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ST PANCRAS
RENAISSANCE® HOTEL
LONDON

Mi + Me supports Veganuary!

Mi + Me = Milk and Meat, but this Jan we're trying something new - (Soya) Milk + (No) Meat, - as

Mi + Me supports Veganuary! We have been influenced!

Veganuary campaign and why we should support it

According to the Vegan Society, between 2014 and 2018 we have witnessed the number of vegans grow from 150,000 to an impressive 600,000 individuals in Great Britain. Let's keep the trend going in 2019!

Vegans enjoy a diet free of any animal-based foods and this is derived from various reasons ranging from animals, health, the environment and nutrition. This plant-based lifestyle is the perfect way to start your year, whether this be due to moral, health or environmental incentives. For example, veganism encourages a healthier lifestyle, thus contributes to lower blood pressure, reducing the risk of diabetes and heart disease. The saying, "every little helps" truly applies here, hence one of the biggest myths of veganism is that one person won't make a difference, but one person really can! Everyone, whether it's one simple vegan meal or a totally vegan lifestyle, will make a difference to all of the factors above.

Taking all of this into account, we have introduced 'The Veganuary' burger & Vegan Shake as our small sign to show our support for this worthy cause.

The VEGANUARY: Red Bun, Roasted Pumpkin, Falafel Patty, Rocket, Tomato Red Onions, Spiced Carrot, Ketchup

The VEGAN SHAKE: Soya Milk, Soya Cream, Blueberry, Vanilla