

# RATED V



**PLANT BASED DINING**  
TRAVEL GUIDES • FOOD REVIEWS • RECIPES



# CROATIAN VEGAN TOUR

Zagreb, Split & Dubrovnik

A vegan foodie experience in Croatia, hosted by Eunice Reyes

1st to 7th June 2025





# CALLING ALL FOODIES...

Are you ready to embark on a culinary adventure through the stunning cities of Zagreb, Split and Dubrovnik? Join me, Eunice, a passionate vegan foodie, as we explore the rich flavors and innovative dishes that Croatia has to offer over seven unforgettable days.

This trip is perfect for anyone looking to indulge in delicious plant-based cuisine while connecting with a community of like-minded individuals. We'll immerse ourselves in Croatia's vibrant vegan food scene, visiting bustling local markets and charming restaurants, with guided food tours, cooking classes, and tastings that celebrate the incredible diversity of Croatian gastronomy.

Whether you're a seasoned vegan or simply curious about plant-based eating, everyone is welcome! I'll provide tips, share recipes, and help you discover new favorites. Throughout our journey, you'll enjoy a delectable array of dishes and connect with fellow food enthusiasts, leaving you with culinary knowledge and unforgettable memories. Let's discover the vegan delights of Croatia together!

*Eunice xx*





# HERE'S EVERYTHING YOU NEED TO KNOW

## *Your 7 days in Croatia!*

Please be flexible and come with an open mind and a sense of adventure. Croatia is a wonderful place but things don't always run as smoothly as we may be used to at home. These trips are for those who want to push boundaries and experience the real, authentic places we visit... go with the flow and take in every moment!

Act Fast – This trip has only 14 spots, ensuring a personalised and intimate experience. We urge you to book soon to secure your place on these incredible adventures and avoid missing out.





# Highlights

**Vegan Welcome Dinner:** Connect with fellow travelers of the Rated V community in a warm, welcoming setting, sharing stories and discussing your upcoming adventure while enjoying delicious vegan meals.

**Vegan Cooking Class:** Bond with others as you learn to prepare a local dish, exploring the art of vegan cooking and discovering how to recreate Croatian flavors at home.

**Exploring Croatia's Beauty:** From the crystal-clear waters of Zlatni Rat beach to the scenic waterfalls of Plitvice Lakes, experience Croatia's stunning landscapes.

**Olive Oil Museum on Brač Island:** Savor the beauty of Brač Island, learning about local traditions and tasting the island's renowned olive oil and wines amidst breathtaking views.

**Vegan Wine Tasting in Pelješac:** Enjoy the company of fellow foodies as you taste unique, vegan-friendly wines, immersing yourself in the culture and beauty of Croatia's wine region.



# ITINERARY

## AT A GLANCE

Day 1: Arrival in Zagreb

Day 2: Zagreb

Day 3: Zagreb - Split (via Plitvice National Park and Zadar)

Day 4: Split

Day 5: Split - Dubrovnik

Day 6: Dubrovnik

Day 7: Depart Dubrovnik







01 June 2025

# ARRIVE IN ZAGREB

Welcome to Croatia!

Upon arrival, transfer to your accommodation in Zagreb, the vibrant heart of Croatia. This dynamic city is filled with fascinating attractions, charming bars, restaurants, and museums. If time allows, consider arriving a day or two early to explore its hidden gems and immerse yourself in its unique atmosphere.

In the evening, we'll come together for a welcome dinner at a renowned vegan restaurant, offering a perfect opportunity to connect with one another and discuss the exciting journey that lies ahead.

Meals: Dinner

Accommodation: Twin-share in the 4\* Hotel Dubrovnik (or similar)



# Zagreb's

## Plant-Based Bistros and Cafes:

Croatia's capital offers a variety of vegan restaurants where traditional Croatian dishes are reimagined with plant-based ingredients. Highlights include tasting vegan sarma (cabbage rolls typically filled with meat and rice, here using grains and vegan meats) and vegan ajvar (a flavorful red pepper relish).

Exploring Zagreb's thriving café culture with options like dairy-free lattes and vegan pastries makes for a delicious start to the food tour.





2nd June 2025

# ZAGREB

This morning, we'll set out on a two-hour walking tour of Zagreb, delving into the city's rich history and vibrant culture. Take a ride on the world's shortest funicular to the charming old town, visit a bustling local food market, and uncover some of the city's hidden gems along the way.

After the tour, you'll have some time to explore the lively capital at your leisure, including its authentic food market, museums and shops.

In the evening, we'll gather for a demonstration-style cooking class, where you'll watch as a traditional Croatian dish is prepared with a vegan twist, followed by a tasting of the delicious creation.

Meals Included: Breakfast & dinner

Accommodation: Twin-share in the 4\* Hotel Dubrovnik (or similar)



DAY 2





3rd June 2025

## ZAGREB – SPLIT

This morning, we'll head to Plitvice Lakes National Park, Croatia's oldest national park. This UNESCO World Heritage Site is renowned for its 16 turquoise lakes, stunning waterfalls, and travertine pools. The park's natural beauty is even more striking in person, surrounded by lush beech and pine forests teeming with wildlife. We'll stroll along scenic trails, pass by cascading waterfalls, and reach incredible viewpoints offering panoramic vistas of this awe-inspiring landscape.

