

30-Day Restaurant Arabic Challenge

Phrase Pack - Days 1-5

DAY 1

Hello / Peace be upon you

SAY IT: Es-salam alaykom

Use this greeting when entering a restaurant or market.

السلام عليكم

DAY 2

Please

SAY IT: Min fadlak

Add it after a request to sound polite.

من فضلك

DAY 3

Thank you

SAY IT: Shukran

Say it after ordering or receiving food.

شكراً

DAY 4

The bill, please

SAY IT: El-hisab min fadlak

Use it when you are ready to pay.

الحساب من فضلك

DAY 5

Water, please

SAY IT: Ma min fadlak

Ask whether it is bottled or included.

ماء من فضلك

30-Day Restaurant Arabic Challenge

Phrase Pack - Days 6-10

DAY 6

Without sugar

SAY IT: Bidun sukkar

Useful for tea, coffee, and juice.

بدون سكر

DAY 7

A little sugar

SAY IT: Qalil es-sukkar

A softer request for sweet drinks.

قليل السكر

DAY 8

Without milk

SAY IT: Bidun halib

Use for coffee, tea, or desserts.

بدون حليب

DAY 9

I am vegetarian

SAY IT: Ana nabati

Confirm whether broth or stock contains meat.

أنا نباتي

DAY 10

Without meat

SAY IT: Bidun lahm

Use when asking about a dish modification.

بدون لحم

30-Day Restaurant Arabic Challenge

Phrase Pack - Days 11-15

DAY 11

Gluten-free

SAY IT: Bidun gluten

Always confirm sauces, bread, and shared preparation.

بدون غلوتين

DAY 12

I have an allergy

SAY IT: Andi hasasiya

Show a translated allergy card as well.

عندي حساسية

DAY 13

Does it contain nuts?

SAY IT: Hal fih mukassarat?

Ask before pastries, sauces, and desserts.

هل فيه مكسرات؟

DAY 14

Does it contain sesame?

SAY IT: Hal fih simsim?

Useful for bread, tahini, and sweets.

هل فيه سمسم؟

DAY 15

Is it spicy?

SAY IT: Hal huwa harr?

Spiced and hot are not always the same.

هل هو حار؟

30-Day Restaurant Arabic Challenge

Phrase Pack - Days 16-20

DAY 16

Not spicy, please

SAY IT: Ghayr harr min fadlak

Ask before the food is prepared.

غير حار من فضلك

DAY 17

What is this dish?

SAY IT: Ma hatha at-tabaq?

Use it at a buffet or food stall.

ما هذا الطبق؟

DAY 18

What do you recommend?

SAY IT: Matha tansahni?

A good question at a specialist restaurant.

ماذا تنصحني؟

DAY 19

I want this

SAY IT: Urid hatha

Point clearly to one item.

أريد هذا

DAY 20

How much is it?

SAY IT: Kam as-si'r?

Confirm the price before ordering in markets.

كم السعر؟

30-Day Restaurant Arabic Challenge

Phrase Pack - Days 21-25

DAY 21

Is the price per person?

SAY IT: Hal as-si'r lil-shakhs?

Useful for shared meals and tours.

هل السعر للشخص؟

DAY 22

Is bread included?

SAY IT: Hal al-khubz mashmul?

Ask in tourist areas before ordering extras.

هل الخبز مشمول؟

DAY 23

A meal for children

SAY IT: Wajba lil-atfal

Ask for simple ingredients and mild seasoning.

وجبة للأطفال

DAY 24

A small plate

SAY IT: Tabaq saghir

Useful when sampling several foods.

طبق صغير

DAY 25

A plate to share

SAY IT: Tabaq lil-musharaka

Confirm how many people it serves.

طبق للمشاركة

30-Day Restaurant Arabic Challenge

Phrase Pack - Days 26-30

DAY 26

Is it fresh today?

SAY IT: Tazaj al-yawm?

Useful for seafood, juice, and pastries.

طازج اليوم؟

DAY 27

Where is the market?

SAY IT: Ayna as-suq?

Use when looking for local produce or spices.

أين السوق؟

DAY 28

I want spices

SAY IT: Urid tawabil

Ask the vendor how each blend is used.

أريد توابل

DAY 29

Very delicious

SAY IT: Lathith jiddan

A warm compliment to the cook or host.

لذيذ جداً

DAY 30

It was a wonderful experience

SAY IT: Kanat tajriba raia

Use it at the end of your 30-day challenge.

كانت تجربة رائعة