

Can you help me?
Is there anything here
I can eat?

**你能帮帮我吗？
这里有
我能吃的东西吗？**

Nǐ néng bāng bāng wǒ ma?
Zhè lǐ yǒu wǒ néng chī de dōngxi ma?

Excuse me / Sorry to bother you...

打扰一下...

Dǎrǎo yíxià...

Please no egg / milk

请别放蛋和奶

Qǐng bié fàng dàn hé nǎi

Please this one

请这个

Qǐng zhège

Please no fish or seafood.

请别放鱼和海鲜。

Qǐng bié fàng yú hé hǎixiān.

Stir-fried greens

炒青菜

Chǎo qīngcài

Plain rice

白米饭

Bái mǐfàn

Steamed tofu

蒸豆腐

Zhēng dòufu

Boiled vegetables

水煮蔬菜

Shuǐzhǔ shūcài

Rice noodles with vegetables

蔬菜米粉

Shūcài mǐfěn

I am vegan
(I am a pure-vegetarian person)

我是纯素食者

Wǒ shì chún sù shí zhě

I am strictly plant-based

我是纯素

Wǒ shì chún sù

I don't eat:

我不吃

Wǒ bù chī

 **肉**

Ròu

 **鱼**

Yú

 **海鲜**

Hǎixiān

 **蛋**

Dàn

 **奶制品**

Nǎizhìpǐn