

How to Order Vegetarian & Vegan Food in Thailand

Checklist for men:

1: Saying you're a vegan/vegetarian

- **I'm a vegan** – Pom kin jae krab
- **I don't eat meat** – Pom kin mang sa wirat krab

2: Ordering your meal

- **Could I have the vegan version of this dish, please?** - Kor [name dish] jae krab?

3: Giving your preferences

- **I don't eat** – Mai kin...
- **Without** – Mai sai...
- **With** – Sai...

Beef	Nua saat	Meat	Noo-ah
Chicken	Gai	Milk	Nom
Crab	Pu	Onion	Hom
Dairy	Champhuak	Oyster sauce	Nam man hoy
Duck	Ped	Pork	Moo
Egg	Kai*	Seafood	A-han talay
Fish	Plah	Shrimp	Goong
Fish sauce	Nam plah	Shrimp paste	Kapi
Garlic	Gar-tee-um	Sugar	Nam tam
Honey	Nam-pung	Vegetables	Pak

* **Note:** the pronunciations of egg (kai) and chicken (gai) are very similar.

4: Saying thank you

Thank you – Kub kun krab

* **BONUS: Useful phrases**

- **Do you serve vegetarian food?** - A-harn jae mee mai?
 - **Mee** – Yes, I do
 - **Mai mee** – No, I don't
- **Could you prepare a vegetarian meal for me, please?**
Khun tum eng a-harn jae dai mai krab?
 - **Dai** – Yes, I can
 - **Mai dai** - No, I can't

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Checklist for women:

1: Saying you're a vegan/vegetarian

- **I'm a vegan** – Deechan kin jae kha
- **I don't eat meat** – Deechan kin mang sa wirat kha

2: Ordering your meal

- **Could I have the vegan version of this dish, please?** - Kor [name dish] jae kha?

3: Giving your preferences

- **I don't eat** – Mai kin...
- **Without** – Mai sai...
- **With** – Sai...

Beef	Nua saat	Meat	Noo-ah
Chicken	Gai	Milk	Nom
Crab	Pu	Onion	Hom
Dairy	Champhuak	Oyster sauce	Nam man hoy
Duck	Ped	Pork	Moo
Egg	Kai*	Seafood	A-han talay
Fish	Plah	Shrimp	Goong
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Garlic	Gar-tee-um	Sugar	Nam tam
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* **Note:** the pronunciations of egg (kai) and chicken (gai) are very similar.

4: Saying thank you

Thank you – Kub kun kha

* **BONUS:** Useful phrases

- **Do you serve vegetarian food?** - A-harn jae mee mai?
 - **Mee** – Yes, I do
 - **Mai mee** – No, I don't
- **Could you prepare a vegetarian meal for me, please?**
Khun tum eng a-harn jae dai mai kha?
 - **Dai** – Yes, I can
 - **Mai dai** - No, I can't