

Vegetarian Spanish Phrasebook

Let's start!

I am vegetarian

Soy vegetariano, vegetariana

I am vegan.

Soy vegano/a.

I am allergic to...

Tengo alergia a ...

I don't eat ...

No como ...

I don't eat meat, pork or chicken

Yo no como carne, cerdo/puerco, ni pollo.

I eat eggs, milk/milk products or cheese

Yo como huevos, leche/lácteos, o queso

I don't eat eggs, milk/milk products or cheese

No como huevos, leche/lácteos, o queso

I don't want fish

No quiero pescado..

I eat everything but not fish nor meat

Yo como de todo , pero no carne ni pescado

Without meat or fish

Sin carne o sin pescado

Without eggs

Sin huevos

Without honey

Sin miel

With soymilk, almond milk, coconut milk

Con leche de soya, de almendras, de coco

With soy meat

Con carne de soya

With seitan

Con carne de gluten / bistec de gluten

Part 1 // How to wake up and eat

fruit – fruta
nuts – frutos secos
muesli – muesli
porridge/oatmeal – avena
toast – tostada
bread – pan
brown bread – pan integral
water – agua
sparkling water – agua con gas
juice – jugo
coffee – café
soya milk – leche de soya
rice milk – leche de arroz
sugar – azúcar
honey – miel
without sugar – sin azúcar
without milk – sin leche
without cow's milk – sin leche de vaca
cashew nuts – anarcados
almonds – almendras
pistachio – pistachos
macadamia – nueces de Macadamia
walnuts – nueces
hazelnuts – avellanas
pine nuts – piñones
brazil nuts – nueces de Brasil

Part 2 // Fruits and veggies

Fruit - Fruta

Bananas - Platanos

Orange - Naranja

Pineapple - Piña

Apple - Manzana

Pear - Pera

Lemon - Limon

Papaya - Papaya

Mango - Mango

Lime - Limon

Strawberries - Fresas

Raspberries - Frambuesas

Grapes - Uvas

Grapefruit - Pomelo

Cherries - Cerezas

Kiwi fruit - Kiwi

Passion fruit - Granadilla

Avocado - Palta

Peach - Melocoton

Pomegranate - Granada

Watermelon - Sandia

Vegetables - Verduras

Salad - Ensalada

Celery - Apio

Garlic - Ajo

Tomatoes - Tomates

Onion - Cebolla

Courgette / zucchini - Calabacin

Aubergine / eggplant - Berenjena

Potatoes - Papas

Lettuce - Lechuga

Cucumber - Pepino

Pepper - Pimiento

Mushrooms - Champignon

Sweet potato - Camote

Cabbage - Col

Pumpkin - Calabaza

Fennel - Hinojo

Spinach - Espinaca

Kale - Col rizada