After exploring the park, we'll head to the charming town of Zadar. Known for its rich history, Roman and Venetian ruins, and unique attractions like the Sea Organ and Sun Salutation, Zadar is a delight to discover. We'll dine at a fantastic vegan restaurant here, enjoying plant-based dishes crafted from the region's freshest local ingredients, before driving to Split to end an action-packed day!

Meals Included: Breakfast & dinner

Accommodation: Twin-share in the 4\* Hotel Cvita (or similar)



4th June 2025

# SPLIT & BRAC ISLAND

Today, we'll take a scenic ferry ride to the stunning island of Brač. Our first stop is Mt. Vidova Gora, the highest peak on any Croatian island, offering breathtaking panoramic views of the Adriatic Sea and nearby islands—a perfect photo opportunity. Next, we'll head to Bol to visit Zlatni Rat, Croatia's iconic beach known for its unique shape and crystal-clear waters. Here, we'll have time to swim and relax under the sun.

We'll wrap up the day at the Olive Oil Museum, where you'll explore the island's rich olive oil-making tradition. Learn about the process and enjoy tastings of local products like olive oil, spreads, figs, homemade bread, marmalades, and wine.

This day perfectly combines natural beauty, cultural insight, and culinary delights, showcasing the best of Brač Island.

Meals: Breakfast, snack lunch and dinner

Accommodation: Twin share in the 4\* Hotel Cvita (or similar)



DAY 21



# Split's

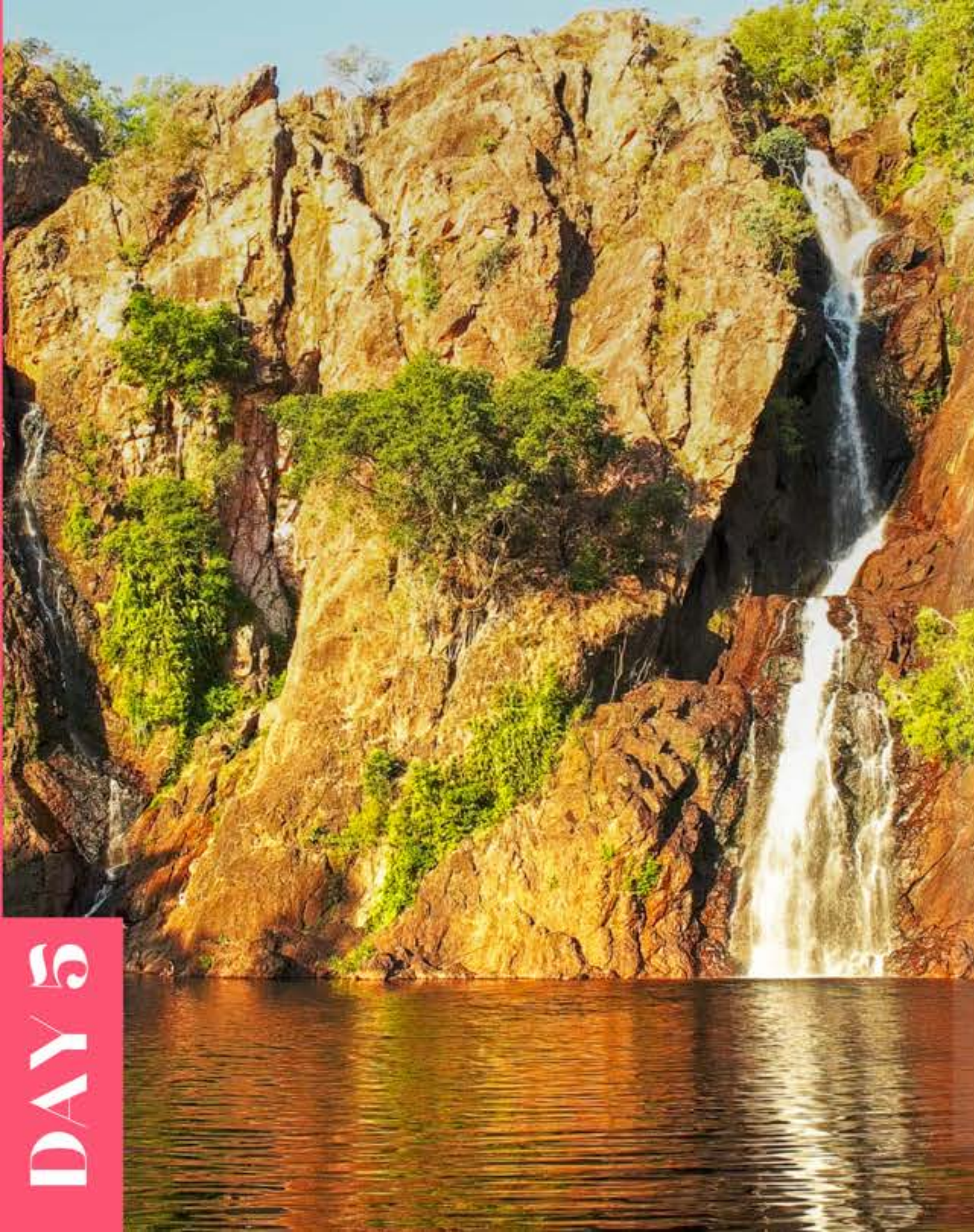
## Vegan Take on Dalmatian Cuisine:

The coastal city of Split could offer a unique blend of Mediterranean and Dalmatian plant-based cuisine. You might enjoy vegan versions of regional seafood dishes, such as plant-based crni rižot (squid ink risotto) made with black rice and mushrooms.

