How Do You Order Food in Japan Without Speaking Japanese?

不會日文，在日本餐廳怎麼點餐？



Pick the exact dish

先找出想吃的那一道



Illustrative scene · 情境示意

Find a picture

Look for a photo, a food model or an illustrated menu. Match the picture to the dish name or item number beside it.

先找照片、櫥窗裡的食品模型或圖文菜單。確認圖片旁對應的餐名或品項編號。

Check what is included

A photo may show a full set. Before ordering, ask whether rice, soup or a drink comes with the item you selected.

照片可能拍的是整份套餐。若你在意白飯、湯或飲料有沒有附，點之前先確認。

Keep your place

Hold the menu open at the right page. If two dishes look alike, point to the exact photo or printed item number.

先把菜單翻到想點的那頁。兩道餐點看起來很像時，直接指向那張照片或品項編號。

[1] [2] [3] [4]

Point and say it

用一句日文點餐



Illustrative scene · 情境示意

This one, please

Point to the dish and say “Kore, kudasai” (**これ、ください**). Pause so the server can see which picture you mean.

指向想吃的餐點，說「これ、ください」，意思是「請給我這個」。稍微停一下，讓店員看清楚。

One or two?

For one portion, say “hitotsu” (**一つ**). For two, say “futatsu” (**二つ**). Give the quantity while pointing at the same dish.

一份是「一つ」（hitotsu），兩份是「二つ」（futatsu）。說份數時繼續指著同一道餐點。

Two different dishes

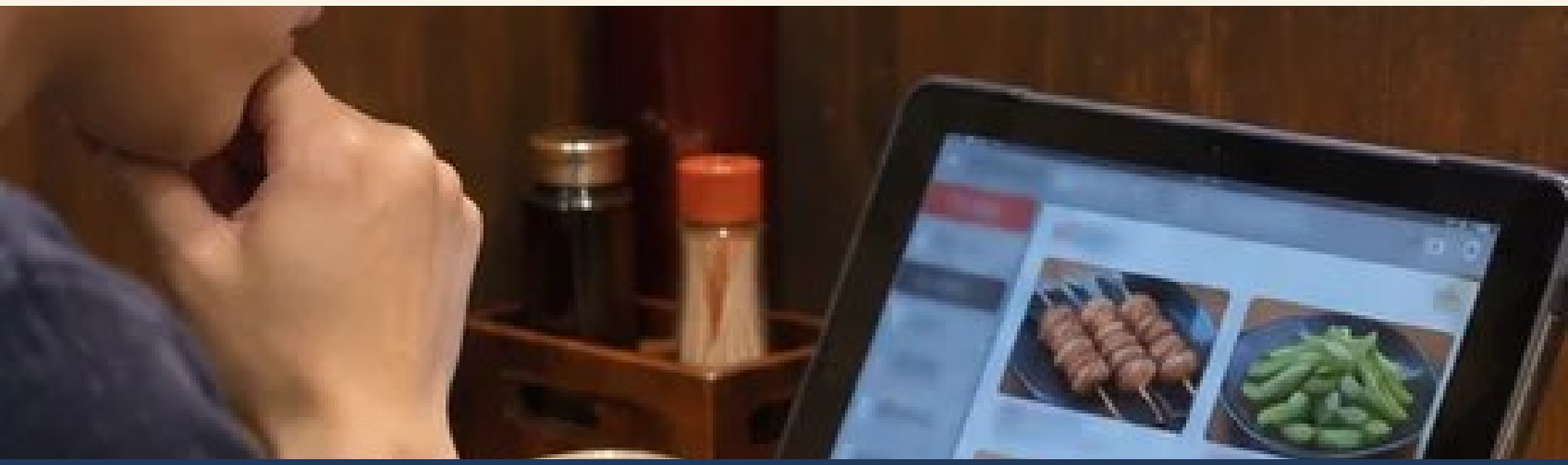
Order them one at a time. Point to the first dish, give its quantity, then move your finger to the second picture.

點兩道不同料理時，分開說。先指第一道、說份數，等店員確認，再移到第二張圖片。

[1] [2] [3] [4]

Ordering on a tablet

桌上平板怎麼點



Illustrative scene · 情境示意

Start with one item

If a language selector is available, choose the language you read best. Open the dish and look for size, set or topping choices.

