



# VISITORS FROM MIDDLE EAST OR INDIA – WHAT TO SERVE?

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DESTINATION DEVELOPMENT & PRODUCT  
DEVELOPMENT

30 YEARS IN CENTRAL EUROPE – GLOBAL  
DESTINATIONS

6 YEARS IN UAE – DESTINATIONS MIDDLE EAST,  
AFRICA & INDIAN OCEAN

A background image featuring several autumn leaves in various colors including red, orange, yellow, and green, set against a soft, warm light. The leaves are scattered across the frame, with some in sharp focus and others blurred.

FOOD IS AN IMPORTANT PART OF OUR  
CULTURE

FOOD IS AN IMPORTANT PART OF OUR  
TRAVEL EXPERIENCE

It is not only polite, to carefully plan the meals of our  
visitors. It is also important for their health and  
wellbeing



## ARABIC FOOD

Based on Lebanese kitchen

Mezze: a huge variety of starters, including flat bread, samosas, falafel and salad

Main course: kebabs, chicken, rice

Very sweet halwa with dates, nuts, pistachos, almonds and raisins

Arabic Coffee, fresh fruits



# ARABIC FOOD - HALAL

According to islamic law, the muslim-friendly Halal-food is based on clean, healthy ingredients, especially not contaminated with pork products

Vegetables, fruits, berries, cereals, dairy products, eggs and fish are allowed

Chicken is popular and the most served meat is lamb

Pork and all products made of pork as well as all kinds of blood products are haram – not allowed

Meat is only halal, if the butcher handling the product, is muslim. He has to kill the animal in a certain way, respecting the prayers and rituals of islam

Information for travellers can be found in internet: [www.halaltrip.com](http://www.halaltrip.com)

source: Katse islamilaisuuteen / Katja Ahlström



# ARABIC FOOD

Preferred meals for visitors – breakfast:

Coffee, tea, juice, buttermilk (laban)

White bread and toast, local products like karjalanpiirakka, korvapuusti

Marmelade, honey, Nutella

Eggs, cheese, beans, tomatoes, fish

Cereals and yoghurt

Fruits, pancakes or waffels with berries

If buffet, keep all pork products on an extra table



# ARABIC FOOD

Preferred meals for visitors – lunch and dinner:

Salads – all kinds of green salads, cucumbers, tomatoes, carrots, avocado, corn, peas and fruits

Serve a variety of salad sauces extra

Soups – nettle, spinach, leek, lentil, potato, broccoli, cauliflower, tomato, carrot, asparagus, zucchini, corn, pumpkin

Minestrone or the local summer soup (kesäkeitto) very good

Vegetable stews – potato, broccoli, cauliflower, carrot, zucchini, paprika, aubergine

Fish and chicken – remember to use local fish, not only salmon

Quinoa, bulgur, rice, pasta (makaronilaatikko plain, no meat)



# ARABIC FOOD

Population of Arabian Gulf is very international – not all visitors are muslims

It is always o.k. to ask the clients about their requirements

Food

Alcohol

Smoking

Preferred activities

Timing







# INDIAN FOOD



Veg – Non-veg food

According to the 2006 Hindu-CNN-IBN State of the Nation Survey, 31 % of Indians are vegetarians, while another 9 % consumes eggs

The government data shows that vegetarian households have higher income and consumption than meat-eating households

Soutik Biswas, April 2018



# INDIAN FOOD

Preferred meals for visitors – breakfast:

Tea, coffee, juice

Toast and white bread, also local products

Omeletts, eggs with bacon and sausages

Cheese and ham

Beans, Tomatoes

Fruits, sweet pancakes, waffels, local berries

Yoghurt





# INDIAN FOOD

Preferred meals for visitors – lunch and dinner:

All kinds of salads with a variety of extra served salad sauces

All kinds of soups, vegetable, fish, chicken, minced meat

Fish (smoked, boiled, fried, oven baked) with vegetables and rice

Thin crepes (muurinpohjalettu) filled with salad and fish or chicken

Local meat dishes (karjalanpaisti, palapaisti, kinkku)

Just make sure that you always serve many vegetarian dishes also

Products of our clean nature are much appreciated: berries, mushrooms



# INDIAN FOOD

In general:

India, being a big country with a huge population, is a colourful mix of traditions, religions and habits

The needs of different groups can vary

It is always o.k. to ask the clients what they like and what they wish – listening to your guests is the best service



# SERVICE

For both visitor groups:

Mainly high end tourists, used to travel

Demanding and sensitive

Expect quality service

Impatient – no waiting times accepted

Clean water is something very special

Families with children (fast food like chicken nuggets and chicken hamburgers very welcome)

THANK YOU!