Explore local markets to sample fresh, organic fruits and vegetables sourced from nearby islands and farms.







5th June 2025

# SPLIT – DUBROVNIK

Embark on a journey from Split to the picturesque Pelješac Peninsula, Croatia's renowned wine region. Here, we'll visit a family-owned winery for a delightful vegan wine tasting experience, sampling their signature wines paired with traditional regional appetizers.

Next, we explore the medieval town of Ston, famous for its impressive Ston Walls, often called the "European Wall of China." Here we'll dive into history with a visit to the ancient Ston salt pans, where traditional salt production methods dating back to Roman times are still in use.

After these enriching experiences, we'll continue to Dubrovnik, the "Pearl of the Adriatic." Known for its stunning medieval architecture and breathtaking coastal views, this iconic city will captivate you with its charm and vibrant history.

Meals Included: Breakfast, snack lunch at the winery & dinner  
Accommodation: Twin share in the 4\* Hotel Lero (or similar)



# Dubrovnik's

## Scenic Dining:

Dubrovnik, known for its stunning old town and beautiful sea views, provides a picturesque setting for dining. Experience vegan fine dining, where chefs prepare sophisticated vegan dishes using local ingredients like truffles, olives, and citrus fruits. This not only highlights the local produce, but also offers an enchanting dining experience amidst historic architecture.





6th June 2025

# DUBROVNIK

We'll embark on a 1.5-hour guided tour of this magnificent city. Our knowledgeable guide will lead you through the historic Old Town, sharing fascinating insights into its rich history and iconic landmarks, such as the ancient city walls, the Rector's Palace, and the stunning Sponza Palace.

After the guided tour, you'll have free time to explore Dubrovnik at your own pace. Whether you choose to wander through its charming streets, relax at a local café, or take in the breathtaking views from the city walls, you'll have the opportunity to discover the many treasures of this glorious old town on your own.

In Dubrovnik, we'll cap off our journey with a memorable farewell dinner at one of the renowned restaurants nestled in the hills above the city. Here, you'll enjoy a traditional "under the bell" meal, a culinary experience where dishes are slow-cooked under a metal bell covered with hot coals. This method infuses the food with rich, savory flavors, providing a perfect taste of Croatian tradition.

Meals Included: Breakfast & dinner

Accommodation: Twin share in the 4\* Hotel Lero (or similar)



DAY 6





7th June 2025

# DEPART DUBROVNIK

On our final day, we'll bid farewell and reflect on the amazing experiences we've shared. You'll then be transferred to the airport for your departure, leaving with unforgettable memories of Croatia's stunning landscapes and rich culture.

Meals Included: Breakfast

*Safe Travels!*



# Included

- ☒ Expert local guides and drivers throughout the trip
- ☒ Meals as stated in the itinerary
- ☒ All accommodation in 4\* hotels
- ☒ All activities and transport as stated in the itinerary
- ☒ Return airport transfers within the arranged arrival times (if arriving outside of these times, please budget around \$50 for your airport transfer)

# Excluded

- ☐ International Flights
- ☐ Visas (free tourist visa for UK residents)
- ☐ Single supplement upgrade (available upon request)
- ☐ Personal additions: laundry, SIM cards, personal items
- ☐ Any meals and drinks not mentioned in the itinerary
- ☐ Gratuitous tips for guides, drivers, and crew not mandatory, but welcomed by your guide



# MEALS

Breakfasts are prepared every day (except on arrival day) at our accommodation.

Croatia offers a growing selection of vegan food options, particularly in larger cities like Zagreb, Split, and Dubrovnik, where vegan-friendly restaurants and health food stores are increasingly popular. Traditional Croatian dishes can often be adapted for vegans, and locally sourced fresh produce, olive oil, and herbs make it easy to enjoy delicious plant-based meals.

Where meals aren't included, our local team will offer suggestions on the best vegan places to visit.

We recommend a budget of around \$300 for additional meals, drinks and souvenirs

*Discover the flavours of Croatia!*





# FLIGHTS & TRANSFERS

You will need to arrive at Zagreb Airport (airport code ZAG) on the 1st June 2025 before 5pm.

You will need to depart Dubrovnik Airport (airport code DBV) on 7th June after 10am.

If you choose to arrive outside the above times, we will be able to organise an out of hours pickup at an additional cost of \$50 per transfer.





# BOOK YOUR PLACE

**7 days from \$2,575pp**

Includes meals as stated in the itinerary,  
accommodation, transport and guides.

**BOOK NOW**

