



FOOD & TRAVEL • FREE GUIDE

Restaurant & Food Vocabulary Sheet

Order with confidence — menu categories, ordering phrases, and dietary vocabulary.

Fala Portuguese.

Free resource from the Fala Portuguese Resource Library — falaportuguese.com

VOCABULARY SHEET

Restaurant & Food

Everything you need to read a menu and order a meal.

MEALS	PROTEINS	SIDES & STAPLES
café da manhã / pequeno-almoço — breakfast almoço — lunch jantar — dinner lanche — snack	frango — chicken carne (de boi) — beef porco — pork peixe — fish camarão — shrimp	arroz — rice feijão — beans batata — potato salada — salad pão — bread

ORDERING

ENGLISH	PORTUGUESE
I'd like...	Eu gostaria de... / Eu queria...
What do you recommend?	O que você recomenda?
Is it spicy?	É picante?
Can I have it without...?	Pode ser sem...?
To go / for here	Para levar / para comer aqui

DIETARY & DRINKS

Special Requests

Say what you need — clearly and politely.

DIETARY

- Sou vegetariano/a — I'm vegetarian
- Sou vegano/a — I'm vegan
- Sou alérgico/a a amendoim — I'm allergic to peanuts
- Não como glúten — I don't eat gluten

DRINKS

ENGLISH	PORTUGUESE
Water (still / sparkling)	água (sem gás / com gás)
Coffee	café
Fresh juice	suco natural (BR) / sumo natural (PT)

Beer

cerveja

House wine

vinho da casa

In Brazil, don't miss a caipirinha; in Portugal, ask for a bica (espresso in Lisbon) or cimbalino (Porto).