



*Guruten ga taberaremasen.*

I cannot eat gluten.



病気のため、小麦や大麦のような、グルテンが  
入ったものを食べるできません。

*Byouki no tame, komugi ya oumugi no youna, guruten ga haitta mono o taberu koto ga dekimasen.*

Because of an illness, I can't eat things that have gluten, like wheat and barley.

*Kono tabemono ni \_\_\_\_\_ ga haitte imasu ka.*  
Does this food contain \_\_\_\_\_?

*Kore ni \_\_\_\_\_ o tsukaimasu ka.*  
Do you use \_\_\_\_\_ in this?

*Watashi wa \_\_\_\_\_ arerugii desu.*  
I am allergic to \_\_\_\_\_.

*komugi ya oumugi*—wheat and barley  
*guruten*—gluten  
*fushitsu*—gluten  
*namafu*—wheat starch  
*shouyu*—soy sauce

*Sore wa \_\_\_\_\_ desu ka.*  
Is it \_\_\_\_\_?

*guruten-nashi*—gluten-free  
*komugi-nashi*—wheat-free

On labels look for:  
原材料名: *genzairyoumei*  
(ingredients)  
麦 *mugi* (wheat and all the other gluten grains contain this character)  
麩 or 麸 *fu* (gluten)  
醤油 *shouyu* (soy sauce)

*[Toumorokoshi] ga kaitai desu demo [shouyu] nuki de oneigaishimasu.*  
I would like to buy [corn on the cob] without [soy sauce] please.

*Byouki no tame [komugi] ga taberaremasen.*  
Because of an illness I cannot eat [wheat].

### General Phrases

*Nanika tabemasu ka.* Do you want something to eat?  
*Nani o tabemasu ka.* What do you want to eat?  
*Nanika tabetai desu.* I would like something to eat.  
*\_\_\_\_\_ ga tabetai desu.* I would like to eat \_\_\_\_\_.  
*Nanika tabemashou.* Let's eat something.

*nomimasu* drink

*Are/kore wa nan desu ka.* What is that/this?  
*\_\_\_\_\_ ga arimasu ka.* Do you have \_\_\_\_\_?

*Kono tabemono ni wa nani ga haitte imasu ka.* What is in this food?  
*Kore ni \_\_\_\_\_ o tsukaimasu ka.* Do you use \_\_\_\_\_ in this?

*Nani ga hoshii desu ka.* What do you want?  
*\_\_\_\_\_ ga hoshii desu.* I want \_\_\_\_\_.  
*\_\_\_\_\_ o kudasai.* Please give me some \_\_\_\_\_.

*Irasshai(mase).* Welcome! (said by host)  
*Nanika o-sagashi desu ka.* Are you looking for something?  
*Hai. \_\_\_\_\_ o sagashite imasu.* Yes, I am looking for \_\_\_\_\_.  
*Arimasu ka?* Do you have it?

*Itadakimasu.* Thanks! (said before meals)  
*Oishii desu.* The food was delicious.  
*Gochisousama deshita.* The food was a real treat.  
*Doumo arigato.* Thank you.  
*Doumo arigato gozaimashita.* Thank you very much.

*Go-shimpai kakemashite, sumimasen deshita.*  
I'm sorry to put you to the trouble of worrying about me.

*Ichiban chikai konbini wa doko desu ka.*  
Where is the nearest **convenience store**?

*Hyaku-en shoppu wa chikaku ni arimasu ka.*  
Is there a **100-yen store** nearby?

