



Portuguese Food Vocabulary

Fruits and Vegetables

English	Portuguese
Pineapple	Abacaxi
Lettuce	Alface
Plum	Ameixa
Beetroot	Beterraba
Carrot	Cenoura
Pea	Ervilha
Watermelon	Melancia
Apple	Maçã
Mandarin	Tangerina

Meat and Fish

English	Portuguese
Seafood	Frutos do mar
Fish	Peixe
Cod	Bacalhau
Breaded Grouper	Garoupa à milanesa
Grilled Sea Bass	Robalo grelhado
Salmon	Salmão
Sirloin	Lombo
Chicken	Frango
Veal	Carne de vitela

Allergens

English	Portuguese
Milk	Leite
Dairy products	Laticínios
Flour	Farinha

Eggs	Ovos
Corn	Milho
Mushrooms	Cogumelos
Crustaceans and molluscs	Mariscos
Nuts	Nozes
Sesame seeds	Semente de gergelim
Hazelnuts	Avelãs
Peanuts	Amendoins
Lupins	Tremoços
Mustard	Mostarda
Alcohol	Álcool