

# Dietary Restrictions

## for our guests from the Dialogue Institute

- We can eat any type of fish.
- We can eat fruits and vegetables, there is no restriction.
- For beverages, regular soda, anything non-alcoholic would be fine.
- In addition to that, we prefer kosher which means on the boxes of products (ice-cream, pasta, chocolate or anything like that) there should be one of these signs/letters: U, D, K. One of them is enough. These signs indicate that they do not contain by products of pork. Also, we do not eat “vanilla extract and vanilla as they may contain alcohol (dissolved in alcohol)”
- I am sure you are familiar that we do not drink any alcoholic beverages including wine, and do not eat pork. We prefer “halal meat” (including chicken, lamb, and beef) which you can find at Shahrzad Market: 12605 Metcalf Ave, Overland Park, KS 66213, United States