

PETA INDIA's GUIDE TO Vegan Food Suppliers

The number of vegans, vegan-curious and the health conscious in India is rising. A report by IMARC Group shows that India's vegan food market was worth \$1,468.3 million in 2024. It's expected to grow to \$3,474.8 million by 2033, representing a compound annual growth rate (CAGR) of 10.4% annually from 2025 to 2033.

Business-savvy restaurants, grocery stores and food vendors are looking to meet this demand – and we're here to help.



VEGAN MILK

Vegan milk is a plant-powered beverage that offers an upgrade over traditional dairy milk. This product is in high demand, especially since an estimated 75% of Indians are lactose intolerant.

- **Alt Co.** is an Indian, animal-free food and beverage brand offering premium oat and almond milk designed for everyday use and barista-quality drinks.
- **Better Bet** focuses on millet-based drinks that are sprouted and nutrient-rich, catering to health-conscious consumers with a range of flavours and sweetness levels.
- **Borges** is an international brand renowned for its plant-based milk made from rice and nuts. It offers unique blends for diverse dietary preferences.
- **Dancing Cow** offers innovative oat-based beverages that combine great taste with

health benefits and are designed for guilt-free indulgence.

- **Epigamia** makes almond milk with just two ingredients: almonds and water. It has no added sugar or preservatives and is dairy- and gluten-free. With almonds, it's rich in calcium and delivers twice the vitamin A and D of toned milk.
- **Nourish You** is committed to producing innovative millet-based milk, combining nutrition with great taste to support healthier living.
- **Only Earth** is dedicated to crafting delicious and sustainable vegan beverages, including oat, almond, and coconut drinks, with a commitment to environmental stewardship.
- **Raw Pressery** delivers high-quality almond-based beverages, prioritising natural ingredients and clean nutrition for health-conscious consumers.
- **SOFIT**, a brand of Hershey India, specialises in nutritious and delicious vegan beverages, offering a range of soy and almond drinks crafted to support a healthy and active lifestyle.
- **So Good** is a leading brand of animal ingredient-free beverages, providing various dairy-free options made from soy, almond, and oats, focusing on health and sustainability.

- **Urban Platter** delivers diverse animal-free beverages, including almond, soya, oat, and coconut milks, emphasising high-quality, sustainable options for everyday lactose-free options.

VEGAN CHEESE

Vegan cheese contains no dairy and is often made from ingredients like nuts (cashews or almonds), soy, coconut, or tapioca. It's perfect for people who are vegan, lactose-intolerant, or looking for a more compassionate, eco-friendly option.

- **GrabENord** offers a selection of animal-free cheese blocks and slices in flavourful variants that cater to individual preferences and meal creations.



- **One Good** offers a range of vegan cheeses that deliver exceptional taste and texture.
- **Plan B** focuses on versatile, high-quality vegan cheese in various formats, perfect for cooking, snacking, or seasoning.
- **Soft Spot Foods** creates artisan vegan cheeses crafted to perfection, focusing on flavour, texture, and quality.
- **Vecian** provides premium vegan cheese products that are versatile, delicious, and perfect for various culinary uses.



VEGAN YOGHURT

Vegan yoghurts are dairy-free products made from plant-based ingredients such as coconuts, almonds, soy, oats, or cashews. They are designed to replicate the taste and texture of traditional yoghurt. Plus, they are often fermented with live probiotic cultures to provide the same gut-health benefits as dairy yoghurt.

- **Chetran's** Soya Curd is a dairy-free, plant-based alternative to traditional Indian dahi made from high-protein soya milk and bacterial cultures.
- **One Good** Peanut Curd is a vegan and lactose-free alternative to traditional dairy curd, made from peanuts, water, and live cultures.
- **Ultx** high-quality soy-based curd is silky smooth and scoops solidly. It's both nutritious and tasty.
- **White Cub** is a pioneer in plant-powered dairy, offering unique blends like Soy-Coconut Curd and Peanut Curd, combining innovative textures and flavours to provide delicious, dairy-free options.
- **Yoogutty** specialises in cashew-based yoghurts and is committed to providing a smooth, flavourful experience with natural ingredients.



VEGAN BUTTER

Vegan butter is an animal-free spread designed to replicate the texture and taste of traditional dairy butter. It's made from ingredients like coconut oil or olive oil or blended with nuts and is free from animal-derived ingredients and lactose.

- **GrabENord** offers Premium Herbs and Garlic Buttery Spread and Premium Unsalted Buttery Spread, delivering high-quality flavour and texture.
- **Homecraft** offers Plant-Based Buttery Spread Smooth (salted or unsalted) and Garlic Buttery Spread, ensuring a flavourful and dairy-free experience.

