

A SHORT PHRASEBOOK FOR VEGETARIANS TRAVELLING IN CHINA

Simplified Chinese Characters & PǔTōngHuà Orthography

I'M VEGETARIAN
THE ESSENTIALS

我吃素
Wǒ chī sù
(lit. I eat vegetables)

or

我是一个素食者:
I'm Vegetarian.
Wǒ shì yīgè sùshí zhě
(lit. I am vegetable eater)

我不吃家肉
Wǒ bù chī jiā ròu
I don't eat pork.

我不吃牛肉
Wǒ bù chī niú ròu
I don't eat beef

我不吃鸡肉
Wǒ bù chī jī ròu
I don't eat chicken

我不吃鸡蛋
Wǒ bù chī jī dàn
I don't eat eggs

我不吃鱼
Wǒ bù chī yú
I don't eat fish

我不吃奶酪
Wǒ bù chī nǎi lào
I don't eat cheese

我不喝牛奶
Wǒ bù hē niú nǎi
I don't drink milk

SOME USEFUL PHRASES:

我太饿了
Wǒ tài è le
(I am very hungry)

但我不吃甚至一点肉。我也不喝牛奶。
Dàn wǒ bù chī shènzhì yīdiǎn ròu. Wǒ yě bù hē niú nǎi.
(but I don't eat even a little meat. I also don't drink milk)

请给我两个主菜
Qǐng gěi wǒ liǎng gè zhǔ cài
Please bring me two main dishes.

(or)

请给我四个主菜
Qǐng gěi wǒ sì gè zhǔ cài
Please bring me four main dishes.

只要没有肉, 都可以
Zhǐyào méiyǒu ròu, dōu kěyǐ
If there's no meat, it's all good!

substitute 我们 "Wǒ Men" for we instead of 我 "Wǒ" for I if that's your case.

EMERGENCY REQUESTS:

来米饭
Lái mǐ fàn.
Lit. Bring rice.

or

请你给我米饭
Qǐng nǐ gěi wǒ mǐ fàn
Lit. Please you give me rice.

AT THE BUFFET

这菜有肉吗?
Zhè cài yǒu ròu ma?
Does this dish have meat?

有肉
yǒu ròu
has meat

没有肉
Méiyǒu ròu
no meat



World's Best Vegan



Greg West, 2011
www.worldsbestvegan.com