*sushi-ya*—sushi store 鮭屋 *yao-ya*—greengrocery 八百屋  
*hyaku-en shoppu*—100-yen store *suupaa*—supermarket スーパー  
*depachika*—*depaato* basement *jihanki*—vending machine 自販機

# tabemono o taberu koto ga dekimasen



(food that cannot be eaten)



**BAKU, mugu:** 麦 includes wheat, barley, rye, oats

**mugi** 麦【むぎ】 (also 麥) wheat; barley; rye; oats; animal feed

**komugi** 小麦【こむぎ】 (also コムギ) wheat

**oumugi** 大麦【おうむぎ】 barley

**karasumugi** 烏麦【からすむぎ】 oats (also called *otsumugi*)

**raimugi** ライ麦【ライむぎ】 rye

**bakuga** 麦芽【ばくが】 malt

**mugikogashi** 麦焦し【むぎこがし】 barley flour

**bakushu** 麦酒【ばくしゅ】 beer

**mugicha** 麦茶【むぎちゃ】 barley tea

**mugiyu** 麦湯【むぎゆ】 parched-barley tea

**bakuhan** 麦飯【ばくはん】 boiled barley and rice

**mugiko** 麦粉【むぎこ】 wheat flour

**men** 麺【めん】 (also 麩) noodles; wheat flour; food made w/ wheat flour

**soumen** 索麺【そうめん】 fine wheat noodles

**pan** パン【ぱん】 (originally written 麵麩 or 麩包) bread

**hiyamugi** 冷や麦【ひやむぎ】 cold thin wheat noodles

**FU, PU:** 麩 (also 麸) gluten; wheat bran

**namafu** 生麩【なまふ】 wheat starch, often shaped into figures

**namafu manjuu** 生麩饅頭【なまふまんじゅう】 a Japanese sweet wrapped in leaves

**fushitsu** 麩質【ふしつ】 gluten

**guruten** グルテン gluten

**futsuma** 麩【ふすま】 wheat bran

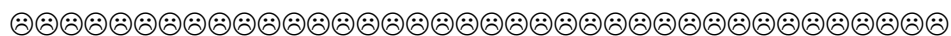
**chikuwafu** 竹輪麩【ちくわふ】 tube-shaped cake

**tenpura** 天麩羅【てんぷら】 tempura

**fu-manjuu** 麩まんじゅう【ふまんじゅう】 a sweet with a wheat-based crust and red bean filling

**yaki-fu** 焼き麩【やきふ】 baked fu, often resembling breadsticks or croutons; commonly used in miso soup

**chikuwafu** 竹輪麩【ちくわふ】 flour paste cake in the form of a tube



*kuzuko* 葛粉【くずこ】 arrowroot or kudzu flour

*mame daifuku* 豆大福【まめだいふく】 *mochi* with adzuki beans

*mame miso* 豆味噌【まめみそ】 soybean *miso*

*meshi* 飯【めし】 cooked rice or, more generally, food

*mitsumame* 蜜豆【みつまめ】 mixture of boiled beans, jelly cubes, fruit pieces and molasses (similar to *anmitsu*)

*mochi* 餅【もち】 sticky rice cake

*mochigomeko* 餅米こ【もちごめこ】 glutinous rice flour

*niboshi* 煮干【にぼし】 small dried fish inc. *chirimenjako* and *shirasuboshi*

*onigiri* お握り【おにぎり】 triangular rice balls (don't eat the ones with tuna because they usually contain *shouyu*); also called *omusubi*

*satsumaimo* 薩摩芋【さつまいも】 sweet potato, also called *ishiyaki imo* 石焼き芋【いしやきいも】 or *yakiimo* 焼きいも【やきいも】

*senmaizuke* 千枚漬け【せんまいずけ】 sliced radish or turnip pickled in *konbu* (seaweed), *mirin*, and chili peppers

*sekihan* 赤飯【せきはん】 rice and red beans (often reserved for special occasions)

*shichimi* 七味【しちみ】 seven spice (pepper mix) (= *shichimi tougarashi*)

*shioyaki* 塩焼き【しおやき】 salt-grilled (chicken or fish)

*shiso* 紫蘇【しそ】 leaf of beefsteak plant; perilla; shiso

*soba* 蕎麦【そば】 buckwheat noodles (you cannot eat *inaka-soba*, which has wheat; ask first; don't use the sauce if it has *shouyu*)

*juuwari soba* 十割 蕎麦【じゅうわりそば】 100% soba noodles

*sarashina soba* 更科蕎麦【さらしなそば】 white soba (made from kernel)

*soramame* 空豆【そらまめ】 boiled broad/fava beans often served in bars

*sushi* 寿司【すし】 sushi; anything made with vinegared (*su*) rice – you can have most any kind of sushi as long as you don't dip it in *shouyu* (bring your own gluten-free soy sauce). You cannot eat *anago* (eel) or

*nihotate* (scallop) nigiri because both are previously cooked in *shouyu*.