- **Nutralite** makes a plant-based buttery spread that is dairy-free and contains omega-3 fatty acids.
- **One Good** presents its Buttery Spread, a smooth, creamy, and dairy-free option for all butter needs.
- **Plantacious** offers a dairy-free spread made from plant-based ingredients like sunflower, palm, and sesame oils, designed to mimic the taste and texture of traditional butter for spreading on toast or use in cooking and baking. It is cholesterol-free, contains no dairy, and is available in both salted and unsalted varieties.
- **Soft Spot** specialises in plant-powered culinary innovations, with products like Smoked Black Garlic Butter, combining bold flavours with creamy consistency.
- **White Cub's** Plant-Based Better Salted and Plant-Based Better Unsalted are crafted for health-conscious consumers.



VEGAN GHEE

Vegan ghee is a plant-powered option for traditional clarified butter, commonly used in Indian cooking.

- **Emkay Vegan's** unique palm oil-free products, including Coconut Interesterified Veg Fat, serve as excellent vegan ghee substitutes in cooking.



- **Homecraft's** Golden Vhee delivers a traditional ghee experience without dairy.
- **One Good** offers Prodigee, a vegan ghee that perfectly complements Indian cooking with its rich flavour.

VEGAN DIPS, SPREADS, AND MAYONNAISE

Vegan dips are animal-free versions of popular dips like creamy ranch and mayonnaise. They provide a dairy-free option with creamy or savoury textures.

- **Boombay's** vibrant flavours in dips and spreads – including Cashew Mustard, Vegan Ranch, Garlic Vegan Mayo, and Black Pepper Vegan Mayo – bring variety to animal-free condiments.



- **The Butternut Co** specialises in natural nut-based spreads. Its Hazelnut Spread Chocolate is a vegan, indulgent option for chocolate lovers.
- **The Cinnamon Kitchen** is a boutique brand crafting artisanal baked goods. It features vegan Nutella, Chocolate Almond Butter, and Chocolate Peanut Butter, perfect for sweet treats or breakfast.
- **GrabENord's** Plant-Based Premium Mayonnaise, Chilli Mayonnaise, and Plant-Based Cream Cheese deliver bold flavours and rich textures for versatile uses.
- **Hellmann's** brings its expertise as a globally renowned brand to the vegan market with its Vegan Mayo, offering a creamy, rich flavour.
- **Nattier!** offers unique options like Vegan Spread Garlic and Vegan Spread Oregano and Basil.
- **One Good's** ultimate plant-based spread takes your bread to the next level! With its rich, delicious flavour, it elevates every bite and will leave you perfectly satisfied.
- **Plan B's** Mayo is designed to be a versatile, creamy option for sandwiches, salads, and dips.
- **Veeba's** Veg Mayonnaise Eggless is smooth and creamy with 77% less fat than Veeba Popular Mayonnaise – it's crafted for those who enjoy great taste with a mindful twist.
- **Urban Platter**, known for its gourmet offerings, provides a range of unique and flavourful vegan mayonnaise.

VEGAN WHIPPED CREAM

Vegan whipped cream options are designed to offer a rich, creamy, dairy-free experience for those who avoid animal products, offering the fluffiness of dairy whipped cream.

- **Rich's** Whip Topping Dairy-Free provides a versatile option that delivers a creamy texture for culinary creations.
- **Tropolite's** Crystal Premium Vegan Whip Cream provides a smooth and creamy element for decorating cakes, desserts, and beverages.

VEGAN WHITENER/ CREAMER

Vegan whitener is an animal-free option for traditional dairy creamers, designed to add creaminess and whiten beverages like coffee, tea, or hot chocolate without using animal-derived ingredients.

- **Emkay Vegan's** Instant Soy Milk Powder is designed as a convenient animal-free whitener for hot beverages.
- **Ultx** has a Dairy Free Whitener/Creamer that adds a smooth and creamy consistency to beverages without any dairy content.
- **Urban Platter's** Soya Milk Powder and Soy Creamer are nutritious and dairy-free options for adding creaminess to beverages.
- **Veganday** offers affordable, delicious dairy alternatives like almond, cashew, soy, and oat milk bases, aiming to make a vegan lifestyle accessible and sustainable, one day at a time.



VEGAN ICE CREAMS

Vegan ice creams are dairy-free frozen desserts made without animal-derived ingredients. They offer a creamy indulgence as an animal-friendly and lactose-free option to conventional ice creams.

