

Penang

Vegetarian & Dessert Field Cards

Ask clearly. Taste thoughtfully. Leave time to enjoy the place.



Cendol from an original ExploreTraveler video. The photo records a past visit; it does not confirm the ingredients in a dish you order.

Watch the original ExploreTraveler cendol video

By John J. Gentry

A practical companion for your own vegetarian questions, dessert notes and manageable half-day plan. Keep your ingredient confirmations beside your tasting notes.

02 / Ordering questions 03 / Tasting passport
04 / Half-day plan and research links

Ask before you order

Five questions for vegetarian preferences. Keep allergy questions separate.

1

What do I choose to avoid?

Meat / seafood / egg / dairy / other: _____



2

What is in this dish?

Please check broth, sauces, cooking fat and toppings.



3

Can the preparation match?

Can this dish be prepared to match the foods I avoid?



4

What did the vendor confirm?

Record the answer, who gave it and the date.



5

Does it fit my requirements?

Choose from the answer. Ask again if anything is unclear.

A separate allergy question

A vegetarian answer is not an allergy confirmation. Ask and record allergy questions separately.

Your record: dish / vendor / place / date / answer

Remember more than the flavor

Record what was confirmed at the time, not what you assumed from a dish name.



From our Penang archive

An original ExploreTraveler fruit-farm video image. Use these blank entries for the foods and vendors you choose.

TASTING 01

Dish / vendor: _____

Place / date: _____ Cost / currency: _____

Ingredients confirmed (who / answer): _____

Notes: _____

TASTING 02

Dish / vendor: _____

Place / date: _____ Cost / currency: _____

Ingredients confirmed (who / answer): _____

Notes: _____

TASTING 03

Dish / vendor: _____

Place / date: _____ Cost / currency: _____

Ingredients confirmed (who / answer): _____

Notes: _____

Build a manageable half day

Choose your own times and current quotes. One base, one meal and one dessert are enough to start.

My base / area

One meal / questions to ask

One dessert / questions to ask

Return transport / latest return plan

Weather backup / indoor or flexible option

My budget / currency: _____

Meal: _____ Dessert: _____ Transport: _____

Flexible reserve: _____ My total: _____

Before you go, check and date your answers

☐ Current access and opening details

☐ Ingredient and preparation answers

☐ Transport and return options

☐ Weather and complete expected costs

Checked on: _____ Questions still open: _____

Read, watch and research

[Penang video-and-planning hub](#)

[Desserts and snacks: explore the stories](#)

[Penang at Your Pace workbook](#)

[Official street-food brochure \(2024\)](#)

[Vegetarian food: questions and context](#)

[Build a free Penang trip plan](#)

[Official myPenang food resources](#)

Photos: our recorded visits. Questions: research-led editorial tools, not new vendor tests. Sources checked 27 October 2026; confirm details for your own order.