



11 September 2024

Expo sprouts plant-based lifestyle at the Brisbane Showgrounds

The popular Brisbane Vegan Expo will feature some of the best plant-based eats in south-east Queensland, when the event takes place at the Brisbane Showgrounds this weekend.

More than 1,000 people are expected to attend the two-day (September 14 and 15) event in the Exhibition Building.

With almost 80 exhibitors and a focus on food, attendees will have plenty of lunch and snack options including pies, pastries, cupcakes, Buddha bowls, Balinese tasting plates, pizzas, burgers, cheese, smoothies, ice cream and more.

Masterchef alumni and host of Freshly Picked on Channel 10 Simon Toohey will also be hosting three cooking demonstrations across the weekend, showcasing how to maximise veggies, minimise waste and cook on a budget.

Leading vegan business owner Imber Lingard, whose dairy-free cheeses are sold in over 800 Woolworths stores, will also take to the stage during a panel discussion on Sunday, giving insight into her journey.

In addition to food, attendees can do some eco-friendly shopping, with skincare, household goods, gardening and lifestyle products on offer.

Brisbane Showgrounds General Manager of Venue Sales and Marketing Jago Coyle said it's the third time the event had been held at the Showgrounds.

"We've been hosting the Brisbane Vegan Expo since it kicked off in 2019 and look forward to welcoming it back to our venue this weekend for the first time since 2022," Mr Coyle said.

Tickets to the Brisbane Vegan Expo are available online, with doors open from 10am to 5pm Saturday and 10am to 4pm Sunday.

The Brisbane Showgrounds precinct is located 1.5km from Brisbane's CBD and is Queensland's largest indoor/outdoor events site. Visit www.brisbaneshowgrounds.com.au

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