*takuan* 沢庵【たくあん】 pickled daikon radish (= *takuan zuke*)

*tamari* 溜まり【たまり】 wheat-free soy sauce (ask about wheat)

*toufu* 豆腐【とうふ】 tofu; bean-curd

*toumorokoshi* 玉蜀黍【とうもろこし】 corn on the cob (don't use *shouyu*)

*tsukemono* 漬物【つけもの】 pickles [Note: Pickles are often OK; however, you should not have *misozuke*, *shouyuzuke*, *rakkyou*, *shibazuke*, or *fukujinzuke*-style pickles. Always ask about brine.]

*warabimochi* 蕨餅【わらびもち】 bracken fern *mochi* covered with kinako

*wasabi* 山葵【わさび】 Japanese horseradish (a hot condiment)

*yuba* 湯葉【ゆば】 bean-curd skin

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# Guruten-nashi Menyuu ☺

**tabemono** 食べ物 【たべもの】 food (things to eat)

**abura-age** 油揚げ【あぶらあげ】 deep-fried tofu (don't dip in sauce)  
**anko** 餡こ【あんこ】 (also called *an*) red bean (*azuki*) jam  
**ankoro mochi** 【あんころもち】 *mochi* stuffed with *azuki*  
**biwa** 枇杷【びわ】 loquat (small orange fruit) be sure to try the fruit cups from a *konbini*  
**botamochi** 牡丹餅【ぼたもち】 adzuki bean *mochi*  
**chimaki** 粽【ちまき】 rice cake wrapped in bamboo leaves and later dipped in *kinako* (served on Boy's Day)  
**daifuku** 大福【だいふく】 *mochi* stuffed with *azuki*  
**ebinigiri** 海老握り【えびにぎり】 cooked shrimp on sushi rice  
**edamame** 枝豆【えだまめ】 steamed or boiled soybeans  
**egoma** 荳胡麻【えごま】 seed from shiso (*Perilla frutescens*)  
**furikake** 振り掛け【ふりかけ】 seasoning sprinkled over rice (check label for wheat or soy sauce)  
**genmai miso** 玄米味噌【げんまいみそ】 brown rice *miso*  
**genmai mochi** 玄米餅【げんまいもち】 玄米餅【げんまいもち】 brown rice *mochi*  
**gohan** ご飯【ごはん】 cooked rice or, more generally, meal  
**gomashio** 胡麻塩【ごましお】 sesame seeds mixed with salt  
**harusame** 春雨【はるさめ】 noodles made from mung beans, rice starch, or potato starch  
**hatcho miso** 八丁味噌【はっちょみそ】 soybean *miso* [some white *miso* (shiro *miso*) may be OK, but it also might contain barley]  
**joushinko** 【じょうしんこ】 fine non-glutinous white rice flour (*shinko*)  
**kappamaki** 河童巻【かっぱまき】 cucumber *sushi* wrapped in *nori*  
**katakuriko** 片栗粉【かたくりこ】 potato starch  
**katsuobushi** 鰹節【かつおぶし】 bonito fish flakes (good on *onigiri*)  
**kesimochi** 芥餅【けしもち】 *mochi* covered in poppy seeds  
**kibi mochi** 黍餅【きびもち】 黍餅【きびもち】 millet *mochi*  
**kinako** 黄な粉【きなこ】 soy flour  
**kinton** 【きんとん】 mashed sweet potatoes  
**komeko** 米こ【こめこ】 general term for rice flour  
**komemiso** 米味噌【こめみそ】 rice *miso* (always ask about *miso*)  
**kuri** 栗【くり】 chestnut