- **Amore Gelato** crafts vegan gelato using coconut milk and coconut cream.
- **The Brooklyn Creamery** specialises in healthy vegan ice creams, using coconut milk as the primary ingredient for creaminess.
- **Go Zero** offers healthy and indulgent vegan treats with coconut milk as the main ingredient and stevia as the sweetener.
- **Minus30** vegan ice creams are made with almond milk, almond butter, and stevia and come in a wide range of flavours.
- **Nomou** is a vegan ice cream brand with artisanal vegan gelato made from coconut cream.
- **NOTO** vegan ice creams are dairy- and gluten-free, made with zero added sugar, and contain almond protein.



- **Siri House of Vegan Ice Creams** crafts unique vegan ice creams with millet milk as the main ingredient, offering a nutrient-rich dessert.
- **White Cub** uses soy milk and coconut cream as the base for its vegan ice creams.

VEGAN MEAT

Vegan meat is an animal-free product designed to replicate traditional meat's taste, texture, and appearance but without killing animals. It is often made from ingredients such as soy, peas, wheat gluten (seitan), jackfruit, or a combination of various plant proteins.

- **Blue Tribe** crafts innovative and delicious products such as Plant-Based Sausage, Plant-Based Chicken Nuggets, and Plant-Based Chicken.
- **Desi Treat** provides flavourful, nutritious, high-protein, and cholesterol-free canned Mock Chicken and Mock Meat in brine.

- **Gooddot**, the pioneer in vegan meat, offers flavourful animal-free meat made primarily from soy protein. From curries to stir-fries to wraps, Gooddot plant-based meat products can replace traditional meat in any recipe.



- **Imagine Foods** meats are made with textured soy protein concentrate and vegetable protein blend powder. These ingredients create vegan meat products that look, smell, and taste like chicken and mutton.
- **Shaka Harry** delivers vegan indulgence with products such as ready-to-eat options like nuggets, momos, parathas, and samosas.
- **VeZlay** specialises in creating shelf-stable plant-based meat made primarily from ingredients like soy, wheat gluten, or pea protein, providing similar sensory experiences to meat while often being lower in saturated fat and offering high fibre and protein content.
- **Wakão Foods** specialises in jackfruit-based products, offering natural and sustainable mock meat with ready-to-eat meals such as Jackfruit Biryani.

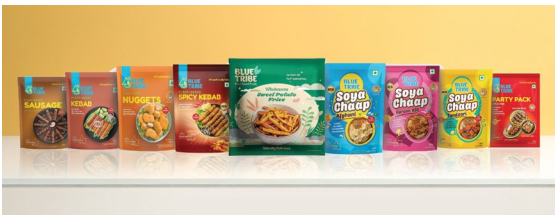
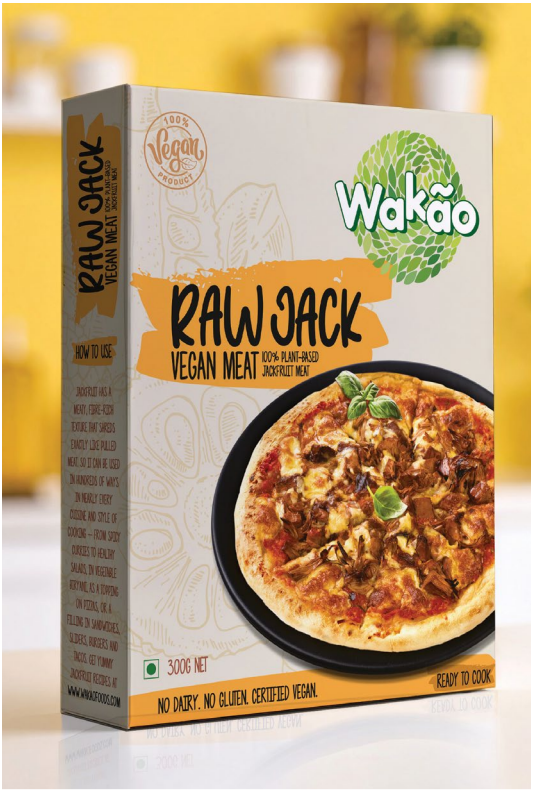
VEGAN EGGS

Vegan Eggs are typically made from ingredients like chickpea flour, mung beans, or soy, which provide protein and structure like eggs. They make excellent cruelty-free substitutes for eggs in dishes like scrambles and omelettes.

- **Gooddot** offers an eggless bhurji kit made from soy protein for a plant-based version of the classic scrambled egg dish.
- **VeZlay's** Vegan Scrambled Egg is made from soy protein and mimics the texture and flavour of scrambled eggs.



With so many wonderful options available, there's no need to rely on animal-based ingredients. To craft your own delicious homemade vegan milk, cheese, yoghurt, and more, explore a variety of recipes at sharan-India.org.



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