



Survival Phrases S1

Saying You're a Vegetarian in Cantonese

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Traditional Chinese

我食齋。
我唔食肉。
我唔食芝士。
有冇肉咖？
有冇辣椒咖？

Jyutping

ngo5 sik6 zaai1 .
ngo5 m4 sik6 juk6 .
ngo5 m4 sik6 zi1 si2 .
jau5 mou5 juk6 gaa3 ?
jau5 mou5 laat6 ziu1 gaa3 ?

English

I'm vegetarian.
I don't eat meat.
I don't eat cheese.
Does this have meat?
Does this have chili?

Vocabulary

Traditional	Jyutping	English
肉	juk6	meat
辣椒	laat6 ziu1	chili, pepper
齋	zaai1	vegetarian dish
咖	gaa3	particle that indicates question or doubt

Vocabulary Sample Sentences

CantoneseClass101.com

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我唔食肉。
太多辣椒。
有冇齋菜？

ngo5 m4 sik6 juk6 。
taai3 do1 laat6 ziu1 。
jau5 mou5 zaai1 coi3?

I don't eat meat.
Too much chilli.
Do you have a vegetarian
dish?
Is it?

係未咖？

hai6 mei6 gaa3?

Vocabulary Phrase Usage

Another way of saying "vegetarian food" is 素食 (sou3 sik6).

"I'm a vegetarian." is 我係素食主義者。 (ngo5 hai6 sou3 sik6 zyu2 ji6 ze2.)

Cultural Insight

Quick Tip: 1

Cantonese restaurants may not offer as many options for vegetarians, but if you're looking for places for vegetarians in Hong Kong, you can find them on this site:

<http://vegan.hk/Vegan-Rest.html>