**abekawamochi** 安倍川餅【あべかわもち】 rice cakes with *kinako* ☺  
(these grilled *mochi* **may** be OK if they are not dipped in *shouyu* before coating with *kinako* (soy powder))  
**aemono** 壷物【あえもの】 vegetable dish (the dressing has soy sauce)  
**agedashidoufu** 揚げ出し豆腐【あげだし豆腐】 deep-fried *tofu* (usually dipped in wheat flour before frying and served with *shouyu*)  
**chawan mushi** 茶碗蒸し【ちやわんむし】 savory egg custard  
**dango** 団子【だんご】 sweet skewered dumplings (contains wheat)  
**inarizushi** 稲荷寿司【いなりずし】 *sushi* in fried *tofu* (*aburage*) dipped in soy sauce mixture  
**kawara senbei** 煎餅【かわら せんべい】 Japanese wheat crackers  
**kushiage** 串揚げ【くしあげ】 breaded grilled skewered items  
**manjuu** 饅頭【まんじゅう】 steamed bun with filling  
**miso shiru** 味噌汁【みそしる】 miso soup (this CAN be OK, but may contain *shouyu* or a forbidden *miso*)  
**miso** 味噌【みそ】 miso; bean paste (the *miso* you CANNOT eat includes *mugi-miso* (barley), *tsubu-miso* (wheat and barley mix), *hadakamugi-miso* (rye), *gokoku-miso* (5-grain, including wheat and barley). *Akamiso* (red *miso*) and *shiomiso* (white) **may** include wheat or barley—always ask before consuming.)  
**nimono** 煮物【にもの】 food cooked by boiling or stewing (with *shouyu*)  
**oden** 【おでん】 hot pot (usually contains soy sauce)  
**seitan** 【セイタン】 usually called *gurutenmiito* (gluten meat) 【グルテンミート】 a meat replacer  
**shiruko** 汁粉【しるこ】 sweet red-bean soup (has *shouyu*)  
**shiomono** 汁物【しるもの】 soup (avoid unless you can ask about broth)  
**shouyu** 醤油【しょうゆ】 soy sauce made with wheat, also called *murasake*  
**sukiyaki** すき焼【すきやき】 Japanese beef meal (uses *shouyu*)  
**tonkatsu** 豚カツ【とんかつ】 pork deep-fried in bread crumbs  
**yakimeshi** 焼き飯【やきめし】 Chinese fried rice (usually has soy sauce)  
**zenzai** 汁粉【しるこ】 sweet red-bean soup with rice cakes (may have soy sauce)

**Please note:** This is NOT a complete listing of taboo foods that contain gluten. If you are unsure, always ask. ☺



Special thanks to Tim Matheson for providing the gluten statement (see back sheet).





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# Guruten-nashi Menyuu

*nomimono* 飲み物 【のみもの】 beverages (things to drink)

*cha* 茶【ちゃ】 tea

*ocha* お茶【おちゃ】 green tea

*bancha* 番茶【ばんちゃ】 coarse tea

*usucha* 薄茶【うすちゃ】 weak tea

*matcha* 末茶【まっちゃ】 powdered green tea

*sencha* 煎茶【せんちゃ】 (n) green tea; tea leaves.

