Your English Toolbox

VOCABULARY · EPISODE 244

# Eating Out: How to Ask What's in Your Food

English learning resource · EN

**Key words & expressions · English**

8 learning entries

**Study task: Listen again and notice the expressions you studied.**

1

## Does this contain ...?

DEF

A question asking whether a food or product includes a specified ingredient.

*Use the ingredient after contain; if an allergy is involved, ask staff to verify ingredients and possible cross-contact.*

*Does this contain nuts?*

*Does the sauce contain eggs?*

2

## Could I have it without ...?

DEF

A polite request to leave an ingredient out of a dish.

*Removing an ingredient does not itself establish that a meal is safe for someone with an allergy.*

*Could I have it without cheese, please?*

*Could I have the sandwich without onions?*

3

## dairy-free option

DEF

A choice made without dairy ingredients.

*Dairy-free describes ingredients such as milk, cheese and butter; a person with an allergy should also ask about cross-contact.*

*Do you have a dairy-free option for dessert?*

*The menu includes a dairy-free option.*

4

## May I see the ingredients?

DEF

A polite question asking to read what goes into a dish or product.

*May I is polite and slightly formal; the staff may need to check the complete information.*

*May I see the ingredients, please?*

*May I see the ingredients for the sauce?*

5

## Let me check with the kitchen

DEF

I will ask the people preparing the food to confirm the information.

*This means the answer is not yet confirmed; wait for the result and ask follow-up questions if needed.*

*Let me check with the kitchen before I answer.*

*The server said she would check with the kitchen.*

6

## Could you confirm that?

DEF

A polite request to check that information is correct.

*Useful when a response is unclear; ask specifically what needs verification.*

*Could you confirm that the sauce contains no milk?*

*Could you confirm the ingredients with the chef?*

7

## without

DEF

Not including or using the thing mentioned.

*In an order, without specifies an omitted ingredient; it is not a guarantee about preparation or cross-contact.*

*I would like the salad without onions.*

*Can you make it without butter?*

8

## cross-contact

DEF

The unintended transfer of an ingredient or allergen from one food or surface to another.

*People managing allergies may need to ask staff about shared equipment and preparation as well as ingredients.*

*Is there a risk of cross-contact with nuts?*

*Please ask the kitchen about cross-contact.*