant** to gluten, please consider how a few weeks of eating more gluten would affect your health. In the last few years, it has been easier to get gluten-free flour or pasta in the ports, so we can store some of these ingredients on board.

However, **cross-contamination is unavoidable** in our small galley under sailing conditions. For example, the bread we bake with gluten-free flour is baked in the same oven as all other bread. Soup, meat, cheese, and marmalade are shared with all sailors on the buffet.

If you are not severely allergic but prefer to eat less gluten, we recommend bringing some gluten-free snacks with you as an addition to the meals on board.

LACTOSE

Large amounts of lactose can be avoided on board for breakfast and lunch as these two meals are being served as a buffet.

This gives you the possibility to choose the items which are best for you. For the evening meals, the cook will keep your lactose intolerance in mind and prepare your meal separately from the rest wherever possible. If you use lactase pills we recommend you to bring enough supply for the entire duration of your voyage.

COMBINATIONS AND OTHER FOOD REQUIREMENTS

The limited space in the galley of Europa means that our cooks, with all their creativity and willingness for solutions, can only prepare very limited alternatives alongside the vegetarian and non-vegetarian options.

Combinations of food allergies such as no lactose AND no gluten cannot be catered for on board. Again, please note that we can not cater to a vegan diet.

Other allergies or dietary requirements will need to be discussed with our cooks beforehand to make sure we can provide you with what you need on your voyage.

If you have any questions after reading this information, please do not hesitate to contact us.

