



Handy phrases for Vegetarians in Tokyo

Below is a list of handy phrases for you to use whilst dining in Tokyo:

- Niku wa tabemasen = I don't eat meat
- Niku to sakana to hamu to toriniku wa tabemasen = I don't eat meat or fish or hamu or chicken
- Bejitarian no ryori ga arimasu ka = Do you have any vegetarian dishes?
- Kono ryori ni niku ga haitte imasu ka = Does this dish contain meat?

Other useful key words to help you decipher the menu:

- Niku i=meat
- Sakana =fish
- Hamu is ham
- Toriniku = chicken
- Yasai = vegetable
- Cheese = chisu
- Egg=tamago.

A useful note to take out with you:

To whom it may concern: I am a strict vegetarian. Therefore I do not eat any meat, fish or fish products. Please make sure that my food does not include any of these items.

関係者各位 私はベジタリアンですから肉と魚と魚製品が食べられません。料理から除いて頂きます様お願い致します