

<https://www.rd.com/advice/travel/famous-dishes-vegetarians-can-eat/>

## TRAVEL

# 20 World-Famous Dishes You Can Finally Eat as a Vegetarian

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Global cuisine has many iconic dishes, but rarely are they something a vegetarian can eat. We scoured the planet to find national dishes that veggie globetrotters can tuck into on their next trip. Feast your eyes on these mouthwatering, nonmeat menu items—some of them found in surprising places.



## Scottish haggis



Courtesy Carlton George

Scotland is known for its famous haggis dish, which contains sheep's organs with spices and minced onion stuffed inside the casing of the animal's stomach. Fear not; if you really want that experience (and not everyone does), there's a vegetarian version served at the [Carlton George Hotel in Glasgow](#) that features beans, lentils, oats, and vegetables topped with a poached egg and gravy. The best way to find veggie haggis (among other local dishes) in Scottish cities is to go through a guided vacations company like [Brendan Vacations](#) that specializes in individual tours and knows where to find the highest-quality vegetarian and vegan Scottish dishes.

## Traditional Irish stew



Courtesy Dromoland Castle

In County Clare, Ireland, [Dromoland Castle](#) is known for its fine cuisine. Chef David McCann even makes a vegetarian version of traditional Irish stew. His creation comes chock-full of hearty produce like Rooster potatoes, leeks, onions, carrots, and pearl barley prepared in a vegetable stock. Read about [8 nutrients you may be missing if you're vegetarian or vegan](#).

\*\*For full list see <https://www.rd.com/advice/travel/famous-dishes-vegetarians-can-eat/>

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**Digital Circulation: 3,511,514**