*koucha* 紅茶【こうちゃ】 black tea

*houjicha* 焙じ茶【ほうじちゃ】 roasted green tea

*genmaicha* 玄米茶【げんまいちゃ】 tea with popped rice

*agari* 【あがり】 a type of green tea usually served in sushi-ya

*kouhii* コーヒー【こうひい】 coffee

*shiruke* 汁気【しるけ】 juice

*minkan no shiru* 蜜柑の汁【みかんのしる】 mandarin orange juice

*orenji juusu* オレンジ ジュース - orange juice

*ringoshu* 林檎酒【りんごしゅ】 apple cider

*pain juusu* パイン ジュース - pineapple juice

*gureepu juusu* 【グレープ ジュース - grape juice

(o)sake お酒【おさけ】 sake

*amazake* 甘酒【あまざけ】 non-alcoholic sake

*tounyuu* 豆乳【とうにゅう】 soy milk

*kome miruku* 米ミルク【こめミルク】 rice milk

*miruku* ミルク【みるく】 milk

*mizu* 水【みず】 water

*ramune* ラムネ【らむね】 fizzy lemonade

Pocari Sweat【ポカリスエット】 a "sports" drink

Calpis Water【カルピス水】 non-carbonated soft drink with milk

Calpis Soda【カルピスソーダ】 carbonated soft drink with milk

Calpis Milq【カルピス ミルク】 a cultured milk product



## I Cannot Drink...



*mugicha* - barley tea    *aojiru* - green juice    *shouchuu* - alcohol\*

*koora* - cola            *biiru* - beer\*            Fanta - soda brand

\* contains wheat and/or barley

\_\_\_\_\_ *o nomu koto ga dekimasen.* I cannot drink \_\_\_\_\_.

There are many beverages you cannot drink.



Always ask or avoid if you are unsure.



# Guruten-nashi Menyuu



Gluten-Free!

*higashi* 乾菓子【ひがし】 Japanese sweets

Japanese sweets are one way we can experience Japanese food. However, you need to know that pure gluten is added to some *higashi*, most notably those that are shaped into designs. To the best of my knowledge, the following sweets do not contain gluten, but always ask if unsure.

*mochi* 餅【もち】 sticky rice cake

*daifuku* 大福【だいふく】 *mochi* stuffed with *azuki*

*warabimochi* 蕨餅【わらびもち】 bracken fern *mochi* covered with *kinako*

*kusamochi* 草餅【くさもち】 *mochi* colored green by mugwort (*yomogi*)

*matcha daifuku* 抹茶大福【まっちゃだいふく】 green tea *mochi*

*mame daifuku* 豆大福【まめだいふく】 *mochi* with whole *azuki*

*ichigo daifuku* 苺大福【いちごだいふく】 *mochi* with strawberry inside

*akafuku* 赤福【あかふく】 *mochi* with the *azuki* on the outside sometimes covered with *kinako* (soy powder, also called *ankoro*)

*suama* - 寿甘【すあま】 "longevity sweet" - pink, white, or green rice ball shaped like a crane's egg (or squeezed out of a press making a tube with serrated edges that is then cut)

*habutae mochi* 羽二重餅【はぶたえもち】 "silky" *mochi*

*ohagi* 【おはぎ】 an autumn rice cake with *anko* or *kinako* on outside

*botamochi* 牡丹餅【ぼたもち】 similar to *ohagi* but served in spring

*karukan* 【かるかん】 yam and rice sweet

*kakigouri* 掻き氷【かきごおり】 shaved ice

*kimishigure* 黄味しぐれ【きみしぐれ】 a sweet with a cracked surface made of egg yolk mixed with white bean paste wrapped around *anko*

*anmitsu* 餠蜜【あんみつ】 fruit and agar with *anko* and *mitsu* (a dark syrup).

*kurikinton* 栗きんとん【くりきんとん】 sweet potato mixed with cooked chestnuts, usually shaped like chestnuts

*amaguri* 甘栗【あまぐり】 chestnuts broiled in a sugar syrup (may contain *shouyu*)

*uirou* 外郎【ういろう】 a type of sweet made from rice-powder. Several

flavors: *matcha*-green tea, *kuri*-chestnut, *azuki*-bean, *uzu*, *ichigo*-strawberry, *aoume*-sour plum

*youkan* 羊羹【ようかん】 sweet bean jelly cut in cubes

*imoyoukan* 芋羊羹【いもようかん】 bar of sweet-potato paste