若平板可以切換語言，先選自己熟悉的語言。打開品項，確認有沒有大小、套餐或配料選項。

Review the basket

Before sending the order, find the list of selected dishes. Check quantity, size and price, especially if you tapped a picture more than once.

送出前，先看已選品項的清單。核對份數、尺寸和金額，特別留意是否不小心點了兩次。

Wait for confirmation

After submitting, look for an order confirmation or history. If the screen is unclear, show it to staff before submitting a second time.

送出後找確認訊息或點餐紀錄。看不懂畫面時先請店員確認，避免同一桌餐點又送一次。

[1] [2] [3] [4]

Ingredients and requests

食材和特殊需求



Illustrative scene · 情境示意

Ask what is inside

If an ingredient matters to you, show its name in Japanese and point to the dish. A photo cannot show everything in a sauce or broth.

若在意某項食材，出示食材的日文名稱，再指向那道菜。醬汁和高湯裡用什麼，照片看不完整。

If you have an allergy

Tell staff before ordering. Use a written allergy card with the specific food and ask them to confirm ingredients and preparation with the kitchen.

有食物過敏，點餐前先告知。出示寫有確切食材的過敏卡，請店員向廚房確認原料與製作方式。

If staff are unsure

Choose a dish whose ingredients and preparation staff can confirm for your needs, or choose another place to eat.

遇到無法確認的情況，改選店家能清楚說明食材與製法、符合你需求的料理，或換家餐廳。

Try a two-person order

練習幫兩個人點餐

これ

這個，指向餐點

Point to the noodles and say “Kore o hitotsu kudasai.” Keep the page open while the server notes the first item.

指向麵的照片說「これを一つください」，意思是「這個請給我一份」。等店員記下再翻頁。

一つ

一份

Point to the side dish and say “Kore o futatsu kudasai.” Two portions means two orders of the pictured menu item.

指向小菜說「これを二つください」，意思是「這個請給我兩份」。兩份指這個品項點兩次。

ください

請給我

Check that the server has one noodle dish and two sides. On a tablet, check the quantities against the same three portions.

確認店員記的是一份麵、兩份小菜。若用平板，看清單上的數量是否也對得上這三份。

When something is unclear

聽不清楚可以怎麼說

Dish

照片和品項一致

Use “Sumimasen” (**すみません**) to get the server’s attention. Have the menu or tablet open to the dish you are asking about.

用「すみません」禮貌地請店員過來。先把菜單或平板翻到有疑問的那一道。

Quantity

每道的份數

Say “Mō ichido onegaishimasu” (**もう一度お願いします**) for “Could you say that once more?” Point to a picture if the spoken reply is hard to follow.

「もう一度お願いします」是「麻煩再說一次」。對方重說後還是不懂，可以再用餐點照片比對。

Submit

確認後才送出

If a dish or quantity looks wrong, show the order record and the item together. Ask staff to check before placing another order.

餐點或數量有出入時，把訂單紀錄和餐點一起指給店員看。先請店員核對，再決定是否需要加點。

Ordering with a food allergy

有食物過敏時怎麼點餐？

Say the exact ingredient

說出確切過敏原

Show the name of the ingredient you need to avoid before ordering. Ask staff to check sauces, stock and toppings as well as the main dish.

點餐前把過敏原名稱給店員看，請他們連醬料、高湯及配料一起核對。

Ask about shared equipment

詢問是否共用器具

The Consumer Affairs Agency notes that an ingredient can get into a meal through shared preparation. Ask whether utensils, surfaces or oil are shared.

消費者廳提醒，共用的器具、檯面或油可能讓過敏原意外混入，可請店家確認。

When staff cannot check

店家無法確認時

Treat a photo or missing menu icon as incomplete information. If staff cannot confirm what you need, choose another dish or place.

照片或沒有標誌都只能提供部分資訊。店家無法確認時，改選可確認的餐點或店家。

[5]

REFERENCES

Sources & links

資料來源與原文連結

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國際交流基金 | 《生活日本語：彩》入門第六課 →

02 **irodori.jpf.go.jp**
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國際交流基金 | 初中級第五課：平板點餐 →

04 **japan.travel**
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05 **Consumer Affairs Agency · Food allergies when eating out**
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Diagrams redrawn for this edition. Scene images are illustrative.
圖解依資料重新編排。內頁影像用於說明情境。